WELCOME TO MOUNTAIN SCHOOL!

**TEACHER/CHAPERONE SURVIVAL GUIDE**

*Mountain School is a nationally recognized, inquiry-based environmental education program for 4th – 6th grade learners that focuses on the ecosystems, geology, and natural and cultural history of the North Cascades. This program is tied to Next Generation Science Standards and integrated across disciplines.*

**MOUNTAIN SCHOOL EXPECTATIONS** *(students learn these during orientation)*

* Respect the natural world (practicing Leave No Trace principles in the National Park)
* Respect one another
* Keep food out of lodges
* Risk Management/Safety: Stay off big rocks and rock walls
* BE PREPARED – **BRNJWPLS:** *Backpack, rain gear, name tag, journal, water bottle, pencil, layers, sit pad*
* RULE OF 3’S:Students must be with at least one other student and an adult when leaving the group or moving between free time areas.Never put yourself in the situation where you are alone with a student.

**IN CASE OF EMERGENCY**

* *Emergency*: Pull the fire alarm (located at each lodge exit), or call 911 (from lodge phone), and gather in the amphitheater. If you need assistance during free-time, please go to the office and knock on the door.
* *Non-Emergency:* Check in at office during the day with Kimber Burrows or Mari Schramm. To get a hold of staff after hours, use the phone and phone list to dial the last four digits for on campus staff.
* All Education Staff have medical training and carry radios and first aid kits. Many are Wilderness First Responder or Wilderness Advanced First Aid certified. All are prepared to respond in the event of an emergency.

**FREE TIME**

* Students may choose between three free-time locations: their lodges, the library, or the play field.
* Chaperones are responsible for supervising all students during this time.
* Students must have an adult “transport” them between free time locations, in groups of three or more.

**MEALS** -- *Meals can be a very high-energy time. To keep things as orderly as possible, we ask for help in these ways:*

* One staff member will help to organize chaperones at different “stations” before & during each meal.
* Before entering the dining hall, every student must wash their hands.
* At least one adult should sit at each table. Encourage meaningful conversations at our family-styled tables and help clear plates at the end.
* Students should stay seated during mealtime unless they are released to get seconds or use the restroom.
* We are committed to minimizing our food waste, and ask that you encourage students to take what they will eat while also trying new things.

**EVENING PROGRAM AND CAMPFIRE**

* The role of teachers and chaperones in the evenings is to assist instructors by helping students stay engaged in the activities, and by modeling respectful participation.
* Chaperones should have flashlights and be prepared to lead groups back to the lodges after program.

**LIGHTS OUT** *-- Depending on the group, lights out can be quick and painless or long and tiresome. A few tips:*

* Make sure each student’s daypack is ready for the next day and hanging on a peg in hallway.
* Wet gear should be hung up to dry in the hallway.
* Encourage students to only be in room assigned to them, and to use the common room areas in Cedar and Fir Lodges as community space.

**LODGE MOVEOUT AND LODGE CHECKOUT** -- *Move out occurs* ***before*** *breakfast. To make this easier:*

* Have students hang daypacks in the hallway and pack as much of their overnight bags as they can before bed.
* All linens need to be removed from the beds and put in the “dirty linen” bin in the lodge hall. Each room needs to be thoroughly swept, as well as the halls, bathrooms and lounges. The bathroom counters should be wiped down.
* Each room needs to be checked by a staff member before students take their gear down to the same classroom where it was stored on Day 1.

**Chaperone Programming Tips:**

*Thank you for helping make this experience a success!*

* Bring your own BRNJWPLS each day
* Be a curious, engaged, and enthusiastic participant in the trail group - be a good role model
* Explore alongside students
* Encourage student inquiry
  + What do you notice?
  + What do you wonder about it?
  + What’s your evidence for that?
  + How does it compare to \_\_\_?
* Be aware of the language that each trail instructor is using and use similar vocabulary to reinforce big ideas and learning concepts
* Remember that this is a discovery and learning environment, and there are no stupid questions! (or answers!)
* Check in with your instructor and ask them if there are any specific ways that you as a chaperone can assist them in helping to facilitate a successful program

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**MOUNTAIN SCHOOL PROGRAM SCHEDULE**

*Coffee and Tea is available in the dining hall for adults starting at* ***6:30am***

***DAY 1***

10:30 – 11:00 Arrive at Learning Center and unload bus

11:00 – 12:30 Student lunch & orientation, chaperone meeting & lunch

12:30 – 4:30 Exploration in small trail groups

4:15 – 4:50 Return to amphitheater for regrouping and games

**ADULT BREAK**

4:50 Meet in amphitheater to dismiss for freetime

5:00 – 5:50 Assist students’ move in to lodges and supervise free time

5:50 Meet in amphitheater *(Help students come prepared with* ***WARM LAYERS*** *for evening activity.*

*Backpacks should stay in the lodges)*

6:00 – 7:00 Dinner

7:00 – 8:30 Evening Programs

8:30 – 9:30 Return to lodges *(Lights out typically by 9:30)*

***DAY 2***

7:50 Students gathering in amphitheater (with their BRNJWPLS), chaperones meet in Dining Hall for meal

responsibilities

8:00 – 9:00 Breakfast

9:00 – 4:30 Exploration in small trail groups

4:15 – 4:50 Return to amphitheater for regrouping and games

**ADULT BREAK**

4:50 Meet in amphitheater to dismiss for freetime

5:00 – 6:00 Supervise student free time

5:50 Meet in amphitheater *(Help students come prepared with* ***WARM LAYERS*** *for evening activity.*

*Backpacks should stay in the lodges)*

6:00 – 7:00 Dinner

7:00 – 8:30 Evening Programs

8:30 – 9:30 Return to lodges *(Help students organize/pack gear)*

***DAY 3***

7:40 – 7:50 Staff will arrive to check students out of dorms and release them to carry luggage to classroom

8:00 – 9:00 Breakfast *(Students should bring their BRNJWPLS with them to amphitheater)*

9:00 – ~10:30 Exploration in small trail groups

10:15 or 10:45 Closing Circle

11:00 or 12:00 Lunch, load bus, and depart