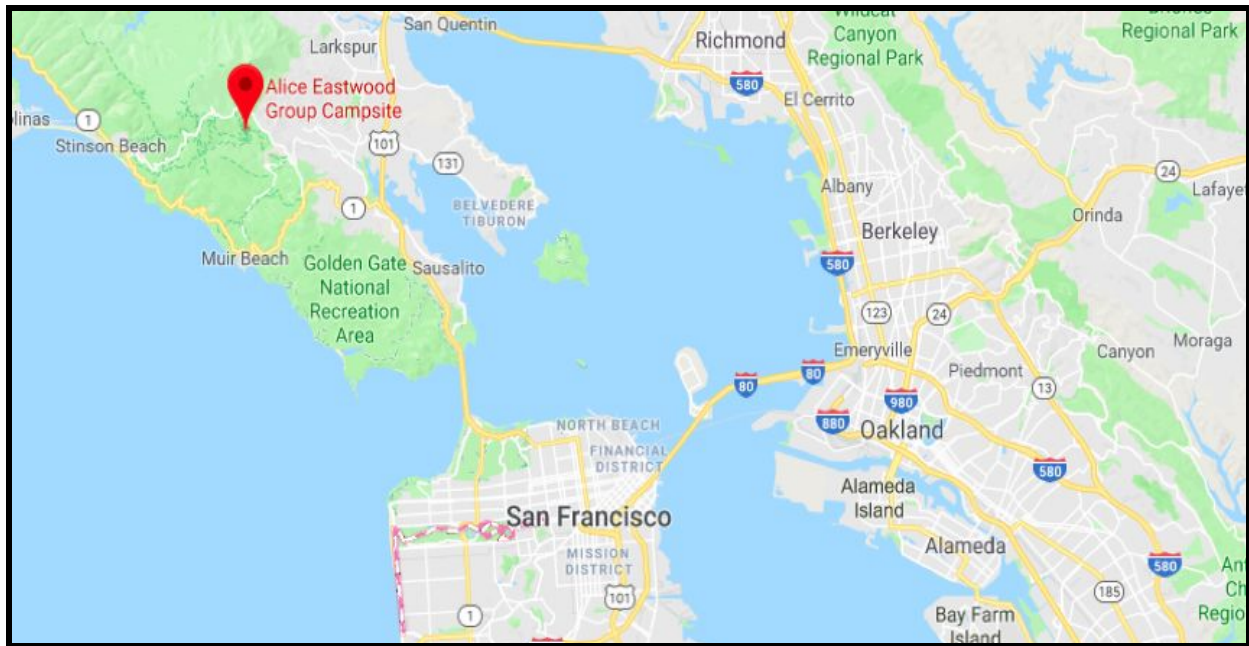


# Revolutionary Energy in San Francisco

Monday, April 1st - Friday, April 5th



## Overview:

This semester the 11th-grade curriculum is guided by the theme of revolutionary energy. This theme is approached from both the civic and mechanical standpoints. The overnight fieldwork in support of this expedition is a week spent in the San Francisco Bay Area. Throughout the week students will interact with many forces of revolutionary energy, from cutting edge engineering to civil rights icons, all while navigating and experiencing a metropolis that has and continues to be a center for new and creative ideas. In addition, there will be an opportunity to visit colleges in the area and go hiking in the Muir Woods National Monument. Evenings will be spent outside the city at the Alice Eastwood Group Campsite in Mt. Tamalpais State Park.

## Learning and Character Targets:

This Fieldwork experience will be guided by the following Learning and Character Targets:

- **LT #1:** I can discuss and analyze the engineering design process.
- **LT #2:** I can examine events, people and places where revolutions have or are happening.
- **CT #1:** I can develop and grow positive relationships with my grade level peers.
- **CT #2:** I can demonstrate integrity and curiosity when working with experts and others that are giving their time and energy in support of this experience.

**Itinerary (subject to change):**

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM</b>	Drive to SF Set up camp	Ekso Bionics	YMCA	Colleges visits	Drive back to SAEL.
<b>PM</b>	Hike in Redwoods	Rosie the Riveter/World War II Home Front National Historical Park	Tenderloin Museum	Remember Them Park Rock the Bike	

**Transportation:**

Students will be transported with SAEL parents and teachers who are registered and approved SAEL drivers. Once in the Bay Area, students will also use public transportation.

**Dropoff:**

Students need to be on time to school on Monday, April 1st as we will be leaving shortly thereafter. If you have an emergency and may be late, you must call SAEL at 530-268-2200 that morning ASAP or risk being left behind.

**Pick-up:**

Students will return to SAEL on Friday, April, 5th. The intention is to arrive in time for dismissal at 1:30 pm. Families will be notified during the drive back if circumstances arise that delay student's arrival back at SAEL.

**Showers:**

On Wednesday morning we will visit the YMCA in San Rafael, CA where students will have the opportunity to take a shower at no cost. The showers facilities are divided by gender and are the classic locker room style (i.e., open floor plan with little privacy). Students are not required to take a shower. Swimsuits are on the packing list and are an option. SAEL staff and parent chaperone will not take showers at the same time as students. Students will use the buddy system when in the facility. The YMCA has a waiver that must be signed by a guardian before a student can use the facilities. The waiver is included along with the SAEL waiver. Disregard the language in the waiver about fees and membership in the "Membership Application Terms of Service" section.

## **Adventure Gear & Clothing Recommendations:**

Students can bring their own adventure equipment (tents, sleeping bag, pad...etc) if they have it. Class time will be devoted to reviewing gear and requesting any needed items from SAEL. Students can be provided with the following equipment if they do not have their own:

- Sleeping bags
- Sleeping pads
- Tents
- Large bag

## **Personal Items Required:**

Students will be car camping at a campsite with a bathroom. Students should bring a small day-pack/backpack to carry water and food for our daily activities and short hikes. Students should aim to bring no more than one bag of gear in addition to their shelter and food. Space will be tight in the vehicles, please consider this when packing.

- Long pants
- Shorts and t-shirts
- Warm layers/jacket
- Rain protection
- Comfortable shoes for walking in
- Socks
- Toiletries
- Swimsuits
- Bowl, plate, spoon, fork
- Water bottle
- Flashlight/headlamp
- Notepad, journal, pen/pencil
- Sunglasses

## **Food:**

Students must bring their own food on this fieldwork. Students should bring enough food for 4 breakfast and 5 lunches, and 4 evening meals. Students should also bring snacks. SAEL will provide stoves, pots, and basic cooking equipment. Time in school will be devoted to planning menus and forming food groups if students wish to.

\* Please contact Mr. Young if you cannot provide food \*

**Medication:**

All medication must be detailed on the Extended Medical Form AND on the Medication Required During School Hours Form. These forms must be fully filled out and on file in the SAEL Main Office in advance of fieldwork. Students should check in their meds with Mr. Young on the morning of the trip to ensure our records match the bottle dosage, prescription, and correct medication type. ANY medication, prescription or over the counter, requires an official doctor's note or prescription to be on file in the main office for it to be allowed with us on fieldwork.

**Sleeping:**

Students will be sleeping in tents in small groups in order to ensure the entire group is visible at all times. Students will also be separated by gender; this means students of different genders will not share tents and will not be allowed into each other's tents at any time. SAEL staff will support the experience to ensure everyone is properly monitored.

We will ensure all bathroom use can happen in separated bathroom areas at the campground and with privacy in the backcountry while hiking. If families have questions, concerns, or would like to discuss gender identity and how this plays a role in the field, please reach out to Mr. Young directly, if you have not already.

**Personnel:**

Mr. Young will be the Field Director. He will organize and coordinate this experience. Mr. Young is Wilderness First Responder certified, this means they are First Aid, CPR, and AED certified. Ms. Crane will be the main point of contact back at SAEL. She will keep her phone on at all times in order to receive updates from Mr. Young's regular cell phone or the SAEL Satellite Phone, if needed.

Families will also be able to contact her in emergency situations. SAEL personnel in the field and students in the field will not be focusing on updating parents back at home. They will be immersed in the experience and will therefore not be reaching out with updates home unless there is an emergency.

### **Parent/Guardian Contact:**

We ask that families do not visit students during this fieldwork. This is a school program that is intended to support student growth and achievement. It is essential that students are allowed to be fully immersed in the experience. Please do not intend on seeing or speaking with your child during this experience, unless it is an emergency in which case you should contact Ms. Crane. **NO REGULAR CONTACT WILL BE MADE TO HOME UNLESS IT IS AN EMERGENCY.** Please also do not expect regular updates from any personnel in the field or Ms. Crane as the experience develops unless it is an emergency. There may be some positive social media posts with pictures, but these are not intended to be official updates for families that are coming at any regular interval. Please reach out to Ms. Crane if you have questions or concerns about this policy.

### **What Not To Take:**

- Knives
- Matches/lighters, fire starting equipment
- Portable Bluetooth speakers
- All banned/illegal/controlled substances or anything outlined as inappropriate for school in our SAEL Student and Family Handbook and/or Ed Code. All school rules apply in the field as it is school.
- Electronics
  - Chromebooks, ipods, or any personal or school electronic devices are not **NECESSARY** on this trip. **SCHOOL CHROMEBOOKS ARE NOT ALLOWED ON THIS FIELDWORK.**

**SAEL accepts no responsibility for lost or damaged electronics/gear.**

### **Phone Coverage and Safety:**

Cell phone coverage is not guaranteed. We do not want students or parents to depend on daily check-ins. Pictures may be posted on Facebook and the website, but daily calls will not be made home. We want students to be working and focused on being immersed in the experience and in nature. If a parent needs to contact a student for an emergency, please call Principal Erica Crane (at SAEL during regular school hours or on her cell phone after hours). If there is any issue in the field, Mr. Young will contact Ms. Crane and she will contact families.

### **Contact Information:**

- Principal Erica Crane's Cell Phone: 203-725-887 (for emergencies only after school hours).