



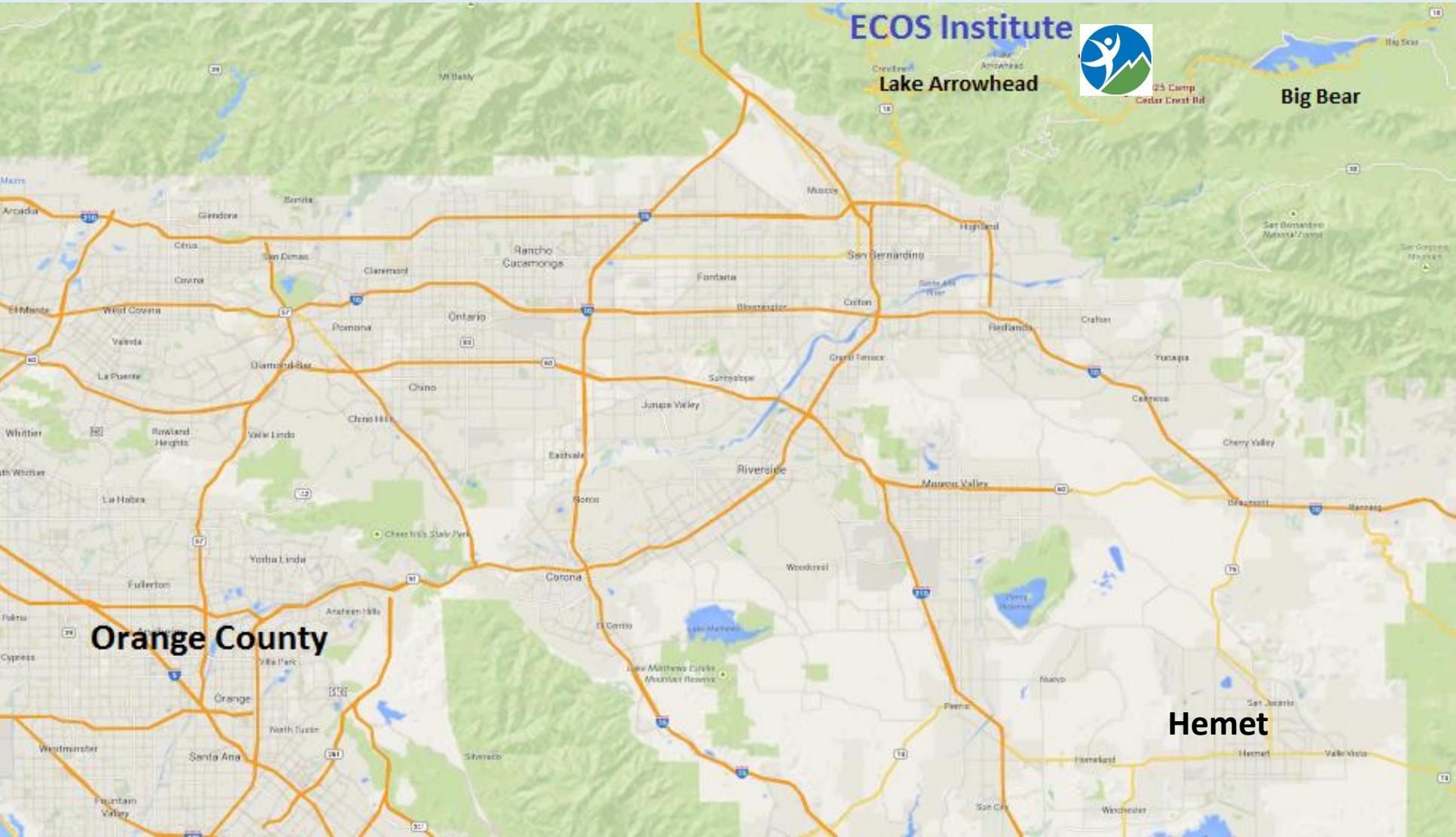
**Emerald Cove**  
OUTDOOR SCIENCE INSTITUTE

At ECOS Institute,  
The San Bernardino Mountains  
Are your natural science lab.





ECOS Institute is located between Big Bear and Lake Arrowhead, near the town of Green Valley Lake.



**Life at 6500' offers a different perspective!**



# MISSION



SPARK

**Curiosity**

to learn and to explore



BUILD

**Confidence**

for school and for life



DEEPEN

**Connections**

with nature and with each other

# 5-Day Sample Schedule



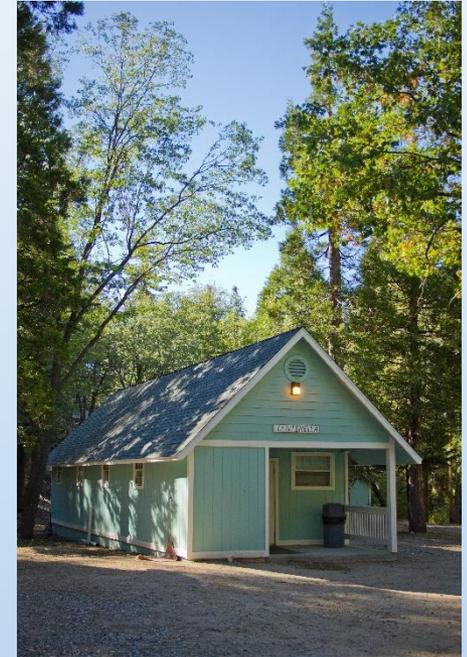
| <b>Monday</b>                                      | <b>Tuesday</b>                            | <b>Wednesday</b>  | <b>Thursday</b>                          | <b>Friday</b>                       |
|--|---|---|--|-------------------------------------|
|  | 8:00 Breakfast<br>Clean Cabin             | 8:00 Breakfast<br>Clean Cabin                               | 8:00 Breakfast<br>Clean Cabin            | Move out<br>8:00 Breakfast          |
| 11:00 Students Arrive<br>Meet cabin<br>instructors | 9:15-11:30<br>Geology Hike                | 9:15-11:30<br>Ecology Hike                                  | 9:15-11:30<br>Wildlife<br>Biology Hike   | Review Hike<br>Review game<br>Snack |
| 12:30 Lunch  | 12:30 Lunch<br>Rest                       | 12:30 Lunch<br>Rest   | 12:30 Lunch<br>Rest                      | 11:00<br>Students<br>depart         |
| 2:15 – 4:30<br>Orientation<br>Discovery Hike       | 2:15 – 4:30<br>Science Sessions           | 2:15 – 4:30<br>Activity Hike<br>Snow Play or field<br>games | 2:15 – 4:30<br>Line Dance                |                                     |
| 5:30 Dinner  | 5:30 Dinner                               | 5:30 Dinner   | 5:30 Dinner                              |                                     |
| 7:00 – 8:15<br>Astronomy or<br>Night Hike          | 7:00 – 8:15<br>Astronomy or<br>Night Hike | 7:00 – 8:15<br>Evening Science<br>Program                   | 7:00 – 8:15<br>Skit Night                |                                     |
| 9:00 Lights out<br>Bedtime story or song           | 9:00 Lights out<br>Bedtime story or song  | 9:00 Lights out<br>Bedtime story or song                    | 9:00 Lights out<br>Bedtime story or song |                                     |

Every student has a Cabin Group!



# Accommodations

- Students stay in cabins with central heating, electricity and bathrooms with running water.
- They sleep on bunk beds and shower daily.
- Students clean their cabins daily.
- Boys and girls live in separate cabins.
- Instructors live in the cabins with the students.



**Every student has a Trail Group!**

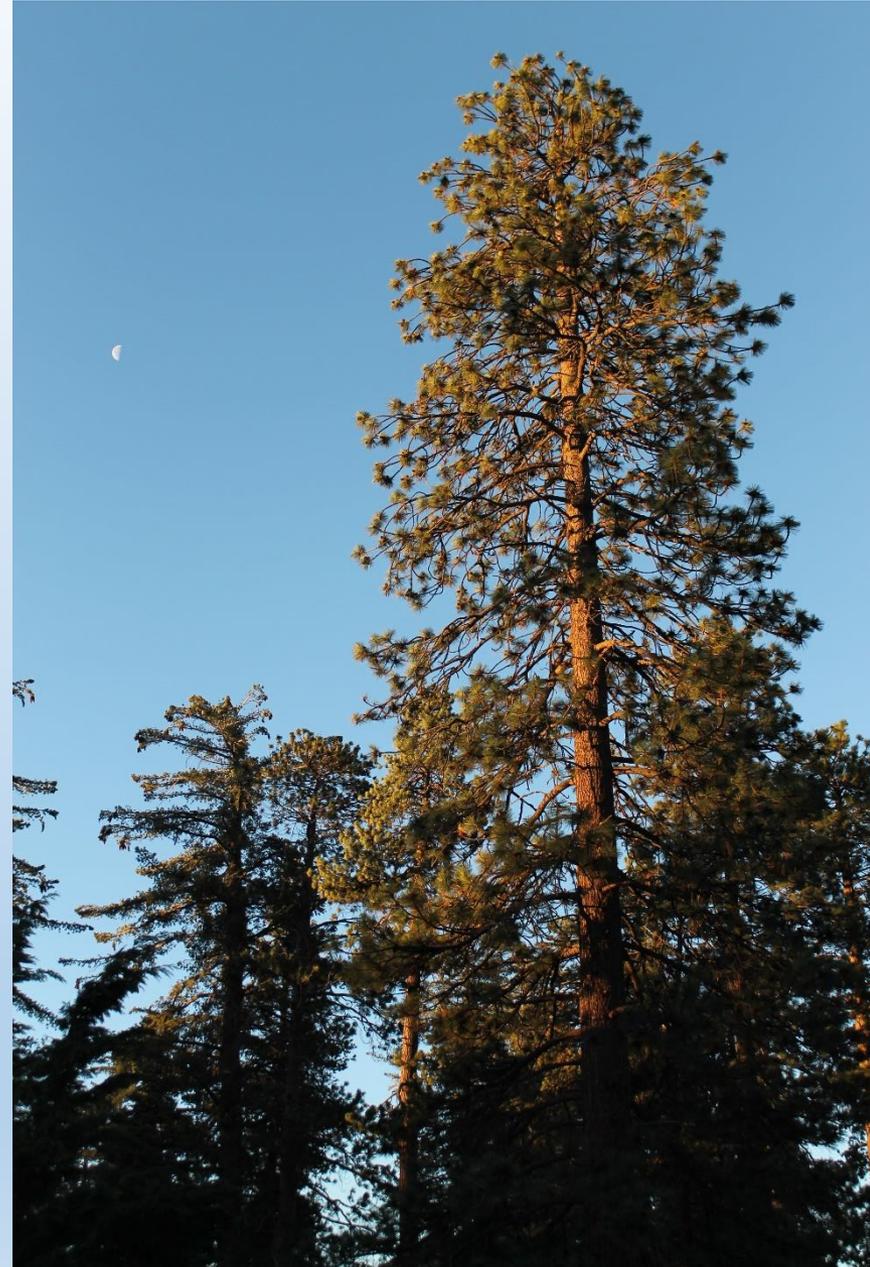


# CURRICULUM

Academic Hikes – Students hike on established trails led by ECOS Staff.

- Hands-on science education
- Observation, Investigation, Questioning
- Next Generation Science Standards

As we focus on concepts best learned outdoors, students discover that school is not just a building, it is an attitude that can follow them anywhere!





# **GEOLOGY**



**PAN FOR GOLD!**

# FOREST ECOLOGY



# WILDLIFE BIOLOGY



# **EVENING ACTIVITIES**

## **Astronomy**

- **TELESCOPES**
- **STARGAZING**
- **CONSTELLATIONS & MYTHOLOGY**
- **CLEAR MOUNTAIN SKIES!**



## **Night Hike**

- **INSTRUCTORS LEAD STUDENTS**
- **ESTABLISHED, SAFE TRAILS**
- **NOCTURNAL ADAPTATIONS**
- **SENSORY AWARENESS**



# Survival Skills

Students can test their skills and wilderness with shelter building, orienteering, and fire-busting!



But wait, there's more!



# Team Challenges!



# Line Dance!



# S'Mores!!!



# Tube Run !!!



# The ECOS Staff

- ECOS Institute Staff are carefully interviewed, referenced, and background-checked.
- Staff are certified in first aid and CPR.
- They receive ongoing training and evaluation.
- They have extensive experience working with children.
- They act as teachers, supervisors and supporting adult for your child while attending ECOS.



# Medical Care

- A nurse is in charge of all health care related issues, including administering medications, if needed.
- Minor illnesses or injuries will be treated on site.
- If your child has something more serious, such as a fever, you will be contacted and may be asked to pick up your child.
- Emergency treatment is available through 911 (5-10 min.) and local hospital.



# Packing List - Essentials

- Sleeping bag or bedroll (sheets & blankets)
- Pillow
- Wind & Water-resistant warm jacket
- Sweater/sweatshirt
- Long & short sleeve shirts (no tank tops)
- Jeans/sturdy pants (no tights, leggings, or Capris)
- Socks
- Underwear



- Hat (for warmth & sun protection)
- Good Footwear (comfortable walking shoes/hiking boots with tread & closed toe)
- Gloves
- Pajamas
- Water bottle
- TOWEL**
- Toiletry kit: comb/brush, soap, shampoo, toothbrush, toothpaste, deodorant, lip balm, sanitary supplies (if needed)

# Packing List (Cont.)

## ADDITIONAL ITEMS FOR WINTER WEATHER:

- Long underwear/sweats/tights
- Waterproof hiking boots or snow boots
- Extra socks
- Extra gloves
- Water resistant pants “swishy pants”  
(cotton/jeans are not good in the snow)

## OPTIONAL:

- Flashlight
- Camera – Disposable or Digital
- Hair dryer
- Sunglasses & sunblock
- Shorts
- Slippers or shower shoes
- Letter writing materials (including stamped envelope)
- Photos of family
- Book and game (non-electronic)



# Students will not bring:

- Electronics (cell phones, iPods, games, radios, etc.)
  - A cell phone with a camera is a cell phone.
- Money or valuables
- Food, candy or gum
- Curling irons, make-up, hair spray, body spray or cologne/perfume
- Potentially harmful items (knives, razors, drugs, etc.)
- Any items not allowed at your school

# LET'S EAT!

- Meals are prepared on site by food service professionals.
- Meals meet USDA guidelines for the National School Lunch and Breakfast Program.
- Seconds are available for most items.
- A salad bar and fresh fruit are available.
- Special Diets are available upon request.

(Let us know 6 weeks in advance)

- Students, teachers and staff enjoy their meals together.
- Table manners and polite conversation are emphasized.



| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| <p>Prepare 25% more than the projected number of group.</p>   | <p><b>Breakfast 8:00</b></p> <p>Scrambled Eggs (3oz)<br/>Buttermilk Biscuit<br/>Sausage Patty (2oz)<br/>Butter Chips (1.5oz), Jelly<br/>Shredded Cheese<br/>Yogurt - 2 Types<br/>Cereal - 2 Types<br/>Whole Fruit<br/>Milk, Water, Apple Juice</p> | <p><b>Breakfast 8:00</b></p> <p>French Toast - 2<br/>Sliced Ham w/ pineapple (2oz)<br/>Syrup (1.5oz)<br/>Butter Chips (1.5oz)<br/>Yogurt - 2 Types<br/>Cereal - 2 Types<br/>Whole Fruit<br/>Milk, Water, Orange Juice</p> | <p><b>Breakfast 8:00</b></p> <p>Scrambled Eggs (3oz)<br/>Sausage Link (2oz)<br/>Tortilla (8")<br/>Diced Potatoes (3oz)<br/>Cheese, Salsa (Cups) (1oz)<br/>Yogurt - 2 Types<br/>Cereal - 2 Types<br/>Whole Fruit<br/>Milk, Water, Cranberry Juice</p> | <p><b>Breakfast 8:00</b></p> <p>Waffles (3oz)<br/>Bacon<br/>Tortilla (8")<br/>Diced Potatoes (3oz)<br/>Syrup<br/>Butter Chips (1.5oz)<br/>Yogurt - 2 Types<br/>Cereal - 2 Types<br/>Whole Fruit<br/>Milk, Water, Apple Juice</p> |
|   | <p><b>Lunch 12:30</b></p> <p>Pizza (3 slices) (8oz)<br/>Pepperoni<br/>Mozzarella Cheese<br/>Parmesan Cheese Packets<br/>Whole Fruit, Salad<br/>Water and Milk</p>  | <p><b>Lunch 12:30</b></p> <p>Mac and Cheese (5oz)<br/>Chicken Strips (5oz)<br/>Variety Chips<br/>BBQ Sauce (1.75oz)<br/>Whole Fruit, Salad<br/>Water and Milk</p>   | <p><b>Lunch 12:30</b></p> <p>Meatball Sandwich<br/>Meatballs (1.5oz)<br/>Sauce<br/>Hoagie Roll (2.5oz)<br/>Variety Chips<br/>Mozzarella Cheese<br/>Whole Fruit, Salad<br/>Water and Milk</p>   | <p><b>Lunch 12:30</b></p> <p>Sliced Turkey (3oz)<br/>Croissant<br/>Lettuce, Tomato, Pickle<br/>Sliced Cheese<br/>Mayo, Mustard<br/>Chicken Noodle Soup (6oz)<br/>Whole Fruit, Salad<br/>Water and Milk</p>                       |
| <p><b>Dinner 5:30</b></p> <p>Hamburger (5.3oz)<br/>In-n-out Bun<br/>Lettuce, Tomato, Pickle<br/>Sliced Cheese<br/>French Fries (3oz)<br/>Ketchup, Mustard, Mayo<br/>Apple Dumplings<br/>Whole Fruit, Salad<br/>Water and Milk</p> | <p><b>Dinner 5:30</b></p> <p>Corn Tortillas (4.5")<br/>Chicken (4oz)<br/>Spanish Rice (3oz)<br/>Beans (3oz)<br/>Salsa (Cups) (1oz), Cheese<br/>Onion &amp; Cilantro<br/>Churros<br/>Whole Fruit, Salad<br/>Water and Milk</p>                      | <p><b>Dinner 5:30</b></p> <p>Fried Chicken (5oz)<br/>Baked Beans (3oz)<br/>Corn (3oz)<br/>Cornbread (3oz)<br/>Butter Chips (1.5oz)<br/>S'mores<br/>Whole Fruit, Salad<br/>Water and Milk</p>                              | <p><b>Dinner 5:30</b></p> <p>Fettuccini Pasta (3oz)<br/>Chicken Breast (4oz)<br/>Alfredo Sauce (5oz)<br/>Garlic Bread (1oz)<br/>Fresh Seasonal Veggies (3oz)<br/>Chocolate Cake<br/>Teacher's Dinner<br/>Whole Fruit, Salad<br/>Water and Milk</p>   |  |

# Missing Home



- Set your child up for success 😊
  - ✓ Missing Home is Normal & Healthy
  - ✓ You need them to focus on having fun!
  - ✓ They need to finish the whole week, then come home and tell you great stories!
- Most students who miss home will overcome it and have a successful week.
- If your child has anxiety, the staff will encourage him/her to work through it.
- If s/he continues to have trouble adjusting, you will be contacted.



# Behavior Expectations

- ECOS Institute is **school**, not camp.
- All of your school rules apply.
- There are additional rules for safety in the outdoors.
- Students will be guided by adults toward healthy choices.

However...

- Students who continue to make poor decisions will see consequences:
  1. Miss a fun activity to have a conference with their teacher. (rare)
  2. Call home and explain behavior to parents. (very rare)
  3. Removal from ECOS Institute. (extremely rare)

Our #1 priority is the physical and emotional safety of all students.

# Come up for a visit!

- Parents are welcome to visit ECOS Institute any time it is in operation except the week your child is attending.
- This policy prevents homesickness and distraction from the program.
- Please contact us to arrange a visit. (949) 298-ECOS (3267)
- Visit our website for more information:

[www.ecosinstitute.com](http://www.ecosinstitute.com)

