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Dear Sierra Nevada Journeys Family,

Greetings from all of us at Sierra Nevada Journeys! We're thrilled that your child is going to be part of a transformative experience with us. This Family Packet has been developed to help students and families get ready for the Sierra Nevada Journeys experience. In this packet you will find answers to frequently asked questions about Sierra Nevada Journeys-Journeys Outdoor School and a wealth of other important information. Whether you are new to the SNJ family, or returning for another program, we ask that you spend some time reading through the packet and filling it out carefully. On our website we have a list of Frequently Asked Questions that will answer more detailed and specific concerns. A parent meeting has been scheduled for your school that will address other questions you might have. If you have additional questions beyond those resources, please feel free to call or e-mail us at our contact information below. Know that your child's physical, mental, and emotional safety is our number one concern during the week they spend with us. Your child will be supervised at all times by excellent, experienced staff who have undergone background checks and extensive training to prepare them to give your child an enriching and safe experience. All are trained in CPR and First-Aid. SNJ is committed to outstanding people providing outstanding education at outstanding Value, and we take great pride in the enthusiastic, terrific people who will work with your child. Contained in the Family Packet is a number of documents; they have been listed below. Please return the ones in bold to your child's teacher at school on the assigned date! This Parent Letter and an Overview of the Week with an explanation on SNJ's Positive Learning Environment Packing list **Parent/Student Contract & Waiver, Photo Release, and Clothing Order Form** **Emergency information form**

Don't hesitate to get in touch with any questions you have. We can't wait to see your child at SNJ!

Thank You,

The Staff of Sierra Nevada Journeys





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### An Overview of the Week

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“I never knew learning could be this much fun!” This sentiment, from a former participating student, is frequently echoed at Sierra Nevada Journeys-Journeys Outdoor School. Our educational journey framework helps to put each student in the “educational driver’s seat”; we commit to making sure learning is hands-on and experiential, inquiry-based (ideas are actively drawn-out instead of passively received), and addresses a students’ various intelligences. Students will be staying in cabins (single-sex) over the course of the program, with access to indoor bathrooms complete with showers and flushing toilets, which are supervised by cabin leaders. The cabin leaders are parents of the students. During the day students travel and learn in their trail groups. Sierra Nevada Journeys staff members are outstanding and passionate outdoor educators who teach the students during their journey of self-discovery and learning over the course of the week. The week’s activities are incredibly educational and fun! Groups will be spending most of our time outdoors learning about the local ecology as well as exploring a wide variety of curriculum! Evenings are dedicated to astronomy, night hikes, camp fire, and other activities. A Typical Day at Journeys Outdoor School

7am Wake-up, 8am Breakfast, 9-12 Classes in field, 12-1pm Trail Lunch, 1pm-4:30pm Classes in field, 4:30-5:25pm Open Recreation, 5:30-5:45pm Cabin Time, 6-7pm Dinner, 7:30-9pm Night Classes and 9:30pm Lights-out.

Sierra Nevada Journeys’ is a positive learning environment Sierra Nevada Journeys was founded on the premise that students learn best when put in situations that challenge them, but in which they feel comfortable and safe. We establish this tone the moment students’ step off the bus at our 1500 acre ranch in Portola, CA. This is a life-changing experience and we expect students to help one another to set that tone by respecting three things: the environment, one another, and themselves. Firm – and positive – corrective action is taken when students engage in behavior that runs contrary to the Positive Learning Environment. Although SNJ’s programs “feel” a lot like camp, we operate as a school. We therefore make our expectations very clear from the beginning, and we have a three-tiered system of consequences to deal with negative behavior:

1. The student is given a warning and debriefs their actions with their instructor.
2. The student debriefs their actions with the Director and we call the parents so your child can explain their situation.
3. We call to ask the parents to come pick your child up.





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**Parent/Student Contract & Waiver**

I have read the Family Packet in its entirety. My child and I understand what's expected of us before, and during Journeys Outdoor School and we agree to abide by the rules and procedures detailed within. I therefore grant permission for my child to participate in all activities and camp programs, included but not limited to ropes course, out-of-camp trips by van, bus or other designated vehicles, understanding that appropriate supervision is provided under the State of California requirements for residential camp programs. I also understand that during my child's participation at Sierra Nevada Journeys' (SNJ) Journeys Outdoor School, s/he may be exposed to a variety of risks and hazards, foreseen or unforeseen, which cannot be eliminated without fundamentally altering the unique character of the program. Those hazards include, but are not limited to, hiking/walking/running outside; snakes, insects, and large-animals; sunburn and heatstroke, dehydration, hypothermia and other mild or serious conditions or injuries; falling and rolling rock; drowning; lightning and unpredictable forces of nature (including weather that may change to extreme conditions without notice), etc. Sierra Nevada Journeys is not responsible for lost, stolen or damaged articles. I the undersigned have read and understand my responsibility to complete and submit all necessary forms fee on time (and that my child will not be allowed to attend program without completed medical and immunization records). I authorize Sierra Nevada Journeys, to have and use photographs, slides, video, writing, artwork and/or testimonials created by my child and submitted to Sierra Nevada Journeys without seeking remuneration. These shall become the property of Sierra Nevada Journeys, and may be used by Sierra Nevada Journeys for marketing and/or advertising purposes. As a condition of my child's participation in the Program, I acknowledge that participation is entirely voluntary, and I agree to assume full responsibility for the risks that participation may entail. I voluntarily agree to release and hold harmless Sierra Nevada Journeys to the fullest extent permitted by law.

**Parent/Guardian Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Student Name: (Print your name) I \_\_\_\_\_, promise to abide by all JOS rules by exhibiting positive behavior and listening to staff while engaged in activities.

**Student Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Yes, please add me to our mailing list for upcoming events, newsletters, volunteer and giving opportunities, and other Sierra Nevada Journeys programs.”

No thank you





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**Emergency Information**

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Name: \_\_\_\_\_ Birth date: \_\_\_\_\_ Gender:  Male  Female  
Home address: (Street Address, City, State, Zip) \_\_\_\_\_  
Phone: \_\_\_\_\_ Dates of Camp Attendance: \_\_\_\_\_

Emergency contact name: \_\_\_\_\_ Address: \_\_\_\_\_  
Phone: \_\_\_\_\_

If not available in an emergency, notify: \_\_\_\_\_  
Relationship: \_\_\_\_\_ Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**Insurance Information:**

Is participant covered by family medical/hospital insurance?  Yes  No  
Carrier or plan name: \_\_\_\_\_ Group # \_\_\_\_\_

**Authorizations:**

The person herein described has permission to engage in all outdoor school activities except as noted. I hereby give permission to Sierra Nevada Journeys to seek emergency medical treatment. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. I give permission to Sierra Nevada Journeys to arrange necessary related transportation for me/my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by Sierra Nevada Journeys to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied for trips out of camp. I agree to incur all costs related to any medical emergency for the person named above.

Signature: \_\_\_\_\_ Printed name: \_\_\_\_\_  
Date \_\_\_\_\_

**Restrictions:**

Explain any restrictions to activity (e.g. what cannot be done, what adaptations or limitations are necessary) \_\_\_\_\_  
\_\_\_\_\_

Name of family physician: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
Name of family dentist/orthodontist: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_





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### Clothing Orders

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We have a variety of clothing available for purchase. As a registered Nevada non-profit, proceeds from our clothing help us to continue to run these important programs and help to keep our rates affordable. It does get cold in the evenings, so an SNJ sweatshirt not only gives your child a memento to take home, it's incredibly functional as well! Please indicate which clothing you would be interested in ordering (all sizes listed are "Adult").

1. Hooded Sweatshirts (\$25) Adult Size: **Small**  **Medium**  **Large**  **X-Large**
2. T-Shirts (\$12) Adult Size: **Small**  **Medium**  **Large**  **X-Large**
3. Hats (\$10) Color: **Gray**  **Blue**

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### Clothing Orders Payment

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1. I'm paying by cash and have enclosed my payment with this form
2. I'm paying by check, have made it payable to my child's school and have enclosed the check with this form.
3. No thank you, I'm not interested in purchasing clothing.

**All payments for clothing should be given to the school.**



**Packing List**

Please note:

- Every item your child brings should be marked with their name. All items are required unless marked “optional”. If you don’t have some of these items, try to borrow from a friend.
- Laundry facilities will not be available for general camper use (in the event of a bedwetting emergency they are available).
- **Please send your child to school that morning with the below items packed in a small, easily carried duffel bag or suitcase. Students should be dressed in pants, an additional layer and closed-toed shoes or boots with their lunch in their day pack ready to hike right off of the bus!**

<p><b><u>Clothing</u></b></p> <ul style="list-style-type: none"> <li>• 1 fleece pull-over or cotton sweatshirt (it gets cold at night!)</li> <li>• 1 water-proof rain jacket or poncho</li> <li>• 2 pairs of comfortable pants</li> <li>• 1 pair of sweat pants or long underwear</li> <li>• 1 pair of shorts</li> <li>• 2-3 t-shirts</li> <li>• 1 long-sleeved t-shirt</li> <li>• 3 pairs of underwear</li> <li>• 3 pairs of socks</li> <li>• 1 warm hat (wool or fleece)</li> <li>• 1 hat or baseball cap<sup>1</sup></li> <li>• 1 pair comfortable, close-toed tennis shoes or light boots</li> <li>• 1 pair shower flip-flops (optional)</li> <li>• Mittens or gloves (optional)</li> </ul> <p><b><u>Bedding/linen</u></b></p> <ul style="list-style-type: none"> <li>• 1 sleeping bag</li> <li>• 1 pillow and pillow-case</li> <li>• 1 bath towel</li> <li>• Bottom sheet for bed (optional)</li> <li>• Laundry bag or garbage bag (for wet/dirty clothes)</li> </ul>	<p><b><u>Toiletries Kit</u></b></p> <ul style="list-style-type: none"> <li>• 1 Soap and travel soap container</li> <li>• 1 bottle shampoo</li> <li>• Toothbrush &amp; toothpaste</li> <li>• Contacts or glasses (if applicable)</li> <li>• Sunscreen</li> <li>• Lip Balm/Chapstick</li> </ul> <p><b><u>Miscellaneous</u></b></p> <ul style="list-style-type: none"> <li>• <b>Lunch for the 1<sup>st</sup> day</b></li> <li>• 1 comfortable backpack (big enough to hold a sweatshirt, lunch, and water bottle)</li> <li>• Water bottle</li> <li>• 1 flashlight with batteries</li> <li>• Books for reading pleasure</li> <li>• Bug Spray (optional; no aerosol cans)</li> <li>• <b>Watch and alarm clock</b></li> <li>• Binoculars (optional)</li> <li>• Small games and/or cards (optional)</li> <li>• Camera/film (optional)</li> </ul>
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**Prohibited items include**

Swiss-Army Knives/Leatherman, weapons, electronics (including I-Pods, radios, digital cameras are ok), illegal substances, aerosol spray cans, hair dryers, money, matches/lighters, **candy, gum, or other food & beverages** (except for the 1<sup>st</sup> day’s lunch).

