

“Go where you may within the bounds of California, mountains are ever in sight, charming and glorifying every landscape... but within this general simplicity of features, there is great complexity of hidden detail.”

--John Muir

Mount Hermon Outdoors Science School



Mission Statement

The mission of Mount Hermon Outdoor Science School is to promote the study of God’s creation as a window through which students can explore their dependence on God’s Word and learn to cope intelligently with a full range of environmental issues. A part of this learning includes teaching students to develop critical thinking skills and responsible actions as stewards of our God-given natural resources. Further, increasing our understanding of God's creation becomes a powerful tool through which we can experience the omnipotence and omniscience of God, deepen our dependence on Him, and affirm the validity of His Word. Ultimately, it is Mount Hermon's desire that participation in this school will deepen trust in our sovereign and loving God and make a lasting difference for the sake of the Savior, Jesus Christ.

It is also the desire of the outdoor science school to provide an atmosphere and environment whereby all students can experience the different areas of emphasis: Scripture, Special Creation, Science, and Standards.



Introduction

We are excited to have you join us for a great week of Homeschool Outdoor Science. We know that a lot of work went into getting your family to come and we want to say thank you! It is going to be a wonderful week of learning about God, science and having lots of good wholesome fun... so let's get started!

This manual contains information to help you as you prepare for your time here at Outdoor Science School. Included in this manual you will find packing lists for you and your student(s), health and medication forms, driving directions, important contact information as well as lots of other useful information. Please take the time to read it carefully. Much of what we do at Outdoor Science requires that the proper preparation has taken place in order to have the most enjoyable and education time.

As you look through the manual write down questions you have. Please feel free to contact us ahead of time or bring any questions with you to get answered. We are glad to help!

About the Program

Mount Hermon Outdoor Science School offers an exciting, academic, hands-on science program based on the California Science Framework and personal curriculum needs. Students in K-12th grades actively participate in one week of outdoor science exploration in the Santa Cruz Mountains. Numerous opportunities are given for students to increase their awareness and understanding of our physical environment in relation to God's creative hand while encouraging good stewardship of our natural resources.

During your Homeschool week at Outdoor Science School you and your students will have the opportunity to learn about the abundant diversity found in the five distinct ecosystems located in Mount Hermon. Learning takes place through hands on experiences, where students are really able to get up close and personal with the topics they are studying. We focus on interdisciplinary learning as well and use Scripture, language arts, mathematics, history and social studies to bring science to life. The study of science is not complete without the understanding of God's masterful plan with creation, and His truths bind our entire curriculum together. All in all, Mount Hermon Outdoor Science School helps to expand on the concepts students have already learned while broadening and challenging student's educational and spiritual growth.

Our Naturalists (teachers) are all college graduates and have a loving relationship with our Lord. They come from a variety of educational backgrounds and have distinct passions that make them dynamic teachers in the field. They are also trained in Red Cross CPR and First Aid and have finger prints on file. Feel free to meet them on our web site... they really do the best job saying who they are! www.outdoorscience.com

We are sincerely excited to spend a week learning and having fun with your family!

Rick Oliver, P.H.D, Superintendent

Lori Fulmer, Director



Parent Packing List

We are eager for your outdoor science experience at MOUNT HERMON to be most enjoyable and profitable!
 (Note: **Please mark all items**, with your **full name** to aid in identification in the event of loss. Mount Hermon's lost and found number is **831-430-1280** if you need to locate something after your week.)

PARENTS BE SURE TO BRING THE FOLLOWING:

- Warm clothes – dress in layers. Weather will likely be cool in the day, cooler at night. Temps range from 30-45 at night and 50-70 during the day, with a good chance of rain during February. EVERY cabin has heat and blankets.
- 2 pairs of comfortable walking or hiking shoes, one that you don't mind getting wet or muddy
- Warm stocking cap or hat
- Rain gear/umbrella
- Beach Towels if you want to go to the beach
- Workout clothing for the new Fieldhouse Gym
- Daypack/water bottle
- Watch/alarm clock
- Electronics such as Laptop/Camera/Ipod
- Flashlight or two, fresh batteries
- Needed school supplies (IE extra Pencils/pens for students)
- All paraphernalia for very young children – play yards, blankets, toys, diapers, wipes, baby backpack, etc. NOTE: Mount Hermon can provide play yards for you. Please let us know.
- Bible/ quiet time materials – drop your kids off at class and go spend some time alone!
- Cash/checks/ID (T-shirts \$10 & \$30 Hooded Sweatshirt)
- First Aid, vitamins, medications (a thermometer is a good idea!)
- Toiletries kit
- Bicycle & gear-great road and mountain biking around here (your breaks during classes will be ~2 hours.)

Electronics FYI:

Camera: It is always a Great idea to have a camera on hand to catch those memorable moments...Don't forget the film, batteries and/or the charger!

Laptop: We DO have wireless internet access in the main lobby. You will need to get the security code form the front desk to log on. The local coffee shops (esp. the one in Felton, 5 minutes away or less) also have access.

Cell Phone: highly recommended for safety/emergency. We do have good cell service here, esp. Cingular. Don't Forget the Charger!

Food for Thought –

Feel free to stock up on all essential food items for the week before you come. Felton and Scotts Valley are 5 and 10 minutes away, and have a variety of grocery stores options. There is a Costco and Trader Joe's in Santa Cruz, 15 min. away. You will have free time opportunities to leave the camp if you like. All cabins have fully stocked functioning kitchens but it is never a bad idea to bring your favorite kitchen accessories (IE Microwave, knives, and wine glasses☺)

Food and snacks are not to accompany students on classes and hikes except on extended hike.

COFFEE DRINKERS PLEASE NOTE: There is a quality coffee shop (Mountain Roasting) in Felton (just down the road), 2-3 good ones in Scotts Valley on Mount Hermon Rd. (10 min drive), including a Starbucks. You may bring your own coffee and tea. There is a coffee maker in each of the cabins.



STUDENT PACKING LIST

Outdoor Science is a school environment. With this in mind it will be important that you have the following items so that you will have the most fun and educational time possible!

We look forward to a great week with you!

- *2 Pencils, sharpened → **Items marked with an asterisk (*) are a must**
- *1 Quart/Liter Water Bottle or larger
- *Daypack (regular size backpack)
- *Long pants--jeans and/or sweats for classes (poison oak/ protection/ warmth)
(Note: shorts may be worn at certain activities, weather permitting.)
- *Rain gear (rain may occur any day of the year) – this item is mandatory! Inexpensive ponchos are OK. WE HIKE RAIN OR SHINE!
- Warm stocking cap or hat
- Outdoor clothes – warm, synthetic materials – dress in layers
- Extra Socks
- Warm sweatshirt and jacket -- nights and mornings are cold!
- Flashlight (not a heavy one) – fresh batteries.
- Two pairs of comfortable, sturdy shoes (hiking boots are great) – sandals okay for pool only
- Extra pair of old shoes for creek class (they'll get wet)
- Sunscreen – it might be nice and sunny!
- Pajamas
- Toiletries (ie soap, toothpaste, etc)
- Laundry bag? (trash bag works)
- Bible & Quiet time materials

For Sale:

Checkout our cool t-shirt & sweatshirt online at:

<http://www.mounthermon.org/outdoor/tshirt/index.html>

T-Shirt & sweat shirts are for sale throughout the week

~ T-shirts are available in YM-XL and cost \$10

~ Sweatshirts are available in S-XL and cost \$30

Make checks out to Mount Hermon

Optional:

- Camera & film--inexpensive only. Write your name on it!
- Watch/Alarm Clock (electric OK) – parents may have
- Writing materials for letters, etc. (Don't forget stamps!)
- Chapstick/ Bug spray – not many mosquitoes.

DO NOT BRING:

PLEASE DO NOT bring any money besides T-shirt money --you might lose it, and you won't need it. We also recommend that you NOT bring any candy during your week. Snacks and candy are NOT allowed on the trails in the classes and hikes unless a medical necessity. Leave these in your cabin.



IMPORTANT INFORMATION
FOR HOMESCHOOL FAMILIES ATTENDING OUTDOOR SCIENCE SCHOOL
(831) 430-1239

HEALTH NEEDS & EMERGENCIES

Thank you for completing the Health and Medication Form **prior to arrival**. Accurate health information is most essential. *Please notify us if you are exposed to any communicable disease during the two weeks prior to science school attendance.* PLEASE NOTE that a physical examination is **advised** within a three month period prior to arrival to science school. Camper's Insurance, a limited plan supplemental to your family's health/accident insurance, is included in the camp fee. Doctors and fully equipped hospitals are within 1 to 7 miles from camp respectively. Our staff should be notified of any specific allergies or requirements on the Health and Medication Form.

WHEN TO ARRIVE

Please plan to arrive at science school at by 12pm on Monday. If you find that you will arrive late, please call us at 831-430-1239.

HOW TO REACH MOUNT HERMON

•**From the San Francisco Bay Area:** Take any major route south (280, 101, 17/880, or 680) to Highway 17/880 South towards Santa Cruz. Go over the mountains on Highway 17 South, to the second Scotts Valley exit: "Mount Hermon Rd." Turn right on Mount Hermon road and proceed 3.5 miles (you will pass through Scotts Valley and through a hilly area) to the stop light at Graham Hill Road. Turn left onto Graham Hill Rd. and proceed approx. 1/8 mile. Turn left at Conference Drive (you will see a Mount Hermon sign) and cross over a bridge, continue approx. ½ mile to the main Conference Center. The Outdoor Science School staff will be on your right waiting to check you in and lead you to your cabin. If it is raining, park at the post (office on your right) and walk into the large APC building to the left of the post office for check in. If you have questions, call the number at the top of this form.

•**From the Monterey Bay Area:** Take Highway 1 north into Santa Cruz, and take the last exit marked Highway 17 North toward San Jose. Travel approximately 4 miles, then exit at the first Scotts Valley exit marked "Mount Hermon Rd." You will be funneled onto Mount Hermon Rd. going west. Continue west for 3.5 miles, through Scotts Valley, to the stop light at Graham Hill Rd. Turn left onto Graham Hill Rd. and proceed approx. 1/8 mile. Turn left at Conference Drive (you will see a Mount Hermon sign) and cross over a bridge, continue approx. ½ mile to the main Conference Center. The Outdoor Science School staff will be on your right waiting to check you in and lead you to your cabin. If it is raining, park at the post (office on your right) and walk into the large APC building to the left of the post office for check in. If you have questions, call the number at the top of this form.

IF YOU GET LOST and need directions on the road, call OSS Office at 831-430-1239

MAIL

LETTERS TO PARTICIPATING STUDENTS may be mailed to the following address:

(CHILD'S NAME),
 Homeschool Outdoor School
 PO Box 413,
 Mount Hermon,
 CA 95041

- **Please be sure that mail arrives before Friday.** You will likely not receive mail that arrives on Friday. You may send mail the week before, and we will hold it for you.



HEALTH INFORMATION

This will provide you with additional, detailed information regarding Health and Safety. Please call (831) 430-1239 if you have any questions. This is very important, and should be thoroughly understood before arrival. WE HIGHLY RECOMMEND THAT YOU CARRY A CELLPHONE WITH YOU IN CASE OF EMERGENCY!

1. STUDENT MEDICATION

Some families will have a child or two who need to take regular medication. Please keep this in a safe place in your cabin, especially if you are sharing a space with another family and their small children.

Be sure students with **Asthma inhalers** take their inhaler with them prior to hiking or strenuous activity.

Thursday's Extended Hike: On Thursday, participating students will be on a longer hike from 9 am till approx. 3 pm. Some parents may not be with their older or younger children, as they will be either on the hike or in the daycare area. For children who take meds whose parents are not present, whether on the trail, or in the daycare area, parents will provide the child's medication to the naturalist or to the Daycare Director in a Ziplock bag with a label form on it, which will be provided upon arrival.

2. MEDICAL FORMS

Attached you will find the *Health and Medication Form* and the *Emergency Contact Form*. Please make copies and fill out one Health/Med form for each child, and one Emergency form for the family. These forms will be invaluable in case of emergency. Thank you!

3. MEDICAL FACILITIES

At our school site, we have what we call our "HUB," or infirmary. One of our staff, who are all certified in Red Cross CPR and Adult First Aid, will be on duty in the hub throughout the day from 7 am till 10 pm. The infirmary is stocked with all the basic medication and equipment, and includes a phone, a bed, and a sink. In addition, if further assistance is needed, an emergency medical clinic (Santa Cruz Medical Clinic in Scotts Valley) is located 5-10 minutes away, and a full service hospital (Dominican Hospital), 15-20 minutes away. Directions are included in the email/mail packet.

4. WHAT IF MY CHILD BECOMES ILL?

In the event your child becomes ill, we monitor the child and determine if a trip to the clinic or hospital is necessary, with the help of the 1st aid staff. **IF** your child becomes highly contagious, s/he **must go home immediately**. **IF** your child develops a temperature of 100.5 or above, s/he is not allowed to participate in the program until the temperature drops. **IF** the child's temp. goes above 102, a doctor visit is required, or a trip home. If the trip to the doctor results in the child staying and the temperature dropping, we will monitor the child and allow him/her to stay as long as s/he continues to improve.

5. OUTDOOR SCIENCE SCHOOL STAFF

Mount Hermon's staff is here to help. All of our staff are First Aid and CPR certified, and capable of taking care of basic medical needs. The "hub" person assigned to the infirmary is dedicated to taking care of basic medical needs on an "as they happen" basis—bumps, bruises, headaches, mild dehydration,... The hub person CANNOT be responsible for dispensing medication, except in the case of tylenol, cough drops, and the like, and only when they are OK'd on the health-med form by a parent or guardian.

ON CALL STAFF from 10 pm-7 am: If something is needed or if there is an emergency between 10 pm and 7 am, there will be an on-call number to dial from a cell phone or from the phone by the main office building (APC) front door. The number is **831-335-3613**

Health Form Checklist: *Please make sure that all of the following are filled out and sent in before your program date*

- | | |
|--|--|
| <input type="checkbox"/> Health Form Cover Sheet | <input type="checkbox"/> Participant Health Form |
| <input type="checkbox"/> Prescription Medication Form* | <input type="checkbox"/> Non Participant Health Form |



**Mount Hermon Outdoor Science School (M.H.O.S.S.)
Homeschool Health Emergency Information Form
 Cover Page**

There are four Health Forms that you need: 1) Cover Page, 2) Participant Form, 3) Medication Information Form for Participants and 4) Non-Participants Form (for you, any babies or grandparents present). Please fill these forms out for both you and all of your family that will be present at M.H.O.S.S. and **return one month prior to your arrival** (return information is located on the bottom of this cover page). Complete family information is necessary in case anything happens to you or your family—while you are on the trail or otherwise. Thank you for filling out these forms; this information will be extremely helpful to us during your week.

Parent or Guardian’s Name(s): _____
 Home Address _____ City _____ Zip _____

Names and ages of everyone (Participants and Non-Participants) you are responsible for and are bringing to M.H.O.S.S. Please include first and last names—especially if their last name differs from yours—and ages.

<u>Full Name</u>	<u>Age</u>	<u>Full Name</u>	<u>Age</u>
1. _____	_____	6. _____	_____
2. _____	_____	7. _____	_____
3. _____	_____	8. _____	_____
4. _____	_____	9. _____	_____
5. _____	_____	10. _____	_____

(Note: Either a Non-Participant or Participant health form for **each** number of persons is necessary.)

Emergency Contact Information

Name of Physician _____ Phone _____

Please list an emergency contact person in case your ability becomes limited (i.e. severe illness, accident, injury, etc.) to care for your children:

Name _____ Relation _____

Email _____ Day Phone () _____

Eve. Phone () _____ Cell Phone () _____

In the event that any participant who is under my care is required to be sent home due to medical or disciplinary reasons, at the discretion of the Science School Director, parent or guardian agrees to pick up their participant at the Mount Hermon Outdoor Science School Facility.

If a participant can no longer participate in classes or daycare because of illness, injury, disciplinary or other reason, no amount of the fees paid to Mount Hermon for attendance to Outdoor Science School shall be refunded if s/he has attended the Outdoor Science School for at least 24 hours. If participant has not attended for at least 24 hours and is sent home, partial or full refund shall be negotiated at that time.

Parent or Guardian Signature _____ Date _____

How to Return All Health Forms

Gather all health forms together and either mail, fax or email to M.H.O.S.S. one month prior to your arrival. Thank you!

Mail: Outdoor Science School **Fax:** (831) 335-9413 **Questions:** (831) 430-1297
 P.O. Box 413 ATTN: Outdoor Science or email us!
 Mount Hermon, CA 95041 **Email:** mhoss@mhcamp.org

Mount Hermon Outdoor Science School
Homeschool Health Emergency Information Form
Participant Form

*Make enough copies to fill out for all of your participants. Please fill this form out for EVERY child that you are responsible for that will be participating in either our **CLASSES** (1st Grade through 12th Grade) or our **DAYCARE** (0-5 years old) programs. If there are other persons in your care (including you) that will not be participating in classes or daycare, please copy and fill out the **Non-Participant Form** as needed. Thank you!

1. Participant's Name _____ Birth Date ____/____/____ Male____ Female_____

Health Information

2. Fill out completely for participating child. *Please explain* questions with an asterisk (*) in space below. If an "In Past" is marked, please put a date next to it.

Medical Conditions

- Bleeding/Clotting Disorder* Yes No In Past
- Asthma (State Severity)* Yes No In Past
- o Inhaler Yes No In Past
- Ear Trouble* Yes No In Past
- Eye Trouble* Yes No In Past
- Stomach Aches Yes No In Past
- Tuberculosis Yes No In Past
- Bronchitis Yes No In Past
- Diabetes* Yes No In Past
- Kidney Disease* Yes No In Past
- Heart Defects* Yes No In Past
- Immune-Compromised* Yes No In Past
- Psychiatric Treatment* Yes No In Past
- Seizures/Epilepsy* Yes No In Past
- Sleepwalking Yes No In Past
- Bedwetting Yes No In Past
- Carsickness Yes No In Past
- Menstrual Issues* Yes No In Past
- Other Medical Conditions* Yes No In Past

Other Diseases* Yes No In Past

Allergies (State severity below.)

- Hayfever* Yes No In Past
- Poison Oak* Yes No In Past
- Any Topical Application* Yes No In Past
- Medication Allergies* Yes No In Past
- Bees (State Severity)* Yes No In Past
- Insects (State Which)* Yes No In Past
- Nuts (State Which)* Yes No In Past
- Latex* Yes No In Past
- Other* Yes No In Past
- o Carry Epi Pen for any?* Yes No In Past

Note: If your child carries an epi pen, please send 2 epinephrine kits with your child for the classes.

Last Tetanus Shot _____ Last Physical Exam _____
 Date____/____/____ Date____/____/____

*Please explain severity and/or any conditions, diseases or allergies marked "Yes" _____

3. Do you consider the participating child to be in good health generally? Yes No

4. Are there any restrictions on the participating child's physical activity? Yes No

(3 and/or 4) Please describe if so _____

5. Does the participating child have any severe food allergies? Please list _____

6. Does the participating child have any food restrictions (i.e. vegetarian/vegan/religious) or moderate food allergies? Please list _____

Consent for Specific Medications: I give permission for the O.S.S. Director, First Aid Technician or the O.S.S. Nurse to give my child the following **correct dosage** of OTC medications determined by weight, in case of illness or allergy if parent is not present:

- 1. Tylenol or equivalent (acetaminophen) Yes No
- 2. Advil or equivalent (ibuprofen) Yes No
- 3. Sudafed or equivalent (pseudoephedrine HCL) Yes No
- 4. Benadryl or equivalent (diphenhydramine) Yes No

I give permission for the Outdoor Science School to obtain qualified medical or surgical assistance in case of an injury or illness to my child. (Parent/Guardian will be contacted as soon as possible in the event of an emergency.) Yes No

Parent/Guardian Signature _____ Date _____

Cabin _____ Cell Phone () _____ Last Name _____

Mount Hermon Outdoor Science School
Prescription Medication Information Form

This form is ONLY to be filled out for EACH participant who is bringing medication with them to M.H.O.S.S. You may consider filling this form out for a non-participating child who takes a medication even if you anticipate that they will be with you at all times in case of an unexpected separation.

To Be Completed By Physician:

Date _____

_____ has medication to be taken at the Outdoor Science School.

MEDICATION: _____ DOSAGE: _____

FREQUENCY: _____

PRECAUTIONS, SPECIAL INSTRUCTIONS, POSSIBLE ADVERSE EFFECTS, COMMENTS:

Physician Signature: _____ **Address:** _____

Phone: _____

To Be Completed By Parent/ Guardian:

_____ has my permission to take the above medication to Outdoor Science School and for the Nurse or Director to assist and/ or allow him/ her to take the above medication as indicated for:

Parent/Guardian Signature _____ **Date** _____

Mount Hermon Outdoor Science School
Homeschool Health Emergency Information Form
Non-Participant Form
 (A Non-Participant may still visit classes.)

*Make enough copies to fill out for all of your non-participants. Please fill this form out for EVERYONE that you are responsible for that will **NOT** be participating in either our CLASSES (1st Grade through 12th Grade) or our DAYCARE (0-5 years old) programs. If there are other persons in your care that will be participating in classes or daycare, please copy and fill out the **Participant Form** as needed. Thank you!

1. Non-Participant Name _____ Birth Date ____/____/____ Male ____ Female ____

Home Address _____ City _____ Zip _____

Health Information

2. Fill out completely for non-participant. Please explain questions with an asterisk (*) in space below. If an "In Past" is marked, please put a date next to it.

Medical Conditions

- Bleeding/Clotting Disorder* Yes No In Past
- Asthma (State Severity)* Yes No In Past
 - o Inhaler Yes No In Past
- Ear Trouble* Yes No In Past
- Eye Trouble* Yes No In Past
- Stomach Aches Yes No In Past
- Tuberculosis Yes No In Past
- Bronchitis Yes No In Past
- Diabetes* Yes No In Past
- Kidney Disease* Yes No In Past
- Heart Defects* Yes No In Past
- Immune-Compromised* Yes No In Past
- Psychiatric Treatment* Yes No In Past
- Seizures/Epilepsy* Yes No In Past
- Sleepwalking Yes No In Past
- Bedwetting Yes No In Past
- Carsickness Yes No In Past
- Menstrual Issues* Yes No In Past
- Other Medical Conditions* Yes No In Past

Other Diseases* Yes No In Past

Allergies (State severity below.)

- Hayfever* Yes No In Past
- Poison Oak* Yes No In Past
- Any Topical Application* Yes No In Past
- Medication Allergies* Yes No In Past
- Bees (State Severity)* Yes No In Past
- Insects (State Which)* Yes No In Past
- Nuts (State Which)* Yes No In Past
- Latex* Yes No In Past
- Other* Yes No In Past
- o Carry Epi Pen for any?* Yes No In Past

Note: If your child carries an epi pen, please send 2 epinephrine kits with your child for the classes.

Last Tetanus Shot _____ Last Physical Exam _____
 Date ____/____/____ Date ____/____/____

*Please explain severity and/or any conditions, diseases or allergies marked "Yes" _____

3. Do you consider non-participant to be in good health generally? Yes No

4. Are there any restrictions on non-participant's physical activity? Yes No

(3 and/or 4) Please describe if so _____

5. Does non-participant have any severe food allergies? Please list _____

6. Does non-participant have any food restrictions (i.e. vegetarian/vegan/religious) or moderate food allergies? Please list _____

Name of Physician _____ Phone _____