



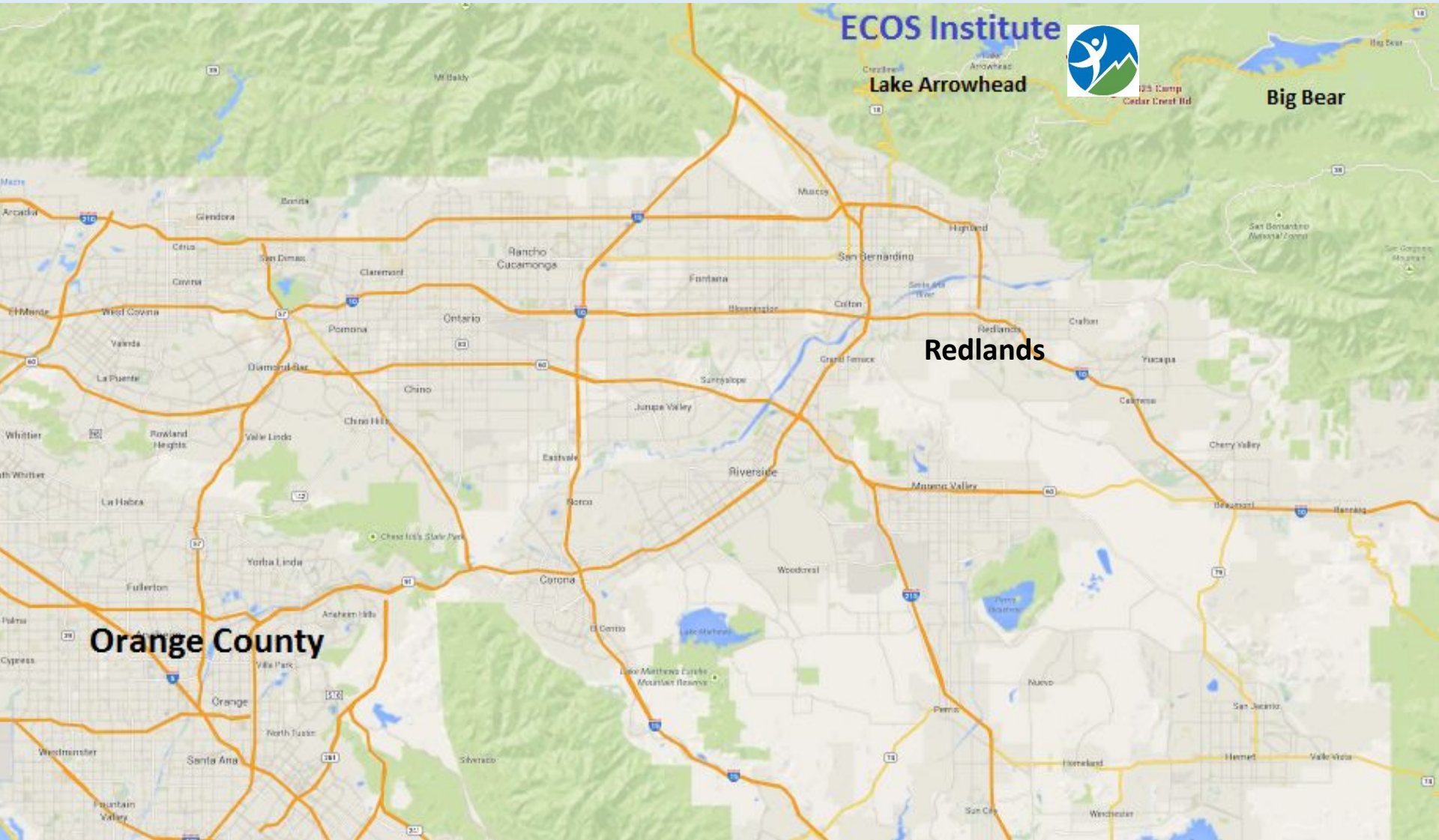
Emerald Cove
OUTDOOR SCIENCE INSTITUTE

**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



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

4- Day Sample Schedule

Tuesday	Wednesday	Thursday	Friday
	8:00 Breakfast Clean Cabin	8:00 Breakfast Clean Cabin	Move out 8:00 Breakfast
11:00 Students Arrive Meet cabin instructors	9:15-11:30 Geology Hike	9:15-11:30 Wildlife Biology Hike	Final Hike w/ Cabin Group Review game Snack
12:30 Lunch	12:30 Lunch Rest	12:30 Lunch Rest	11:00 Students depart
2:15 – 4:30 Orientation Discovery Hike	2:15 – 4:30 Ecology Hike	2:15 – 4:30 Survival Skills!	
5:30 Dinner	5:30 Dinner	5:30 Dinner	
7:00 – 8:15 Astronomy	7:00 – 8:15 Night Hike	7:00 – 8:15 Line Dance	
9:00 Lights out Bedtime story or song	9:00 Lights out Bedtime story or song	9:00 Lights out Bedtime story or song	

3-Day Schedule

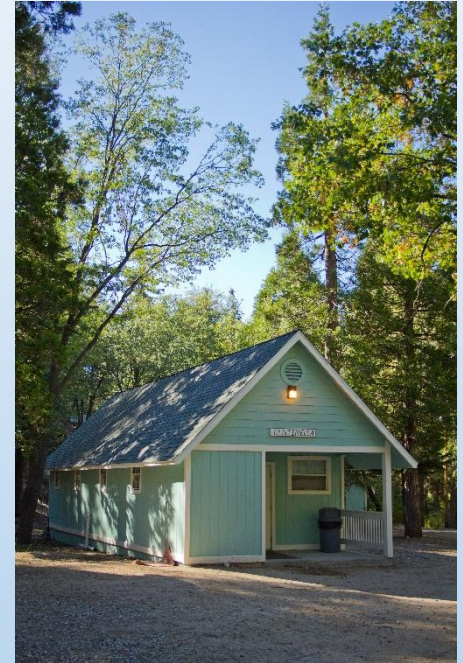
Day 1	Day 2	Day 3
	8:00 Breakfast Clean Cabin	Move out 8:00 Breakfast
11:00 Students Arrive Meet cabin instructors & Move into Cabins	9:15-11:30 Science Curriculum Hike	8:45 - Shelter Building! 10:15 - Snack 11:00 - Students depart
12:30 Lunch	12:30 Lunch	
2:15 – 4:30 Orientation & Discovery Hike	2:15 – 4:30 Activity Hike	
5:30 Dinner	5:30 Dinner	
7:00 – 8:30 Astronomy & Night Hike	7:00 – 8:30 Line Dance!	
9:00 Lights out Bedtime story or song	9:00 Lights out Bedtime story or song	

Every student has a Cabin Group!



Cabins

- Buildings are fully winterized.
- Bathroom stalls and showers are private.
- Distance between sleeping students is maximized.
- 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!

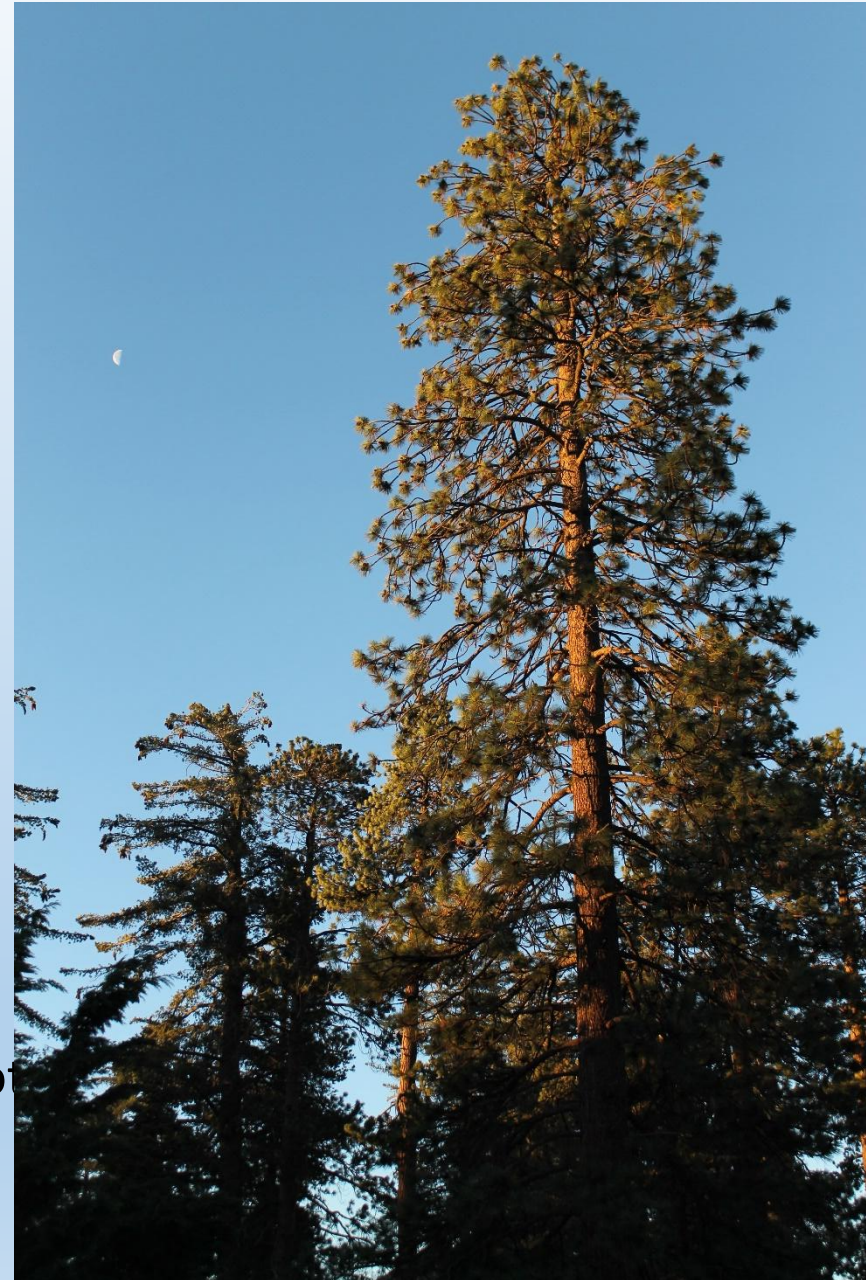


CURRICULUM

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

- Hands-on science education
- Observation, Investigation, Questioning
 - “Student-Driven Inquiry”
- 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



Survival Skills

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



EVENING ACTIVITIES

Astronomy

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



Night Hike

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



But Wait...There's More!



Team Challenges!



S'Mores!



Snow Play!!!



Just Plain 'ol Hiking!



The ECOS Staff

- ECOS Institute Staff are carefully vetted and selected.
- Certified in first aid and CPR.
- Extensive experience working with children.
- Provide supervision, instruction, and counseling for your child while attending ECOS.



ECOS Healthcare

- A nurse is in charge of all healthcare 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.



Health and safety starts at home!



Morning of Departure Trip Coordinator Checklist

Any student exhibiting symptoms of gastroenteritis (nausea, vomiting, or diarrhea) and/or an elevated temperature (above 100.4F), currently or within the last 24 hours, CANNOT attend ECOS Institute

Email this completed form to info@ecosinstitute.com prior to arrival at ECOS Institute

School: Date:
 District:
 # of students on bus:

By signing below you acknowledge that these students have been assessed and cleared to participate

Nurse or Trip Coordinator Signature:

Each student must be listed and checked

Last Name	First Name	Temperature	Have you been exposed to anyone with nausea, vomiting, or diarrhea in the last 24 hours?	Have you been exposed to anyone with a positive Covid test, or significant flu-like symptoms, in the last 72 hours?	Online Registration Verified?

Staff attending:

Last Name	First Name	Temperature



Packing List - Required

- Sleeping bag or bedroll (sheets & blankets)
- Pillow
- Wind & Water-resistant warm jacket
- Sweater/sweatshirt
- Long & short sleeve shirts (no tank tops)
- Jeans/sturdy pants (not just leggings)
- Lots of Socks
- Changes of Underwear



- Good Footwear (comfortable walking shoes/hiking boots with tread & closed toe)
- Pajamas
- Water bottle (one is provided by ECOS)
- TOWEL!**
- Toiletry kit: comb/brush, soap, shampoo, toothbrush, toothpaste, deodorant, lip balm, sanitary supplies (if needed)

Packing List (Optional)

RECOMMENDED ITEMS FOR WINTER WEATHER:

- Base Layers! (Long underwear/sweats/tights)
- Waterproof hiking boots or snow boots
- Better socks (long, thermal, thick, wool)
- Good Gloves (not just those thin cotton ones)
- Water resistant pants “swishy pants”
(cotton/jeans get easily soaked and cold)
- Hat (for warmth & sun protection)

OPTIONAL:

- Leggings/tights for warmer weather
- Flashlight
- Camera – Disposable or Digital
- Hair dryer
- Sunglasses & sunblock
- Shorts
- Slippers or shower shoes
- Letter writing materials (including stamped envelope)
- Hat (for warmth & sun protection)
- Book and game (non-electronic)

Students will not bring:

- Electronics (phones, smart watches, radios, games, airtags, etc.)

- A phone with a camera is still a phone

- Medications/pills of any kind (vitamins, supplements, etc.)

- Authorized items are turned in to your school nurse, and are dispensed at camp by the ECOS nurse

- Money or valuables

- Food, candy, gum, etc.

- 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.
- Meals meet USDA guidelines for the National School Lunch and Breakfast Program.
- Seconds are available for most items.
- Salads and fresh fruit are available.
- Students, teachers, and ECOS staff enjoy their meals together.
- Proper nutrition and hydration is emphasized.
- Table manners and polite conversation are observed.
- If your child has a food restriction, you will find options when you register online.



SAMPLE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast	Breakfast	Breakfast	Breakfast
	Scrambled Eggs Buttermilk Biscuit Sausage Patty Butter Chips, Jelly Shredded cheese Yogurt (Yoplait variety) Cold Cereal- Rice Krispies & Cheerios Hot Cereal – wheat, oat, or rice Whole Fruit Milk, Water	French Toast Kielbasa Breakfast Sausage Eggs Syrup Yogurt (Yoplait variety) Cold Cereal- Rice Krispies & Cheerios Hot Cereal – wheat, oat, or rice Whole Fruit Milk, Water	Scrambled Eggs Sausage Links Tortilla Diced Potatoes Cheese, Salsa Cups Yogurt (Yoplait variety) Cold Cereal- Rice Krispies & Cheerios Hot Cereal – wheat, oat, or rice Whole Fruit Milk, Water	Pancakes Bacon Syrup Yogurt (Yoplait variety) Cold Cereal- Rice Krispies & Cheerios Hot Cereal – wheat, oat, or rice Whole Fruit Milk, Water, Apple Juice Snack 10:00 Muffin Whole Fruit Water
Lunch	Lunch	Lunch	Lunch	
Grilled Cheese Sandwich Tomato Soup Variety Chips Salad Whole Fruit Water	Hamburger Bun Lettuce, Tomato, Pickle Sliced Cheese French Fries Ketchup, Mustard, Mayo Soup & Salad Whole Fruit Water	<i>Meatball Sandwich</i> Meatballs Sauce Hoagie Roll Mozzarella Cheese Soup & Salad Whole Fruit Water	Sliced Turkey Sliced Bread Sliced cheese Lettuce Tomato Pickle Grapes Soup & Salad Whole Fruit Water	INGREDIENT DETAILS <ul style="list-style-type: none"> • Oils: Olive & Canola • Meats are not Kosher/Halal • Pork only in breakfast meats and pepperoni (pizza) • Pasta is egg/dairy-free • All breads are egg/dairy-free • Vegetarian soup option Salad Bar <ul style="list-style-type: none"> • House salad: Spring Mix/Romaine/ Julienne carrot/cherry tomato • cheese cubes • hard-boiled eggs • beans • olives • broccoli • canned fruit • croutons • Assorted dressings Whole Fruit Apples, bananas, oranges
Dinner	Dinner	Dinner	Dinner	
Fettuccine Grilled Chicken strips Alfredo Sauce Garlic Bread Sautéed Seasonal Veggies Italian Ice Cup Soup & Salad Whole Fruit Water	Corn Tortillas Chicken Spanish Rice Refried Beans Salsa Cups, Cheese Onion & Cilantro Churros Soup & Salad Whole Fruit Water	Tri-Tip Mashed Potatoes Corn on the cob Butter Chips Chocolate Chip Cookies Soup & Salad Whole Fruit Water	<i>Pizza</i> Pepperoni Mozzarella Cheese Parmesan Cheese Packets S'mores Teacher's Dinner Salad Whole Fruit Water	

Missing Home



- Set your child up for success. Let them know:
 - ✓ 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, ECOS staff and your teachers will encourage them to work through it.
- If they continue to have trouble adjusting, ECOS staff and your school teachers will contact you.

Pro Tip: It may be tempting, but please avoid telling your child that leaving science school early is an option. This tends to cause increased anxiety and will likely keep your child from enjoying their trip.



Behavior Expectations

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

However...

- Students who make repeated 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. Dismissal from ECOS Institute (extremely rare)

Our focus is the physical and emotional safety of ALL students.

Come up for a visit!

- Please contact us to arrange a visit.
- Visit our website for more information:

www.ecosinstitute.com

(949) 298-ECOS (3267)

