



# SHADY CREEK OUTDOOR SCHOOL & EVENTS

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Christopher Little, Director

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## **PARENT PACKET**

Welcome to Shady Creek Outdoor School! Located 45 miles northeast of Marysville in the Sierra Nevada Mountains, Shady Creek is an ideal spot for outdoor learning. Students have the opportunity to study plants and wildlife in the forest, meet Shady Creek's birds and reptiles, explore beautiful scenic areas, and more.

In addition to science classes, each student will take part in outdoor safety and wilderness survival. We hope to teach all students how to be wise and safe as they enjoy natural areas in the future. This dual study of environment and outdoor safety makes the Shady Creek Program unique among other outdoor education programs in California.

Classes are conducted by Shady Creek Naturalists with the supervision of the student's classroom teacher each day. Following classes, are a great variety of recreational options.

Beyond academic learning, a week away from home in a new environment provides the opportunity for students to learn about themselves and build relationships. As the students live and work together, guided by their teachers and cabin leaders, they are responsible for their behavior, making friends, keeping a neat cabin, and more. Our facility provides comfortable and safe housing for student use.

Year after year, our evaluations from pupils and teachers indicate their trip to Shady Creek is one of the high points of their entire school experience. We are excited to provide the best experience we can to your child. If you have any questions about the program, feel free to contact your child's teacher or principal.

Use this packet to help your child prepare for their trip!

## **PROGRAM DETAILS**

### **ARRIVAL AND DEPARTURE**

Pupils arrive at Shady Creek between 10:00 a.m. and 11:00 a.m. on Monday of their week. They will depart from Shady Creek at 10:30 a.m. on Friday. There will be approximately 180 pupils at Shady Creek each week. Your child's school principal will give you the exact departure and return times.

### **TYPICAL SCHEDULE**

7:00 a.m.	Everybody up, clean cabins	4:00 p.m.	Recreation
8:00 a.m.	Breakfast	5:00 p.m.	To cabins, clean up
9:00 a.m.	Classes start		for dinner, showers
11:30 a.m.	Classes end	6:15 p.m.	Dinner
11:30 a.m.	Lunch		
12:45 p.m.	Music	7:30 p.m.	Evening Program
1:20 p.m.	Classes start	8:30 p.m.	To cabins, prepare
3:50 p.m.	Classes end		for bed
3:50 p.m.	Snack	9:15 p.m.	Lights out

### **PROGRAM GOALS**

Specific goals and objectives have been written for each class activity offered at Shady Creek. These are given to all classroom teachers to help prepare students for a successful learning experience. If you would like to see a copy of these detailed goals and objectives, contact your school.

Primary program goals and sub-goals are summarized below to help give parents an accurate overall picture of the Shady Creek Program. It might be fun to review and discuss some of these concepts when your child returns from Shady Creek.

1. To develop in each individual heightened observation skills to more fully observe and appreciate the beauty and diversity of the natural environment.
2. To develop in each individual a feeling of personal responsibility to help preserve, conserve, and enhance our environment.
3. To develop in each individual a feeling of self-confidence and self-acceptance. To promote cooperation among all students and appreciation for the uniqueness of others.

### **SUB-GOALS**

1. To facilitate interaction between pupils, teachers, and professional naturalists.
2. To provide guidance and understanding as the pupil is placed in a new social environment and adjusts to:
  - a. Living with new friends
  - b. Being away from home,
  - c. Relating to school connected adults as friends and guests
  - d. Eating food other than what may be usual at the family table
  - e. Getting information first hand by doing.
3. To heighten appreciation for all living things and for the beauty of our environment; to provide the opportunity to become absorbed in learning without rushing.
4. To stimulate the pupil to learn from the model set by adults in the dining room, on hikes, in classes, at campfires, at study areas, and in recreation. Models include adults showing kindness, tolerance, eagerness to learn, unselfishness and other valued behavior traits we wish children to adopt.

### **VISITS**

Do not plan to visit while your child is at the outdoor school. If parents want to visit Shady Creek prior to their child's stay, such arrangements can be made. Parents must visit during the time our school program is operational (Monday through Thursday). Although homesickness only affects a few students each week, visits from family can make homesickness worse.

### **WRITING TO YOUR CHILD**

The kids love to get mail! Please write to your child and give your letters to your student's teacher prior to the trip. They can distribute it during the week. Mailing letters can be very unreliable.

**Student Name**

**C/O Teacher's Name, Student's School Shady Creek Outdoor School**

**18601 Pathfinder Way, Nevada City, CA 95959**

### **MONEY**

Pupils are asked **NOT** to bring any money with them. There is nothing to buy and those that do bring money sometimes lose it.

### **REFUNDS**

Shady Creek does not issue reimbursements or credit schools for students who are sent home because of illness, disciplinary issues, or any other situation that may require your child to leave Shady Creek early.

### **WEATHER**

Please pay close attention to the Clothing Checklist. The weather in the mountains is unpredictable. Check the weather forecast for Nevada City prior to your child's week at outdoor school. We are well equipped with warm cabins and indoor meeting rooms for the program, but pupils should all be well prepared to walk to dinner in the rain and not end up soaked. Warm and waterproof clothing such as two pairs of shoes, raincoats, and hats may be essential. Some families prefer to borrow such clothing rather than buy it. Hand-me-downs and thrift store items are a great place to find items for outdoor school. Families who do not ordinarily need clothes such as this should start acquiring items for their children early.

## PACKING CHECKLIST

**Please write your child's name and school on important items.**

You are allowed ONE SUITCASE and ONE BEDROLL. You must know how to pack your suitcase and roll your bedroll. Students will have to do this for themselves on the return trip.

Everyone should be prepared for cold and wet weather just in case. If you do not own adequate shoes, boots or other waterproof clothing, you may be able to borrow some for the week. If you only have tennis shoes, bring 2 pairs and bring several plastic produce bags. You can wear the produce bags between socks to keep your feet dry. **Proper clothing is extremely important!** Please do not feel that these articles of clothing must be new. Old clothes will be ideal. We do stress cleanliness, so it will be necessary to take enough to allow for changes.

**Students: You may use this list to check off the items you take to Shady Creek. If you take this list with you, you can use it again as your pack to return home. This will help everything go home with you!**

### ESSENTIAL ITEMS

- |       |   |  |
|-------|---|--|
| _____ | 1 sleeping bag or 2 warm blankets   | <b>THIS IS AN OUTDOOR PROGRAM. COME PREPARED FOR WET, COLD WEATHER EVEN THOUGH IT IS NICE IN THE VALLEY. THE WEATHER CHANGES QUICKLY IN THE MOUNTAINS.</b> |
| _____ | 1 pillow and pillow case  |  |
| _____ | 1 towels, 1 wash cloth  |  |
| _____ | 1 reusable water bottle (not metal)   |  |
| _____ | 1 toothbrush and toothpaste   |  |
| _____ | Chapstick, or lip balm  |  |
| _____ | 1 bar of soap, shampoo  |  |
| _____ | 1 comb  |  |
| _____ | 1 box of Kleenex or 4 handkerchiefs   |  |
| _____ | <b><u>Heavy and warm</u></b> jacket or coat   |  |
| _____ | Sweater (wool if possible--it's warmer than anything else, even when wet!)                |  |
| _____ | 2 Pairs Shoes (closed toe: not crocs, 1 pair water repellent if possible)                 |  |
| _____ | Warm shirts   |  |
| _____ | Undershirts or T-shirts   |  |
| _____ | Underpants  |  |
| _____ | Socks (2 warm pairs if possible, plus regular socks)                                      |  |
| _____ | 2 Hats (1 for warmth and 1 for sun protection)  |  |
| _____ | Pajamas or something to sleep in  |  |
| _____ | Pants (jeans), shorts (for hot weather months)  |  |
| _____ | Gloves or mittens (waterproof if possible and/or wool)                                    |  |
| _____ | Pencils, notebooks, envelopes, stamps   |  |
| _____ | Waterproof raincoat or poncho (or a large plastic garbage bag to cut holes for arms/head) |  |
| _____ | Flashlight  |  |

### OPTIONAL ITEMS

- |  |             |            |            |                            |
|--|-------------|------------|------------|----------------------------|
| Books                                      | Hand lotion | Sunglasses | Sunscreen  | Games to play in the cabin |
| Cameras (Disposable)                       |             | Hair brush | Binoculars | Musical instrument         |
| Non-Chemical, non-aerosol Insect Repellent |             |            | Face Masks |                            |

### ITEMS NOT ALLOWED AT SHADY CREEK

- |                 |                       |  |
|-----------------|-----------------------|--|
| Money           | Knives                | Phones, iPods, or other electronic devices |
| Firearms (guns) | Hair Spray or Make-up | Sports Equipment (gloves, rackets)         |

### **PACKING FOR OUTDOOR SCHOOL**

- ✓ **Visually inspect items for bugs.** Take sleeping bags, blankets, and luggage out of storage, place them outdoors, and inspect them carefully for any signs of bugs or eggs.
- ✓ **Tumble bedding and luggage in clothes dryer.** Place bedding or luggage in the clothes dryer and tumble them on a high heat setting for 30 minutes. The heat from the dryer kills bed bugs and eggs. For items that cannot be placed in a dryer, vacuuming or cleaning with soap and water or alcohol based cleaning products will kill bed bugs.
- ✓ **Use a heavy gauge garbage bag as a liner in luggage.** Place all clothing inside the liner and tightly twist a knot to seal. This will help keep bed bugs out of clothing. In addition, place bedding in a separate garbage bag. Duffle bags are recommended as they can be placed in a dryer, unlike suitcases.
- ✓ **Pack extra garbage bags.** Be sure to pack two extra garbage bags for your child. One bag will be used for all dirty clothing and the other will be used for dirty bedding. **Label these** with your child's name.
- ✓ **Repellents.** Children may use insect repellent during the day to protect against mosquitoes and ticks. Repellents should not be used while sleeping. To protect a child's belongings from bed bugs, products containing permethrin which are labeled for use on fabrics can be applied to backpacks, duffle bags, and the outside of sleeping bags. Always follow the label directions when applying permethrin products.

### **COMING HOME FROM OUTDOOR SCHOOL**

- ✓ **Inspect items before you bring them indoors.** Inspect items that cannot be placed in a washer/dryer for evidence of bed bugs outdoors and clean if necessary before bringing them indoors. Place bedding and clothes stored in garbage bags directly into the washer/dryer. Dispose of the plastic garbage bag outdoors.
- ✓ **Clean all items returned from outdoor school.** For items that can be laundered, use a hot water setting and tumble dry on high heat for at least 30 minutes. For items that cannot be laundered, such as suitcases, vacuuming or cleaning with soap and water or alcohol based cleaning products are other options.
- ✓ **Wipe off shoes.** Use rubbing alcohol or soap and water to wipe off the bottoms of shoes.