

# WELCOME to MOUNTAIN SCHOOL

Here's what your student can look forward to!



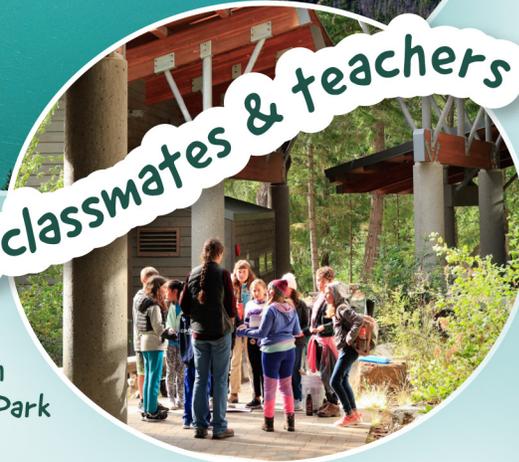
## Learning and connecting



## Playing and exploring



## Traveling with classmates & teachers



to the Environmental Learning Center in North Cascades National Park

## Sleeping in a bunk bed

in a room shared with 3 classmates



## Prioritizing safety

with well-trained staff



## Eating tasty, kid-friendly food

cooked from scratch using local ingredients



## WHAT TO BRING

- Backpack
- Raincoat
- Sleeping bag
- Water bottle
- Warm layer
- Warm hat & gloves
- Stack of extra clothes

See the full packing list from your school for more details

## LEARN MORE

[ncascades.org/mountainschool](http://ncascades.org/mountainschool) • 360-854-2599

# MOUNTAIN SCHOOL

## Frequently Asked Questions

### Q: *Is Mountain School like going to camp?*

Although there are many aspects of Mountain School that may feel like camp, students' experiences here are very much like going to school. Although they will not have four classroom walls, students will be learning lessons amongst a group of peers led by an instructor: making observations, sharing ideas, solving problems and engaging with their team.



### Q: *What sort of food will Mountain School students be eating?*

Six delicious and nutritious kid-friendly meals are prepared by our kitchen staff and served buffet-style in the Dining Hall. We serve vegetarian meals with familiar favorites like pizza, mac and cheese, eggs, and pancakes. We also provide plenty of fresh fruits and vegetables. Our kitchen is 100% nut-free, and we are prepared to serve a variety of dietary needs. If your child has specific dietary requirements you'd like to talk about, your child's teacher can help you get in touch with our team directly.

### Q: *How physically intensive are the activities at Mountain School?*

Group activities may involve a moderate level of physical activity in walking trails while carrying personal backpacks. Instructors are very accommodating to students' physical abilities and emotional needs.

All public buildings and pathways at the Learning Center are ADA-accessible and feature accessible bathrooms, showers, beds and common rooms in the lodges.

### Q: *What activities will Mountain School students be engaging in?*

Students can expect to spend much of their time outside learning with and exploring in nature. We focus on experiential education, so activities are hands-on and engaging while also being accommodating to the ability and needs of every student. Hiking, educational games and environmental observations are common daily practice. During inclement weather, we may use a classroom to explore microscopes, look at animal specimens or do art activities.

### Q: *What happens if a Mountain School student has a medical emergency?*

We are able to contact emergency services and have detailed emergency response plans in place for potential scenarios. An Incident Commander is always on site to respond to and oversee emergency scenarios.



Find more FAQs at [ncascades.org/MS-FAQ](https://ncascades.org/MS-FAQ)

## CONTACT

For more information about **Mountain School** and **North Cascades Institute**, please call **360-854-2599**