

NORTH CASCADES INSTITUTE MOUNTAIN SCHOOL TEACHER GUIDE

Mountain School is a cooperative program between
North Cascades Institute, North Cascades National Park, and your school



North Cascades Institute welcomes students and participants of any race, color, national and ethnic origin, religion, gender, sexual orientation, gender identity and expression, military or marital status, age, sensory, physical, or mental disability to all the rights, privileges, programs, and activities generally accorded or made available to students and participants at the Institute. The Institute does not discriminate on the basis of race, color, national and ethnic origin, religion, gender, sexual orientation, gender identity and expression, military or marital status, age, sensory, physical, or mental disability in administration of its educational policies, admissions policies, scholarship and loan programs, and other administered programs.

WELCOME!

At North Cascades Institute, our mission is to inspire and empower environmental stewardship *for all* through transformative educational experiences in nature. Since 1986, we have been proud to offer quality programs that connect people of all ages to the natural world.

We are excited you have chosen to bring your class to our Mountain School program at the North Cascades Environmental Learning Center. This Teacher Guide includes everything you will need to plan your trip and prepare your students, parents, and chaperones for the experience.

This Teacher Guide includes the following sections to help you organize your trip:

- General Program Information
- Teacher Planning Information
- Parent and Chaperone Information

We are looking forward to an incredible Mountain School session with you and your class! Please do not hesitate to contact us if you have any questions or need more information.

For scheduling, pricing, and contract information:

Codi Hamblin
School Programs Manager
Email: codi_hamblin@ncascades.org
Phone: 360-854-2598

For program planning and logistics after your group has been scheduled:

Please contact the Mountain School team at mountainschool@ncascades.org

Kimber Burrows, Mountain School Manager
Phone: 206-526-2562

Racheal Scholler, Learning Center Manager
Phone: 206-526-2560

Mari Schramm, Mountain School Coordinator

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SUBJECT AREAS, TERMS, AND CONCEPTS

Mountain School aims to provide an integrated approach to the themes of science and natural and cultural history, giving students a range of information needed to understand the human and environmental systems of the North Cascades landscape and their home communities.

Lessons and activities are selected from a broad range of topics by Mountain School education staff. Our instructors weave common themes and big ideas throughout all activities, connecting multiple subject areas to illustrate ecological concepts. This integrated, thematic approach is informed by key components of Washington State's Integrated Environmental and Sustainability Education Standards and the Next Generation Science Standards. Throughout their experience, students will recognize how these disciplines are connected, with opportunities to apply their knowledge to real-life experience. Mountain School activities will vary with each school but will include many of the following:

Ecology/Biology

Food chains and pyramids: producers, consumers, decomposers
Cycles: water, carbon, nitrogen, nutrients
Biomes, communities, and ecosystems
Biodiversity, adaptations, habitats
Photosynthesis
Fungi, lichens, mosses
Plant and animal species checklists
Tree and plant identification

Geology/Geography

Formation of the North Cascades Mountains
Glaciers and glaciation
Erosion and weathering
Landforms and rock types
Map reading/orientation skills
Elevation and topography

Arts/Humanities

Journaling: note-taking, creative writing, sketching and poetry
Reading and storytelling
Music and singing
Sensory Awareness

History/Social Studies/Civics

Historic use of the North Cascades by European settlers
Identify historic and current use of the North Cascades by Indigenous Peoples
Discussion of attitudes toward the environment, wilderness, and resource use
Assimilating experience and information in making personal choices

Fitness and Health

Cooperative living skills, personal responsibility, hiking
Foodshed Awareness
Sustainable Dining Choices

TYPICAL PROGRAM SCHEDULE

Day 1

10:30 – 11:00 Arrive North Cascades Environmental Learning Center on Diablo Lake
(Students should have their daypacks with packed lunch, water bottle, raingear, clothing layers, and pencil ready)

10:30 – 12:00 Unload bus, student orientation, teacher/chaperone meeting

12:00 – 12:30 Lunch

12:30 – 5:00 Ecosystem Explorations in learning groups
4:20 – 4:50 teacher and chaperone free time

5:00 – 6:00 Participants move into lodges, free time for students

6:00 – 7:00 Dinner

7:00 – 8:30 Evening programs

Day 2

8:00 – 9:00 Breakfast, pack lunches, gather gear

9:00 – 5:00 Ecosystem Explorations (lessons, activities, and field investigations)
Lunch on the trail!
4:20 – 4:50 teacher and chaperone free time

5:00 – 6:00 Student free time

6:00 – 7:00 Dinner

7:00 – 8:30 Evening programs

Day 3

8:00 – 9:00 Breakfast

9:00 – 11:15 Field time and closing activities

11:15 – 12:00 Lunch, load bus, depart

FACILITY AND CONTACT INFORMATION

Lodging: Our three lodges provide accommodation for up to 92 people. Participants sleep three or four to a room. Each lodge has two shared bathroom with two sinks, two toilets and two showers. Toilets and showers are portioned in private stalls. **A fitted sheet and pillow with pillowcase will be provided for each bed. All participants must bring their own sleeping bag or blanket.** Prior to checkout, participants are expected to remove bed linens and sweep out their rooms.

Facilities: The Learning Center has one indoor classroom, two fully equipped laboratories for aquatic and terrestrial study, a library, an amphitheater, immediate trail access and several outdoor shelters for field activities.

Meals: Delicious, nutritious, vegetarian meals are prepared by our talented kitchen staff and served buffet-style in the Salmonberry Dining Hall. The Foodshed Program at North Cascades Institute integrates local and organic ingredients into each meal. **Special dietary needs can usually be accommodated with advanced notice.** Please contact the Mountain School team with any dietary questions.

Risk During Learning Center Programs: All of our Learning Center programs involve hiking on trails and being outside for extended periods of time. While instructors make every effort to exercise caution to prevent mishaps, participants must assume full responsibility for their individual safety and must provide their own health and accident insurance. Keep in mind that we are sharing the outdoors with mosquitoes, black flies, ticks, snakes, black bears, cougars, inclement weather, and other unpredictable natural elements. Protective clothing, sunscreen, raingear, and insect repellent are advised.

****IMPORTANT:** All participants (including chaperones and teachers) must complete and sign a Participant Information and Release (PIR) form.

Teachers are responsible for checking that all forms are filled out completely and have all the necessary signatures. If a student arrives with incomplete paperwork, you as the teacher will be asked to complete and sign all necessary forms after receiving verbal permission from the parent/guardian. If that is not possible, the student will be sent home.

In rare instances State Route 20 can close between the Learning Center and Newhalem due to rock, snow, or mudslides. A road closure may delay your group's return down valley. Learning Center staff are well equipped for this possibility with plenty of extra food and staff prepared to care for the needs of the students.

Contact Information: Staff at the North Cascades Institute administrative office in Sedro-Woolley may be contacted for general program information.

North Cascades Institute
810 State Route 20
Sedro-Woolley, WA 98284

Phone: 360-856-5700
Fax: 360-856-1934

Emergency Contacts: In the event of an emergency, schools and families can reach teachers and program staff at the following numbers:

North Cascades Environmental Learning Center
Kimber Burrows, Mountain School Manager
Kristofer Gilje, Learning Center Director

206-526-2599
206-526-2562
206-526-2590 **(after office hours)**
360-325-2415 **(cell)**

Jeff Giesen, Associate Director
Newhalem Visitor Center
Marblemount Ranger Station, Dispatcher ext. 37

360-752-1553 **(after office hours)**
206-386-4495
360-873-4590 **(7am – 10pm)**

DIRECTIONS TO MOUNTAIN SCHOOL

Mountain School is located at the North Cascades Environmental Learning Center on the shores of Diablo Lake in North Cascades National Park.

Directions from the West: From I-5, take exit 230 in Burlington and travel east on State Route 20 (North Cascades Highway) to mile 127.5. Turn left onto Diablo Dam Road, proceed over the dam, turn right and travel approximately 1 mile to the Learning Center. Please drive carefully as the road is narrow and it can be extremely windy. The Learning Center parking lot will be clearly marked on your right at the end of the road. Mountain School staff will meet you in the parking lot. After parking, follow signs to the office where luggage will be unloaded (approximately 0.3 mile from parking lot).

Estimated driving time to the Learning Center from Seattle: 3 hrs; Bellingham: 2 hrs; Sedro-Woolley: 1.5 hrs.

****IMPORTANT:** One chaperone from your school group must drive separately so that a vehicle will be at the Learning Center in the event that a student must leave early, or an emergency should occur.

ARRIVAL AND DEPARTURE TIMES

Arrival Time: We would like to have schools arrive at the Environmental Learning Center between 10:30am and 11:00am. If you cannot arrive by 11:00am, please contact the Learning Center at 206-526-2599. Keep in mind that most cell phones do not work east of Marblemount. Verizon phones work in Newhalem.

Late Arrival: Contact the Learning Center if any member of your group plans to arrive later than 4:00pm. To access the Learning Center, you must drive across Diablo Dam—due to national security, the dam is gated at approximately 4:15pm each day. We can arrange for entry into the gate after hours if we know ahead of time.

Phones: Most cell phones do not work east of Marblemount. There is Wi-Fi on campus for adult access only. Wi-Fi can be used for Skype, Google Hangout, Facetime, etc. Your cell phone may have Wi-Fi calling or texting capabilities.

Gas Stations: Don't forget to gas up! The closest gas station is located in Marblemount near milepost 106, approximately 21 miles west of the Learning Center. We encourage you to arrive on site with a full tank of gas.

Departure Time: We suggest that schools depart between 11:15am-12:00pm on their last day to give students enough trail time, as well as time to eat lunch, before loading onto the bus. If you would like to adjust your departure time from the suggested time above, please let us know so that we can plan our programs accordingly.

Rest Stops: Howard Miller Steelhead Park: Located 40 miles east of I-5 on State Route 20. Turn right on State Route 530 in Rockport, travel one block and turn right into Howard Miller Steelhead Park. Public restrooms are available.

PROGRAM GUIDELINES FOR ADULTS AND STUDENTS

Teacher and Chaperone Guidelines:

1. There must be a minimum of 1 and a maximum of 2 adult chaperones for each trail group. **Trail groups can have up to 13 students per instructor.**
2. We require a minimum of 2 adults per lodge. School groups must bring enough female teachers/chaperones to supervise the girls' lodge(s) and enough male teachers/chaperones to supervise the boys' lodge(s).
3. One chaperone must drive separately so a vehicle will be at the Learning Center in the event that a student must leave early, or an emergency should occur.
4. Teachers and chaperones are responsible for student supervision. We expect that all teachers and chaperones will refrain from drinking alcoholic beverages or using marijuana during the entire Mountain School session. As such, no alcohol or marijuana is allowed in the lodges or on campus during the program.
5. We are a smoke-free campus. Smoking is only allowed off campus grounds (i.e. in our parking lot).

Teacher and Chaperone Responsibilities:

1. Overall preparedness—Help students be prepared for all activities; several reminders will be needed (i.e. BRNJWPLS [backpack, raingear, nametag, journal, water bottle, pencil, layers, sit pad], meeting times and places).
2. Field Study—Be an active participant in the trail group by role modeling appropriate behavior and assisting in reinforcing the instructor's behavioral expectations for students. Follow the lead of the trail instructor. Encourage student inquiry and active participation from all students in the trail group. Teachers and chaperones should be physically able to hike 3-5 miles each day and should be prepared to spend the entire day outside.
3. Medications—Depending on your school's policy, teachers and/or chaperones may be required to distribute student medications. **Mountain School staff are unable to distribute student medications.**
4. Meal times—Help our staff facilitate an orderly mealtime; assist staff with crowd control and dining hall expectations. Assist students and staff with dining hall clean up after meals.
5. Free time—Teachers and chaperones are responsible for supervising students during free time between 5:00-6:00pm. Free time areas include the library, playfield, and lodges. During this period, there must be an adult with students at all times, and we ask that teachers act as transporters for students between these locations.
6. Lodges—Supervise students in lodges and enforce lights out.
7. Check out—Assist students with lodge clean up on the last day. Students may only head to breakfast after they have stripped beds, swept rooms and common areas, and moved gear to the office area.
7. Be a positive role model—Come to Mountain School ready to participate with enthusiasm and a good attitude. Remember that your main role at Mountain School is to provide supervision to, and interact with, **ALL** students.
8. **Optional:** It's a good idea to bring an alarm clock, a watch, a thermos for tea/coffee, and a flashlight.

Student Guidelines:

1. All students must participate in the hikes and daily activities unless physically ill. If a student is ill, they will need to be supervised by teachers or chaperones, or else be sent home.
2. Students must stay within Learning Center boundaries unless accompanied by an adult.
3. Students will be responsible for keeping rooms and grounds clean.
4. No electronics (*cell phones, radios, iPods, computer games, etc.*), knives, hair dryers, candy, gum, or money are allowed at Mountain School. *The only exception to this rule is cameras or cellphones used for taking photographs only.*
5. Quiet time is 9:00pm to 7:00am All lights must be out by 10:00pm at the latest, typically earlier for younger students.
6. The teacher will make room assignments prior to arrival at Mountain School; only those students assigned to a room are allowed inside that room.
7. Absolutely NO food or drinks (except water) are allowed in or around lodges.

TEACHER CHECKLIST

Teachers, please use this checklist to ensure your school group's information is received by Mountain School staff well in advance of your arrival.

4 to 6 Weeks Prior to Mountain School

- Copy and send out **Parent Letter, Participant Information and Release Form and Equipment Checklist**
- Begin to recruit chaperones
- Schedule a virtual student pre-trip visit (**New in 2019. Information and scheduling options will be emailed to you**)

3 to 4 Weeks Prior to Mountain School

- Select chaperones and send them the **Chaperone Letter** (page 16) and **Chaperone Role Information** (page 8)
- Collect forms and fees from students and chaperones. *Teachers also need to fill out Participant Information and Release forms for themselves.*
- Check that Participant Information and Release forms are completed, ***signed on the back***, and have accurate medical and dietary information. (**Students with incomplete forms cannot stay at Mountain School**)
- Arrange with your school finance office to send a check or Purchase Order to North Cascades Institute (*Please do not bring payment with you*)

3 Weeks Prior to your arrival at Mountain School

- Email all pre-trip forms to **mountainschool@ncascades.org**

Please complete these forms electronically. Be sure to include the first and last names of participants.

- Completed **Pre-trip Questionnaire Form**
- Completed **Trail Group Form**
- Completed **Lodge/Room Assignment Form**
- Completed **Medical Alerts/Dietary Restrictions Form** (*Include information for students, chaperones, and teachers*)

2 to 3 Weeks Prior to Mountain School

- ___ Confirm bus transportation arrangements, give schedule and directions to bus driver

- ___ Make copies of the following to bring to Mountain School:
 - Participant Information and Release forms (all originals must stay at Mountain School, so you may want to make copies to keep for your trip home)
 - Trail Group and Room Assignment forms

- ___ Meet with the chaperones:
 - Share trail group and room assignments with chaperones
 - Discuss responsibilities and expectations with chaperones

- ___ With students:
 - Discuss expected academic goals and behavior expectations; discuss consequences for students who do not follow behavioral expectations
 - Have the scheduled Mountain School pre-trip meeting with your students
 - Go over required equipment list. Please contact the Mountain School team if you are aware of any students who need to borrow gear.

Arrival day at Mountain School

- ___ Make sure each student and chaperone have:
 - Sack lunch for the first day
 - Daypack: with water bottle, raingear, hat and gloves, clothing layers, and zip lock bag with pencil for journal
 - Separate bag with everything else on the equipment checklist
 - Remind students NOT to bring extra food, electronics, money, knives, etc.

- ___ Bring completed and signed Participant Information and Release forms for all participants. A member of the Mountain School team will collect these forms from you as soon as you arrive at the Learning Center.

Dear Parents/Guardians,

Mountain School is a nationally recognized environmental education and field science program offered by North Cascades Institute in partnership with North Cascades National Park. Your child's class will be participating in Mountain School as part of their school science curriculum. This opportunity provides students with a positive outdoor educational experience that allows them to develop social and personal skills, as well as experience academic and physical challenges in a cooperative wilderness setting. Hikes, activities, and exploration focusing on North Cascades ecosystems and natural and cultural history will be led by environmental educators who specialize in teaching young people in the field.

Mountain School is held at the North Cascades Environmental Learning Center, 68 miles east of I-5 on State Route 20 in North Cascades National Park. Students, chaperones, and teachers sleep in lodge rooms, spend their days hiking and participating in educational activities, and learn cooperative living skills during the 3-day, 2-night program.

Your child's class will be attending Mountain School from _____ to _____.

Enclosed with this letter you will find:

- *Participant Information and Release Form*
- *Required Equipment Checklist*

Please return the completed *Participant Information and Release Form* to your child's teacher by _____ . **Be sure to read and sign the back of the form.**

Spring and Fall weather in the North Cascades can be very unpredictable. While we always hope for sunny and warm days, it is crucial to be prepared for cold, wet, and windy weather. Please carefully look over the *Required Equipment Checklist* well in advance to make sure your child will be adequately prepared for Mountain School. If your child is missing something on the list, Mountain School has a large gear room with additional supplies. We are happy to loan students anything they need while in the program.

In rare instances State Route 20 can close between the Learning Center and Newhalem due to rock, snow, or mudslides. A road closure may delay your child's return home. Learning Center staff are well equipped for this possibility with plenty of extra food and staff prepared to care for the needs of your child. This has happened only twice during the Mountain School season in over 13 years of programming.

Support from parents is essential in making this a successful and positive educational experience for everyone involved. We request that all teachers and chaperones participate in trail activities and assist with supervision of students throughout the duration of the Mountain School program.

Please contact your child's teacher if you are interested in accompanying your child's class as a chaperone or if you have any questions or concerns. We look forward to sharing this unique field experience with your child!

Sincerely,

Mountain School Staff



NORTH CASCADES INSTITUTE

810 State Route 20, Sedro-Woolley, WA 98284
360-854-2599 www.ncascades.org

Estimados padres y alumnos,

Escuela de la Montaña (Mountain School) es un programa ambiental educacional y esta reconocido en escuela nacional. Esta organizado por el North Cascades Institute y el Parque Nacional de North Cascades. La clase de su niño esta participando en Mountain School como parte de su escuela normal. Este oportunidad educacional les da a los estudiantes una experiencia positiva. Tambien, les da a los estudiantes la oportunidad de desarrollar sus habilidades sociales y personales, y tambien encuentra bien trabajo fisico y académico en una aventura cooperativa de acampar. Excursiones de pie y actividades educacional de la sistema ecologica, geologia, y historia cultural estan con maestros quien se especializan en ensenaño al juventud en el campo.

Mountain School esta en North Cascades Environmental Learning Center, 68 millas al este de I-5 en State Route 20 en el Parque Nacional de North Cascades. Estudiantes, acompanantas y empleados se duermen en dormitorios, caminan durante el dia participando en actividades educacionales, y aprenden habilidades para vivir cooperativamente durante el 3-dia, 2-noche programa.

La clase de su niño asistirá Mountain School desde _____ hasta _____.

Le enviamos adjunto:

- Formulario de información del participante
- Lista de ropa y equipo requerido

Favor de devolver *el formulario de información del participante cumplidos* al maestro de su hijo antes de _____.

La clima del otoño y la primavera en el North Cascades puede ser variable. Esperamos que la clima este caluroso con el sol, tambien es importante estar preparado para una clima frio, mojado, y de mucho viento. Por favor, lee cada parte de *“la lista de ropa y equipo requerido”* en avance asegurar que su niño esta bien preparado para Mountain School.

Infrecuentemente, ocurre un cierre de la Ruta Estatal 20 entre el North Cascades Institute y Newhalem debido a deslizamientos de piedras, nieve, o lodo. Algún cierre de la carretera podría atrasar el regreso de su niñx a la casa. El personal del Centro de Educación están equipados con suficiente comida y preparados para atender a las necesidades de su niñx ante esta posibilidad. Un cierre de Ruta Estatal 20 solamente ha ocurrido dos veces durante 13 años de programación en el North Cascades Institute.

Apoyo de los padres es fundamental en asegurando una experiencia educacional buena, positiva, y exitosa para cada persona participando. Necesitamos adultos a participar en todo las actividades y ayudar con la supervisión de los estudiantes durante el programa.

Por favor, avisar al maestro/a de su hijo/a si este interesado en acompañando y ayudando la clase o si tenga preguntas o preocupaciones. ¡Tenemos muchas ganas de compartir la experiencia especial de Mountain School con su hijo/a!

Sincerely,
Mountain School Staff

MOUNTAIN SCHOOL REQUIRED CLOTHING AND EQUIPMENT CHECKLIST

Please carefully look over the following checklist and check each item as it is packed. If you have trouble coming up with any of these items, please let your teacher know well before your Mountain School visit, and we will be happy to provide them for you. Also, please label your belongings! **When you arrive at Mountain School, come dressed ready to spend the day outside. You should arrive with your daypack ready to go and your overnight bag packed separately.**

Day pack—packed with the seven items listed below:

- Rain gear (with rain pants if you have them)
- Warm fleece or jacket
- Warm knit hat, preferably wool
- Warm gloves
- Water bottle (watertight, so you can carry it in your bag without leaking)
- Sack lunch for the first day
- Quart-size zip lock bag for journal, with pencil

In another bag, backpack, or suitcase, please pack the following:

- Sturdy, water-resistant, comfortable hiking boots (if you are not wearing them) or two pairs of sneakers—no sandals or open-toed shoes
- 3 pairs of wool or polypropylene socks
- Long underwear or thick tights
- Underwear (3 changes)
- 2 pairs of long pants
- Warm sweater or sweatshirt
- Long sleeve shirt, 2 other shirts
- Towel and washcloth
- Warm sleeping bag, or bedroll with sheet plus blanket

***** Each lodge room includes a fitted sheet, pillow, and pillowcase for every bed.**

In a zip lock or toiletry bag labeled with your NAME, please pack the following:

- Toothbrush and toothpaste
- Soap, sunscreen, personal toiletries

Give to your teacher:

- Approved medications and written directions (with your name on it—*teacher will oversee all medications*)

Optional:

- Camera **** If your phone is your primary camera, students can bring this if pre-approved by the teacher. They are NOT permitted to use phones for any other reason. There is no cell service on campus.**
- Binoculars

**Do NOT bring any candy, gum, extra food, blow dryers, hair spray, hair gels, makeup, games, iPods, cell phones, computer games, knives, or money*

****Please bring only what you will need and pack tightly. You are responsible for carrying your own belongings approximately 0.3 miles up hill from the bus to your lodge room.***

ESCUELA DE LA MONTAÑA LISTA DE ROPA Y EQUIPO REQUERIDO

Favor de leer esta lista y marque un "x" al lado de cada cosa cuando hacen sus bolsas y mochilas. Si tenga dificultades encontrando algunas cosas aquí, favor de avisar su maestro tan pronto como puede para pedir lo que necesita. Recuerda que puede buscar para ropa de lana en las tiendas con cosas usadas. Al llegar a la Escuela de la Montaña, vienen vestidos listos para pasar el día fuera.

Una mochila o bolsa con estas 6 cosas:

- un poncho de lluvia (si no tiene el instituto lo proveera)
- un buen impermeable/ abrigo
- un gorro calido, de lana preferentemente
- guantes calidos
- cantina para agua (hermético para que puede llevar en la bolsa)
- un almuerzo para el primer día
- un lapis (en una bolsa de plástico)

En otra mochila, bolsa, maleta, o funda ponga estas cosas:

- zapatos fuertes o botas de caminar que estan comodas y a pruebas de agua o dos pares de tenis
- 3 pares de calcetines de lana o polypropylene
- ropa interior para el invierno
- ropa interior (3 mudas)
- 2 pantalones largos
- un sueter
- una camiseta de manga larga, 2 otras camisetas
- una toalla y una toallita
- una bolsa de dormir espeso o una sabana con una manta (podemos prestar una bolsa de dormir, pero avisa el maestro pronto)

***** Todas las habitaciones del Lodge cuentan con una sábana, almohada, y funda de almohada para cada cama.**

En una bolsa con su nombre escrito ziplock o neceser (para guardar en el cuarto de baño):

- cepillo de dientes y pasta
- jabon, artículos de tocador personales

Para dar a su maestro:

- medicinas necesarias con las instrucciones escritas (con su nombre escrito- el maestro se hara cargo de estas medicinas)

Opcional:

- cámara
- prismáticos

¡Recordar de NO traer dulces, chicle, comida extra, laca para el pelo, gel para el pelo, maquillaje, iPod, juegos, telefonos celulares, juegos de computadoras, cuchillos, ni dinero!

**Por favor, traiga solamente qué usted necesitará y embalará seguramente. Tiene que llevar sus propias cosas aproximadamente 0.3 milla del autobús a su cuarto.*

Dear Chaperone,

Thank you for volunteering your time as a Mountain School chaperone! Your participation in this program serves a vital role in making this experience a very special learning opportunity for your child and their class. In order for Mountain School to be successful, it is important that all chaperones know how the program works and what is expected of them.

Upon arrival at Mountain School, an adult orientation will reiterate chaperone responsibilities and expectations, as well as define Mountain School program goals, Learning Center boundaries, and safety rules. Chaperones are expected to supervise students throughout the duration of the program, including overnight. Chaperones will be assigned to one trail group for the duration of the program to help facilitate the group learning process during the day and one lodge to ensure adequate overnight supervision.

The most important chaperone engagement duties are to:

- Actively participate in all lessons/activities with the learning groups (**chaperones should be able to hike up to 5 miles each day and should be comfortable spending all day in the elements**)
- Encourage student participation and cooperation in all activities
- Assist instructors in enforcing behavioral expectations
- Supervise student recreation and free time
- Make sure students are in their rooms at bedtime
- Enforce lights out
- Be a positive and supportive role model!

Chaperones (and teachers) will also be responsible for attending to student needs at night. For risk management purposes, we recommend that students sleep 3-4 per room and that they only enter rooms they are assigned to.

It is very helpful to the program if you attend a chaperone meeting with your child's teacher. This will help you become oriented with the schedule and your responsibilities. We encourage chaperones to take an active role in supporting North Cascades Institute instructors during trail activities, games, discussions, and exploratory hikes. The way you fulfill your role will strongly affect the experience of the students. Although safety is primarily the responsibility of the instructors, you may be called upon for support.

At least one chaperone must have his or her personal vehicle at the Learning Center in the event that a student needs to go home before the completion of the program. Additionally, we recommend that each chaperone bring an alarm clock, a watch, and a flashlight (if it is getting dark early during the dates you attend Mountain School). You may also wish to bring a travel mug for hot drinks while on the trail. If you anticipate needing to make a phone call while here, please be aware that there is no cell reception on campus. We do have Wi-Fi for adult use, but we request that you use it with discretion or after hours, as this is an electronic-free campus for students.

Please contact your child's teacher regarding any responsibility you may have to cover tuition fees. These fees may or may not be covered by the school district.

We look forward to sharing this special experience with you and your children!

Sincerely,

Mountain School Staff