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To: Parents of Fifth and Sixth Grade Students Attending Shady Creek Outdoor School  
Re: Shady Creek Program

Since the 1950s, fifth and sixth grade students have had the opportunity to study natural sciences as well as creative writing, art, and social sciences during a week-long field trip to the Outdoor School. In June of 2008 we relocated the program, previously located at Woodleaf, to Shady Creek Outdoor School. Located 45 miles northeast of Marysville at an elevation on 2000' in the Sierra Nevada Mountains, Shady Creek is an ideal spot for outdoor learning.

The Shady Creek facility provides comfortable and safe housing for student use. The natural environment around Shady Creek is rich and diverse. Students have the opportunity to study in a forest, visit bird blinds to watch wildlife undetected, investigate aquatic life at the creek, meet Shady Creek's resident injured hawks and owls, explore many beautiful scenic areas, look at plant and animal life, study the stars, and many other subjects. The natural environment of Shady Creek Outdoor School provides a different kind of classroom. Students learn not only from instruction, but also through direct experience and observation. Conservation, ecology, environmental relationships, and natural resources are some of the subjects taught at Shady Creek. Our "hands on" approach to natural sciences enables students to not only study the natural world, but also experience that world and hopefully feel their own presence within this "web of life".

In addition to their science classes, each student will take part in a unit on 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 joint thrust toward a study of the environment and of outdoor safety makes the Shady Creek Program unique even among other outdoor education programs in California.

Shady Creek is not all class work! Classes are conducted by Shady Creek Naturalists with the supervision of the student's classroom teacher each day. Following classes, a great variety of recreational options are offered including swimming (during the warmer weeks), field sports, hiking, arts and crafts, and many special Shady Creek games such as "Gaga Ball".

Beyond the academic learning, a week at Shady Creek away from home in a new environment provides a unique opportunity for students to learn about themselves and human relationships. As the students live and work together, guided by their teachers and cabin leaders, they are responsible for their behavior, making friends, helping to keep their cabin neat and clean, making their beds, setting tables, and other chores. These daily chores and challenges have proven to be a valuable educational experience for attending pupils. 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.

Attached you will find several forms. Look these over carefully and use them to help your child prepare.

- Program Details
- Clothing Checklist
- Goals and Objectives

On the Clothing Checklist, particular attention is called to the need for warm and waterproof clothing such as 2 pairs of shoes, raincoats and hats. The weather in the mountains is unpredictable. One day the sun shines and the next day it rains! 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. 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 for living in the valley should start acquiring the needed items for their children early.

All of us at Shady Creek are looking forward to having your child's class with us for a wonderful week studying nature. If you have any questions about the program, feel free to contact your child's teacher or principal.

**Writing to your child at outdoor school:**

Please write to your child at Shady Creek. The kids love to get mail! You must mail your letters by Tuesday to be sure they are received by Thursday. Students leave before the mail arrives on Friday. Don't mail your letter too early. Letters that arrive the week before your child attends Shady Creek might be sent home by mistake. In most cases it only takes 2 days for mail to reach Shady Creek. Please do not send letters to our Yuba City office. If sending items express mail please waive the signature.

**ADDRESS:**  
**Student Name**  
**c/o Teacher's Name, Student's School**  
**Shady Creek Outdoor School**  
**18601 Pathfinder Way**  
**Nevada City, CA 95959**

## **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
1:15 p.m.	Classes start	8:30 p.m.	To cabins, prepare
3:45 p.m.	Classes end		for bed
3:45 p.m.	Snack	9:15 p.m.	Lights out

### **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.

### **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.

### **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.

## **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 them 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.

### **PROGRAM GOALS**

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, and (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.

# Shady Creek Packing List

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 this 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 inventory 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
- \_\_\_ 1 pillow and pillow case
- \_\_\_ 2 towels, 1 wash cloth
- \_\_\_ 1 water bottle that can be reused
- \_\_\_ 1 toothbrush and toothpaste
- \_\_\_ Chapstick, or lip balm
- \_\_\_ 1 bar of soap, shampoo
- \_\_\_ 1 comb
- \_\_\_ 1 box of Kleenex or 4 handkerchiefs
- \_\_\_ **HEAVY & WARM** jacket or coat
- \_\_\_ Sweater (wool if possible--it's warmer than anything else, even when wet!)
- \_\_\_ 2 Pairs Shoes (closed toe, 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
- \_\_\_ Tough trousers (jeans), shorts (for hot weather months)
- \_\_\_ Swim suit (cut-offs are not allowed in the pool--the pool opens in May)
- \_\_\_ Gloves or mittens (waterproof if possible and/or wool)
- \_\_\_ Pencils, notebooks, envelopes, stamps
- \_\_\_ Waterproof raincoat or poncho (or a large plastic garbage bag with holes cut for arms and head)
- \_\_\_ Flashlight
- \_\_\_ Non-Chemical, non-aerosol Insect Repellent

**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.**

## OPTIONAL ITEMS:

Books	Hand lotion	Sunglasses	Sunscreen	Games to Play in the Cabin
Cameras (Disposable)		Hair brush	Binoculars	Musical instrument

## 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)

## **Outdoor School & Bed Bugs: Packing for Prevention**

In recent years, bed bugs have increased greatly in North America. They are often found in hotels, multi-unit dwellings, and other structures that house people for short periods of time. While bed bugs may be a nuisance, they do not transmit disease to people. The good news is that there are simple steps that can be taken to help ensure that children do not bring bed bugs to outdoor school or back home. Although incidents of bed bugs at Shady Creek are uncommon, more than 5000 students attend each year and we want to suggest some steps you can take to reduce the possibility of bed bugs spreading. Shady Creek has gone to great lengths to prevent bed bugs at the school; please help us by following the packing advice given below:

### **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.

If you have any questions, please feel free to contact us at (530) 822-2949

More at <http://www.extension.umn.edu/distribution/housingandclothing/dk1022.html>