



Cuyamaca Outdoor School



For Parents, Students & Teachers*

This is an information sheet for parents, students and teachers who are coming to Cuyamaca Outdoor School...some of you for the first time! We are looking forward to meeting all of you soon!

Where is the camp located?

We are in the middle of the beautiful 25,000-acre Cuyamaca Rancho State Park. One of our subs is even a State Park Ranger who literally lives a few hundred feet from our perimeter of 25 acres. We have miles and miles of different trails that the students can experience right from our 25-acre campus. Cuyamaca Outdoor School has been on the same site, which we own, since 1946! Luckily, the buildings are newer than that!

Who are your staff and what are your staff requirements?

Our staff work for the San Diego County Office of Education in permanent positions. We are all fingerprinted, TB tested and college-educated. Some of our staff have worked here more than 25 years!

We have a Principal, Greg Schuett. He started out in Orange County Outdoor Ed and has been at Cuyamaca Outdoor School for 25 years.

During the day, each village is supervised by a credentialed Head Teacher (HT): Oak Village HT is Susanne Beattie. She has worked at camp for 21 years, first as a Specialist and then as a HT. Doug Connor heads the Cedar Village and has been in Outdoor Ed for more than a decade. Susan Powell runs the Pine Village and has been in Outdoor Ed for more than 26 years.

We have 21 Outdoor Ed Program Specialists, all of whom are college-educated and fingerprinted. These talented people have been working at camp from 4 to 25+ years!

Our Program Assistant, Dawn Molitor, worked 12 years as a Specialist and has been running the office for the past 2.5 years.

During the night, each cabin has a Cabin Assistant. This will be the same person every night.

We have a maintenance team lead by Maintenance Engineer Dino Stavros.

We have 2 cooks, 4 food service workers and a Child Nutrition Supervisor, Kim McAlexander. Every week we get rave reviews from visiting teachers about the quality of our food and the care that they get from our kitchen staff.

We also have an RN, Health Tech and Health Assistant (see next question).

Is there a full-time nurse present at the site?

There is an RN and a Health Tech during the day. Sue Whitaker is our RN. She has previous hospital experience. Cindy Gross, aka Mama Bear, is our Health Tech. Cindy has worked at camp for more than 25 years, previously as a Specialist. She has prior EMT experience.

At night, there is a Cabin Health Assistant who has worked here for many years.

The Health Center is open 24 hours a day when students are present. We are equipped for emergencies, including an AED and an oxygen tank.

What if my child takes medication or has health needs?

Students that bring medication to camp check in with the RN and Health Tech on Monday afternoon to review their medications.

We also have OTC meds if the parent checks that it is okay for the student to take them (e.g., Tylenol, Benadryl, etc.).

Each cabin has a medical documentation list, as do the Head Teachers, of the students that need to take medications. If the student does *not* show up, they are sought out and brought to the Health Center. The Medical Authorization Forms for prescription medications are online: <http://www.sdcoe.net/student-services/outdoored/Pages/6th-grade-camp-forms.aspx>.

We are HIPPA-sensitive.

What type of food will be served?

It varies each day. *This is only a sample.* (Teachers have a special buffet and can eat early, without the kids).

Breakfast food items include cereal (M-Th), plus either pancakes, scrambled eggs, and build-your-own breakfast

burritos on Friday. Lunch might be corn dogs, spaghetti, tostadas, or chicken sliders. Dinner includes chicken fajitas, burgers, pizza, hot dogs, or baked chicken. We eat family style, so food is passed around the table. The student chooses what to eat and can have seconds, too.

What if a student has special dietary needs (vegetarian, food allergies, etc...)?

We can accommodate dietary needs. Vegetarian and lactose intolerant students simply need to note this on the pink health form. Anything else (like gluten free, very picky, peanut allergies, etc.) need to contact the Child Nutrition Supervisor 2 weeks in advance. These needs require a physician-signed Medical Accommodations Form:

<http://www.sdcoe.net/student-services/outdoored/Pages/6th-grade-camp-forms.aspx>.

We are a tree nut and peanut-free facility.

How many students per cabin?

Up to 72 students sleep in a cabin (gender specific!) Campus-wide, we have 3 villages. Each village has 2 cabins (a boy and girl cabin). Each village is supervised by a credentialed Head Teacher, along with 7 Outdoor Ed Program Specialists, who hike, teach and mentor the students.

What are the cabins like inside?

There is a main center room and 4 “dens” that have 9 bunk beds in each for a total of up to 18 students in each den. All of the cabins have heat, door locks, and alarms (for sleepwalkers). The bathrooms have been refinished recently! Each cabin has a disability-accessible toilet stall and shower. There are also bathrooms and drinking fountains in the Lodge, Assembly Halls, Health Center and Dining Hall.

What are the shower arrangements?

There are curtains and individual stalls. The students take showers Tuesday through Thursday. They are 2 minutes. Yes, I said 2 minutes! Tell your students to practice! There is hot water...and we want to make sure everyone gets hot water!

Will an adult be present at all times in the cabin while students are sleeping?

Absolutely. There is *always* an adult in the cabin. Kids are not allowed into the cabin without an adult. The cabin leader room has an intercom and a radio.

Our night Cabin Assistants work Monday through Thursday in the cabin, so the kids get used to the same nighttime adult. There is also a credentialed Head Teacher and Health Assistant during the night, available for issues.

What about your science curriculum?

- Our curriculum is correlated with the Next Generation Science Standards.
- We are participating in a Citizen Science study with UC Riverside regarding the Gold-Spotted Oak Borer beetle that is devastating oak trees in California.
- We just received awesome ProScopes and iPads that are used in the field to explore on a “micro” level!
- We also incorporate concepts such as energy flow, cycles, interrelationships, changing of forms, botany, geology, etc., during our hikes.
- All students receive a beautiful field journal that they get to take home.

What type of activities will the students participate in?

During the week (daytime): 2 Nature Studies (hiking and hands-on science activities); one All Day Adventure (like a nature study, but 6 hours in duration, eating lunch out in the field and being further from camp); a craft class (rock or wood); WRAP recreation class: rock climbing or archery (choice), geocaching, low elements challenge. Nighttime: Night hike or astronomy (depending on the time of year). Cabins: Storytelling and teambuilding activities. Also, if there is snow....snow play!

What is a typical daily schedule for a student at camp?

See end of pages for a sample of the “early” village. The later village starts ½ hour later.

How much luggage is allowed?

One sleeping bag (or sheets/blanket)/pillow and a duffel bag or rolling suitcase is fine). They can carry a backpack on the bus.

Will other school sites be at the camp site?

It depends on the size of your school. If you have less than 400 students, there will be other schools. You can call Dawn at 760-765-3000 to get a list of the schools coming your week.

Can students take their cell phone or other electronic devices to camp?

No. There is little to no cell service here, as we are in the State Park (adults can get service very close by or use our telephone). Additionally, students bring up expensive phones and they can get lost.

What are “must haves” for the student up at camp?

- Disposable cameras for picture-taking purposes (two or three if possible).
- Water bottle, preferably with a strap to use during hikes. Camelbacks are fine, too. We have good mountain water up here!
- Sunscreen & Chapstick
- Hat
- 2 pairs of close-toed shoes (not new!)
- Long pants (be prepared to get dirty!)
- Self-addressed, stamped envelopes or postcards
- Appropriate weather gear (swim suit in hot weather; jackets, gloves, hat, etc. in cold) Check NOAA before you come. We are at 4050' and in the 91916 zip code.
NOAA: <http://forecast.weather.gov/MapClick.php?lon=-116.56303&lat=32.92683#.VC2m2xY6s-1>
- If the student forgets something like a pillow, toothbrush or jacket, rest assured we have items to borrow during their stay. (They can keep the toothbrush!)

What is the method of communication between parents and the camp site?

They can call 760-765-3000 during the day. The phones will be forwarded to the Health Center after hours (their direct line is: 760-765-4110.) Someone will answer the phone 24 hours a day while the kids are here. As far as verbal communication between parents and students: we *discourage* the parents from speaking with the student (unless there are health issues, discipline, homesickness, etc.) due to logistical reasons (400+ students, different schedules) and it tends to make the students homesick. If there is an issue at camp with a child, we will call the parents.

Can parents write letters to their children?

They are welcome to send mail and have the kids mail them back (please provide your student with envelopes and stamps (or postcards); self-addressed is best!). Parents should mail their letter the Saturday *before* camp.

Good Information from the website:

Click here for our [website](#).

Camp Forms:

<http://www.sdcoe.net/student-services/outdoored/Pages/6th-grade-camp-forms.aspx>

Classroom Teacher Guide:

<http://www.sdcoe.net/student-services/outdoored/Documents/Classroom-teacher-guide.pdf>

Teacher Page:

<http://www.sdcoe.net/student-services/outdoored/Pages/teachers.aspx>

Parent Page (with a video):

<http://www.sdcoe.net/student-services/outdoored/Pages/videos.aspx>

Address and Phone Numbers:

Camp Cuyamaca (Cuyamaca Outdoor School - aka: 5th/6th Grade Camp)

12561 Hwy. 79 • Descanso, CA 91916

Office: 760-765-3000 (days)

Fax: 760-765-3001

Health Center: 760-765-3004 (24 hours a day when students are present)

Health Center: 760-765-4110

Contact persons: Dawn Molitor, Cuyamaca Program Assistant (damolitor@sdcoe.net);

Greg Schuett, Cuyamaca Principal (gschuett@sdcoe.net)

Cheri Buchanan, SDCOE Outdoor Ed account/billing/contract info: (cbuchanan@sdcoe.net)

Sue Whitaker, RN, Cuyamaca Nurse (susana.whitaker@sdcoe.net)

Kim McAlexander, Cuyamaca Child Nutrition Supervisor (kmcalexander@sdcoe.net)

*Specific Teacher Information:

Teachers: please email me for a teacher-specific document regarding accommodations, duties, what to bring, etc.

Thanks! Dawn - damolitor@sdcoe.net

Sample Schedule

Oak Monday

10:00-12:00 Student arrival, move in and orientation
12:00-12:45 Lunch
12:45-1:45 Finish orientation
1:45-2:00 Fire Drill
2:00-3:45 Welcome Walk
3:45-4:00 Bathroom Break
4:00-4:45 Recess
4:45-5:00 Bathroom Break
5:00-5:45 Dinner
5:45-6:45 Craft prep and cabin time
6:45-7:30 Campfire
7:30-9:30 Cabin Activity Time
9:30 Lights out

Oak Tuesday

6:30-7:15 Wake up and get ready for breakfast
7:15-7:45 Breakfast
7:45-8:00 Village meeting
8:00-8:30 Students meet with classroom teachers
8:30-9:00 Bathroom break and activity prep
9:00-3:00 All Day Adventure
3:00-3:15 Bathroom Break
3:15-3:45 Recess / Talent Show Rehearsal
3:45-5:00 Showers
5:00-5:45 Dinner
5:45-6:30 Cabin Time
6:30-7:30 Native American program
7:30-9:30 Cabin Activity time
9:30 Lights out

Oak Wednesday

6:30-7:15 Wake up and get ready for breakfast
7:15-7:45 Breakfast
7:45-8:00 Village meeting
8:00-8:30 Students meet with classroom teachers
8:30-9:00 Bathroom break and activity prep
9:00-11:30 WRAP or Nature Study
11:30-11:45 Bathroom break
11:45-12:15 Lunch
12:15-12:45 Bathroom break
12:45-3:00 WRAP or Nature Study
3:00-3:15 Bathroom Break
3:15-3:45 Recess / Talent Show Rehearsal
3:45-5:00 Showers
5:00-5:45 Dinner
5:45-6:15 Cabin time
6:15-7:30 Night Hike
7:30-9:30 Cabin activity time
9:30 Lights out

Oak Thursday

6:30-7:15 Wake up and get ready for breakfast
7:15-7:45 Breakfast
7:45-8:00 Village meeting
8:00-8:30 Students meet with classroom teachers
8:30-9:00 Bathroom break and activity prep
9:00-11:30 Crafts
11:30-11:45 Bathroom break
11:45-12:15 Lunch
12:15-12:45 Bathroom break
12:45-3:00 Nature Study
3:00-3:15 Bathroom Break
3:30-4:00 Recess / Talent Show Rehearsal
4:00-5:00 Showers
5:00-5:45 Dinner
5:45-6:30 Cabin Time
6:30-7:30 Talent Show
7:30-9:30 Cabin activity time
9:30 Lights out

Oak Friday

6:30-7:15 Wake up and luggage stack
7:15-7:45 Breakfast
7:45-8:15 Walk to Lodge
8:15-8:45 Autograph signing
8:45-9:00 Bathroom break
9:00-9:45 Cuyamaca Quiz
9:45-10:15 Slide show and poetry reading
10:15-11:00 Snacks
11:00-11:30 Departure