



Northwest Outdoor Science School

Tus Tswv Ntawm Kev Hlub Qhia Yog Ib Txoj Kev



Kev Cai Li

NW Outdoor Science School yog ib txhais lus kom muaj kev sib tham thiab kev nyab xeeb rau cov tub neeg nyob rau hauv Oregon.

Peb pib hauv tsev neeg pib dua hauv pib kev hloov thiab pib lub zos, ua si los txhaj cai hauv kev hloov, kev xav, thiab kev hloov hauv pib kev kawm ntawv, uas sau nrog lawv rau kev txawj ntse.

Tus kheej

- Peb yog ib qhov chaw sib tham ntawv txoj kev nyob rau hauv Northwest Regional Education Service District (NWRESA).
 - Sau txog kev kawm ntawv rau cov kauj ruam dua 20 thiab saib xyuas no yog peb txoj kev.
- Peb txoj haujlwm tau pib ua qhov kev sim nrog Multnomah thiab Clackamas ESD.
- Peb tau kev kawm ntawv rau Outdoor School rau cov kws 5 thiab 6, nrog Student Leaders los yog Cov Tawm tswv thiab yog hais tias yog ib xyoo 1969.
- Ntawv no los yog Outdoor School yog pib hauv Measure 99, hauv 2016, txoj cai tshwj xeeb uas tuaj yeem pab cov kauj ruam siv tawv qhia tseem ceeb rau Outdoor School thiab.
 - Yog koj cov tub neeg tsis raug kev kawm ntawv, yog tias kev kawm rau Outdoor School **tsis muaj yuav** siv koj qhov tseem ceeb!



Sab nraum tsev kawm ntawv science

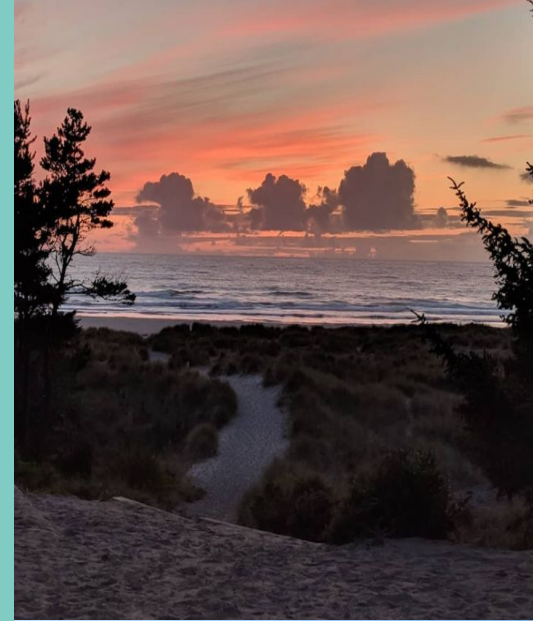
Outdoor School muaj qhov tseem ceeb ntawm cov tsev 5 no rau Northwestern Oregon

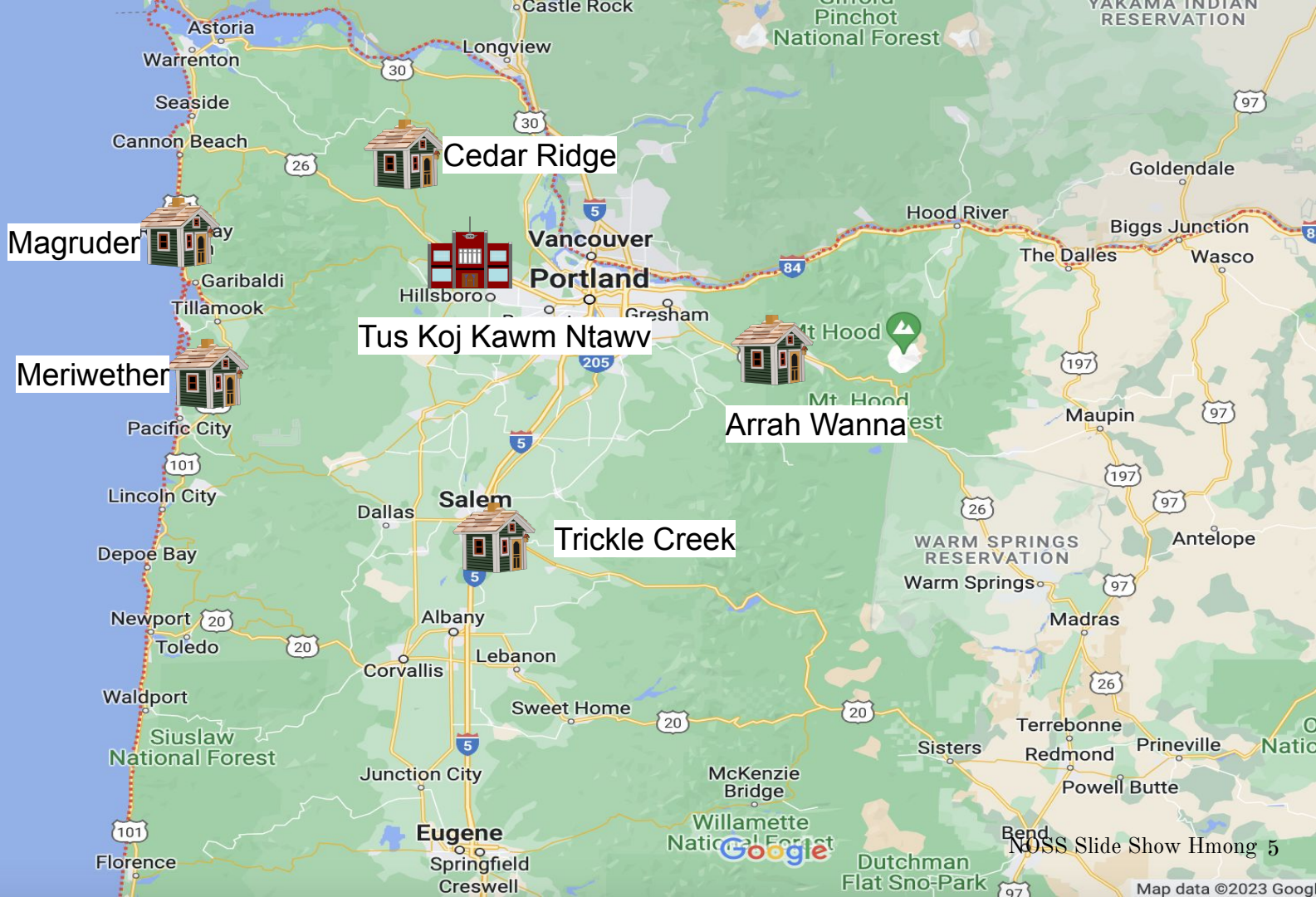
Tus Ntshav Hauv Tsev

- Cedar Ridge (Nyob ze Vernonia)
- Trickle Creek (Oregon 4-H Center, nyob ze Salem)
- Arrah Wanna (Nyob ze Welches)

Tus Dab Neeg Hauv Tsev

- Camp Magruder (Nyob ze Rockaway Beach)
- Camp Meriwether (Nyob ze Cloverdale)





Cedar Ridge

Magruder

Meriwether

Tus Koj Kawm Ntaww

Arrah Wanna

Trickle Creek

NOSS Slide Show Hmong 5

Map data ©2023 Google

Tsis muaj tus txiv neej muaj koj tub neeg?

- Site Supervisor
 - Thawj Tswj Hwm ntawm Outdoor School
- Tus Nyab Xeeb
 - RN los yog LPN yog tawm ntawm lub siab
- Tus Ntiav Yog Kev Nyab Xeeb Thiab Kev Sib Tham
 - Yog tias txhua cov tub neeg muaj caij nyoog ntawm peb txoj kev kawm
- Tus Tham Nquag Txog
 - Qhov kev phom txog thiab xaiv txoj kev hloov ntawm NGSS
- Tus Kev Kawm Ntawv
 - Tsim thiab pab txhawb SEL yam ntawm Outdoor School
- Cov Tawm Tswv (Cov Tub Neeg Tshiab thiab Cov Tub Neeg Kev Npau Sauv)
 - Xa mus rau txhais lus ntawm cov tsev thawj ntawm cov tub neeg
 - Phom txog qhov kev hloov kawm ntawv rau cov nplooj hauv cov tub neeg
- “Clones” (Lub Outdoor School rau Cov Xib Fwb 😊)
 - Tso cai rau cov tub neeg thiab cov tawm tswv, rov qab cov nqiab rau lawv
 - Pom zoo rau kev kawm ntawv thiab kev txhawb nqa cov tub neeg thiab kev nrhiav



Tus Ntseeg yog peb #1 Txoj Cai! Tus Caij Nyoog rau cov Tawm Tswv thiab cov Tub Neeg Kev Npau Suav

Tus Tawm Tswv

- Tus Tawm Tswv raug txiav txim, CPR, thiab pab txhais epinephrine (EpiPen)
- Tus tawm tswv kuj npau suav npaj rau lub rooj ncig thiab yog tsum peb lub tebchaws txog hauv kab mob
- Tus Tawm Tswv raug txiav txim kev pom zoo ntawm cov nplooj hauv txoj kevphom txog kev hloov, cov kawm, kev txhawb nqa cov tub neeg, Kev Npau Suav BEETLES, thiab kev pom zoo ntawm kev tshwm sim

peb:

Cov Tawm Tswv Tub Neeg

- Tso cai rau ib lub hli ntuj txog los yog tus kawm tswv thiab tus phom txog qhov kev hloov kawm ntawv
- Txiaiv npaj mus rau cov tub neeg tshiab thiab cov neeg txoj kev tswv yuav tiv thaiv lawv
- Tso cai rau ib qho chaw niam tawv txiaiv txim rau ib qho neeg tshiab
- Txiaiv txim txim lub hnuv yuav tiv thaiv rau cov tub neeg muaj kab mob

Lub Ntseeg Yam



Peb txhais tias koj tuaj tso cov khoom hauv ib qho keeb kwm los sis ib qho doofle bag, **TSEEM NCO TXOG TUS NQIG QUAJ UAB QUAJ TAWB PEB TXIAS.**

Thov nco ntsoov tias **koj tsis tas yuav mus yuav yam tshiab, yog tias koj tsis muaj ib yam dab tsi tiv tauj koj tus tub ntxhais kawm tus kws qhia lossis ODS peb yuav muaj cov khoom siv uas cov tub ntxhais kawm tuaj yeem qiv.**

Nrog hluas nkauj

- Ntshav Thov
 - Ntshav Thov nrog Ntoos Txawv
 - Ntshav Thov Thaum
- Qhov Txiaj Ntshav
 - Kev Nyuaj & Tawm (2 txog 4)
 - Tawm Sib Hawm & Siab (3 txog 6)
 - Siab Npe
 - Lub Sijhawm Ntoos Txawv
- Kev Nyiaj Ntawm Hlau
- Nplooj Tshav
 - Npua & Tswv
 - Deodorant (tsis muaj lub saum toj los sis lub saum ntshe)
- Ntshav Thov Kev Kawm Tshwm Sim
 - Txwv Tsaug Ntuj
 - Lub Sijhawm Thaj Tshuaj
 - Lub Tsev Tshiab
 - Lub Khiav
- Rau qhov tsim tshwm sim
 - Lub Nkuav
 - Kev yees (Analog los yog digital)

Cov ntaub ntawv mus saib nyob hauv tsev

- Thiab Npib Zaub
- Kev yees ntawm tus neeg ua haujlwm
- MP3 / iPod kov
- Tus Kawm Ntawv Cov Khoom Haujlwm Poj Niam (Handheld Gaming System)
- Peb
- Ntsuag/Daim Ntawv

Yog koj cov menyuam xav kom cov ntaub ntawv no nyob hauv lawv cov IEP los yog 504, thov sau ntawv rau peb. Peb yuav hais tias peb yuav ua haujlwm

Ib lub sijhawm tsev kawm ntawv uas yog txoj kev hais txog kev hais txog tus menyuam yuav siv Peb tsis muaj cov khoom siv ntau tshaj plaws hauv tsev kawm ntawv, uas peb siv nyob rau hauv lub xyoo tshiab, los sis ua haujlwm thiab tseem tsis txhob siv tshaj plaws xws li cov menyuam los pab neeg hauv lawv lub xyoo. Txhais lus ntawm pob no yog tshaj plaws hauv peb tsev kawm ntawv thiab tsis muaj ntsiab lus los sis tsis muaj lub hom phiaj rau cov menyuam siv tau txhais cov khoom siv los ntawm lawv cov daim ntawv zoo Tsis muaj tsev neeg tshaj plaws hauv tsev.

Outdoor school tsev tsis muaj cov khoom siv los sis mus nqiab los yog hloov. Thov mus saib cov khoom siv txheej txheem nyob hauv tsev.

Peb Tsev Kawm Ntawv

Outdoor School zoo li ib qho chaw tuaj qhia tawm ua haujlwm kev hais txog kev txhawj xeeb, peb tsev kawm ntawv yuav siv nrog rau cov khoom uas tsis hais tias muaj kev hais txog kev txhawj xeeb

Siv Oregon State Standards raws li peb phau ntawv qhia, peb tsom mus rau kev koom ua ke cov hauv qab no los ntawm ntau yam ntawm peb txoj haujlwm:

- Kev Hlub Kev Hais Txog Siv Thaum Koj Nyob Tsis Muaj Ib Lub Tsev
- Kev Hlub Tsim Koom Haum Saib
- Kev Hais Lus thiab Kev Ntseeg Txog
- Tus Kheej Txog Kev Kawm Ntawv
- Hnub (Lub Khawm Kev Nyob, Ib Zaub, Kev Hlub Kab Mob)

Ntawm txoj kev sib txuas Outdoor School

Thaum tsis muaj ntsev, cov
menyuam yuav sib txuas hauv
tsev kawm ntawv ntxiv

Tus Xwm Cov Neeg Haujlwm
thiab Cov Menyuam Ntxiv yuav
yuav sib koom tes cov menyuam
thiab khawv tau lawv nyob rau
hauv tsev kawm ntawv



Keu Koom Tes Ntawm Lub Tsev Kawm Ntawv

Cov menyuam tsis siv kev haujlwm hauv kev hais txog kev txhawj xeeb, kev haujlwm ntawm lub sijhawm, kev ua haujlwm thiab txoj kev sib tham los sis ntxiv cov khoom nyob rau hauv tsev kawm ntawv.

Peb siv lub BEETLES khoom sib tw los sis lub sijhawm thiab siv khoom sib tw rau kev haujlwm kev hais txog kev txhawj xeeb

Cov menyuam yuav nqai li 2 ½ txog kws yog 2 lub niam thiab cov neeg nyob li cas rau kev koom tes ntawm lub tsev kawm ntawv.





Ntxoj

Tsuas yog txhua tus tuaj nqi rau txoj kev kawm tshawb no ntawm tsev kawm ntawv Cov menyuam yuav pab cov neeg haujlwm ntxiv ntawm cov khoom zoo hauv tsev kawm ntawv Qee qhov piv txwv:

- **Table Toppers** (teeb lub rooj rau noj)
- **KP** (Kitchen Party, ntxuav cov rooj tom kawg ntawm puas mov)
- **Chij** (nce lossis txo tus chij)
- **Scrub Club** (ua kom huv hauv chav dej, cheb & so cov txee)



Cabin Sijhawm

Cov menyuam yuav nrog rau cov neeg haujlwm siv nyob rau hauv cov khoom tuaj zoo ntawm 8-14 neeg, ntawm cov neeg haujlwm uas tseem ceeb hauv kev haujlwm. Cov ntsiab lus uas muaj rau cov khoom tuaj zoo yog ntau tshaj li thiab tsim nyog.

Lub sijhawm poob ntawm Tsev Kawm Ntawv Sab Nraud yog siv nrog Cabin Time:

- Pab Pawg Tsim
- Ua haujlwm ua ke
- Hnub Nrog Cov Nplooj Siab
- Pav ca ntawm Bunk lub sijhawm (lub sijhawm rov qab)



Kev lom zem

Nws yog ib qho tseem ceeb kom muaj qee lub sij hawm lom zem nyob rau hauv ib hnuv. Peb muab Kev Ua Si (xws li kev so) ntawm Tsev Kawm Sab Nraud

Cov neeg haujlwm thiab Cov Nplooj Siab (Cov Tsis Txaus Siab) yuav ua hauj lwm los sis hauv txoj kev zoo siab uas cov menyuam tuaj koom tes, ib txhia uas yog:

- Kev npuab hluav taws
- Ntawm kev sau cai
- Kev Hmoov Npua Txog
- Nyuj Ntxim Thoj



Kev muaj chawv qhia

Kev muaj chawv qhia yog ib tug kev qhia uas muaj qhov tseeb hais tias ntau cov neeg ua hauj lwm nyob rau hauv daim ntawv hauv tsev kawm ntawv.

Peb tuaj nrog cov tub ntxhais/zhih neeg mus tuaj xwm ua hauj lwm tshiab ntawm kev muaj chawv qhia.

Tus kheej yees nyob zoo yuav tau tuaj qhia cov ntaub ntawv thiab kev ua tau.

Peb txwv tawm kev muaj chawv qhia zoo tshaj plaws hauv lub hli ntuj los ntawm ib tug ntaub ntawv tshaj plaws mus rau cov tub ntxhais los yog tsaug zog.





Txoj cai kev pab muaj hais txog kev pab/txoj cai kev txhawj xeeb hauv tsev kawm ntawv ntawm tus tub ntxhais

Kev hloov ntawm xyoo dhau los:

Peb tab tom thov kom tag nrho cov tub ntxhais kawm qib 6 rov qab ib daim ntawv no!

- Tus tub ntxhais tsis tuaj tuaj tso ntawm lub teb chaws qhov chaw uas ntau yam ntawv

Daim Ntawv Tso Cai Me Nyuam Kawm Ntawv thiab
Daim Ntawv Qhia Txog Kev Noj Qab Haus Huv
Lus Askiv Spanish

 **Northwest Outdoor Science School** 
Permission and Student Health History Form (please complete with blue or black ink)
Confidential, for Teachers, NOSS Nurse and Site Supervisor use only. To be archived and destroyed by NOSS

Student's Name: _____ Student's School ID #: _____
School: _____ Teacher's Name: _____
Student is planning to attend Yes No (If no, why): _____
(If student is not attending Outdoor School, you do not need to complete the rest of this form)

By signing below, you are giving your student permission to attend Outdoor School, and to receive emergency care when needed. You are also agreeing to arrange pick up / transportation for your student when requested by NOSS. See full explanation in the Caregiver Letter.

Required Signature of Parent or Legal Guardian _____ Date _____

Photo opt out: If you do not want your student's image to be used in promotional materials check this box

CONTACT INFORMATION

Primary Contact (Legal Guardian) Name: _____ Relationship: _____
Primary Phone # _____ Secondary Phone# _____
Secondary Contact (Legal Guardian) Name: _____ Relationship: _____
Primary Phone # _____ Secondary Phone# _____
Emergency contact (in case neither guardian listed can be reached)
Phone: _____ Relationship: _____
Name of Student's Physician: _____ Phone: _____

HEALTH & MEDICAL INFORMATION

Birth Date: _____ Age: _____
Specify any activities that are not allowed, or any prosthetics or other aid that will be sent: _____
Do you have any concerns about your student's social/emotional needs? Yes No If yes, please describe: _____

Does your student have an IEP/504? Yes No
If yes, what is it for: _____
Does your student have asthma? Yes No If yes, please send an inhaler with your student to self-carry
Explain frequency/severity/treatment of attacks? _____
Known Allergies: Foods (list) _____ Hay Fever Bee Sting Latex
 Drug Allergy (list) _____ other (list) _____
Clearly describe what type of exposure causes a reaction (air borne/topical/ingestion), the type of reaction possible, and treatment given: _____
Is this allergy life threatening? Yes No Do they carry an EPI pen? Yes No
Special dietary needs (examples: vegetarian, vegan, gluten free, Halal, Kosher) etc.: _____

Health Needs (Please check all that apply)

<input type="checkbox"/> Bowel/ Bladder Condition	<input type="checkbox"/> Seizure Condition
<input type="checkbox"/> Bedwetting	<input type="checkbox"/> Skin Condition
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Sleepwalking
<input type="checkbox"/> Hearing Condition	<input type="checkbox"/> Vision Condition
<input type="checkbox"/> Heart Condition	<input type="checkbox"/> Other Chronic or recent illness or surgical procedures
<input type="checkbox"/> Mobility Issues	(specify): _____
<input type="checkbox"/> Physical Injuries (recent)	

Txoj cai kev pab muaj hais txog kev pab/txoj cai kev txhawj xeeb hauv tsev kawm ntawv ntawm tus tub ntxhais

STUDENT'S NAME: _____

MEDICATIONS - Student will bring these medications to NOSS.
 Prescriptions and OTC Medications must come in original container. Vitamins & supplements require a doctor's note because the FDA does not regulate them. Refer to the Caregiver letter for detailed information. NOSS Staff will not dispense any medication/vitamins/supplements that do not meet the requirements.

Name of Medication and Dosage	Time of Day	Purpose of Medication & Instructions

To facilitate the NOSS schedule, can medication delivery times be adjusted by up to an hour? Yes No

OVER-THE-COUNTER MEDICATIONS

NOTE: Brand names listed but their generic equivalent may be substituted. Epinephrine, Albuterol and instant glucose are available in the event of a life-threatening emergency in accordance with the Outdoor School physician's standing orders.

DO NOT SEND THE FOLLOWING MEDICATIONS AS THEY ARE SUPPLIED ON SITE:

Non-aspirin pain reliever (Acetaminophen, Ibuprofen)	Throat Lozenges/ Cough Drops (Chloraseptic/Cepacol)	Hydrocortisone Cream 1%
Antacids (Tums/ Gaviscon)	Decongestant (Phenylephrine)	Loperamide (Imodium)
Antihistamine (Benadryl/ Zyrtec)	Cough Syrup (Guaifenesin)	Techaru Soap / Calamine Lotion
Antiseptic Cleanser (Libiclen)	Benzocaine (Insect Sting Swabs)	Milk of Magnesia
Antibiotic Ointment (Polysporin)	Gatorade/Pedalyte	Petroleum Jelly (Vaseline)

List any medications you **DO NOT** want your student to take: _____

PERMISSION FOR ADMINISTRATION OF MEDICATION

I hereby give permission for authorized Outdoor School staff to administer prescription, supplement, and/or OTC medication(s) prescribed for the student identified above. I understand that it is my responsibility to provide all medication(s) in the original labeled container. I understand that my student shall be responsible for going to the health supervisor at the specified time(s) for medications. I give permission for authorized Outdoor School Staff to administer OTC medications from the list above, as needed. I acknowledge that the administration of medication by Outdoor School personnel is an accommodation to be performed solely upon my request. I release and waive any and all claims, which I now have or may hereafter have against the Northeast Regional ISD and their officers and employees arising out of the administration of or failure to administer the medication to the above student or any adverse reaction to such medication.

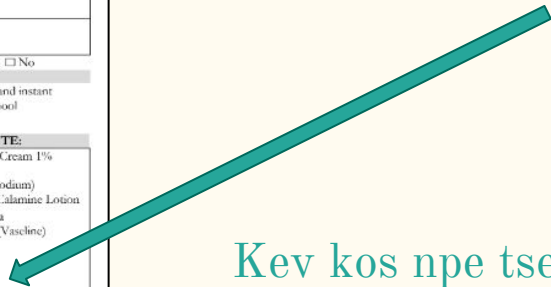
Please check boxes for exceptions to the above.

Only Medications Sent with Student NO MEDICATION in any form NO BLOOD or BLOOD PRODUCTS

X _____ Date _____
 Required Signature of Parent or Legal Guardian

IF YOUR STUDENT'S MEDICAL CONDITION OR MEDICATIONS CHANGE AFTER COMPLETING THIS FORM, PLEASE SEND A SIGNED NOTE TO THE OUTDOOR SCHOOL OFFICE

Yog tias koj tsis xav kom koj tus menyuum tau txais qee yam tshuaj, thov sau rau ntawm no.



Kev kos npe tseem ceeb yog yuav tsum tau. Koj tuaj yeem xaiv lub thawv los xaiv koj tus menyuum tawm ntawm OTC tshuaj tag nrho yog tias koj tsis xav kom peb tus kws saib xyuas neeg mob muab tshuaj OTC rau koj tus menyuum kawm ntawv.

Tshuaj

Kev Sib Pab Nyiaj Kev Sau Npua

- Thov xa tsuas yog cov tshuaj uas koj tus menyuam yuav xav tau thaum nyob hauv Tsev Kawm Ntawv Sab Nraud
- Cov tshuaj yuav tsum tuaj rau hauv lub thawv ntawv tshuaj thawj zaug uas muaj ntau npaum li cas thiab sau npe rau tus kws kho mob cov ntaub ntawv tiv toj

Kev Siv Tshuaj Tshaj Tawm (OTC)

- Tsev Kawm Ntawv Sab Nraud muab cov tshuaj OTC ntau (saib Daim Ntawv Kho Mob rau daim ntawv teev npe)
- Yog tias muaj cov tshuaj OTC uas koj xav tias muaj txiaj ntsig zoo rau koj tus menyuam kawm ntawv koj tuaj yeem xa mus rau Tsev Kawm Ntawv Sab Nraud, tab sis nws yuav tsum tau los hauv cov ntim thawj zaug thiab sau kom meej nrog koj tus menyuam lub npe.

Cov vitamins / tshuaj ntxiv

- Tus neeg tsim nyog FDA tsis muaj qhov chaw pab kom cov sib pab sau nyiaj tsis muaj cov kab mob ntawm tus neeg yuav tsum tau coj (siv lub hom ntuj, melatonin, cov ntsiab lus).

Hloov Kho Tsev Neeg Daim Ntawv rau xyoo 2023 - Daim Ntawv Thov Kev Ntseeg / Lwm Yam Kev Pabcuam

Religious/ Cultural Observance Form

There are many different religious and cultural observances that may occur during the time your student is at Outdoor School. At Northwest Outdoor Science School, we will make every effort to accommodate your student in these observances. This form will help us understand each family's unique needs. If your student needs accommodations based on a religious or cultural need, please fill out the form below and return to your student's teacher with the Student Permission and Health Form.

Student's Name: _____ School: _____

Guardian Name: _____ Phone: _____

Name of Observance (Ramadan, Yom Kippur, Lent, etc.): _____

Please describe in as much detail as possible what we can do to accommodate your student. (E.g. needs for prayer, specific instructions for mealtimes, etc.)

Other Accommodations

Having as much information as possible about your student will help us best support them while they are at Outdoor School. Please use the space below with any information not included on the Permission and Student Health History Form.

Family How-to video rau yuav ua li cas sau daim foos no nrog rau Daim Ntawv Qhia Txog Kev Noj Qab Haus Huv yuav nyob rau ntawm nplooj ntawv Rau Niam Txiv/ Tus Saib Xyuas ntawm peb lub vev xaib.

Txoj Cai Saib Xyuas Neeg Qhua

- Tsis muaj kev pab ntawv sau ua kev sib tham txog ntawm tus tub ntxhais tias yuav tsum muaj teev tom ntej hauv lub tsev kawm ntawv rau hauv tus tub ntxhais los yog cov tsev kawm ntawv, peb tsis muaj caij nyos rau cov tub ntxhais tuaj qhov chaw tias lawv tus tub ntxhais yuav tsum muaj teev tom ntej rau tsev kawm ntawv.
 - Cov tsev neeg raug tso cai tuaj tos lawv cov tub ntxhais kawm, tab sis nyob twj ywm hauv chaw ua haujlwm nrog Tus Thawj Saib Xyuas Chaw Haujlwm kom txog thaum lawv cov tub ntxhais kawm raug tso tawm rau lawv.
- Muaj tsawg, tshwj xeeb npaj ua ntej, qee cov tub ntxhais kawm tau nrog tus neeg saib xyuas (thaum qhov xwm txheej tau pom zoo nrog NOSS thiab Cov Neeg Ua Haujlwm Tsev Kawm Ntawv). Hauv cov xwm txheej no, kev sib txuas lus nrog kev ceeb toom ntau npaum li qhov ua tau yog tseem ceeb, vim tias kev txheeb xyuas keeb kwm yav dhau yuav siv sijhawm los ua.

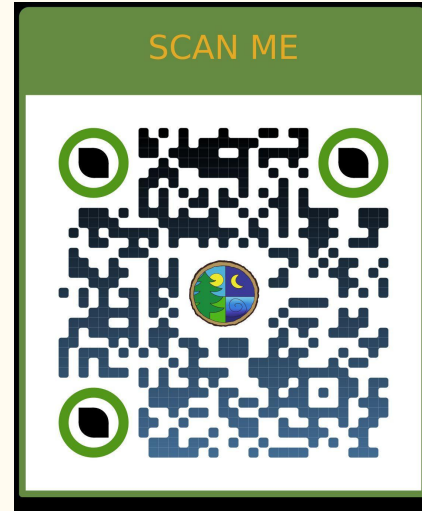
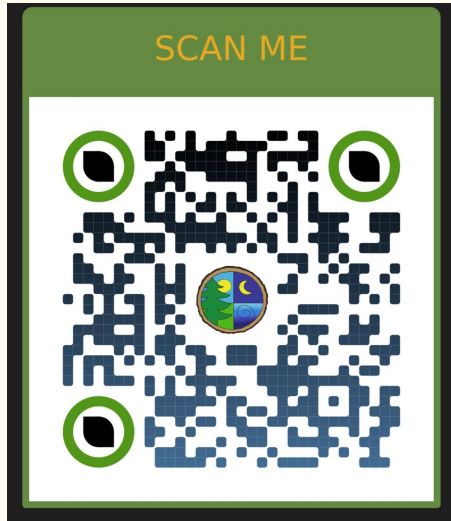
Chaw nyob/Inclusion



Ib tug menyuam kawm ntawv siv Advenchair ntawm Camp Meriwether

- Flexibility yog qhov tseem ceeb - peb sau cov cai raws li cov hauv paus ntsiab lus, tab sis feem ntau yog los ntawm kev sib tham, tshwj xeeb tshaj yog rau cov tub ntxhais kawm ntawm IEPs / 504s
- Hnub Cov Tub Kawm Ntawv tau txais tos
- Peb ntseeg tiag tiag tias Tsev Kawm Ntawv Sab Nraud yog rau txhua tus, thiab yuav ua txhua yam peb ua tau kom haum txhua tus.

Cov Tub Ntxhais Kawm Qib Siab Cov Thawj Coj Ua Haujlwm Pabcuam



Tawm Cov Lus Nug

Sib tham txog ib lub sij hawm thaum koj txuas nrog koj txoj kev kawm, lossis koj txoj kev kawm

Tham txog tikuv thaum koj xav tias txuas nrog xwm

Tham txog lub sijhawm koj xav tias txuas nrog place

Sib tham txog lub sijhawm koj xav tias yog ib feem ntawm lub zej zog

Cov lus nug?

Mus saib peb lub vev xaib kom
paub ntau ntxiv

<https://www.nwoutdoorschool.org>

Lossis email Nicholas Gonzalez, NGonzalez@nwresd.k12.or.us