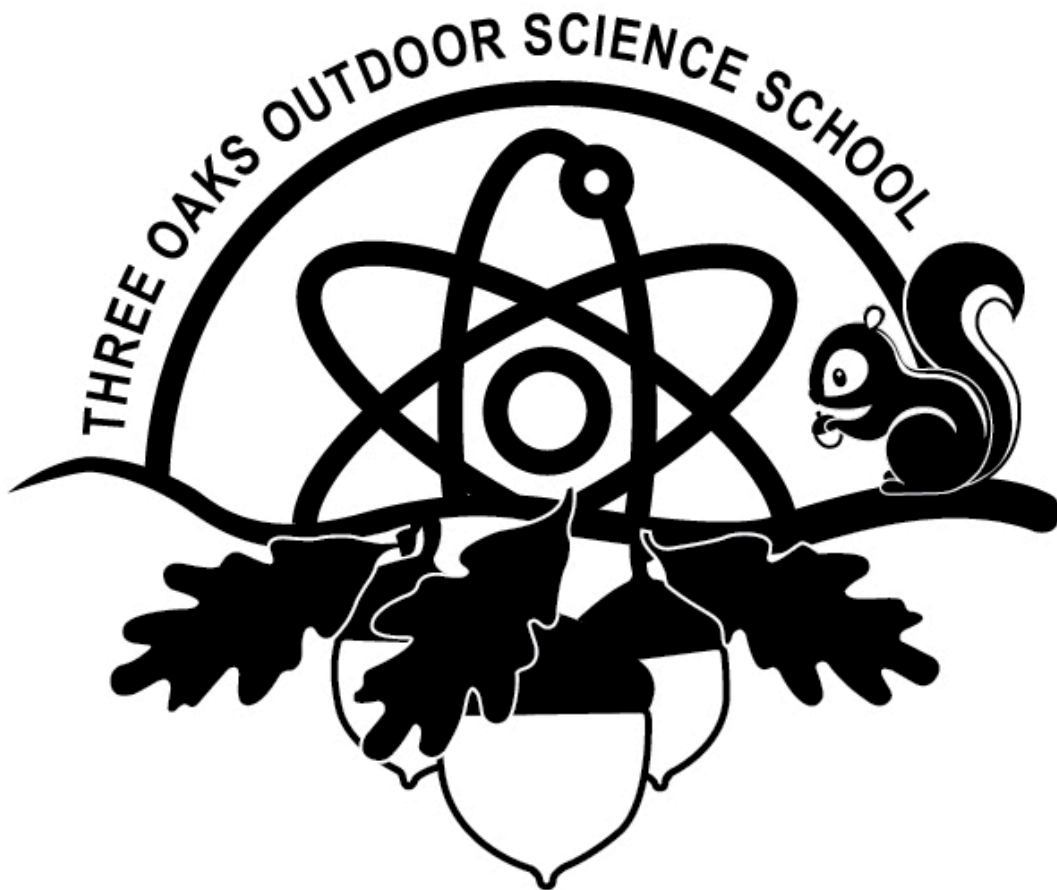


**THREE OAKS OUTDOOR SCIENCE SCHOOL**

# **Teacher Packet**



**Twin Peaks, CA**

Update: August 2023

# TEACHER PACKET CONTENTS

*Please share this packet with the other teachers at your school.*

## Preparation for Outdoor Science School

- Preparation Checklist for Outdoor Science School
- Role of the Classroom Teacher
- Outdoor Science School Discipline Policy
- Positive Reinforcement
- Science Concept by Subject

## Reproducible Pages

- Information for Parents
  - Camp Consent Form
  - Medication Authorization Form
- \*\*\*CONSENT & MEDICATION forms are two separate Forms; DO NOT STAPLE TOGETHER; both forms are REQUIRED for EVERY STUDENT.
- T-Shirt/Photo Order Form
  - Cabin Grouping List
  - Letter to Parents regarding homesickness

# Teacher Preparation Checklist

Please use this list to ensure your proper preparation for Outdoor Science School

## Three months prior to visit:

1. Arrange bus transportation: To arrive at Three Oaks OSS at 10:00 A.M. on Day 1 and to arrive at Three Oaks OSS by 9:00 A.M. on departure day for pickup.
2. Send home parent information, consent & medical forms and T-shirt/picture order to families. All orders should be handled through the school please, do not have parents call Three Oaks OSS. Please have parents make out checks for T-shirt/picture order to **your school**. **BRING A SINGLE CHECK FOR ENTIRE ORDER WHEN YOU COME TO CAMP.**  
**Please minimize last minute orders.**
3. We will be sending you an invoice for camp about this time. Please check to see if the number of students coming is correct and expedite invoice to school or district office.
4. Plan a presentation night if it hasn't been done yet. (\$100 in-person fee or free via Zoom)

## Four weeks prior to visit:

1. E-mail T-shirt/picture order to Three Oaks OSS, c/o Paige Amidon  
(peamidon@ThreeOaksOSS.com)

## Two weeks prior to visit:

1. Copy the journal for each student, IF you use one.
2. **Cabin grouping:** Arrange students in compatible groups; size of cabin groups will be determined by number of students attending camp, and you should check in with Paige (Peamidon@ThreeOaksOSS.com) before starting to confirm cabin group numbers. **\*\*CABIN LISTS MUST BE RECEIVED BY THREE OAKS A MINIMUM OF TWO WEEKS PRIOR TO ARRIVAL\*\***
3. Check **CONSENT and MEDICAL** forms: Note any diet restrictions or special needs students and consult outdoor science school. Clearly write the correct code for medical problems on upper right-hand corner of consent form. Arrange forms in alphabetical order. **THERE ARE TWO FORMS, BOTH ARE REQUIRED FOR EVERY CHILD.** Make sure parent's signature is on **BOTH** forms and be prepared to turn them in upon arrival. **(Medical form MUST have Doctor Signature for any prescribed medicine). DO NOT STAPLE PAPERS TOGETHER; KEEP SEPARATE AND ALPHABETIZE BY LAST NAME.**
4. Make a separate alphabetical list of student names and emergency numbers.

## One week prior to visit:

1. Discuss current weather conditions at Three Oaks OSS with students and make sure everyone attending will have adequate clothing.
2. Call if you need a revised invoice due to change in numbers.
3. Prepare activities for Teacher Time on Tuesday and Thursday.
4. If you are arriving during **snow season**, check to see that buses have required **snow chains**.

## Morning before departing School:

1. Count students. Note any absences on cabin grouping lists and let Camp Director know immediately upon arrival.
2. Have the nurse collect all medications in students' possession (including inhalers, vitamins, cough drops, etc.) Medications should be in a plastic Ziplock bag clearly marked with the child's name, school and doctor's instructions/signature. Place in a box or container for the camp medic. **Please take student temps before leaving school.**
3. Ensure that bus drivers have the correct address for the site you are attending. 1140 Pinecrest Road, Twin Peaks CA 92391. Plan to arrive at camp after 10:00 A.M.
4. **MUST HAVE final payment upon arrival, or late fees will incur. T-shirt/picture fees can be included with camp check or cash. Personal checks from families are not accepted.**

## ROLE OF THE CLASSROOM TEACHER AT THREE OAKS OUTDOOR SCIENCE SCHOOL

Often, outdoor science programs require the classroom teachers to facilitate much of the schedule and teaching on their own. At Three Oaks OSS, our staff of trained professionals work hard to facilitate the entire program. Although the expected teaching requirements of classroom teachers are minimal, we ask your help in supporting our program as much as possible. Please be aware of the following responsibilities:

1. **Prepare camp forms. Cabin lists with a list of special needs (medical, dietary or special needs) information must be received at least two weeks prior to arrival:**
  - Medication Authorization AND Parent Consent forms
  - Cabin lists
  - Special medical needs/diet/birthday lists

**Please make sure that all forms are filled out completely, and clearly mark the health information in the upper right-hand corner with the following code if any such conditions exist.**

AL	Allergies requiring special attention	BW	Bed wetter
FAL	Food allergy	SW	Sleepwalker
BS	Bee sting allergy	NT	Night terrors
HA	Headaches	ESL	English as second language
AS	Asthma	SPE	Special Education
RX	Prescription medication must be taken at camp	BD	Birthday
CHF	Check health form for special circumstances		

2. **Meet with Director** upon arrival to review Health History and Consent forms, identify students with illnesses, learning disabilities or behavior contracts. **(Critical situations and behaviors must be reported prior to arrival.)**
3. Counsel and support outdoor education staff with discipline situations or supervision. ***Your support of our 3 strike discipline policy is essential for a successful camp experience.***
4. **Teacher time** takes place on three occasions during a five-day program. During this time, the teachers are responsible for the supervision of the students from their school. This allows the Outdoor Education staff to be involved in training and lesson preparation. Your students will meet at an assigned location. A teacher planned activity or journal work can be done at this time. Teacher time on Wednesday is the overseeing of your students during the Wildlife presentation.
5. **At least one school representative must be on camp property at all times.** When you leave the property, please inform the Director. Teachers and O.E. staff need to be available 24 hours a day in case of an emergency situation.
6. Teachers are expected to participate in mealtimes in our dining room and sit at student tables; meal times are 8:00am – 12:30pm – 5:30pm respectively.
7. **Alcohol and/or smoking is not allowed on school property. Smoking is allowed in designated areas.**
8. Teachers are a vital resource at Three Oaks Outdoor Science School. Please join our staff of professional leaders so that together we create a positive learning experience for your students.



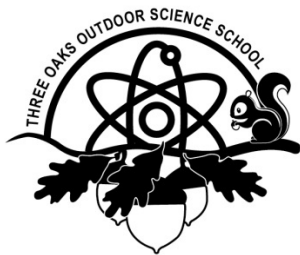
# RULE & CONSEQUENCES

## Chart of Violations and Their Respective Penalties

### RULES:

<u>RULES:</u>	<u>Min. Penalty</u>	<u>Max. Penalty</u>
<b>***MINOR VIOLATIONS***</b>		
1. Playing with Food	Verbal Warning	Strike
2. Running on Trails	Verbal Warning	Strike
3. Littering grounds	Camp Cleanup Project	Strike
4. Hats during meals	Warning	Confiscation
5. Games/ Electronic devices at camp	Confiscation – give to Teacher	Strike
6. Cell Phone Usage	Confiscation – give to Teacher	Strike
7. Play fighting	Verbal Warning	Strike
8. Name calling/ excessive teasing	Verbal Warning	Strike
9. Inappropriate display of affection	Verbal Warning	Strike
10. Playing in unauthorized area	Verbal Warning	Strike
11. Tardy or causing others to be tardy	Verbal Warning	Strike
12. Wandering without permission	Verbal Warning	Strike
13. Talking or not following direction	Verbal Warning	Strike
14. Excessively loose pants	Rope to hold up pants	
15. Excessively revealing clothing	Change of clothing	
16. Inappropriate clothing with suggestions of drugs, alcohol, etc.	Warning/ change of clothes	Strike
<b>***MAJOR VIOLATIONS***</b>		
17. Throwing of objects of any kind I.e. rocks, snow, sticks, etc	Strike	3 <sup>rd</sup> Strike
17. Profanity	Strike	Strike
18. Inappropriate use of camera	Automatic 2 <sup>nd</sup> Strike	Sent home
19. Defying an authority figure	Automatic 2 <sup>nd</sup> Strike	Sent home
20. Stealing or attempting to steal Camp or personal property	Automatic 2 <sup>nd</sup> Strike	Sent home
21. Verbal assaults	Automatic 2 <sup>nd</sup> Strike	Sent home
22. Pulling fire alarm/ calling 9-1-1	Auto 3 <sup>rd</sup> Strike – Sent home	Fined
23. Physical harm to another person	Auto 3 <sup>rd</sup> Strike – Sent home	
24. Causing or attempting to cause damage To Camp or personal property	Auto 3 <sup>rd</sup> Strike – Sent home	
25. Scaring others during Night Hike	Auto 3 <sup>rd</sup> Strike – Sent home	
26. Possessing or using Tobacco	Auto 3 <sup>rd</sup> Strike – Sent home	
27. Possessing or using Illegal Drugs	Auto 3 <sup>rd</sup> Strike – Sent home	
28. Racial Slur	Auto 3 <sup>rd</sup> Strike – Sent home	
29. Sexual Harassment	Auto 3 <sup>rd</sup> Strike – Sent home	

**\*\*The Director has the final decision in all punishments, in consultation with the on-site Teachers in charge\*\***



# REGLAS Y CONSECUENCIAS

Tabla de infracciones y sus respectivos castigos

## REGLAS:

<u>REGLAS:</u>	<u>castigo mínimo</u>	<u>castigo máximo</u>
<b>***INFRACCIONES MENORES***</b>		
1. Jugando con la comida	advertencia verbal	strike
2. Correr en los senderos	advertencia verbal	strike
3. Tirar basura en las instalaciones del campamento	Proyecto de limpiar el campamento	strike
4. Usar gorras durante las comidas	advertencia	confiscación
5. Juegos/dispositivos eléctricos en el campamento	confiscación – darse al maestro	strike
6. Usar el teléfono celular	confiscación – darse al maestro	strike
7. Jugar a pelearse	advertencia verbal	strike
8. Insultar/burlarse en demasía	advertencia verbal	strike
9. Demostración de afecto inapropiada	advertencia verbal	strike
10. Jugar en un área no autorizada	advertencia verbal	strike
11. Llegar tarde o causar que otros lleguen tarde	advertencia verbal	strike
12. Deambular sin permiso	advertencia verbal	strike
13. Hablar o no seguir las direcciones	advertencia verbal	strike
14. Llevar pantalones demasíadamente holgados	cordón para levantar los pantalones	
15. Llevar ropa demasíadamente reveladora	cambio de ropa	
16. Llevar ropa inapropiada con sugerencias de drogas alcohol, etc.	advertencia/cambio de ropa	strike

## **\*\*\*INFRACCIONES MAYORES\*\*\***

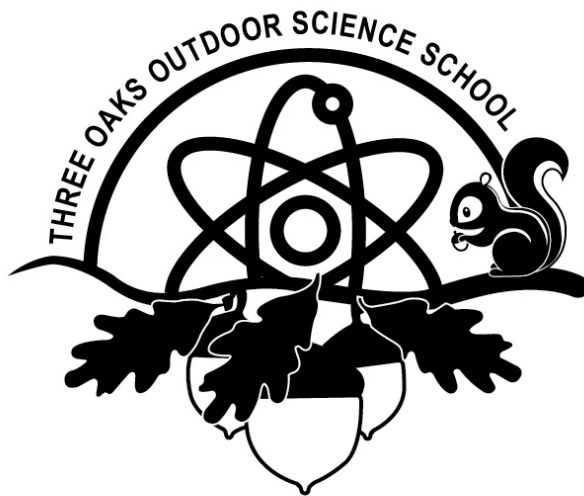
17. Aventar objetos de cualquier tipo, es decir, piedras, nieve, palos, etc.	strike	tercer strike
18. Usar palabrotas	strike	strike
19. Usar inapropiado la cámara	automáticamente segundo strike	mandarse a casa
20. Desafiar a una figura de autoridad	automáticamente segundo strike	mandarse a casa
21. Robar o intentar robar bienes muebles o del campamento	automáticamente segundo strike	mandarse a casa
22. Atacar verbalmente	automáticamente segundo strike	mandarse a casa
23. Jalar la palanca de alarma contra incendios/llamar al 9-1-1	automáticamente tercer strike – mandarse a casa	multado
24. Lesionar a otra persona	automáticamente tercer strike – mandarse a casa	
25. Causar o intentar causar daño a bienes muebles o del campamento	automáticamente tercer strike – mandarse a casa	
26. Asustar a otros durante la caminata nocturna	automáticamente tercer strike – mandarse a casa	
27. Poseer o usar tabaco	automáticamente tercer strike – mandarse a casa	
28. Poseer o usar drogas ilegales	automáticamente tercer strike – mandarse a casa	
29. Insultar racialmente y bullían	automáticamente tercer strike – mandarse a casa	
30. Acosar sexualmente	automáticamente tercer strike – mandarse a casa	

**\*\*El director tiene la decisión final en todos los castigos, con el asesoramiento de los maestros a cargo en el plantel\*\***

## **THE BEAD SYSTEM FOR POSITIVE REINFORCEMENT**

The purpose of distributing beads is to *positively reinforce good behavior through instant recognition*. Beads should never be given frivolously! (I.e., you like the way the smile OR for expected behavior like being a good student) Students should always know why they have earned a bead. Staff members need to keep the system consistent. There will be enough beads for students to earn one of each color. **Teachers are also encouraged to bring special beads to recognize students, the students consider teacher beads as special recognition.**

- ❖ **Red (Fire Drill Bead)** – Given on the first day after the students have successfully completed the fire drill.
- ❖ **Light Blue (Water Bottle Recycling Bead)** – Given on Friday before students leave for turning in their empty water bottle for recycling.
- ❖ **Glow in the Dark Bead (OORT Bead)** – Given to the entire dining hall or school group for meeting or beating the OORT goal for a particular meal.
- ❖ **Gold Sparkle Bead (Clean Cabin Award)** – Given by the Directors to cabins who had their cabin areas clean all week and various times, and emergency exits not blocked.
- ❖ **Heart Shaped (Medic Bead)** – Given by the Medic Staff to students
- ❖ **Various (Teacher Bead)** – Given by the Teachers to their students and sometimes to the staff.
- ❖ **Teddy Bear (Director’s Bead)** – Given by the Directors for various reasons including dining hall inspection, conservation practices and to staff role models.
- ❖ **Animal Beads** – Given out during Dance Night to those who try hard and have fun.
- ❖ **Butterfly Shaped Beads** – Beads for special student recognition by Cabin Leaders
- ❖ **Flower Shaped Beads** – Beads for special student recognition by Naturalists

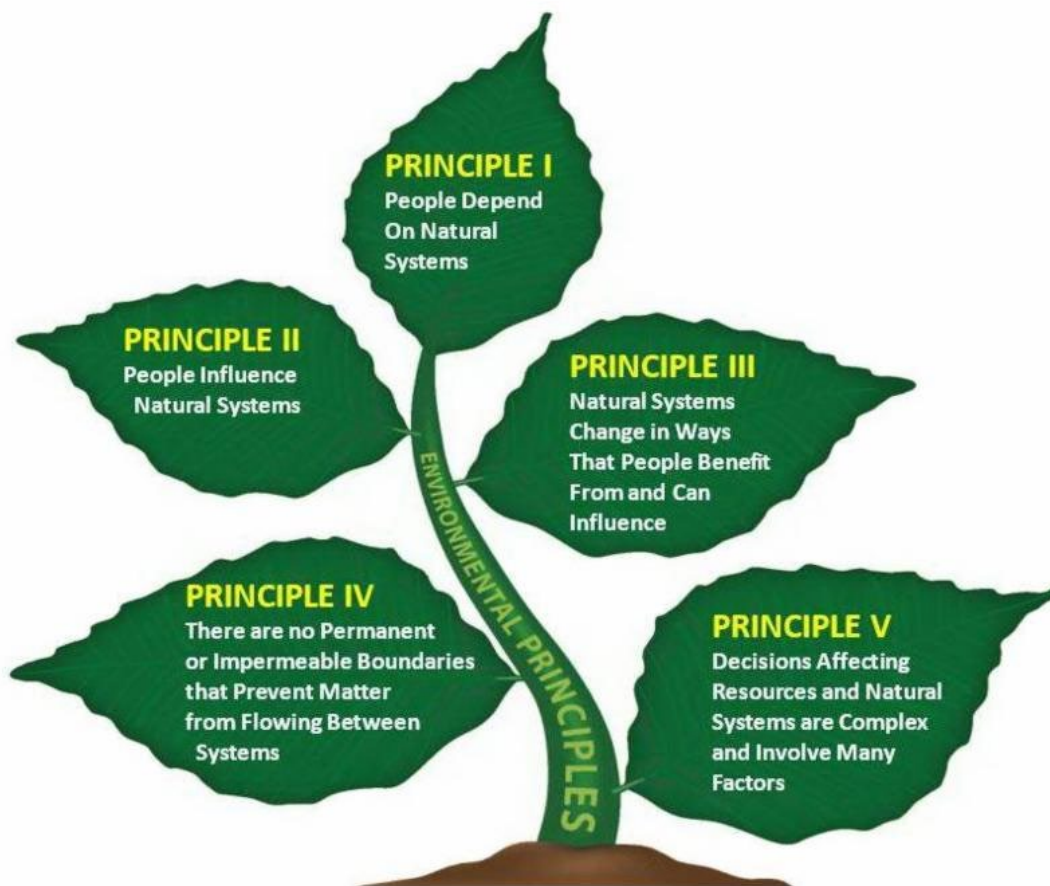


## Three Oaks OSS Science Standards

Here at Three Oaks OSS, we strive to meet and exceed the changing and evolving science standards that are set forth by the state of California. We have adopted NGSS practices, and the California Environmental Principles. Our goal is always to support and build on what students learn in the classroom by providing rigorous, hands- on, critical thinking and experiential learning- as well as fun and adventures in the outdoors. We have compiled a list of the standards we most closely cover with our program.

### California Environmental Principles and Concepts

The California EP&Cs were adopted as part of the Blueprint for Environmental Literacy to create students who are prepared to face the environmental challenge of our changing world. The entire EP&Cs can be found at <http://www.smcoe.org/assets/files/learning-and-leadership/safe%20routes%20to%20school/EPC-1.pdf>





## **NGSS**

Here is a list of the NGSS standards met by the Three Oaks OSS curriculum across the 5<sup>th</sup> and 6<sup>th</sup> grade bands.

### **Dimension 1: Science and Engineering Practices**

- Asking questions (science) and defining problems (engineering)
- Developing and using models
- Planning and carrying out investigations
- Analyzing and interpreting data
- Using mathematics and computational thinking
- Constructing explanations (science) and designing solutions (engineering)
- Engaging in argument from evidence
- Obtaining, evaluating, and communicating information

### **Dimension 2: Cross Cutting Concepts**

- Patterns, similarity, and diversity
- Cause and effect
- Scale, proportion and quantity
- Systems and system models
- Energy and matter
- Structure and function
- Stability and change

### **Dimension 3: Disciplinary Core Ideas**

#### **Earth & Space Science**

- ESS1: Earth's Place in the Universe
- ESS1.A: The Universe and Its Stars
- ESS1.B: Earth and the Solar System
- ESS1.C: The History of Planet Earth
- ESS2: Earth's Systems
- ESS2.A: Earth Materials and Systems
- ESS2.B: Plate Tectonics and Large-Scale System Interactions
- ESS2.C: The Roles of Water in Earth's Surface Processes
- ESS2.D: Weather and Climate
- ESS2.E: Biogeology
- ESS3: Earth and Human Activity
- ESS3.A: Natural Resources
- ESS3.B: Natural Hazards
- ESS3.C: Human Impacts on Earth Systems
- ESS3.D: Global Climate Change

## Life Science

- LS1: From Molecules to Organisms: Structures and Processes
- LS1.A: Structure and Function
- LS1.B: Growth and Development of Organisms
- LS1.C: Organization for Matter and Energy Flow in Organisms
- LS1.D: Information Processing
- LS2: Ecosystems: Interactions, Energy, and Dynamics
- LS2.A: Interdependent Relationships in Ecosystems
- LS2.B: Cycles of Matter and Energy Transfer in Ecosystems
- LS2.C: Ecosystem Dynamics, Functioning, and Resilience
- LS2.D: Social Interactions and Group Behavior
- LS4.C: Adaptation
- LS4.D: Biodiversity and Humans

## Engineering, Technology, and Application of Science

- ETS1: Engineering Design
- ETS1.A: Defining and Delimiting an Engineering Problem
- ETS1.B: Developing Possible Solutions
- ETS1.C: Optimizing the Design Solution
- ETS2: Links Among Engineering, Technology, Science, and Society
- ETS2.A: Interdependence of Science, Engineering, and Technology
- ETS2.B: Influence of Engineering, Technology, and Science on Society and the Natural World

The complete NGSS standards by topic can be found at

5<sup>th</sup> Grade: <https://www.nextgenscience.org/sites/default/files/3-5Topic.pdf>

6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade: <https://www.nextgenscience.org/sites/default/files/MSTopic.pdf>



***Paperwork***  
*to be*  
***Reproduced***  
*and handed out to*  
***Students***  
*and their*  
***Families***

\*\*\*\*\*

**Teachers** – please ask and remind *ALL students* to bring a *reusable water bottle* to camp, and a *backpack* to carry their things in while hiking. You will also notice a letter to parents regarding homesickness that you may consider distributing.

ALSO,

The *Medication Authorization and Camp Consent form* must **BOTH** be turned in to Three Oaks OSS. Please be sure parent signature is on all forms AND doctor signature where necessary. Please keep these forms separate – DO NOT STAPLE.

Alphabetize these forms by last name, we would like one stack of each form by school, not separated by teacher.

We recommend you copy these forms double sided. There are Spanish copies of all our paperwork in this packet and found on our website!!

[www.ThreeOaksOSS.com](http://www.ThreeOaksOSS.com)

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## ARROWHEAD RANCH OUTDOOR SCIENCE SCHOOL PARENT INFORMATION

### Please Address Student Mail to:

Student's name  
Student's school  
c/o THREE OAKS OSS  
P. O. Box 3696  
Crestline, CA 92325

SEND LETTERS TO CAMP VERY  
EARLY OR GIVE TO YOUR  
TEACHERS TO BRING TO CAMP.  
*We cannot guarantee mail  
will arrive prior to student  
departure if mailed in the  
same week attending.*

**Students are not allowed to make or receive phone calls while at Three Oaks OSS. Parents are not permitted to the student or visit the camp** unless it is an emergency situation.

call

### **MEDICATIONS:**

All prescriptions must be sent in the **original container** with the doctor's name, child's name and correct dosage. **Prescribed medicine cannot be dispensed without a doctor's signature on the Medical Authorization form.** Without proper information, it cannot be dispensed. In addition, please put all medicine containers in a plastic zip lock bag, clearly labeled with your child's name, school and any special instructions. **Please DO NOT staple the medication authorization forms to the camp consent forms.**

**All non-prescription drugs require parent/guardian signature on the Medical Authorization form.** It will be collected upon arrival at camp. Students will need to see the medic as needed in order to take this medication.

### **ELEVATION:**

Our bodies require more water while involved in activities at higher elevations (above 4,000 feet). We recommend students drink 4 to 6 bottles of water a day to prevent dehydration. Outdoor living at high altitudes requires special consideration of temperatures. Evening temperatures can be quite low even in the fall and spring. LAYERING is a dressing technique which involves wearing several layers of light clothes to help retain body heat. Please help your child have a positive experience by making sure they have all of the items on the clothing list.

### **STUDENTS ARE LIMITED TO:**

- **One suitcase OR Duffel bag**
- **Sleeping bag**
- **Water Bottle (metal or plastic)**
- **Pillow**

**\*\*\*ALL ITEMS SHOULD BE LABELED WITH THE STUDENT'S NAME AND SCHOOL\*\*\***

THREE OAKS OUTDOOR SCIENCE SCHOOL

PACKING LIST

In order to make your student’s visit to Three Oaks OSS a successful one, we have enclosed some important information. Please be sure to read all pages carefully.

Below is a list of items that are necessary for a week at Outdoor Science School. Please help us make sure your student is prepared. If there are listed items which you do not own and do not wish to purchase, we recommend borrowing from a friend.

What to Pack CHECKLIST:

**CLOTHING LIST:**

- 8 pairs of socks
- 5 pairs of underwear
- 2 pairs of pajamas
- 3 pairs of jeans/warm pants
- 1 pair of shorts (cabin time only)
- 3 long sleeve shirts
- 2 short sleeve shirts (no sleeveless or tanks)
- 1 school approved sweater or sweatshirt
- 1 school approved hat/cap
- 2 pairs of athletic shoes or hiking boots

**PLEASE LABEL EVERY-  
THING WITH CHILD’S  
NAME & SCHOOL.**

**THREE OAKS OSS IS  
NOT RESPONSIBLE FOR  
LOST OR CONFISCATED  
ITEMS.**

**WINTER ADDITIONS (October 1 to May 1)**

- 2 pairs of gloves/mittens (water resistant)
- 1 pair long underwear
- Additional sweatshirts
- Heavy winter jacket
- Waterproof boots/shoes
- 1 winter hat

**LONG PANTS MUST BE WORN  
ON ALL HIKES. STUDENTS MAY  
WEAR SHORTS AT OTHER TIMES &  
IN THE CABIN. SWEATS ARE  
RECOMMENDED SLEEPING  
ATTIRE. STUDENTS ARE TO  
CHANGE IN A BATHROOM TOILET OR  
SHOWER STALL ONLY.**

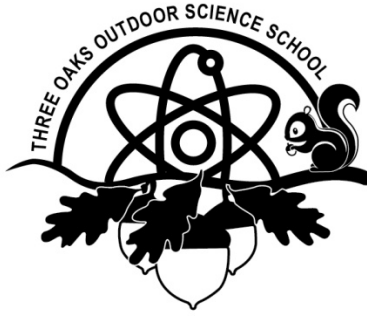
**ADDITIONAL ITEMS TO BRING:**

- 1 towel and washcloth
- Soap/ Shampoo (2in1 recommended)
- Toothbrush/toothpaste
- Deodorant (non-aerosol)
- Hair dryer (optional)
- Chap Stick\*\*
- Sunscreen (non-aerosol only)
- Sleeping bag/pillow (Wrapped in plastic bag)
- Pens/Pencils, paper, envelope & stamps
- Camera (Disposable-clearly labeled with name; Digital-clearly labeled with name, Three Oaks OSS is not responsible for any loss or damages; video is NOT allowed)

**\*\*\*PLEASE BE SURE TO BRING\*\*\*  
Reusable Water Bottle  
BACKPACK – for hiking & carrying  
water, journal, extra stuff**

**THE FOLLOWING ITEMS WILL BE CONFISCATED FROM STUDENTS AND GIVEN TO THE TEACHERS:**

**CELL PHONES, MONEY, KNIVES, ELECTRONIC DEVICES SUCH AS IPODS, RADIOS, GAMEBOYS, SNACKS, GUM, CANDY, SODA/DRINKS, CURLING/FLAT IRONS, AEROSOL SPRAYS such as PERFUMES and BODY SPRAYS (UPDATED August 2023)**



## THREE OAKS OUTDOOR SCIENCE SCHOOL INFORMACIÓN PARA LOS PADRES

### Favor de mandar correo al alumno a:

Nombre del alumno  
Escuela del alumno  
c/o THREE OAKS OSS  
P.O. Box 3696  
Crestline, CA 92325

**No se les permite a los alumnos hacer ni recibir llamadas telefónicas** mientras estén en Outdoor Science School. **No se les permite a los padres llamar al alumno ni visitar el campamento** a menos que sea una situación de emergencia.

### **MEDICAMENTOS:**

Todos los medicamentos por recetas deben mandarse en el **envase original** con el nombre del médico, nombre del niño y la dosis correcta. No se podrá dispensar sin la información apropiada. Además, favor de poner todo el medicamento en una bolsa de plástico con cierre hermético, claramente etiquetada con el nombre, la escuela y cualquier instrucción especial de su hijo.

**Cualquier medicamento no recetado debe acompañarse por una carta de autorización del padre/tutor legal.** Será juntado al llegar a la escuela de ciencias al aire libre. Los alumnos necesitarán ver al médico auxiliar como se necesite a fin de tomar este medicamento.

### **ELEVACIÓN:**

Nuestros cuerpos requieren más agua mientras participamos en actividades a elevaciones más altas (arriba de 4.000 pies). Recomendamos a los alumnos beber cuatro a seis botellas de agua al día para prevenir la deshidratación. La vida al aire libre en altitudes elevadas requiere una consideración especial de las temperaturas. Las temperaturas por la tarde pueden bajar bastante aun en el otoño y primavera. **VARIAS CAPAS DE ROPA** es una técnica de vestimenta que implica llevar varias capas de ropa ligera para ayudar retener el calor corporal. Favor de ayudar a su hijo mantener una experiencia positiva al cerciorarse de que tenga todos los artículos en la lista de ropa.

### **SE LIMITA A LOS ALUMNOS A:**

- **una maleta O bolsa marinero**
- **bolsa de dormir**
- **almohada**

**\*\*\**TODOS LOS ARTÍCULOS DEBEN ESTAR ETIQUETADOS CON EL NOMBRE Y LA ESCUELA DEL ALUMNO*\*\*\***

**THREE OAKS OUTDOOR SCIENCE SCHOOL  
INFORMACIÓN PARA LOS PADRES**

Más abajo está una lista de los artículos necesitados para una semana en el Three Oaks Outdoor Science School. Favor de ayudarnos a cerciorarnos de que su hijo esté preparado. Si hay artículos listados que no posee y no desea comprarlos, le recomendamos pedirlos prestados de un amigo.

**LISTA de qué empacar:**

**LISTA DE ROPA:**

- \_\_\_ 8 pares de calcetines
- \_\_\_ 5 calzones
- \_\_\_ 2 pijamas
- \_\_\_ 3 pantalones vaqueros/térmicos
- \_\_\_ 1 short (solamente durante el tiempo en la cabaña)
- \_\_\_ 3 camisetas de manga larga
- \_\_\_ 2 camisetas de manga corta (ninguna sin mangas)
- \_\_\_ 1 sudadera o suéter aprobados por la escuela
- \_\_\_ 1 gorra/gorro aprobados por la escuela
- \_\_\_ 2 pares de zapatos deportivos o botas de senderismo

**ADICIONES INVERNALES (1 de octubre al 1 de mayo)**

- \_\_\_ 2 pares de guantes (resistentes al agua)
- \_\_\_ 1 calzoncillo largo
- \_\_\_ sudaderas adicionales
- \_\_\_ chaqueta invernal gruesa
- \_\_\_ botas/zapatos impermeables
- \_\_\_ 1 gorra invernal

**ARTÍCULOS ADICIONALES QUE TRAER:**

- \_\_\_ 1 toalla y toallita
- \_\_\_ jabón/champú (2 en 1 recomendado)
- \_\_\_ cepillo de dientes/pasta dental
- \_\_\_ desodorante (no aerosol)
- \_\_\_ secadora de cabello (opcional)
- \_\_\_ humectante labial\*\*
- \_\_\_ bloqueador solar (solamente no aerosol)
- \_\_\_ saco de dormir/almohada (envueltos en una bolsa de plástico)
- \_\_\_ plumas/lápices, papel, sobre y estampillas
- \_\_\_ cámara (desechable – claramente etiquetada con el nombre; cámara digital – claramente etiquetada con el nombre, Arrowhead Ranch no se hace responsable de pérdidas ni daños y NO se permite video)

***FAVOR DE ETIQUETAR TODO CON EL NOMBRE Y LA ESCUELA DE SU HIJO.***

***THREE OAKS NO SE HACE RESPONSABLE DE LOS ARTÍCULOS PERDIDOS NI CONFISCADOS.***

***LOS PANTALONES LARGOS DEBEN LLEVARSE PUESTOS EN TODO MOMENTO MIENTRAS ESTÉN AFUERA. SHORTS SOLO SE PERMITEN DENTRO DE LA CABAÑA. SE RECOMIENDAN LOS PANTS COMO ATUENDO PARA DORMIR. LOS ALUMNOS HAN DE CAMBIARSE EN EL BAÑO Y SIEMPRE PRACTICAR MODESTIA.***

**\*\*\*CERCIÓRESE DE TRAER\*\*\***

Botella de agua reutilizable  
MOCHILA – para el senderismo y llevar agua, diario y cosas adicionales

**LOS SIGUIENTES ARTÍCULOS SERÁN CONFISCADOS DE LOS ALUMNOS Y DADOS A LOS MAESTROS:**

**TELÉFONOS CELULARES, DINERO, NAVAJAS, DISPOSITIVOS ELECTRÓNICOS TALES COMO IPODS, RADIOS, GAMEBOYS, BOTANAS, CHICLE, DULCE, SODA/REFRESCOS, TENAZAS PARA EL CABELLO, SPRAYS AEROSOLÉS tales como PERFUMES y SPRAYS CORPORALES (ES DECIR, AXE) FIJADOR DE CABELLO Y ENJUAGUE BUCAL y SANITIZADOR DE MANOS CON BASE DE ALCOHOL. (ACTUALIZADO July 2019)**



Dear Parents, Family Members and Guardians:

Sending your child to camp is very exciting and at the same very nerve wrecking! We are aware of this, and I want to take a moment to let you know that your child will have a very safe and memorable week with our highly trained staff. Your child is going to have the adventure of a lifetime, and will return home to you a changed person – in a good way with a sense of confidence and independence! We already know that we will have a few homesick children, but we know we have homesick parents by the dozens!! Homesickness can prevent your child from a successful experience at Three Oaks OSS, so below are some tips to help you be a stronger support for your child.

- **NEVER say “If you feel homesick, I’ll come and get you.”** This conveys a message of doubt and pity that undermines children’s confidence and independence. Pick-up deals become mental crutches and self-fulfilling prophecies for children as soon as they arrive at camp.
- **Encourage your child’s independence throughout the year.** Practice separations, such as sleepovers at a friend’s house, can stimulate the camp environment.
- **Discuss what camp will be like before your child leaves.** Talk about the exciting adventures and rugged hikes in the mountains, having a fun week with their friends!
- **Reach an agreement ahead of time that there are no phones and no calls allowed.** Phone calls are not allowed, especially in homesick situations because it almost guarantees that a child will end up leaving camp early. We encourage toughing it out and at the end of a week the pride and confidence a child grows in them is visual and rewarding.
- **Send a note or a care package!** Remember students may not have snacks and candy but this is a great way to remind the child they are both loved and missed – but in a positive way. For example, you can say “I am going to miss you, but I know that you will have a great time at camp.”
- **Don’t use bribery.** Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child’s new found confidence and independence.
- **Pack a personal item from home,** such as a stuffed animal, pillow pet or special blanket!
- **Don’t feel guilty about encouraging your child to stay the whole week at camp!** For many children, camp is a first step toward independence and plays an important role in their growth and development.
- **Give your child pre-addressed, stamped envelopes or postcard** so that they can keep you informed of camp activities.
- Although there are benefits in keeping youngsters informed of what’s going on at home, do not go into great detail since the young adventurers might feel they’re missing something back home. As camp professionals who have worked with thousands of children, advise you not to mention how much you miss them or that the dog and cat miss them.
- **DON’T WORRY!** Your natural reaction is to call and check on how your camper is doing. Remember, the camp staff is trained to recognize and deal with symptoms of homesickness – they are in good hands! No news is GOOD NEWS!

Here are more resources for you to reference if interested:

- Preventing homesickness – [www.acacamps.org/media\\_center/how\\_to\\_choose/homesickness.php](http://www.acacamps.org/media_center/how_to_choose/homesickness.php)
- Understanding homesickness – [www.kidshealth.org/teen/your\\_mind/emotions/homesickness.html](http://www.kidshealth.org/teen/your_mind/emotions/homesickness.html)

Good Luck and remember it is only four or five days, your child will be in your arms again with lots of adventures to tell you about. A little encouragement and support from you will translate into large rewards for your child!

Charlie Young  
Owner/ Director  
Three Oaks OSS





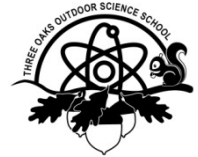
Estimados padres, miembros de familia y tutores legales:

El mandar a su hijo a un campamento es muy emocionante y a la vez desesperante. Estamos al tanto de esto, y quiero tomar este momento para dejarles saber que su hijo tendrá una semana muy memorable y segura con nuestro personal altamente capacitado. Su hijo estará teniendo una aventura única en la vida, y regresará a casa una persona cambiada – ¡de una manera positiva con un sentido de confianza e independencia! Ya sabemos que tendremos a unos niños que sentirán nostalgia, pero vamos a tener docenas de padres nostálgicos. La nostalgia puede prevenirle a su hijo de tener una experiencia exitosa en Three Oaks, así que abajo hay algunos consejos para ayudarles ser un apoyo más fuerte para su hijo.

- ***NUNCA diga “Si te sientes nostálgico, voy y te recojo”.*** Esto transmite un mensaje de duda y de lastima que mina la confianza e independencia de su hijo. Los tratos para recoger al hijo llegan a ser una muleta mental y una profecía que tiende a cumplirse por su propia naturaleza para los niños en cuanto llegan al campamento.
- ***Animen la independencia de su hijo durante todo el año.*** Practiquen las separaciones, tales como las pijamadas en la casa de un amigo, pueden estimular el entorno del campamento.
- ***Hablen sobre cómo será el campamento antes de que se vaya su hijo.*** Hablen sobre las emocionantes aventuras y las caminatas escarpadas en las montañas, y la semana de diversión que tendrá con sus amigos.
- ***Lleguen a un acuerdo por adelantado que no se permitirá el teléfono ni las llamadas telefónicas.*** No se permiten llamadas telefónicas, especialmente en situaciones de nostalgia porque casi se garantiza que un niño estará yéndose del campamento anticipadamente. Animamos a aguantárselas y al final de la semana el orgullo y la confianza que desarrolla un niño se pueden ver y son gratificantes.
- ***Envíen una nota o un paquete de provisiones.*** Recuerden que los alumnos no pueden tener bocadillos ni dulces pero esto es una gran manera para recordar a su hijo que lo quieren y lo extrañan – pero de una manera positiva. Por ejemplo, ustedes pueden decir “Te voy a extrañar, pero sé que te la pasarás de maravilla en el campamento”.
- ***No use chantaje.*** El vincular el quedarse exitosamente en el campamento a un objeto material manda el mensaje incorrecto. El premio debería ser la nueva confianza e independencia que ha encontrado su hijo.
- ***Empaque un artículo personal de casa,*** tal como un peluche, *pillow pet* o cobija especial.
- ***No se sienta culpable sobre el animar a su hijo a quedarse en el campamento toda la semana.*** Para muchos niños, el campamento es el primer paso a la independencia y juega un importante papel en su desarrollo y crecimiento.
- ***Dé a su hijo sobres o postales con su dirección y con franqueo pagado*** para que los mantenga informados de las actividades del campamento.
- Aunque hay beneficios en mantener a sus pequeños informados sobre lo que está sucediendo en casa, no entre en detalles ya que los jóvenes aventureros quizás piensen que se están perdiendo de algo en casa. Como profesionales del campamento que hemos trabajado con miles de niños, les aconsejamos no mencionar cuánto los extraña o que el perro o el gato los extraña.
- ***NO SE PREOCUPEN.*** Su reacción natural es de llamar y revisar cómo está su campista. Recuerde, el personal del campamento está capacitado para reconocer y tratar los síntomas de nostalgia – están en buenas manos.

Buena suerte y recuerde que es solo cuatro o cinco días, su hijo estará en sus brazos de nuevo con muchas aventuras que platicarles. Un poco de animo y apoyo de ustedes traducirán a grandes recompensas para su hijo.

Charlie Young  
Propietario/ Director  
Three Oaks OSS



## Three Oaks Outdoor Science School \*\*MEDICATION AUTHORIZATION\*\*

### **ALL STUDENTS MUST TURN IN THIS FORM WITH APPROPRIATE SIGNATURE(S)**

This form authorizes administration of medication while a student attends Three Oaks Outdoor Science School. The parent/legal guardian must have legal custody of the student named below to sign this form. See reverse for instructions.

Name of Student \_\_\_\_\_ School \_\_\_\_\_ District \_\_\_\_\_

Medication(s) to be dispensed daily  
(Prescription and Nonprescription)

Name of Medication	Dosage	Purpose	8:30 AM	1:00 PM	5:30 PM	9:00 PM
1.						
2.						
3.						
4.						
5.						
6.						

The student will be given the nonprescription medication(s) approved by the parent/legal guardian that are on the reverse side of this form, if needed.

Reactions that need to be reported to the physician, special instructions for both prescription and nonprescription medication, and/or if the student needs their medication(s) other than the time indicated in the above box please document that here. \_\_\_\_\_

For student's that require an inhaler and/or epinephrine pen, the adult that is responsible for that student will have it on their person at all times. At no time will the inhaler and/or epinephrine pen be away from the student.

I, the undersigned, as the parent/legal guardian of \_\_\_\_\_ request that the medication(s), both prescription and nonprescription, indicated above be administered to my child in accordance with my physician's instructions. I will notify Three Oaks Outdoor Science School immediately if I change physicians or if the medication is changed.

### **Please sign ONE of the options below:**

**Option #1: My child will NOT bring prescription medications to camp, but may receive OTC medicine from the camp medical officer if needed while under the camp's care:**

**Parent/Legal Guardian's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Parent/Legal Guardian's Name (Please print) \_\_\_\_\_ Phone ( ) \_\_\_\_\_

**Option #2: My child will bring prescription medicine to camp AND may receive OTC medicine from the camp medical officer if needed while under the camp's care:**

**Parent/Legal Guardian's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Parent/Legal Guardian's Name (Please print) \_\_\_\_\_ Phone ( ) \_\_\_\_\_

**Physician's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Physician's Name (Please print) \_\_\_\_\_ Phone ( ) \_\_\_\_\_

(See reverse)

# Instructions Regarding Prescription and Nonprescription Medications

All medication (prescription and nonprescription) must be in the original container. The prescription container must be clearly labeled with the following information:

- 1) **Student's name**
- 2) **Physician's name**
- 3) **Name of medication**
- 4) **Dosage (how much and when)**
- 5) **Expiration date**

Please send enough medication for two extra days in case of emergency, accidental loss, or damage.

Give the medication(s) and this form to the school for delivery to Three Oaks Outdoor Science School health services technician. **Do not pack medication in student's luggage.**

**Herbal or homeopathic remedies, and any similar supplements** require the same written authorization, **including a physician's signature.**

It is not necessary to send the medications listed below unless the student takes them on a regular basis.

The following nonprescription medications are available at Three Oaks Outdoor Science School. A physician has authorized Three Oaks Outdoor Science School to administer these medications as needed. If you gave your approval on the Medication Authorization form, the student will be given these medications, if needed.

Three Oaks Outdoor Science School administers the generic equivalent of these medications unless otherwise indicated below.

## **ANALGESIC**

Ibuprofen LIQ & TAB  
Acetaminophen LIQ & TAB

## **INDIGESTION/DIARRHEA**

Antacid/anti gas LIQ & TAB  
Anti-diarrhea TAB

## **MOUTH**

Oral Pain Reliever  
Throat Lozenges  
Dental Wax

## **TOPICALS**

Antibiotic Ointment  
Antiseptic Towelettes  
First Aid Antiseptic Pain Reliever  
Anti-itch Lotion  
Cortisone Cream  
Mentholatum  
Rid (lice treatment)  
Rubbing Alcohol  
Burn Relief Cream  
Sting Relief (Benzocaine)  
Sun block  
Petroleum Jelly

## **COLD/ALLERGY**

Antihistamine LIQ & TAB  
Decongestant LIQ & TAB  
Cough Suppressant and/or  
Expectorant

## **CONSTIPATION**

Milk of Magnesia

## **EYE**

Eyewash  
Eye Drops

## **Outdoor Science School Information**

Three Oaks Outdoor Science School operates in the San Bernardino Mountains. Site elevations range from 5,000 to 6,000 feet in typical forested and chaparral mountain terrain. Three Oaks Outdoor Science School involves students in a variety of activities in all weather conditions including rain, snow, and ice. Students stay at Three Oaks Outdoor Science School for four or five days. Access to a physician and/or hospital could be delayed in excess of one hour due to the remote locations of the school sites. Road closures due to adverse weather conditions could make access to a medical facility difficult or impossible. Three Oaks Outdoor Science School employs a licensed health care provider on site 24 hours a day. Medications may be administered by the nurse or other designated Outdoor Science School staff member. (Education Code Section 49423).

UPDATED: August 2023



**Three Oaks Outdoor Science School**  
**AUTORIZACIÓN PARA MEDICAMENTOS**  
**(Medicamentos con receta y sin receta)**

Este formulario autoriza la administración del medicamento mientras un alumno asista a Three Oaks Outdoor Science School. El padre/tutor legal debe tener la custodia legal del alumno nombrado más abajo para poder firmar este formulario. Véase al dorso para instrucciones.

Nombre del alumno \_\_\_\_\_ escuela \_\_\_\_\_ distrito \_\_\_\_\_

Medicamento(s)  
 (con receta y sin receta)

Nombre del medicamento	Dosis	Razón	8.30 de la mañana	1.00 de la tarde	5.30 de la tarde	9.00 de la tarde
1.						
2.						
3.						
4.						
5.						
6.						

El alumno será dado el(los) medicamento(s) sin receta aprobado(s) por el padre/tutor legal que están al dorso de este formulario, si fuese necesario.

Las reacciones que necesitan reportarse al médico, las instrucciones especiales para los medicamentos con receta y sin receta, y/o si el alumno necesita su(s) medicamento(s) a otra hora de la que está indicada en la caja más arriba, favor de documentarlas aquí.

\_\_\_\_\_  
 \_\_\_\_\_

Para el alumno que requiere un inhalador y/o inyección epinefrina, el adulto que es responsable de ese alumno los tendrá en su persona en todo momento. En ningún momento estará el inhalador y/o inyección epinefrina lejos del alumno.

Yo, el suscrito, como el padre/tutor legal de \_\_\_\_\_ solicitó que el(los) medicamento(s), con receta o sin receta, indicado(s) más arriba sea(n) administrado(s) a mi hijo según las instrucciones del médico. Notificaré a Three Oaks Outdoor Science School inmediatamente si cambio de médicos o si se cambia el medicamento.

**AMBAS firmas se requieren para recibir cualquier medicamento con receta en Three Oaks Outdoor Science School.**

Firma del padre/tutor legal \_\_\_\_\_ fecha \_\_\_\_\_

Nombre del padre/tutor legal (favor de escribir en letra de molde) \_\_\_\_\_ núm. telefónico ( ) \_\_\_\_\_

Firma del médico \_\_\_\_\_ fecha \_\_\_\_\_

Nombre del médico (favor de escribir en letra de molde) \_\_\_\_\_ núm. telefónico ( ) \_\_\_\_\_

(véase al dorso)

## Instrucciones respecto a los medicamentos con receta y sin receta

Todo el medicamento (con receta y sin receta) debe estar en el envase original. El envase del medicamento con receta debe estar etiquetado claramente con la siguiente información:

- 1) **Nombre del alumno**
- 2) **Nombre del médico**
- 3) **Nombre del medicamento**
- 4) **Dosis (cuánto y cuándo)**
- 5) **Fecha de caducidad**

Favor de mandar suficiente medicamento para dos días adicionales en caso de una emergencia, pérdida accidental o daño.

Dé este(os) medicamento(s) y este formulario a la escuela para entregarse al técnico de servicios sanitarios de Three Oaks Outdoor Science School. **No empaque el medicamento en el equipaje del alumno.**

**Remedios herbales u homeopáticos y cualquier parecido suplemento** requieren la misma autorización por escrito, **incluyendo la firma del médico.**

No es necesario mandar los medicamentos listados más abajo a menos que el alumno los tome con regularidad.

Los siguientes medicamentos sin receta están disponibles en Three Oaks Outdoor Science School. Un médico ha autorizado a Three Oaks Outdoor Science School a administrar estos medicamentos como se necesite. Si dio su aprobación en el formulario de la Autorización para medicamentos, se le dará al alumno estos medicamentos, si fuese necesario.

Three Oaks Outdoor Science School administra el equivalente en genérico de estos medicamentos salvo que se indique lo contrario más abajo.

### **ANALGÉSICO**

Ibuprofeno en líquido y tabletas  
Acetaminofén en líquido y tabletas

### **INDIGESTIÓN/DIARREA**

Antiácido/antiigás en líquido y tabletas  
Tabletas antidiarrea

### **BOCA**

Analgésico oral  
Pastillas para la garganta  
Cera dental

### **TÓPICO**

pomada antibiótica  
toallas húmedas antisépticas  
analgésico antiséptico de primeros auxilios  
loción antiprurito  
crema con cortisona  
Mentholatum  
RID (tratamiento para piojos)  
alcohol rectificado  
crema para aliviar quemaduras  
Sting-eze  
bloqueador solar  
jalea de petróleo

### **RESFRIADO/ALERGIA**

antihistamínico en líquido y tabletas  
descongestionante en líquido y tabletas  
supresor de la tos y/o expectorante

### **ESTREÑIMIENTO**

leche de magnesia

### **OJO**

colirio  
gotas para los ojos

### **Información sobre Outdoor Science School**

Three Oaks Outdoor Science School opera en las montañas de San Bernardino. Las elevaciones del plantel varían de 5.000 a 6.000 pies en terrenos montañosos típicos arbolados y de chaparral. Three Oaks Outdoor Science School da participación a los alumnos en una variedad de actividades en todo tipo de condiciones climáticas incluyendo lluvia, nieve y hielo. Los alumnos se quedan en Three Oaks Outdoor Science School por cuatro o cinco días. El acceso a un médico y/o hospital puede delatarse más de una hora debido a las ubicaciones remotas de las instalaciones escolares. El cierre de las carreteras debido a condiciones climáticas adversas podría hacer el acceso a una instalación sanitaria difícil o imposible. Three Oaks Outdoor Science School emplea un profesional sanitario titulado en las instalaciones 24 horas al día. Pueden administrarse los medicamentos por el enfermero u otro integrante del personal designado del Outdoor Science School.

# Three Oaks OSS Contagion Policy

Three Oaks' facility operates under the jurisdiction of San Bernardino County. The county's Department of Public Health holds Three Oaks OSS to a high standard of outbreak and contagion prevention. A camp facility in which individuals live in close proximity with one another creates an environment in which contagions of any kind may spread. San Bernardino Department of Public Health lists contagion symptoms as the following, but not limited to: nausea, vomiting, diarrhea, temperature over 100 degrees Fahrenheit, pink eye, lice, and other transmissible conditions.

It is the responsibility of the camp to prevent an outbreak once made aware of the risk. Three Oaks OSS will communicate closely with school leaders, with parents/ guardians, and a specific contagion control process will be followed. Parents and guardians may be asked to remove their children from the facility, and in the process, a guest or staff member's enjoyment/experience may become a lower priority than his or her overall health and safety, similarly the health and well-being of all guests become the priority.

**\*There are no refunds or prorated fees for individuals removed from activities or the camp facility.**

## Contagion Control Protocol

In case of an outbreak at camp, the following guidelines shall be adhered to according to San Bernardino Department of Public Health

[http://www.sbcounty.gov/uploads/dph/dehs/depts/environmentalhealth/newsletters/201206\\_campnews.pdf](http://www.sbcounty.gov/uploads/dph/dehs/depts/environmentalhealth/newsletters/201206_campnews.pdf) 1

1. Campers or staff members displaying any symptoms must be immediately isolated and put under the care of the appointed Health Supervisor or qualified staff.
2. The camp shall contact the San Bernardino Department of Public Health promptly to inform them of an outbreak, and what steps have been taken to contain the outbreak. (Three Oaks OSS reserves the right to determine what constitutes an outbreak and will judiciously contact the Department of Public Health based off of the guidelines from the department.)
3. Medical treatment shall be recorded in a logbook.
4. All pertinent documentation/records relating to campers and/or staff shall be maintained and made available to the San Bernardino Department of Public Health upon request. This includes copies of the medical logbook, contact information for the sick campers and staff, and any other documentation that may be necessary to investigate the outbreak.
5. Meticulous cleaning and sanitizing procedures shall commence in areas where symptoms occurred. Personal protection equipment shall be worn by cleaning staff.
6. If necessary, the camp shall voluntarily close to prevent further progression of the outbreak. The camp may contact the Department of Public Health at (909) 387-4608 with any questions or concerns.

### **CALIFORNIA HEALTH AND SAFETY CODE**

#### **Division 13, Part 2.3, Camps 18897.6.**

#### **Regulation of camps by state agencies**

Organized camps shall not be subject to regulation by any state agency other than the State Department of Public Health, California regional water quality control boards, the State Water Resources Control Board, and the State Fire Marshal; provided, that this section shall not affect the authority of the Department of Industrial Relations to regulate the wages or hours of employees of organized camps and this section shall not be construed to limit the application of building standards published in the State Building Standards Code to structures in organized camps.



# SUPPORTING DIABETIC STUDENTS

Dear Teachers and Parents:

If you have a diabetic student attending camp, the following procedures have been put in place to assure the student has a safe and successful week of adventure at camp. This outline will inform you of what our program requirements are in order to ensure the student's safety while away from their normal routine. Below you will find a list of responsibilities for both teachers and parents that will need to be completed at least two weeks prior to their arrival. We have found great success with this system. Please remember we are here to assist you in any way we can. Please contact us if you have any questions.

## Parents can help by:

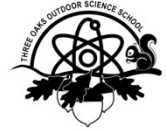
- The student must be able to self-medicate: this includes proficiency in checking their own blood sugar during the day and at night, changing their own insulin pump if necessary, and measuring and administering their own insulin.
- Counting carbohydrates for each meal in the menu. Our medic staff and Directors will assist, but the child should have some knowledge and ability to count carbs.
- Have the doctors' orders in to the school three weeks early. The doctors' orders would include an explanation of insulin, type of insulin, amount to be given, corrections etc.
- Providing enough appropriate (e.g., protein-type) snacks to be given between meals and/or at bedtime for one week. Please make sure snacks are nut-free because we host many students with nut allergies. Snacks will be held on to by our staff and given anytime the student requires. This assures we are aware anytime there is a need.
- If your child can monitor their blood sugar and insulin levels but cannot change their own insulin pump, we request that you would schedule a time with us to arrive on site and change the pump.
- Provide a list of "tricks" or "techniques" followed at home that may be helpful at camp.

Please understand that there will be a fluctuation in blood sugar levels in the first 24 hours due to a change in altitude, diet and exercise. This is normal at camp, but once the student's body acclimates, the blood sugar levels usually adjust and fall back into the normal criteria. While at camp, the student will report to our medical staff and check their blood sugar at each meal, before bedtime and anytime the student feels a change in their body. Three Oaks OSS will keep a log of every reading and every treatment, of which we will send two copies back with teachers; one for the school medical records and another for the parent/guardian. ***Diabetes is not a reason to prevent any student from attending camp!***

**\*\*If at any time we are having issues with consistency in maintaining numbers or reaching numbers that make our medical staff uncomfortable, we will call the parent/ guardian directly. Please make sure all parent/guardian information is completely filled out and current on consent forms.**



# Three Oaks Outdoor Science School CONSENT FORM



**All students must return this form filled out completely - this document DOES NOT give permission or consent for dispensation of prescribed or OTC medicines.**

Student Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Street Address \_\_\_\_\_ City / State / Zip \_\_\_\_\_

Parent / Guardian Name \_\_\_\_\_

Parent / Guardian Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

### **EMERGENCY CONTACT (Other than named above)**

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

### **INFORMATION ABOUT YOUR CHILD**

To protect your child from possible embarrassment, but not to exclude him/her from the program, the following information is needed. Please circle yes or no. If answer is yes, please offer more detail on the line provided. If more space is required, please add a separate paper to consent form.

Does your child walk in his/her sleep, wet the bed at night, etc.? Yes / No

If yes please explain: \_\_\_\_\_

Are there any factors, which might affect the health of your child; such as asthma, allergies, etc.? Yes / No

If yes please explain: \_\_\_\_\_

Has your child been exposed to any communicable diseases (Measles, Mumps, Chicken Pox, etc.) within the past 21 days? Yes / No

If yes, which ones? \_\_\_\_\_

Has your child had a tetanus shot (NOT REQUIRED) within the last 5 years? Yes / No Date: \_\_\_\_\_

Has your child received a Covid Vaccination Shot? (NOT REQUIRED) Yes / No Date: Shot 1: \_\_\_\_\_ Shot 2: \_\_\_\_\_

Does your child have any allergies that can cause an allergic reaction from medications, foods, or environmental factors? Yes / No

If yes please explain type of reaction: \_\_\_\_\_

Does your child have any health factor(s) that would make it advisable for your child to follow a limited program of physical activity? Yes / No

If yes please explain: \_\_\_\_\_



**\*\*BOTH SIDES OF THIS FORM MUST BE COMPLETED\*\***

Does your child have any special dietary needs or food restrictions? Yes / No

If so please list them \_\_\_\_\_

Please list any alternative or option for their stay \_\_\_\_\_

**IN CASE OF AN EMERGENCY PLEASE PROVIDE**

Medical Insurance Provider \_\_\_\_\_

Policy Number \_\_\_\_\_ Group Number \_\_\_\_\_

Physician's Name \_\_\_\_\_ Phone Number \_\_\_\_\_

**In case of emergency, if we, the parents or legal guardians of the above-named student cannot be reached, we do agree that x- ray examination, anesthetic, medical or surgical diagnosis and/or treatment, and hospital care may be rendered to such minor under the general or special supervision and on the advice of a duly licensed physician or surgeon; and/or that anesthesia, dental or surgical diagnosis or treatment and hospital care may be rendered to such child by a duly licensed dentist. When or if such occasion arises, or transportation or medical attention becomes necessary, we hereby authorize it within the above provisions and limitations. Further, we agree to hold harmless and indemnify Three Oaks OSS, Inc., their officers, agents, and employees if the aforementioned medical or dental treatment is rendered to said minor child.**

**I have reviewed and understand the conditions on this form and give my consent for my son/daughter to participate. In addition, I am aware of the Education Code Section 35330, which provides that all persons making a field trip or excursion are deemed to have waived all claims against the camp or school for injury, accident or illness occurring during or by reason of the trip or excursion. I agree to and will pick up my son/daughter in the event they become ill or have a behavior problem. Students will NOT be refunded for departing camp early; including family choice, vacations, discipline, health issues or an act of God.**

\_\_\_\_\_  
Signature of Parent or Guardian Relationship Date

\_\_\_\_\_  
Student's School School District

**Camp photography and video release**

**Three Oaks OSS follows strict rules to ensure the privacy and safety of all our students. There are times during camp activities where photos or videos may be taken for the website or promotional purposes. Safety is always paramount and our staff checks all content before publishing any content on the web. Children's photos featured on our website or promotional material will not use or publish names or what school they attend. Three Oaks OSS prefers to keep student photos anonymous in its publications for safety reasons. Parent/Guardian signature below provides Three Oaks OSS authority to use your child's photo anonymously for the purposes of marketing and promotions only.**

\_\_\_\_\_  
Signature of Parent or Guardian Date

**Updated: August 2023**



## Three Oaks Outdoor Science School FORMULARIO DE CONSENTIMIENTO

Nombre del alumno \_\_\_\_\_ fecha de nacimiento \_\_\_\_\_ edad \_\_\_\_\_

Domicilio \_\_\_\_\_ ciudad/estado/código de postal \_\_\_\_\_

Nombre del padre/tutor legal \_\_\_\_\_

Núm. telefónico del hogar del padre/tutor legal \_\_\_\_\_ núm. de trabajo \_\_\_\_\_

Núm. telefónico celular \_\_\_\_\_

### CONTACTO EN CASO DE UNA EMERGENCIA (otro no mencionado más arriba)

Nombre \_\_\_\_\_ parentesco \_\_\_\_\_

Núm. telefónico del hogar \_\_\_\_\_ núm. telefónico celular \_\_\_\_\_

### INFORMACIÓN SOBRE SU HIJO

Para proteger a su hijo de posible vergüenza, pero no excluirlo del programa, se necesita la siguiente información. Favor de trazar un círculo en sí o no. Si contesta sí favor de dar más detalles en la línea provista. Si necesita más espacio, favor de agregar una hoja por separado al formulario de consentimiento.

¿Camina su hijo mientras duerme, moja la cama en la noche, etc.?      sí / no

Si es sí, favor de explicar: \_\_\_\_\_

¿Existen algunos factores que pueden afectar la salud de su hijo; tales como asma, alergias, etc.?      sí / no

Si es sí, favor de explicar: \_\_\_\_\_

¿Ha sido su hijo expuesto a alguna enfermedad contagiosa (sarampión, paperas, varicela, etc.) dentro de los últimos 21 días?      sí / no \_\_\_\_\_

Si es sí, ¿a cuáles? \_\_\_\_\_

¿Ha tenido su hijo una vacuna contra el tétanos dentro de los últimos 5 años?      sí / no      fecha: \_\_\_\_\_

¿Ha recibido su hijo la vacuna de COVID? *(No es requerido)* si / no      fecha: #1: \_\_\_\_\_ #2: \_\_\_\_\_

¿Tiene su hijo alguna alergia que puede causar una reacción alérgica de medicamentos, alimentos o factores ambientales?      sí / no

Si es sí, favor de explicar el tipo de reacción: \_\_\_\_\_

¿Tiene su hijo algún(os) factor(es) de salud que haría(n) aconsejable que su hijo siga un programa de actividad física limitada?      sí / no

Si es sí, favor de explicar: \_\_\_\_\_

**\*\* AMBOS LADOS DE ESTE FORMULARIO DEBEN LLENARSE \*\***

¿Tiene su hijo alguna restricción alimenticia o necesidades dietéticas especiales?                      sí / no

Si es sí, favor de listarlas \_\_\_\_\_

Favor de listar cualquier alternativa u opción durante su visita \_\_\_\_\_

**EN CASO DE UNA EMERGENCIA FAVOR DE SUMINISTRAR**

Proveedor de seguro médico \_\_\_\_\_

Número de póliza \_\_\_\_\_ número de grupo \_\_\_\_\_

Nombre del médico \_\_\_\_\_ núm. telefónico \_\_\_\_\_

**En caso de una emergencia, si no se pueden comunicar con nosotros, los padres o tutores legales del alumno antedicho, acordamos que un examen de rayos-X, tratamiento y/o diagnóstico anestésicos, médicos o quirúrgicos y atención hospitalaria pueden prestarse a dicho menor de edad bajo la supervisión general o especial y bajo el consejo de un médico o cirujano debidamente titulados; y/o que el tratamiento o diagnóstico anestésicos, dentales o quirúrgicos y atención hospitalaria pueden prestarse a dicho menor de edad por un dentista debidamente titulado. Si o cuando dicha ocasión se presenta, o transporte o atención médica llegase a necesitar, por el presente los autorizamos dentro de las estipulaciones y limitaciones antedichas. Además, acordamos eximir de responsabilidad e indemnizar a Three Oaks OSS, Inc., sus funcionarios, agentes y empleados si el tratamiento médico o dental antedichos son prestados a dicho menor de edad.**

**He revisado y entiendo las condiciones en este formulario y doy consentimiento para que mi hijo participe. Además, estoy consciente del Artículo 35330 del Código de Educación, el cual estipula que todas las personas haciendo la excursión o viaje son consideradas de haber renunciado a todas las reclamaciones en contra del campamento o la escuela por una lesión, accidente o enfermedad sucediendo durante o por causa de la excursión o viaje. **También, acuerdo y entiendo por si encaso mi hijola, necesita regresar a casa, ningún reembolso será dado.****

\_\_\_\_\_  
Firma del padre o tutor legal

\_\_\_\_\_  
parentesco

\_\_\_\_\_  
fecha

\_\_\_\_\_  
Escuela del alumno

\_\_\_\_\_  
distrito escolar

**THREE OAKS OSS MERCHANDISE ORDER FORM**

Please gather and total your orders together prior to your arrival at the camp. Please place orders **FOUR weeks** prior to your arrival if you want your order ready upon arrival. Use one form email to: [peamidon@ThreeOaksOSS.com](mailto:peamidon@ThreeOaksOSS.com). The school should make one check payable to **THREE OAKS OSS Inc**, we DO NOT accept personal checks from families. Thank You!

**Camp Photo (school must order 15 minimum)** # \_\_\_\_\_ @ \$16.00ea = \_\_\_\_\_  
Teacher Photo (we no longer offer a free photo) # \_\_\_\_\_ @ \$12.00ea = \_\_\_\_\_

*\*School Special – Photos can be purchased for \$12 each if a photo is ordered for EVERY Student attending\**

**ADULT SIZES**

**T-Shirt** Small # \_\_\_\_\_ @ \$20.00ea = \_\_\_\_\_  
(Orange w/ blue print on front&back) Medium # \_\_\_\_\_ @ \$20.00ea = \_\_\_\_\_  
Large # \_\_\_\_\_ @ \$20.00ea = \_\_\_\_\_  
X-Large # \_\_\_\_\_ @ \$22.00ea = \_\_\_\_\_  
XX-Large # \_\_\_\_\_ @ \$22.00ea = \_\_\_\_\_

**Crew Sweatshirt** Small # \_\_\_\_\_ @ \$27.00ea = \_\_\_\_\_  
(Orange w/ blue print on front&back) Medium # \_\_\_\_\_ @ \$27.00ea = \_\_\_\_\_  
Large # \_\_\_\_\_ @ \$27.00ea = \_\_\_\_\_  
X-Large # \_\_\_\_\_ @ \$29.00ea = \_\_\_\_\_  
XX-Large # \_\_\_\_\_ @ \$29.00ea = \_\_\_\_\_

**Hooded Sweatshirt** Small # \_\_\_\_\_ @ \$37.00ea = \_\_\_\_\_  
(Orange w/ blue print on front&back) Medium # \_\_\_\_\_ @ \$37.00ea = \_\_\_\_\_  
Large # \_\_\_\_\_ @ \$37.00ea = \_\_\_\_\_  
X-Large # \_\_\_\_\_ @ \$39.00ea = \_\_\_\_\_  
XX-Large # \_\_\_\_\_ @ \$39.00ea = \_\_\_\_\_

**Beanies** (Black knit w/white embroidery) # \_\_\_\_\_ @ \$18.00ea = \_\_\_\_\_

**Mesh Trucker Hat** (orange/grey; stitched-logo, snap-back) # \_\_\_\_\_ @ \$20.00ea = \_\_\_\_\_

**Orange 32oz Nalgene Water Bottle w/ camp logo** # \_\_\_\_\_ @ \$22.00ea = \_\_\_\_\_

**GRAND TOTAL** \$ \_\_\_\_\_

Postage will be charged on ALL orders shipped to your school. Three Oaks OSS will ensure that all orders placed **FOUR weeks** prior to arrival at camp will be ready upon your arrival. California Sales Tax is included in the prices listed above. **ALL SHIRTS ARE ADULT SIZES, and BEANIES ARE ADULT ONE-SIZE FITS MOST.** Any orders placed after science school will be mailed and postage assessed at that time. **THANK YOU!!!**

**\*\*\*PLEASE COMPILE ONE ORDER FORM & ONE CHECK FROM SCHOOL\***

**FORMA DEMERCANCIA POR THREE OAKS OSS**

Solamente en efectivo

**Foto del campamento** cantidad \_\_\_\_\_ a \$16 cada uno = \_\_\_\_\_

**Tamanos para adultos**

**Camiseta** chica cantidad \_\_\_\_\_ a \$20 cada una = \_\_\_\_\_

mediana cantidad \_\_\_\_\_ a \$20 cada una = \_\_\_\_\_

grande cantidad \_\_\_\_\_ a \$20 cada una = \_\_\_\_\_

x-grande cantidad \_\_\_\_\_ a \$22 cada una = \_\_\_\_\_

xx-grande cantidad \_\_\_\_\_ a \$22 cada una = \_\_\_\_\_

**Sudadera de cuello redondo** chica cantidad \_\_\_\_\_ a \$27 cada una = \_\_\_\_\_

mediana cantidad \_\_\_\_\_ a \$27 cada una = \_\_\_\_\_

grande cantidad \_\_\_\_\_ a \$27 cada una = \_\_\_\_\_

x-grande cantidad \_\_\_\_\_ a \$29 cada una = \_\_\_\_\_

xx-grande cantidad \_\_\_\_\_ a \$29 cada una = \_\_\_\_\_

**Sudadera con capucha** chica cantidad \_\_\_\_\_ a \$37 cada una = \_\_\_\_\_

mediana cantidad \_\_\_\_\_ a \$37 cada una = \_\_\_\_\_

grande cantidad \_\_\_\_\_ a \$37 cada una = \_\_\_\_\_

x-grande cantidad \_\_\_\_\_ a \$39 cada una = \_\_\_\_\_

xx-grande cantidad \_\_\_\_\_ a \$39 cada una = \_\_\_\_\_

**Gorras de lana** (negra con letras en blanco) cantidad \_\_\_\_\_ a \$18 cada una = \_\_\_\_\_

**Gorra/Cachucha** cantidad \_\_\_\_\_ a \$20 cada una = \_\_\_\_\_

**Botella de agua Nalgene 32oz. con logo de campo** cantidad \_\_\_\_\_ a \$22 cada una = \_\_\_\_\_

**TOTAL \$ \_\_\_\_\_**

El impuesto sobre las ventas de California está incluido en los precios listados más arriba.  
**TODAS LAS CAMISETA SON TALLAS DE ADULTO y LAS GORRAS DE LANA SON UNITALLA DE ADULTO.**  
**¡GRACIAS!**

**THREE OAKS  
OUTDOOR SCIENCE SCHOOL**

**PHOTO SESSION REQUEST**

In an effort to battle rising prices and keep rates affordable for our students and their families, we are no longer offering a free photo for each school and the teachers. However, we are offering a photo at a discounted rate of \$12 each for schools and teachers. You will see the place to order on your merchandise list. Thank you in advance for your understanding.

TO: THREE OAKS OSS                                      DATE: \_\_\_\_\_

Phone: (951) 567-1314                                      Fax: (951) 567-1123

FROM: School: \_\_\_\_\_                                      Teacher: \_\_\_\_\_

Mascot: \_\_\_\_\_

CAMP DATE: \_\_\_\_\_

\_\_\_\_\_ We will be ordering a *minimum of FIFTEEN (15)* group pictures for our above camp date and request a photo session.

Signed: \_\_\_\_\_    Date: \_\_\_\_\_

\_\_\_\_\_ We do not anticipate ordering group pictures for our above camp date and decline the photo session.

Signed: \_\_\_\_\_    Date: \_\_\_\_\_

**\*\*\*\*We will NOT take a school photo unless the minimum order of fifteen (15) is turned in and paid in full upon arrival at camp.\*\*\*\***

**THREE OAKS OUTDOOR SCIENCE SCHOOL  
CABIN GROUPINGS**

Please print clearly or type the student's *first and last names* in the spaces below. Cabins sizes will be determined by school size combined with available staffing. Please leave space after student names for writing notes where needed, we do not need teacher names. IF you make your own cabin list, please number each child 1-15..... Please make sure to identify any "special needs" child or group. **COMPLETED LIST MUST BE RETURNED TO Three Oaks OSS TWO WEEKS PRIOR TO ARRIVAL.**

TRAIL GROUP # \_\_\_\_\_  
CABIN # (GIRLS) \_\_\_\_\_  
NATURALIST \_\_\_\_\_  
CABIN LEADER \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
  
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
  
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

TRAIL GROUP # \_\_\_\_\_  
CABIN # (BOYS) \_\_\_\_\_  
NATURALIST \_\_\_\_\_  
CABIN LEADER \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
  
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
  
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

TRAIL GROUP # \_\_\_\_\_  
CABIN # (GIRLS) \_\_\_\_\_  
NATURALIST \_\_\_\_\_  
CABIN LEADER \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
  
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
  
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

TRAIL GROUP # \_\_\_\_\_  
CABIN # (BOYS) \_\_\_\_\_  
NATURALIST \_\_\_\_\_  
CABIN LEADER \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
  
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
  
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

The following can be found for printing purposes on our website  
[www.ThreeOaksOSS.com](http://www.ThreeOaksOSS.com)

The Student Field journal  
Medication Authorization Form (\*mandatory)  
Camp Consent Form (\*mandatory)

**\*\*\*\* DO NOT STAPLE FORMS TOGETHER\*\*\*\***

**\*\*\*\*KEEP SEPARATE & ALPHABETIZE BY LAST NAME\*\*\*\***

Daily Schedules  
Covid Prevention Protocols

**PLEASE REMEMBER:**

1. Three Oaks OSS does not accept personal checks from families. Payments **MUST** be through the school or district offices.
2. Final payment is due upon arrival. There will an 8% charge of the contract total for each day payment is late.
3. Cabin Lists **MUST** be submitted to Three Oaks a **MINIMUM of 2 WEEKS prior to your arrival**, email to: [peamidon@ThreeOaksOSS.com](mailto:peamidon@ThreeOaksOSS.com)
4. Please contact us if you have any questions or concerns:  
For merch orders, contacts, camp dates, finances, invoices & precamp info: Paige – [peamidon@ThreeOaksOSS.com](mailto:peamidon@ThreeOaksOSS.com)  
For program, meal, camp or student issues:  
Charlie - [Charlie@ThreeOaksOSS.com](mailto:Charlie@ThreeOaksOSS.com)

**Make sure your bus company has the correct physical address for camp!**

**1140 Pinecrest Road  
Twin Peaks, CA 92391**