
IMPORTANT SONORA DATES

January 31st: Candy sales end

February 4th: Remaining balance sheet will be sent home

March 1st: Medication form due

- Doctor signature & orders match packaging
- Original packaging
- Only the amount needed for a 3-day trip (+1 extra)

Special Meal form due

March 11th: Permission slips on Permission Click due

- Link can be found in your email, Jefferson website or QR Code

Final payments due

- Please refer to balance sheet for amount due



March 25th: ALL medication is due to the School Nurse

March 30th-
April 1st: 6th Grade Sonora Trip

SIERRA OUTDOOR SCHOOL PACKING LIST



The following is a list of clothing and equipment which will enhance your personal comfort while you are staying at Sierra Outdoor School. Do not bring anything that you worry about getting dirty or "gently used".

Please limit your luggage to a bedroll or a sleeping bag, a pillow, one duffel bag or suitcase and a school backpack. **Label everything with your name and your school's name.**

Pack in your suitcase/duffel:

- o T-shirts
- o Long pants
- o Underwear
- o Socks
- o Sleepwear
- o Sweater/sweatshirt/jacket
- o Rain jacket or poncho
- o 2 pair close-toed walking shoes
- o Sandals-for showering
- o Laundry bag/plastic bag
- o Flashlight
- o Towel, hand towel, and washcloth
- o Shampoo, body wash and deodorant
- o Toothbrush & toothpaste
- o Hairbrush/comb
- o Non-aerosol insect repellent (Spring)
- o Masks two/day

Winter Items (mid Oct.- mid May)

- o Thermal underwear
- o Long sleeve shirt(s)
- o Extra pair of pants
- o Warm coat
- o Warm hat
- o Wool/Synthetic socks
- o Gloves or mittens
- o Waterproof boots

Pack in your backpack:

- o Arrival day sack lunch
- o Reusable water bottle (at least 16 oz)
- o Sunscreen
- o Hat or cap
- o Pencils
- o Inexpensive camera
- o Chapstick
- o Small notebook

Sleeping:

- o Sleeping bag or bedroll
- o Pillow

Do not bring:

- o Gum and Sunflower Seeds
- o Electronic devices
- o Knives
- o Matches
- o Things of great value that could be misplaced, lost, or stolen

Chaperones and teachers need to bring the above items. They may also want to bring money for the soda/water/machines and gourmet coffee, and an alarm device (mobile phone, alarm clock, watch) to get students up in the morning.

Sample Schedule 2021-2022

(This is a fluid sample schedule under COVID-19 conditions. This plan will be adjusted as conditions require.)

Day 1 - A Schedule	OR	Day 1 - B Schedule
7:00 Depart for SOS		8:30 Depart for SOS
10:30 Arrive at SOS		12:00 Arrive at SOS
10:45 Orientation		12:15 Sack lunch at the picnic tables
11:30 Move into Dorms		12:45 Orientation
12:00 Sack lunch at the picnic tables		1:30 Move into Dorms and Prepare for Class
12:30 Return to Dorms and prepare for class		2:30 Afternoon Class
1:00 Afternoon Class		5:30 Return to Dorms and wash-up for Dinner
4:00 Return to Dorms and wash-up for Dinner		5:45 Dinner Program
4:15 Dinner Program		6:00 Dinner
4:30 Dinner		6:45 Recess
5:15 Recess		7:15 Return to Dorms & prepare for class
5:30 Return to Dorms and prepare for class		7:30 Emergency Drill
6:00 Emergency Drill		7:45 Evening Class
6:15 Evening Class		9:00 Return to Dorms
7:30 Return to Dorms		
Day 2 - A Schedule	OR	Day 2 - B Schedule
6:30 Wake Up		7:30 Wake Up
7:00 Breakfast		8:30 Breakfast
7:45 Return to Dorms and prepare for class		9:15 Return to Dorms and prepare for class
8:00 Morning Class		9:30 Morning Class
11:00 Return to Dorms and wash-up for lunch		12:30 Return to Dorms and wash-up for lunch
11:15 Lunch		12:45 Lunch
12:00 Recess		1:30 Recess
12:30 Return to Dorms and prepare for class		2:15 Return to Dorms and prepare for class
1:00 Afternoon Class		2:30 Afternoon Class
4:00 Return to Dorms and wash-up for dinner		5:30 Return to Dorms and wash-up for lunch
4:30 Dinner		6:00 Dinner
5:15 Recess		6:45 Recess
5:45 Return to Dorms and prepare for class		7:15 Return to Dorms and prepare for class
6:15 Evening Class		7:45 Evening Class
7:30 Return to Dorms		9:00 Return to Dorms
Day 3 - A Schedule	OR	Day 3 - B Schedule
6:15 Wake up, move out of dorms		7:00 Wake up, move out of dorms
7:00 Breakfast		8:30 Breakfast
7:45 Return to Dorms and prepare for class		9:15 Return to Dorms and prepare for class
8:00 Morning Class		9:30 Morning Class
10:45 Return from Class and wash-up		12:15 Return from Class and wash-up
11:00 SOS Sack Lunch at picnic tables		12:30 SOS Sack Lunch at picnic tables
11:30 Load School Vehicles		1:00 Load School Vehicles
11:45 Depart for School		1:15 Depart for School

Sierra Outdoor School Conduct Rules

1. Clovis Unified School District policies and the California Education Codes apply to all schools or groups coming to Sierra Outdoor School.
2. Students are not allowed anywhere without adult supervision—students should ALWAYS be with an adult.
3. Close toed shoes must always be worn outside. No sandals outside of the dorms.
4. Running is allowed in designated areas only. Please stay on pathways and walkways on the main campus. Do not cross over fences at any time.
5. Snacks should not be brought to SOS (we have of animals that may come indoors if they smell food, candy, or gum). Adults must collect any snack items and store them in an appropriate area. We do operate a snack shack at least once during a group's stay.
6. SOS is located in the Stanislaus National Forest. Use trash cans and recycling bins on campus. Collecting of forest items is to be done at direction of SOS staff.
7. Students are not allowed in the private residence area unless an SOS staff member is escorting a class to a trailhead.
8. It is very important that all students, parents/guardians, and teachers be on time. Lining up for classes and meals in a timely fashion will maximum time for instruction.
9. Students are only allowed in their own dorm.
10. AN EMERGENCY DRILL will be practiced after the first dinner. Students will line up in groups; adults will check each group and wait for instructions from SOS staff. In case of an emergency evacuation due to fire, transportation emergencies, or other natural disasters, SOS buses will transport students from the school to a secure location.
11. MEDICATION WHILE AT SOS:
 - a. If a student is taking medication while at SOS, that medication needs to be given to the student's teacher before departure to the SOS. All medications must be logged by visiting teachers while at SOS. It is the visiting teacher's responsibility to administer medications while at SOS.
 - b. If a student will be bringing an inhaler, epinephrine, or insulin, a doctor's note must be in the schoolteacher's possession before departure to SOS. Inhalers, epinephrine, and insulin are the only medications to be in a student's possession while at SOS.
 - c. The visiting school's teachers will notify parents if a student becomes ill during their stay. Be sure emergency forms are accurate and complete.

SIERRA OUTDOOR SCHOOL
SPECIAL MEAL STATEMENT FOR PARTICIPANTS WITH ALLERGIES, CHRONIC DISEASES, DISABILITIES, OR VEGETARIAN/VEGAN REQUIRING SPECIAL MEALS

(1) Name of Participant	(2) Age	(3) School
(4) Name of Parent, Guardian or Authorized Representative		(5) Telephone Number
(6) Must Check One: <input type="checkbox"/> Participant is disabled or has a medical condition and <i>requires</i> a special meal or accommodation. <u>A licensed physician must sign this form.</u> <input type="checkbox"/> Participant is not disabled but is <i>requesting</i> a special meal or accommodation. An example may include a food intolerance. However, food preferences are not included as an example. <u>A licensed physician, physician's assistant, or registered nurse must sign this form.</u> <input type="checkbox"/> Participant is vegetarian. <input type="checkbox"/> Participant is vegan.		

(7) Disability or medical condition requiring a special meal:

(8) Diet prescription and/or accommodation: (Please describe in detail to ensure proper implementation):

Foods to be omitted and substitutions: Please list specific foods to be omitted and suggest substitutions. You may use the back of this form for additional information.

(9) Foods to be omitted:	(10) Suggested substitutions:
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(11) Signature of Preparer*		
(12) Printed Name of Preparer	(13) Date	(14) Telephone Number
(15) Signature of Medical Authority*		
(16) Printed Name of Medical Authority	(17) Date	(18) Telephone Number

*Physician's signature is required for meal changes to be made for participants with food allergies, intolerances or chronic diseases. For vegetarian or vegan meals, parent or guardian signature is required.

SOS Store and Snack Shack Information



STORE

The store will be open at least once during your stay.

- Sierra Outdoor School T-Shirt - \$16.00
- Sierra Outdoor School Pencil - \$1.00
- Tree Cookie Necklace - \$2.00
- Owl Pellet Kit - \$3.00
- Obsidian Arrowheads - \$2.00
- Agate Slates – Small \$4.00, Medium \$8.00, Large \$10.00



SNACK SHACK

The snack shack will be open at least once during your stay. All snacks offered are nut free. Examples of items are listed below, along with additional varieties of snacks offered.

- Jerky, variety offered - \$2.00
- Reduced Fat or Baked Chips, variety offered - \$1.00
- Sunflower Kernels, variety offered - \$1.00
- Sparkling Juices - \$2.00

In addition to the store and snack shack, students may want to bring money for water/Powerade machines and for scheduled field trips.

Dear Parents/Guardians:

On March 30, our sixth-grade students will be going to science camp at the Sierra Outdoor School in Sonora. This three-day trip requires that students demonstrate a high level of personal responsibility. Because this trip is a privilege, and in order to ensure that every student has a successful educational experience at the Sierra Outdoor School, Jefferson Elementary has established a code of conduct for all 6th grade students. To be eligible to attend the Sierra Outdoor School, students must show good character by being safe, respectful, responsible, and, trustworthy citizens.

If your student receives more than six (6) violations for any of the offenses listed below, they may be ineligible for the trip to Sonora.

Your child could receive a checkmark/referral for the following offenses:

- Classroom Misconduct
- Lunchroom/Line Misconduct
- Playground Misconduct
- Band/Choir Misconduct

This Contract will begin January 18th and end March 29th.

Please talk to your student about the importance of being responsible and having good behavior. This is an exciting trip, and for the safety of all students, it is important that our sixth graders be on their best behavior at camp. Please sign below to show that you have read the contract and return it to your child's teacher. If you have any questions, please contact your child's teacher.

Mrs. Blackstock

Mrs. Ogas

Mr. Tomei

I understand the Code of Conduct system and have discussed with my student the importance of being responsible and having good behavior.

I also understand that if my student receives six (6) violations between January 18th and March 29th he/she may be eliminated from the trip to the Sierra Outdoor School.

Student's Name: _____ Teacher: _____

Student's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Name of Student	Date of Birth	Grade	School	Date
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******PARENT/GUARDIAN COMPLETES THIS PAGE******
Parent Request For Assistance with Medication at School

Responsibility of the Parent or Guardian

1. Parents/guardians shall be encouraged to cooperate with the physician to develop a schedule so the necessity for taking medications at school will be minimized or eliminated.
2. Parents/guardians will assume full responsibility for the supply and transportation of all medications.
3. Parents/guardians may administer medication to their child on a scheduled basis arranged with the school. Students are not permitted to carry prescribed or over-the-counter medication on school campus.
4. Parents/guardians may pick up unused medications from the school office during and at the close of the school year. Medication remaining after the last day will be discarded.
5. Each medication is to be in a separate pharmacy container prescribed for the student by a California licensed health care provider.
6. Each over-the-counter medication is to be in its original sealed container and prescribed for the student by a California licensed health care provider.

The parent or guardian must complete this page before any medication (prescription or over-the-counter) can be given, or taken, at school. This form must be renewed at the beginning of each school year or with any change in medication.

Parent Request for School Assistance with Medication

I understand that school district regulations require student medication to be maintained in a secure place, under the direction of an adult employee of the school district, and not carried on the person of a student (with the exception of inhalers and epinephrine auto-injectors accompanied by appropriate physician instructions).

All medication orders will be automatically discontinued at the end of the school year-summer school. New orders are required each school year.

A. For MEDICATIONS KEPT IN THE SCHOOL HEALTH OFFICE only: I hereby request that the staff of my child's school assist in giving medication to my child during school hours as stated in the physician instructions. I also give permission to contact the physician for consultation and exchange of information as needed.

Signature of parent or guardian: _____ **Date:** _____ **Phone Number:** _____

B. For INHALERS/EPINEPHRINE AUTO-INJECTORS SELF CARRY only: I hereby request that my student carry and self-administer his/her inhaler or auto-injector. I understand that if my student does not follow the rules and responsibilities of carrying his/her medication, he/she will lose the privilege of carrying such medication. I also give permission to contact the physician for consultation and exchange of information as needed.

Signature of Parent or Guardian: _____ **Date:** _____ **Phone Number:** _____