



# Sierra Outdoor School

*October 3<sup>rd</sup>-5<sup>th</sup>*

# Sonora Fees

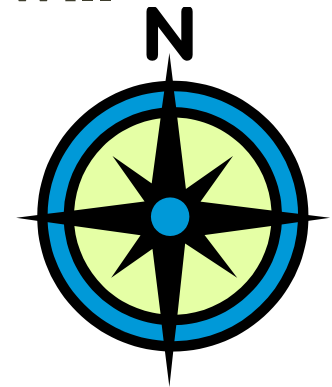
- \$200 per student- Fees cover the costs of transportation, camp facilities, classes, and activities.
- All payments must be submitted in by Monday, October 1st.
- Students who participate in the fundraiser will be receive a notice with the total amount earned toward their trip.

# CUSD Rules and Regulations

- **All CUSD rules and regulations apply while at the Sierra Outdoor School.**
- **Students can receive the same consequences for inappropriate behavior during our trip that they would receive while at school. (referrals, citations, suspension, removal from trip, etc.)**

# Directions to Sonora

- **In the event your child becomes ill or must return home during our trip for another reason such as behavior, it's important to get directions to the camp from the CUSD website.**
- **When you use your GPS, the directions will not take you to the camp.**



# Medication at Sonora

- All medications, OTC or prescription, require a doctor's signature on the "Medication at School" form.

*i.e. ointment, dramamine, vitamins, advil, allergy meds*

- The "Medication at School" form is located in your student's Sonora packet along with an "Asthma Action Plan" if applicable.
- All meds should be delivered to school by Sept. 28th with the doctor's orders, so the school nurse can check them in.
- The nurse will not be here to check in meds the morning we leave, so it's so important to take care of this in advance.
- All meds should be brought in their original container with doctor and patient names, dosage, and warnings.
- Please call the school nurse/health aid, if you have any questions.



# Diet Form

- **If your student is in need of special diet considerations, please fill out the diet form located in your student's Sonora packet and return to your child's teacher by Friday, Sept. 14<sup>th</sup>.**
- *i.e. vegetarian, dairy allergy, nut allergy, etc.*

# Activities and Events

- Our schedule has not been finalized yet, but the following is what we will tentatively be participating in while at S.O.S:
  - Talk About Trees
  - Wilderness Skills
  - High Ropes
  - Owl Pellets
  - Nature hike, Silent mile, Heart-attack Hill
  - Columbia tour, One-room schoolhouse



# Camp Store and Columbia

- **Students will have the opportunity to visit the camp store while at S.O.S, and *may* be able to visit some shops while in Columbia.**
- **We recommend that you send no more than **\$25** for them to use.**





# Mail at Sonora

- **Students can receive mail while at Sonora.**
- **Please mail your letters approximately 3 days before we depart to ensure it gets there on time.**



# Clothing

- We've had great weather in the past, but students will need to make sure they are prepared for:
  - Cold nights*
  - Warm days*
  - Possible rain*
- Please refer to your clothing check-list in your student's Sonora packet for a detailed list.

# What Not to Bring

- We'll be leaving valuables such as cell phones, iPods, video games, Nooks, etc. at home.
- Please leave curling irons and hair straighteners at home.
- Please do not send candy and snacks with students. Food is NOT allowed in dorms due to critters that may be drawn to it.

# Lunch and Snack Day 1

- **Please pack a healthy snack for your student to keep with them on the bus for our stop in Snelling on the first day.**
- **Please pack a sack lunch in a disposable container for the first day.**
- **Lunch and snack should be *separate* since the lunch will be stored under the bus.**
- **All other meals will be provided by S.O.S.**

# Day of the Trip

- **October 3rd- Arrival @ FW 6:45 AM**
- **Check in with your teacher**
- **Load busses @ 7:00 AM and depart @ 7:15 AM**
- **October 5<sup>th</sup>- Arrive home for pick-up between 4:00 - 4:30 PM**
  - **Please be here by 4:30 PM as tired teachers will not be able to leave until ALL students have been picked up. Thank you! 😊**

# Important Dates

- Friday, Sept. 14: Diet Forms Due
- Friday, Sept. 14: Permission Slips Due
- Monday, Sept. 24: Chaperone meeting @ 5:30 PM  
in Room 16
- Wednesday, Sept. 26: End of Candy Sales
- Friday, Sept. 28: Medications at School Due
- Monday, Oct. 1: Final Money (Payment) Due
- Wednesday, Oct. 3: Leave for Sonora @ 7:15 AM
- Friday, Oct. 5: Return from Sonora approx. 4:30 PM

# Home

