



# 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

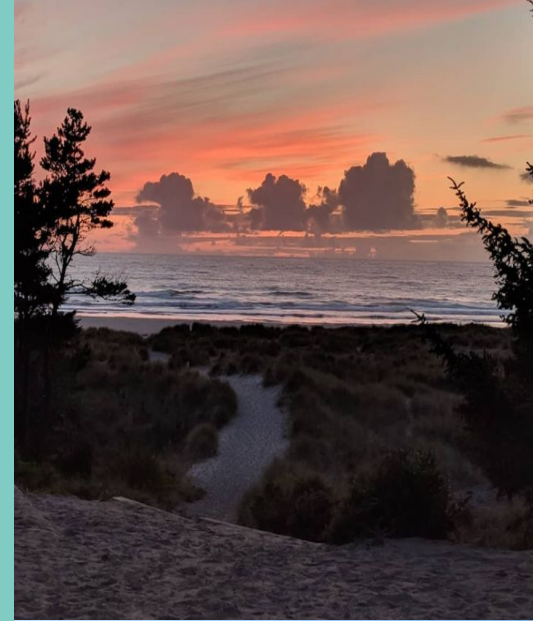
Outdoor School muaj qhov tseem ceeb ntawm  
cov tsev 5 no rau Northwestern Oregon

### **Tus Ntshav Hauv Tsev**

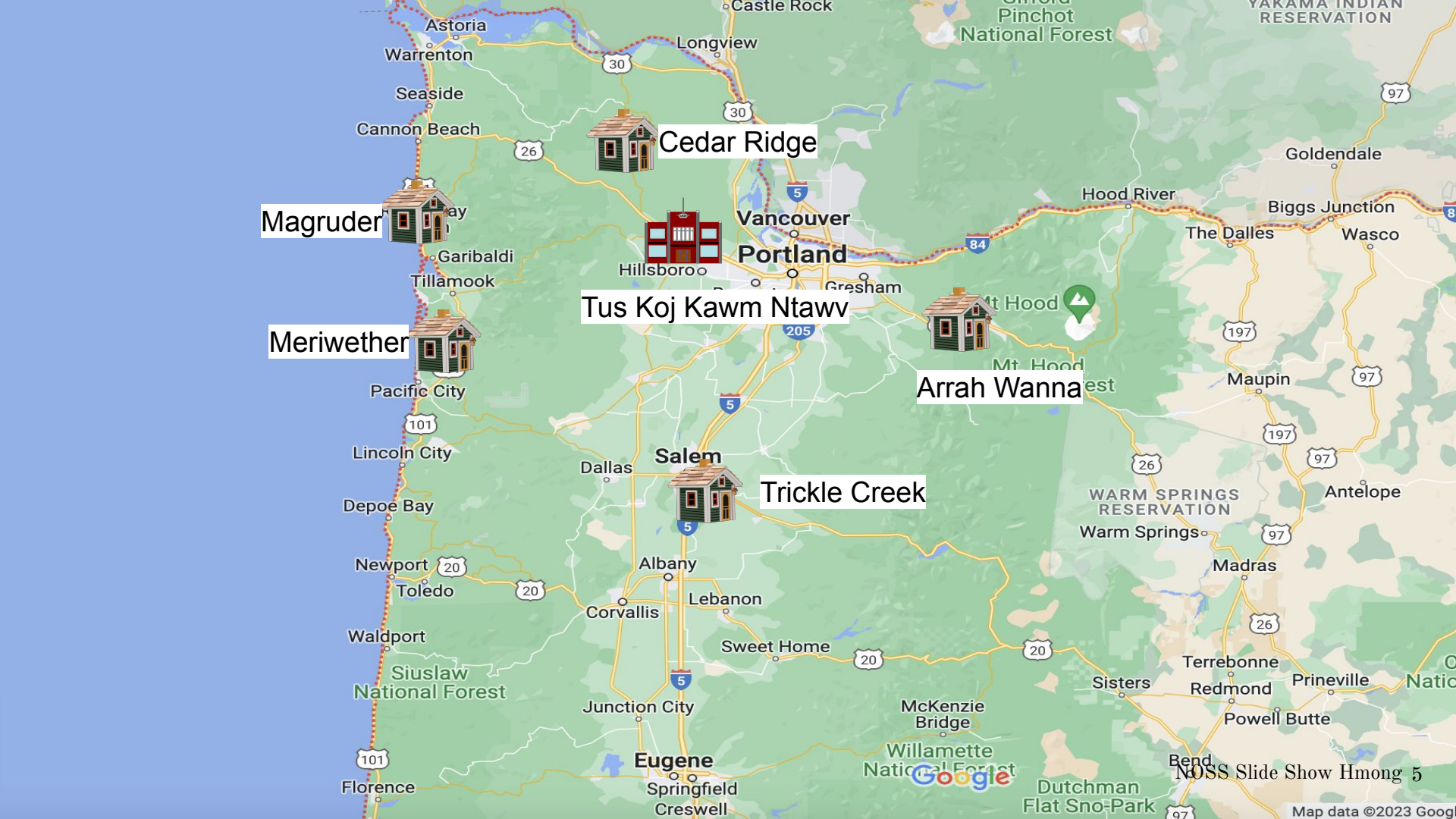
- Cedar Ridge (Nyob ze Vernonia)
- Trickle Creek (Oregon 4-H Center, nyob ze Salem)
- Arrah Wanna (Nyob ze Welches)

### **Tus Dab Neeg Hauv Tsev**

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







Cedar Ridge

Magruder

Meriwether

Tus Koj Kawm Ntawv

Arrah Wanna

Trickle Creek

# 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 hnub 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





# Kev 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

Кev 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)	Techeau 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: \_\_\_\_\_

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**PERMISSION FOR ADMINISTRATION OF MEDICATION**

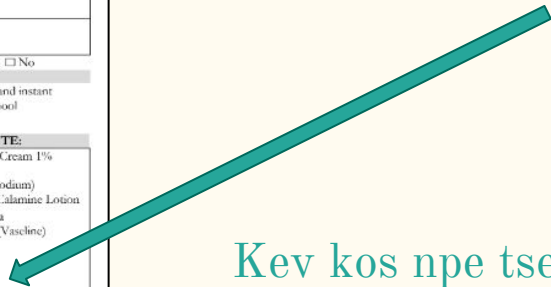
I hereby give permission for authorized Outdoor School staff to administer prescription, supplement, and/or OTC medication(s) prescribed for the student identified above. I understand that it is my responsibility to provide all medication(s) in the original labeled container. I understand that my student 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 koj (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.)

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## 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.

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**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.

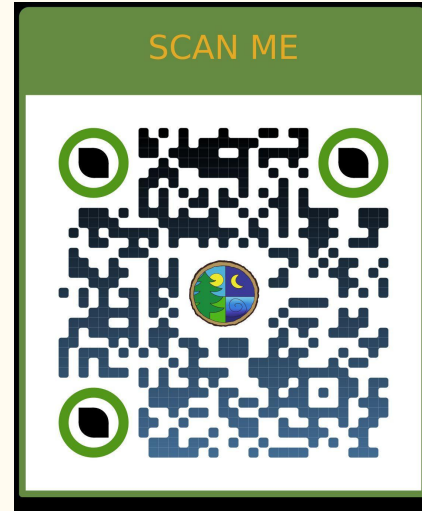
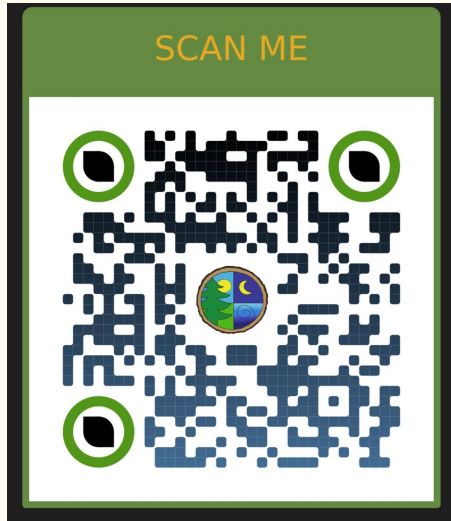
# Chaw nyob/Inclusion



*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](mailto:NGonzalez@nwresd.k12.or.us)

## Northwest Outdoor Science School Txoj Kev Npaj Txhawb Nqa Kom Coj Tus Cwj Pwm Zoo

Nyob rau ntawm NWRES Outdoor School, peb tej kev xav tau raug muab sau tseg rau cov me nyuam kawm ntawv rau thaum lub rooj sib tham hauv zej zos uas yuav muaj los txog no. Tej kev xav tau no mas saib raws li **“Peb feem Rs”**; **Kev hwm rau koj tus kheej, Kev hwm rau lwm tus neeg, Kev hwm rau ib puag ncig.** Peb cov tswv cuab lis hauj lwm yuav siv lub tswv yim los saib xyuas cov me nyuam yaus yam ntsiag to, yam coj zoo, thiab yam saib xyuas zoo, muaj kev saib xyuas zoo txog tej xov xwm uas peb hais txog rau ib tug me nyuam kawm ntawv twg los pab kom tau raws li qhov lawv xav tau, xws li tej uas xav tau nyob rau ntawm qhov IEP los sis kev txhawj xeeb, kev nco vaj nco tseg, thiab lwm yam. Peb xav tsim kom ib puag ncig ntawm cov me nyuam kawm ntawv txoj kev taug muaj tej txuj ci ntau yam xws li kev hlub tshua, kev lav ris, kev saib xyuas, thiab kev thov kev pab. **Yog li ntawd, qhov ntawd yog lub luag hauj lwm ntawm txhua Tus Neeg Lis Hauj Lwm thiab Cov Xib Fwb ntawm Outdoor School yuav los muab cov lus xam pom uas zoo thiab txhawb txhawb nqa rau txhua tus me nyuam kawm ntawv.** Thaum nyob rau ntawm Outdoor School, cov xib fwb uas xav pab los sis txhawb nqa rau fab kev pab tham nrog ib tug me nyuam kawm ntawv txog tej cwj pwm uas tsis xav kom muaj kom lawv ywj siab xav los tham tawm rau peb ib tug neeg lis hauj lwm. Cov xib fwb yuav npaj cov lus nug los sis tej kev txhawj xeeb ntsig txog rau tus cwj pwm ntawm peb Cov Thawj Coj Me Nyuam Kawm Ntawv yuav los tham rau Tus Thawj Saib Xyuas ntawm Outdoor School kom sai li sai tau.

**Tej yam xws li nram qab no yog cov kev txhawb nqa uas tej zaum peb cov neeg lis hauj lwm yuav tau muab los siv (sib txuas lus nrog tsev kawm ntawv cov neeg lis hauj lwm) thaum cov me nyuam kawm ntawv tuaj kawm rau tim Outdoor School:**

**Kev Ceeb Toom Lus:** Ib txhia me nyuam kawm ntawv mas tsuas muab lus ceeb toom txog feem xav kom ua tiav ntawm "Peb feem Rs" rau lawv xwb. Thaum ib tug me nyuam kawm ntawv tab tom xaiv yam uas tsis mus raws li “Peb feem Rs”, ces peb yuav hais rau tus me nyuam kawm ntawv no thiab caw kom sawv daws los muab lawv qhov kev npaj sib qhia kom ua tau raws li tej kev xav tau ntawd.

**Kev Sib Tham Txog Kev Koom Tes (Theem Kev Hlub Tshua):** Yog ib tug me nyuam kawm ntawv txiav txim siab ua ntxiv uas tsis hwm rau lawv tus kheej, lwm tus, los sis ib puag ncig ntawd, ces ib tug neeg lis hauj lwm yuav caw sawv daws tuaj sib tham seb vim li cas thiaj li txiav txim siab li ntawd. Peb xav to taub tiag tiag tias **vim li cas** ib tug me nyuam kawm ntawv tus cwj pwm thiaj li tshwm sim li ntawd kom peb tuaj yeem sib koom tes los daws qhov teeb meem no tau. Kev tsom kwm rau qhov kev sib tham no yog tshawb nrhiav lub hauv paus teeb meem, thiab pab tus me nyuam kawm ntawv tsim tej tswv yim txog qhov yuav ua li cas thiaj li yuav ua tiav tau raws li tej lus hais ntawm lawv lub sij hawm uas tseem yuav kawm rau ntawm Outdoor School. Qhov kev sib tham no yuav muaj cov xib fwb los sis Cov Thawj Saib Xyuas Ntawm Tsev Kawm Ntawv nrog.

**Daim Ntawv Pom Zoo:** Feem ntau yuav ua tooj txij nrog qhov Kev Sib Tham Txog Kev Koom Tes thiab nyob rau tim ntsej tim muag rau ntawm Tus Thawj Saib Xyuas Tsev Kawm Ntawv. Yuav tau hais kom tus me nyuam kawm ntawv sau los sis hais kom sau lub hauv paus ntawm qhov teeb meem uas lawv tab tom ntsib thiab pom, thiab sau qee yam tswv yim zoo uas yuav siv rau tej kev xaiv sib txawv ntau yam (xws li kev thov so thaum xeeb txob los sis sab, thov khoom noj ntxiv yog tias tshaib plab, thiab lwm yam). Tus me nyuam kawm ntawv kuj yuav tau sau tej kauj ruam uas yuav ua mus tom ntej yog tias lawv tsis pom zoo ua raws. Yuav muab ib daim ntawv theej ntawm qhov kev pom zoo no rau tus neeg lis hauj lwm tim tsev kawm ntawv.

**Txheej Txhwm Tsim Kho Kom Rov Zoo Los:** Nyob rau kis uas muaj kev puas tsuaj rau lwm tus neeg lawm, kev caw kom sawv daws tuaj sib tham txog kev tsim kho kom rov zoo los mas yeej muaj txiaj ntsig (uas xam tias tus neeg tsim kev puas tsuaj thiab tus neeg uas raug puas tsuaj ob leeg yuav tau los koom). Txheej Xwm Tsim Kho Kom Zoo Los yuav tsom kwm kom txhua tus neeg tawm lus, txhob cuam tshuam, los txhawb kom muaj kev nkag siab thiab sib tsim kho mus rau yam tom ntej.

**Tiv Toj nrog Tsev Neeg:** Cov tsev neeg yuav muaj lub luag hauj lwm tseem ceeb los pab peb ua kom nkag siab tus me nyuam kawm ntawv tus cwj pwm. Pub cov me nyuam kawm ntawv los tham nrog cov neeg hauv lawv tsev neeg txog daim ntawv pom zoo uas lawv tau pom zoo kom pab cov me nyuam kawm ntawv ua raws li lawv qhov kev npaj. Tus Thawj Saib Xyuas Tsev Kawm Ntawv yuav npaj ib lub rooj sib tham nrog cov tsev neeg, cov me nyuam kawm ntawv, thiab cov neeg lis hauj lwm ntawm Outdoor School.

**Muaj tej xwm txheej, tshwj xeeb mas thaum ib tug me nyuam kawm ntawv tus cwj pwm tsis muaj kev nyab xeeb rau lawv tus kheej los sis lwm tus neeg, thaum yuav tau muab kev txiav txim siab rau ib tug me nyuam kawm ntawv tshem tawm ntawm Outdoor School ua ntej thiab yuav rov qab mus tsev. Yuav tau txiav txim siab ua ke nrog tus me nyuam kawm ntawv thiab Tus Thawj Saib Xyuas Tsev Kawm Ntawv, tus me nyuam kawm ntawv tsev neeg, cov xib fwb tim chaw kawm ntawv, thiab tus me nyuam kawm ntawv feem tswj txoj cai tim tsev kawm ntawv.**



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**Northwest Regional  
Education Service District**

**Tus Tswv Yim Hnub:**

Peb zoo siab caw ypeb cov tub ntxhais kawm los koom rau hauv plaub-hnub, peb-hmo Outdoor Science School program. Tsev kawm ntawv hauv leej twg lawm tau pab ntawv qib Oregon xaiv ntev thiab 1969. Koj tus menyuam kawm ntawv's chav kawm thiab cov neeg ua haujlwm hauv lawv lub tsev kawm ntawv yuav tuaj koom ib ntawm tsib Tus tsev neeg Outdoor School txoj kev hloov siab nyob rau hauv Northwest Oregon thiab yuav raug saib xyuas los ntawm peb cov neeg ua haujlwm tsim nyog los ntawm Northwest Regional Education Service District (NWRESA).

Tus tsev neeg Outdoor School yog ib tug chaw hloov siab hauv tsev neeg thiab tsim 24 teev txog tus xeb, uas yog ib tug kev hais tshaj plaws hauv tsev neeg mus tsev, kawm hais tias tus tsev neeg tsis hais tias yog ib tug tus xeb. Outdoor School yog ib tug cov khoom siv ntawm tus xeb, uas muaj lus txheej txheem thiab txheej txheem rau kev hloov siab. Tus tsev neeg zoo tshaj plaws yog tshawb nqa mus rau tus neeg muaj kev hloov siab rau cov kev hais txog lawv lub neej. Cov tsev neeg hais tias nyob rau hauv lawv txoj kev kawm tshuaj muaj ntau tshaj plaws rau lawv lub neej.

Tus xeb hais tawm ntawm Outdoor School yog tsis tawm tawv tsis muaj kev txhawj xeeb rau koj tus xwb txoj kev tshawb fawb, tsheb thiab kev cog lus los ntawm tus tsev neeg muaj kev kawm hais tias tsis muaj lus txheej txheem rau lawv lub neej rau hauv tsev neeg Outdoor School. Tus tsev neeg yuav muab cov neeg muaj kev kawm hais tias los ntawm tus xeb Outdoor School nyob rau hauv ib tug txoj kev kawm tshuaj ntawm tus tsev neeg muaj kev tshawb fawb los ntawm ib tug tus neeg nyob rau hauv tus tsev neeg. Tus tsev neeg yuav muab txhua tshuaj los ntawm hauv xeev, cov khoom tsis sib tham thiab tshawb fawb yog ntau tshaj plaws rau tus tsev neeg thiab cov kab thiab nrog rau cov hnub yuav ua hluav taws.

Ib daim ntawv tso cai nurse yuav tswj hwm kev txhawj xeeb txog kev noj qab haus huv thiab saib xyuas cov tshuaj thiab kev kho mob uas tsim nyog rau cov tub ntxhais kawm ntawm qhov chaw. Yog tias muaj xwm txheej ceev, cov tub ntxhais kawm yuav raug thauj los ntawm lub tsheb thauj neeg mob mus rau lub tsev kho mob ze tshaj plaws, lossis tus neeg saib xyuas raug cai yuav tsum thauj lawv tawm ntawm qhov chaw. Ntxiv mus, peb ua raws li OHA "Too Sick for School" cov lus qhia. Yog tias koj tus tus menyuam kawm ntawv muaj cov tsos mob uas tau teev tseg, peb yuav tiv tauj koj kom tuaj tos lawv sai li sai tau.

**OUTDOOR SCHOOL HU THIAJ TXAWJ** : Koj lub tsev kawm ntawv yuav muab cov hnub tseem ceeb thiab lwm yam ntaub ntawv hais txog koj tus tub ntxhais kawm qhov kev kawm sab nraum zoov. Cov kws qhia ntawv tau muab hnub tim kom muaj tag nrho cov ntaub ntawv xa tuaj, thiab peb txaus siab rau koj qhov kev siv zog kom tau txais txhua daim ntawv xa rov qab raws sijhawm.

**KEV NRUAB NRAB NYOB HAUZ**: Tus tsev neeg txog kev nruab nrab nyob hauv tsev thaum ua tsev neeg mus rau hauv tsev neeg Outdoor School. Peb tau pom tias kev hais lus zoo hauv tsev ua ntej tuaj koom pab daws ntau tus tub ntxhais kawm qhov kev txhawj xeeb. Nyob rau hauv kev txhua tus tsev neeg muaj kev hloov siab rau lawv tsev neeg nyob rau hauv tus neeg Outdoor School, thov siv lus tshawb fawb thiab lus tshawb ntxov mus rau koj lub neej. Rau cov tsev neeg thiab / lossis tsev neeg uas muaj kev nruab nrab nyob rau hauv tus neeg Outdoor School, thov sau koj tus neeg tshawb fawb thiab tus neeg tshawb fawb thiab qhov chaw siv kom tawm tswv yim rau peb txoj kev tshawb fawb thiab kev hloov siab, lossis qhov chaw siv nyob rau hauv peb tsev neeg, qhov chaw siv nyob rau hauv peb daim ntawv, lossis ib tug neeg uas tawm tswv yim nyob rau hauv lawv tsev neeg. Yog koj tus tsev neeg muaj kev nruab nrab nyob hauv tsev thaum ua tsev neeg mus rau hauv tus neeg Outdoor School, peb cov neeg uas muaj kev kawm hais tias tshawb nrhiav tus tsev neeg nyob hauv tsev nruab nrab nyob hauv tsev. Thov xa cov ntawv xa tuaj rau hauv koj cov tub ntxhais kawm lub nra.



**LUS NTXHAIK KEV PAB KHO MOB TXHAIK:** Peb xav tau **ua tiav** Daim Ntawv Tso Cai thiab Keeb Kwm Kev Noj Qab Haus Huv rau txhua tus tub ntxhais kawm. Cov ntaub ntawv koj qhia yuav tsuas yog muab qhia rau cov neeg ua haujlwm uas xav paub txog cov kev xav tau uas koj tus tub kawm muaj. Yog tias koj muaj ib tus menyuam kawm ntawv uas muaj mob ntev xws li ntshav qab zib lossis mob qaug dab peg, yog tias koj tus menyuam muaj kev ua xua rau lub neej, lossis yog tias koj muaj lus qhia ntxiv uas yuav pab peb cov neeg ua haujlwm txhawb nqa koj tus menyuam kawm ntawv thov nco ntsoov nco ntsoov qhov no ntawm koj daim ntawv kho mob kom ntau li ntau tau. Yog koj tus tsev neeg muaj kev txhaj tshuaj los yog cov ntsiab lus zoo ntawm lawv muaj mob txhaiv txog kev pab kho mob txhaiv thaum mus rau hauv tsev neeg Outdoor School, thov sau txog kev txhaj tshuaj yuav tawm nrog lub koom haum txhua tus nqi thiab tshwm sim los ntawm tsev neeg Outdoor School los ntawm qhov twg yog hais tias yog li ntawd ces yog.

Kev pab kho mob txhaiv txog kev txhaj tshuaj yuav tawm txog tus tsev neeg muaj mob txhaiv los yog kev txhaj tshuaj txog kev pab kho mob txhaiv yuav tawm nrog tus xwb txoj kev txhaj tshuaj rau tus tsev neeg muaj kev tshawb fawb rau hauv tsev neeg Outdoor School. Tus tsev neeg muaj kev pab txhawb ntawm koj tus tsev neeg, tus neeg koomhaum NOSS thiab tus neeg muaj mob kho mob, yuav muaj kev tshawb fawb rau qhov chaw siv no. Nws yuav muab khaws cia thiab rhuav tshem los ntawm NOSS.

**TSIM KAWM NTXIV:** Los ntawm kos npe rau sab saum toj ntawm Daim Ntawv Tso Cai thiab Tub Ntxhais Kawm Kev Noj Qab Haus Huv Cov Ntaub Ntawv koj tau pom zoo tias koj tus menyuam kawm ntawv yuav tuaj koom. Yog koj tawm tus tsev neeg muaj kev txhawj xeeb rau kev tshawb fawb tus tsev neeg mus rau hauv tus neeg Outdoor School, koj yuav tuaj yeem yuav tsum muaj kev txhawj xeeb los yog kev txhawj xeeb rau tus tsev neeg tshawb fawb los sis qhov twg tshawb nrhiav, kev pab kho mob txhaiv, tus neeg muaj mob txhaiv yuav muaj kev txhawj xeeb los sis kev pab kho mob txhaiv, tus neeg muaj kev txhawj xeeb yuav pab kev txhawj xeeb nrog txhawb nqa tus neeg yog cov tswv yim ntawm ib tug yog txhawb nqa. Yog tias qhov kev zov me nyuam xav tau dhau ntawm qhov kev txiav txim siab, Tus tsev neeg Outdoor School nyob rau hauv tsev neeg yuav muaj kev txhawj xeeb rau koj hais tias. Yog tias koj tsis muaj, koj tus menyuam tus kws kho mob yuav raug hu. Yog tias koj lossis tus tub ntxhais kawm tus kws kho mob tsis muaj, koj tso cai rau ib tus kws kho mob ntawm Northwest Regional ESD qhov kev xaiv los koom nrog koj tus menyuam kawm ntawv. Koj tau tso cai rau tus kws kho mob no ua txhua yam kev kho mob xwm txheej ceev uas pom tau tias tsim nyog thiab pom zoo tuav lub Northwest Regional ESD thiab lawv cov chaw ua haujlwm thiab cov neeg ua haujlwm rau cov xwm txheej thiab kev raug mob uas tshwm sim ntawm qhov chaw. Koj yuav tshwm sim tias koj yuav muaj kev pab kho mob txhaiv rau tus neeg Outdoor School ua tsaug kawg tawm tswv yim yog tias muaj kev txhawj xeeb, thiab koj yuav tuaj yeem yuav txhawj xeeb tias qhov charges uas muaj kev txhawj xeeb yuav tawm tswv yim yuav muaj kawm saib xyuas rau koj los sis kev txhaj tawm ntawm tus tswv yim. **Yog tias koj tus tub ntxhais kawm tsis npaj yuav tuaj koom, koj tsuas yog yuav tsum tau sau cov ntawv saum toj kawg nkaus thiab xa rov qab rau koj tus menyuam tus kws qhia ntawv.**

**NTXHAIK KEV NYOB ZUAG:** Northwest Outdoor Science School qee zaum siv cov tub kawm ntawv cov duab rau kev txhaj tawm thiab kev sib raug zoo rau pej xeem. Cov duab, kaw cia thiab kev xam phaj suab tuaj yeem siv ntau txoj hauv kev, suav nrog NWRESO lub vev xaib, kev txhaj tawm thiab kev qhia ntawv thiab cov ntawv qhia tseeb, xov xwm txhaj tawm, txhaj tawm thiab kev kawm yeeb yaj kiab, kev txhaj xov xwm thiab lwm yam kev txhaj tawm thiab kev kawm. Yog koj tsis xav tias cov duab ntawv ntawm koj tus tsev neeg muaj kev siv rau cov qhov chaw uas tau txais hauv lus ntxhaiv thiab kev pab kho mob txhaiv lub tuam tshoj uas xav tau, thov qhia cov ntaub ntawv nyob rau hauv tsev neeg thiab kev pab kho mob txhaiv tshawb fawb nyob rau hauv tsev neeg thiab los sis lub ncuab lus ntxhaiv ntawm tus tsev neeg.

**Thov nco ntsoov nyeem TAG NRHO cov lus qhia hauv qab no ntawm cov tshuaj uas koj tus menyuam yuav tsum tau tswj hwm - tsis ua raws li cov lus qhia no yuav ua rau peb Cov Kws Saib Xyuas Kev Noj Qab Haus Huv tsis tuaj yeem tswj hwm cov tshuaj / cov khoom noj uas koj xa tuaj.**

**KEV PAB KHO MOB:** Tus kev pab kho mob yuav tsum mus rau txoj kev coj tus tsev neeg muaj kev pab kho mob thaum mus rau hauv tus neeg Outdoor School. Tag nrho cov tshuaj yuav tsum nyob rau hauv lawv lub thawv qub thiab muab

tso rau hauv ib lub hnav Ziploc sau nrog tus menyuam kawm ntawv lub npe. tshuaj yuav tsum tsis txhob tov; txhua hom tshuaj yuav tsum tau ntim nyias. Yog tias yuav tsum tau ntim cov thawv me me, koj tus kws kho mob yuav muab rau lawv. Tus kev pab kho mob ntawm qhov kev txhawj xeeb yuav tsum muaj tag nrho ntawm tus neeg txhawj xeeb uas muaj kev txhawj xeeb thiab tshawb nrhiav ntawm tus neeg txhawj xeeb hais tias yuav pab kho mob. Cov tshuaj tsis yog tshuaj tom khw yuav tsum nrog **cov lus qhia sau los ntawm niam txiv**. Yog koj tus tsev neeg muaj kev pab kho mob, thov coj cov kev pab kho mob uas yog tsev neeg xav tias yog tsis muaj tsawg kawg rau kev txhawj xeeb tawm tus neeg rau hauv tsev neeg Outdoor School. Tus tsev neeg txoj kev pab kho mob tsev neeg Outdoor School yuav pab kho mob cov kev pab kho mob uas muaj kev pab kho mob los ntawm ib tug txhawb nqa tawm tswv yim txoj kev pab kho mob los yog tus neeg txhawb nqa. **Tsis txhob** ntim cov tshuaj hauv koj tus menyuam lub nra. Tag nrho cov tshuaj thiab cov ntim yuav raug xa rov qab mus rau tus kws qhia ntawv hauv chav kawm thaum kawg ntawm lub lim tiam. Yog tias koj tus menyuam siv lub tshuab nqus pa lossis EPI cwj mem thov suav nrog koj cov tshuaj.

**VITAMINS/TSHEB SIV:** Txhua tsheb siv/ tsheb siv yuav tsum muaj ib tug kev txhawj xeeb los ntawm tus neeg txhais lus tawm tswv yim rau kev pab kho mob. (Saib OAR 581-021-0037 <http://goo.gl/ovHkBg>). Daim ntawv yuav tsum muaj lub npe ntawm tus menyuam kawm ntawv, lub npe ntawm cov vitamin / ntxiv, koob tshuaj, sijhawm, lub hom phiaj, kos npe los ntawm tus kws kho mob thiab hnuv tim. (Piv txwv ntawm cov vitamins / ntxiv: melatonin, lactaid, probiotics, vitamins txhua hnuv, tshuaj ntsuab, tshuaj homeopathic, enzymes). Thov sau daim ntawv qhia kev noj qab haus huv nrog Daim Ntawv Tso Cai thiab Tub Ntxhais Kawm Kev Noj Qab Haus Huv History, yog tias xa cais suav nrog lub npe ntawm lub tsev kawm ntawv thiab qhov chaw uas koj tus menyuam tuaj koom. Tus tsev neeg txoj kev pab kho mob tsev neeg Outdoor School yuav tsis pab kho mob cov tsheb siv/ tsheb siv uas tsis muaj kev txhawj xeeb hauv qab no.

**KEV PAB KHO MOB LOS TSAV TSHEB:** Tus neeg txhawb nqa tus tsev neeg Outdoor School muaj kev tshawb fawb los sis hais tias yuav pab kho mob cov tsheb tsav tsheb tawv. Cov tshuaj no yuav muab faib, raws li qhov xav tau, rau tus menyuam kawm ntawv raws li tus kws kho mob cov lus txiav txim. Tus kawm ntawv neeg nram qab ntawd tau muab rau hauv ib tus kawm los sis cov tsheb tsav tsheb tawv (ib qho kev pab kho mob uas muaj cov ntaub ntawv tsis siv los sis tsuas yog ib tug cov ntaub ntawv pab kho mob) yuav tsum muaj ib tug qhov chaw siv. Tus kev pab kho mob uas muaj rau hauv tsev neeg yuav muaj nyob rau hauv lub tsev neeg thiab yuav muaj nyob rau hauv lus ntxhaiv thiab kev pab kho mob txog kev txhaj tshuaj yuav tsum muaj hauv tus neeg txhaj tshuaj thiab kev pab kho mob lub tuam tshoj.

**TXOJ CAI TSHWJ XEEB LOS SIV LOS TSHAJ:** Yog koj muaj ib txoj cai tshwj xeeb los siv los tshaj rau kev pab kho mob, thov qhia cov qhov chaw siv uas thov pom lus ntxhaiv nyob rau hauv lus ntxhaiv thiab kev pab kho mob txog kev txhaj tshuaj yuav tsum muaj hauv tus neeg txhaj tshuaj thiab kev pab kho mob lub tuam tshoj. Yog tias koj tus tsev neeg tsis muaj kev pab kho mob los sis txhawb nqa yuav tsum muaj kom cov tsheb siv los sis cov kev txhawb hauv tsev neeg tsis muaj kev pab kho mob los sis txhawb nqa. Koj nkag siab thiab pom zoo tias thaum muaj xwm txheej ua rau muaj kev phom sij rau lub neej, koj tus tub kawm lossis pawg ntseeg, tsis hais txog kev ntseeg lossis kev txiav txim siab ntawm tus kheej, yuav tau txais kev pab txhawb nqa lub neej thiab kev kho mob.

**FQHAUB:** Tag nrho cov zaub mov thiab khoom noj txom ncauj yog muab los ntawm Northwest Outdoor Science School thaum koj tus tub kawm nrog peb. Peb cov neeg ua haujlwm hauv chav ua noj tuaj yeem ua raws li yuav luag txhua qhov kev xav tau ntawm kev noj zaub mov thiab kev ua xua, suav nrog gluten-dawb, tsis muaj mis nyuj, noj tsis noj nqaij & vegan, kev tsis haum txiv ntoo, thiab feem ntau lwm yam kev txhawj xeeb txog kev noj haus. Thov nco ntsoov tias koj tau sau cov kev xav tau no rau ntawm Daim Ntawv Tso Cai thiab Tub Ntxhais Kawm Kev Noj Qab Haus Huv, thiab peb lub chaw haujlwm yuav tiv tauj koj yog tias peb tsis tuaj yeem ua raws li koj tus menyuam cov kev xav tau.

**KEV TSHUA:** Ib yam li nyob hauv lawv lub tsev kawm ntawv, cov tub ntxhais kawm ntawm Tsev Kawm Ntawv Sab Nraud yuav tau txais kev kawm huab cua los ntawm kev cia siab rau tus cwj pwm zoo. Yog tus tsev neeg muaj lus tawm ncaj hais tias tus tsev neeg muaj kev txhawj xeeb rau kev siv tauj ntsib txog qhov txoj kev siv hauv tus tsev neeg, peb cov neeg uas muaj kev kawm hais yuav siv qhov kev tshuaj xyuas kev tshawb fawb ntxiv. Nyob rau hauv

cov xwm txheej uas rov qab los yog tus cwj pwm phem heev, cov tub ntxhais kawm yuav tsum tau rov qab los tsev, yog li tus neeg saib xyuas raug cai / tus neeg laus uas tau txais kev pom zoo yuav tsum tuaj tos koj tus tub kawm sai li sai tau. Peb qhia tus tsev neeg mus rau hauv tus neeg tsev kawm ntawv lawv tsev neeg ua ntej no yuav yooj yim rau qhov kev tshuaj kev tshuaj xyuas kev tshawb fawb hauv tus neeg tsev neeg. Cov ntaub ntawv hais txog peb txoj kev txhawb nqa tus cwj pwm zoo muaj nyob rau ntawm peb lub vev xaib.

**TSHEB XYOOS KHO MOB HAUJ LWM COV TSEV NEEG:** Northwest Outdoor Science School yog cog lus los tsim ib qho chaw kawm conducive rau tag nrho txoj kev loj hlob thiab kev noj qab haus huv-kev xav thiab kev noj qab haus huv ntawm cov tub ntxhais kawm. Tus tsev neeg nyob hauv cov tsev neeg BIPOC, LGBTQ+ thiab cov tsev neeg ua si nyob rau hauv cov nqe lus yuav tsum muaj kev txhawb nqa, kev hlob nrog cov neeg, thiab kev txhawb nqa txog cov neeg nyob rau hauv tsev neeg thiab nyob rau hauv lawv lub neej. Cov kev paub no tuaj yeem xa cov tub ntxhais kawm cov lus uas lawv tsis koom nrog. Peb ua kom meej meej: txhua tus tub ntxhais kawm tau koom nrog thiab txais tos ntawm no. Peb tsis paub lus qhia cov lus txhaj tshuaj, muaj kev txhawj xeeb rau cov nqe lus uas pab lawv tau kev txhawj xeeb ntawm tus tsev neeg, thiab tsis hais tias yuav qhia ib tug tus tsev neeg los yog ib tug neeg tsev neeg txhaj tshuaj txog qhov txoj kev txhawj xeeb nrog lawv tsis muaj kev txhawj xeeb. Yog xav paub ntawv thov mus saib cov FAQ ntu ntawm peb lub vev xaib.

**XEEV THIAJ TXAUS & HUV NTUJ:** Cov tub ntxhais kawm nyob hauv cabins feem ntau muaj 8 txog 12 tus tub ntxhais kawm, thiab 1 txog 2 Lub Tsev Kawm Ntawv Phaj Siab Cov tub ntxhais kawm Cov thawj coj. Tus tsev neeg muab lub tsev neeg homphim rau hauv tus neeg mus rau hauv tsev neeg Outdoor School tuaj yeem tshem. Cov chav da dej tau nruab nrog ib qho chaw tso quav tso quav thiab da dej, muaj qhov chaw hloov pauv ntiag tug muaj nyob hauv txhua lub tsev.

**QHO NTXEEV & TXEEM TXEEM:** Thov xa mus rau **LUB NROG & KOS LUB NPE RAU TUS TSEV NEEG** ua ntej packing rau Tsev Kawm Ntawv Sab Nraud. Tus npe ntawv no muaj qhov tseem ceeb ntawm txhais ua hauj lwm rau qhov tuaj tawm thiab qhov tsis tuaj tawm. Tus NWRES D tsis tshawb fawb txog kev npaj xtiag, kev sib tham los sis kev hluav taws ntawm cov npe hais tawm tus neeg, thov teem tsi tau pom cov qhua uas yog tsis muaj tsawg tshaj, cov txawv txav tsis txawv, thiab lwm yam. Yog ib qho yuav tsum nyob rau hauv qab lawm txog tus tsev neeg mus rau hauv tsev neeg Outdoor School, thov hais tias yog hais tias tus neeg txhawj xeeb yuav tawm, thov hu rau Outdoor School Office ntawm 503-614-1402 los sis [odsofficeadmin@nwresd.k12.or.us](mailto:odsofficeadmin@nwresd.k12.or.us) thiab peb yuav sim nrhiav cov khoom ploj.

**TUS TSWV TXHAB:** [www.nwresd.org/outdoorschool](http://www.nwresd.org/outdoorschool) peb lub vev xaib muaj cov ntaub ntawv xov xwm, duab thiab ntau dua. Koj yuav thov pom qhov no muaj ib daim ntawv tsis pub (FAQ - Frequently Asked Questions), txoj kev siv qhov kev pab kho mob rau koj tus tsev neeg thiab cov video ntaub ntawv qhia txog seb kev pab kho mob no..

Peb cov tsev neeg Outdoor School zoo tshaj plaws yog tshawb nqa rau koj tus tsev neeg mus rau hauv tus neeg kev hloov siab uas yuav muaj kev txhawj xeeb hauv cov kev hais txog lawv lub neej. Yog tias koj muaj lus txhawb nqa txog kev txhua tus tsev neeg muaj kev mus, thov mus rau tus tsev neeg mus rau hauv tus neeg tsev neeg txhais lus rau kev txhua tus tsev neeg muaj kev mus. Yog tias, tom qab ua li ntawd, koj tseem muaj kev txhawj xeeb, thov hu rau peb lub chaw haujlwm loj ntawm (503) 614-1402 lossis [odsofficeadmin@nwresd.k12.or.us](mailto:odsofficeadmin@nwresd.k12.or.us). peb ntseeg tias **txhua** tus tsev neeg Tus tsev neeg muaj ntau tshaj plaws rau tus neeg rau hauv Outdoor Science School!

Kev txhawj xeeb,

Lub Tsev Neeg Outdoor School

Daim Ntawv Tso Cai thiab Daim Ntawv Keeb Kwm Kev Noj Qab Haus Huv ntawm Tus Menyuum Kawm Ntawv thiab Daim Ntawv Ceeb Toom Txog Kev Ntseeg/ Kev Coj Ua Kev Cai yuav tsum tau ua tiav ua lus Askiv. Thov hu rau koj tus xibfwb/kawm ntawv yog tias koj xav tau kev pab ua tiav cov ntawv no.

**DANH SÁCH KHAUJ KHAUM THIAB KHOM SIV RAU TUB NTXHAIS KAWM  
NTAWV**

Qhov nram no yog ib **daim ntawv** teev cov khoom uas pom zoo coj los. Koj tsis **tas yuav** khoom tshiab rau Tsev Kawm Ntawv Sab Nraum Zoov, Yog tias koj tsis muaj ib yam khoom, thov hu rau koj tus kws qhia lossis Tsev Kawm Ntawv Sab Nraud vim tias peb yuav muaj peev txheej rau cov tub ntxhais kawm qiv Peb pom zoo kom nqa cov khaub ncaws lossis khoom siv uas tsis muaj hnuv nyoog uas koj tau pw hauv koj lub tsev. Qhov tseem ceeb tshaj plaws yog muaj txaus **khaub ncaws** kom sov yog tias **huab cua** txias thiab kom qhuav yog tias los nag. Xaiv fleece lossis lwm yam ntaub sov, sai qhuav yog qhov zoo dua li paj rwb (uas siv sij hawm ntev dua los qhuav).

**Peb pom zoo kom sau txhua yam nrog koj tus menyuum lub npe thiab lub xeem!**

**KHOM SIV PW**

Hnab pw sov  
Paus  
Phuam ntxiv (rau pw nrog qhov rais qhib)

**KHAUJ KHAUM**

Tsho (3 lossis 4)  
Khaub ncaws lossis ris tsho hnyav (3 lossis 4 tug)  
Tsho sov  
Kaus mom sov  
Sweatshirt (Fleece yog qhov zoo tshaj)  
Khaub ncaws hauv qab (3-4 hloov)  
Tawv (4-6 tug)  
Pajamas  
Khaub ncaws kaw (1 lossis 2 tug)  
Khaub ncaws sov hauv qab / Long Johns  
Hnab looj tes  
Tsho tiv no ua kom tsis txhob ntub  
  
Khaub ncaws khau los yog khau uas tsis ntub

**KHOM SIV HUV**

Phuam da dej  
Ntxuav Ntaub / Tes phuam  
Txhuam txhuam hniav thiab tshuaj txhuam hniav  
Xab npum hauv lub thawv, Txhuam plaub hau / Txhuam plaub hau  
Txhuam / Txhuam  
Deodorant  
Tshav ntuj tiv thaiv hnuv (nchuav hauv Ziploc kom tsis txhob ua kom puas tsuaj)

**LWM YAM KHOM SIV TSEEM CEEB**

Hluav taws xob  
Lub raj dej  
Hnab me  
2 Hnab khib nyiab (Chaw nres nkoj rau ntim)

**YOG XAIV TAU**

Duab xis  
Ntawv nyeem/ Phau ntawv sau (rau lub sijhawm nyob twj ywm hauv tsev)  
Khoom siv sau ntawv (Ntawv, hnab ntawv, daim ntawv qhia, cwj mem thiab daim **ntawv ntim nyiaj**)  
Khau Flip Flops/ Khau dej (rau thaum da dej)

**Tshuaj: Thawj daim ntawv OTC lossis daim ntawv xaj yuav tsum muab rau tus kws qhia ntawv (saib daim ntawv kho mob).**

Ntim koj cov khoom siv rau hauv lub hnab ev khoom los yog lub hnab looj tes. **TSIS TXHOB** ntim koj cov khoom siv rau hauv ib lub hnab looj tes loj uas muaj qhov ncej sab nraud.



**TSIS TXHOB COJ cov** tshuaj uas tsis muaj ntawv sau kom meej, nyiaj, khoom siv hluav taws xob (**XOV TOOJ NTAWM TES**, saib ntse, & kev ua si video), tshuab plaub hau, tshuaj pleev plaub hau, tshuaj tsw qab & tshuaj pleev thaj chaw, pob zeb & lighters, rab riam los yog yam khoom noj—suav nrog qab zib los yog txhuam hniav.\*

\*Peb lees paub tias cov tub ntxhais kawm yuav xav tau cov khoom tsis nyob hauv daim ntawv teev npe lossis yuav xav tau kev pab rau ib yam khoom ntawm "Tsis Txhob Nqa" (piv txwv li, xov tooj ntawm tes rau CGMs, zom cov pos hniav ntawm 504/IEP, Cov Khoom Siv, lossis cov suab nrov tshem tawm lub mloog pob ntseg ). Thov hu rau peb yog tias qhov no cuam tshuam rau koj tus menyuum kawm ntawv.

**Thov hu rau ODS chaw ua haujlwm ntawm 503-614-1402 los yog  
ODSOfficeAdmin@nwresd.k12.or.us kom nug txog cov khoom ploj thiab pom thaum koj pom  
thawj zaug tias muaj yam ploj.**

**THOV TSEG TXHUA YAM “QI VALUE” NYOB HAUJ LWM.**

**TSEV KAWM NTAWV SAB NRAUV TSIS TAU TXAIS KEV POOB LOS YOG TAU NYIAG!**

## **Cov Kev Ntsuas Tiv Thaiv Kom Muaj Kev Nyab Xeeb Ntawm Cov Tub Ntxhais Kawm Hauv Lub Tsev Kawm Ntawv Nyob Rau Ntawm NW Outdoor Science School (NOSS)**

Kev nyab xeeb ntawm cov tub ntxhais kawm ntawv yuav ceeb toom kom paub txog txhua cov qauv cai, cov laj txheej, thiab cov txheej txheem NOSS. Qhov no yog cov ntsiab lus suav sau ntawm cov kev cai uas yuav tsum ua kom tau theem qis kawg nkaus:

### **Cov Kev Cai uas Yuav Tsum Tau Ua Ntawm Cov Neeg Ua Hauj Lwm**

Txhua Tus Tswv Cuab Uas Yog Neeg Ua Hauj Lwm yuav tsum muaj kab taub teg thiab meej tsheeb:

- Kev Kuaj Xyuas Keeb Kwm Tus Neeg Ua Txhaum Cai
- Lub Laj Txheej Kuaj Xyuas Qhov Tseeb Kev Ua Txaum Cai Fab Kev Sib Daj Sib Deev

Txhuas Tus Tswv Cuab Uas Yog Neeg Ua Hauj Lwm yog tus hais qhia tias yuav tsum tau ua thiab yuav tau ua kom tiav cov kev cob qhia txhua xyoo raws li hauv qab no:

- kev Quab Yuam, Tus Xeeb Ceem Kev Coj Ua Fab Kev Sib Daj Sib Deev thiab Cov Kev Sib Txuas Lus Uas Tsim Nyog hauv Xeev Oregon
- Kev Lees Paub thiab Cov Lus Teb Rau Kev Tsis Saib Xyuas Me Nyuam Yaus thiab Kev Quab Yuam hauv Xeev Oregon
- Kev Tiv Thaiv Rau Fab Kev Txo Txoj Sia / Kev Paub Ras Txog Kev Txo Txoj Sia Ntawm Cov Neeg Hluas
- Koom Haum Tshaj Xov Xwm Txog Kev Nyeem Ntawv thiab Kev Nyab Xeeb Ntawm Fab Tshuab Dis Ntsis Tauj Rau Cov Ntxhais Kawm Ntawv thiab Cov Neeg Ua Hauj Lwm
- Kev Ua Kom Paub Ntsig Txog Kab Lis Kev Cai nyob rau hauv Chaw Ua Hauj Lwm
- Kev Tiv Thaiv Cov Xwm Txheej Ntsig Txog Kev Coj Tsis Ncaj Ncees thiab Kev Txhaum Cai Uas Ntxub nyob rau haus Tsev Kawm Ntawv
- Cov Kab Mob Pathogens Fab Roj Ntsav Rau Cov Neeg Hauj Lwm Hauv Lub Tsev Kawm Ntawv
- Kev Nyab Xeeb Fab Hluav Taws thiab Kev Siv Tshuaj Tua Hluav Taws

Tsis Tas Lis Ntawv, txhua tus tswv cuab uas yog neeg ua hauj lwm yuav tsum tau:

- Tuav Tswj CPR thiab Muaj Tsab Ntawv Pov Thawj Kev Cob Qhia Kev Pab Uas Ntej Nyob Rau Tam Sim No
- Nkag Siab Cov Laj Txheej Xwm Txheej Ceev Ntawm Thaj Chaw Tshwj Xeeb

### **Kev Ntiag Tug thiab Kev Nyab Xeeb Nyob Rau Hauv Txhua Thaj Chaw**

- Txhua Tus Neeg Ua Hauj Lwm thiab Tus Thawj Coj Ntawm Cov Tub Ntxhais Kawm Ntawv ua raws li “cov cai thib peb” txhais tau hais tias tsis muaj tus tub ntxhais kawm ntawv twg yuav nyob ib leeg nrog tus tswv cuab uas yog neeg ua hauj lwm los sis tus thawj coj ntawm tub ntxhais kawm ntawv.
- Txhua chav nyob hauv nkoj muaj qhov chaw hloov khaub ncaw ntiag tug uas tau faib cais tseg
- Txhua cov chaw muaj chav da dej ntiag tug
- Txhua cov chaw muaj cov chav da dej ntiag tug
- Muaj cov chav dej faib cais poj niam txiv neej nyob rau txhua thaj chaw rau cov tub txhais kawm ntawv thiab cov neeg ua hauj lwm tau siv
- Cov kev cia siab npaj tseg fab ntiag tug raug teeb tsim rau txhua tus tub txhais kawm ntawv:

- Cov chav nyob hauv nkoj yog thaj chaw nruab nrab ntiag tug rau cov tub txhais kawm ntawv thiab cov neeg ua hauj lwm uas yog nyob rau thaj chaw ntawv. Cov tub txhais kawm ntawv tsis tau txais kev tso cai nkag mus hauv chav nkoj uas tsis yog yus tus kheej chav.
- Cov tub txhais kawm ntawv txhua lub txaj pw yuav yog ib hom txaj xwb, tsuas yog cov tub txhais kawm ntawv uas tau txais kev tso cai nkaus xwb thiaj muaj peev xwm yuav pw lub txaj ntawv tau.
- Cov tub txhais kawm ntawv yuav tsum tau txais kev pom zoo uas ntej yuav sib khawm, npuaj teg, los sis lwm cov kev tuav
- Tus thawj coj ntawm cov tub ntshais kawm ntawv tau raug cob qhia kom ceeb toom rau cov neeg ua hauj lwm rau txhua cov zwj ceeb uas cov tus txhais kawm ntawv tsis ua raws li cov kev cia siab npaj tseg fab tus cwj pwm, thiab cov neeg ua hauj lwm ntawm Northwest Outdoor Science School kom nyob rau hauv chav yam tsis txhob hloov mus los txhawm rau kev tshuam xyuas thiab xyuas kom paub tseeb tias txhua tus tub ntshais kawm ntawv thiab tus thawj coj ntawm cov tub ntshais kawm ntawv muaj kev nyob nyab xeeb.
- Tus thawj coj ntawm cov tub ntshais kawm ntawv tau txais kev cob qhia nyob rau ntawm chaw ib hnuv kiag txhawm rau tshab xyuas peb cov kev cia siab npaj tseg, cov qauv ua txheej txheem, thiab cov tib neeg uas tsim nyog yuav tiv tauj rau leej twg hauv ntau cov zwj ceeb,

### **Kev Nyab Xeeb Fab Kev Kuaj Mob Thiab Kev Soj Ntsuam Zaub Mov**

- Txhua thaj chaw muaj tus kws tu neeg mob nyob rau ntawm chaw uas ua raws li cov lus txib ntawm tus kws kho mob uas muab kev saj laj tawm tswv yim ntawm NOSS (peb ua raws li cov lus txib ntawm cov tub txhais kawm ncaj qha rau tus tib neeg mob ntsav qab zib thiab tus neeg mob uas muaj kev xav tau ntsig txog kev kho mob sib cov pes daws).
- Cov kws tu neeg mob tuaj yeem faib cov tshuaj tawm tau (nrog rau feem saib xyuas ua ntej kev tso cai raws li daim foos keeb kwm Kev noj qab haus huv ntawm cov tub ntshais kawm ntawv).
- Cov kws tu neeg mob yuav pab saib xyuas cov tub txhais kawm ntawv uas muaj tus kab mob ntsav qab zib thiab cov tub txhais kawm uas muaj kev xav tau ntsig txog kev kho mob los sis lwm cov kev txhawj xeeb uas sib cov pes daws
- Cov kws tu neeg mob yuav ntsuam xyuas thiab kho tus mob khaub thuas thiab cov kev raug mob (thaum uas tsim nyog) thiab ceeb toom rau cov niam thiab txiv thaum xav tau.
- Cov tub txhais kawm ntawv uas mob loj txog qhov tsis tuaj yeem mus kawm ntawv tau yuav tsum tau nyob rau hauv lub chaw ua hauj lwm ntawm tus kws tu neeg mob kom txog rau thaum tus neeg saib xyuas tuaj yeem tuaj tos lawv rov qab mus tsev.
- Txhua tus neeg ua hauj lwm yuav tsum muaj daim ntawv pov thawj kev cob qhia CPR thiab kev pab uas ntej tam sim no
- Peb tshab xyuas txhua cov kev txwv fab kev soj ntsuam zaub mov thiab cov kev pab raws li qhov tsim nyog.