



Inspire
Educate
Empower
Transform



EXPLORING NEW HORIZONS
OUTDOOR SCHOOLS
inspires young people
to be responsible stewards
and engaged citizens
through exploration
of the natural world.

By empowering children
to take interest in the care
of our planet, we hope
to fuel a passionate and
hopeful belief that they
can make a difference
in their future.

www.exploringnewhorizons.org



Exploring New Horizons

is committed to providing quality affordable environmental education for the greater San Francisco Bay Area.

As educators, we are dedicated to enriching the lives of young people through the awareness and understanding of the beauty and diversity of nature and each other.

We strive to nurture intelligent, active citizens who will work together to create a healthy and sustainable environment and a responsible society.

PHOTO CREDITS:
Pigeon Point, Josiah Mackenzie;
Redwood Trail, David Jones;
Leaves, Brian Michelsen;
Sunset, Max Erdenberger;
Redwoods, Anita Mitchell;
Meadow Sunset, Brian Michelsen.

PROGRAM OVERVIEW

Exploring New Horizons (ENH) is a private non-profit [501(c)(3)] California corporation that conducts residential education at three outdoor facilities, with teaching centered around exploration and appreciation of the natural world.

■ Exploring New Horizons at Loma Mar

The largest of the three programs, ENH Loma Mar is located in the Santa Cruz mountains, and primarily serves fifth and sixth grade students in four and five day residential settings.

■ Pigeon Point Environmental Education Program

Pigeon Point is located at the Pigeon Point Lighthouse/Youth Hostel, along the San Mateo coast and serves kindergarten through eighth grade in one to three day settings.

■ Sempervirens Outdoor School

Our newest program, Sempervirens opened in the spring of 2001 in the Santa Cruz Mountains near Big Basin Redwoods State Park. Sempervirens has a schedule and curriculum similar to our program at ENH Loma Mar.

Over 7,000 students participate annually from 90 schools. Since 1979, over 100,000 children have participated in ENH outdoor education programs. Nearly 1,300 teachers, parents and high school students annually donate over 100,000 volunteer hours, helping us attain our goal of ensuring no student is denied the opportunity of outdoor education.

PROGRAM CURRICULUM

Exploring New Horizons curriculum framework focuses on three different strands, taught through a variety of experiences: the old-growth redwood forest, the oak woodlands, and the tidal zones and marshes of the nearby coast:

- Environmental Awareness and Natural History
- Cooperation, Group Dynamics and Team Building
- Self-esteem, Empowerment, and Citizenship

Given knowledge of how natural systems work, shown how to work effectively in groups, and given positive role models, students feel empowered to make conscientious decisions. As they learn how to make their world better, they achieve a sense of hope. With hope comes more changes, and the cycle is perpetuated. Although these goals may not be realized by all students attending ENH, we believe our program creates a strong foundation upon which teachers and parents can later build. Many students who participated as campers or high school counselors have later told us how their experience at ENH changed their lives and the way they view the world.

HISTORY

Exploring New Horizons began as a small summer camp in 1979. When funding was cut for school-district supported "science-camps," the Murray School District (now Dublin and Pleasanton Unified School Districts) approached the directors of ENH to fill the void. By 1981 ENH had begun offering five-day residential outdoor education programs from mid-February to late May at the YMCA Camp Loma Mar facility. Today ENH operates from early September to mid-June, serving over 95 schools from seven different counties at one of the three ENH facilities.

Building community through outdoor education since 1979.

Educate

HIGH SCHOOL EDUCATION STANDARDS



Empower

PRACTICAL LEADERSHIP TRAINING



Transform

FREQUENTLY ASKED QUESTIONS & TIMELINE



Inspire

MESSAGE TO PARENTS



EXPLORING NEW HORIZONS

Counselor Program

INTRODUCTION



Exploring New Horizons Outdoor Schools has operated at three residential outdoor education facilities for over 30 years, providing affordable environmental education for students. Each program is founded on the principles of teaching environmental awareness and natural history while fostering cooperation, group dynamics and team building, leading to increased self-esteem, empowerment and responsible citizenship.

Our enthusiastic naturalist staff introduces students to the mystery and excitement of the natural world while helping them develop respect for each other and the world around them. The recruitment and participation of the high school counselor provides a richness to the program that benefits the participating students, and the high school teen as well.

The counselor program provides opportunities for high school youth to gain valuable leadership skills, community service credit, and a rich hands-on review of many of the science standards that students have learned throughout their high school career.

Acting as community leaders, teens are instilled with a sense of pride and empowered with the knowledge that they can make a change in their lives and the lives of those around them. We hope that by working, learning and playing together, students are inspired to be responsible stewards of the natural world today and into the future.



“Our sixth graders recently visited your camp for the fifth time. The curriculum, the setting and your professional staff made it a once-in-a-lifetime experience. Your program is full of great science, cooperative groupwork and character education, providing our students the opportunity to problem solve while considering the issues surrounding their own place in the living world.

The role of the high school counselors is essential. It’s powerful to watch the counselors inspire and influence the young campers as cabin supervisors, trail leaders, and role models, while serving as a “bridge” between the students and staff. The connections made transcend what teachers or parents can provide. Many of our counselors are former 6th grade campers. Congratulations on a job well done. We’re already planning for next year!”

*Mrs. Yolanda Hudson
Beamer Park Elementary, Woodland*

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HIGH SCHOOL EDUCATION STANDARDS



CORRELATION TO CALIFORNIA HIGH SCHOOL SCIENCE STANDARDS

The experiential learning at the tidepools or in the redwood forest provides first hand experience of the natural history of the Santa Cruz Mountains. As naturalists teach about the adaptations of a fern or an anemone, counselors have the opportunity to brush up on some of the science that they may or may not have learned in middle school. During activities, counselors are often asked to participate. In a game involving photosynthesis, a counselor was heard to exclaim: "Chlorophyll, oh yeah, I remember that!"



BIOLOGY STANDARDS

- Ecology
- Evolution
- Physiology

EARTH SCIENCES STANDARDS

100 % of standards covered

- Earth's Place in the Solar System
- Dynamic Earth's Processes
- Energy in the Earth's System
- Biogeochemical Cycles
- Atmosphere Structure and Composition
- California Geology

CAREER TECHNICAL EDUCATION STANDARDS

- Leadership and Teamwork
 - Pathway Standards
 - Agriscience Pathways
 - Animal Science Pathways
 - Forestry and Natural Resources Pathway
 - Ornamental Horticulture Pathway
 - Plant and Soil Science Pathway
- Education, Child Development, and Family Services Foundation Standards
 - Problem Solving and Critical Thinking
 - Responsibility and Flexibility
 - Ethics and Legal Responsibilities
 - Leadership and Teamwork
 - Pathway Standards
 - Child Development Pathway
 - Education Pathway
 - Family and Human Services Pathway



POTENTIAL WEEKLY CURRICULUM AT LOMA MAR OR SEMPERVIRENS

REDWOOD DAY

- Redwood ecology and natural history
- Energy flow, decomposition
- Water cycle
- Endangered species
- Banana slug and California newt natural history
- Exploration and discovery of redwood forest
- Creek study
- Basic ecology: raw materials, producers, consumers, decomposers
- Sensory awareness
- Soils
- Tree measurements
- Writing and drawing

BEACH DAY

- Ocean ecology and natural history
- Monarch butterfly natural history
- Tides
- Tidepool ecology and natural history
- Geology

SITE DAY

- Organic gardening: What makes a garden organic
- Compost: What it is and how it is made.
- Decomposition
- Pollination
- Photosynthesis
- Ecology
- Food Chain
- Team Building
- Cooperation
- Ecosystems
- Population fluctuation
- Ohlone Native Americans
- Writing and drawing

TOWN HALL MEETING

Students debate a development issue by role playing and voting for whether or not a community center should be built on a wetland or whether a forest should be logged.

BARNYARD BOOGIE

Students are empowered to be silly and dance to fun songs sung and played on electric instruments by our naturalists.

NIGHT HIKE

Students are encouraged to get over their fears of the dark by hiking through the forest without a flashlight. During hikes, naturalists may focus on astronomy, night vision (rods vs. cones), owl calls, nocturnal animals or storytelling.

SONGS/MEALS

Students sing songs about decomposition, adaptations, nocturnal animals, plant parts, the web of life, etc. During meals the concept of food waste is introduced, focusing on conservation of food and the resources that went into producing it.

SKIT NIGHT

On Thursday night, students are empowered by going up on stage and acting out skits that they have developed with their counselors.

Empower

PRACTICAL LEADERSHIP TRAINING



LEARNING TO LEAD

As a week-long outdoor school counselor, students explore and study the natural world while developing valuable leadership skills. Counselors are in charge of a group of seven to ten 5th and 6th grade students. They must get them to meals, hikes and evening activities on time with their pencil, water bottle and rain jacket. This only scratches the surface of the responsibility and work each student assumes as a counselor.

“Dear Counselor-

Thank you for acting like my older brother, and putting up with me when I was down and helping me solve my problems. I think you’re the best counselor in the whole camp!”

Counselors learn to lead their students during camp activities:

- Cabin time, when the students are either making their cabin rules, reading a story, or working on their skit for Skit Night
- Recreation time, where counselors are involved in organizing games, helping students to pick teams and settling arguments
- Meal time, where counselors are responsible for ensuring that everyone is getting equal portions, that campers are using good manners and are not yelling or using inappropriate language

Some of these times can be challenging. It allows counselors to experience the difficulties of getting a group of students to listen and follow directions. By the end of the week they will have developed a consistent and effective leadership style.

SERVING AS ROLE MODELS

Counselors act as enthusiastic role models with their campers, taking pride in how quickly their students lined up, or how well they did during an activity. Many don’t want the week to end. A naturalist, who acts as a counselor coordinator, checks in with each counselor daily, listening to concerns and successes. Some counselors decide to become teachers after their experience, returning two or three times throughout high school and even into college. Many schools report that students take more pride in their work and in themselves after being a counselor. Although a week of being a counselor for Exploring New Horizons is challenging, the benefits can last a lifetime.

“Dear Counselor-

Thank you for taking time to be with us and take care of us, even when we were a handful! You made us really feel safe and snug. This week went by so fast because we had so much fun!”



BENEFITS FOR STUDENTS

■ 5 Days = up to 96 Volunteer Hours

Counselors may earn community service or leadership hours. Students often bring their high school volunteer paperwork to outdoor school, and the counselor coordinator will give them the allotted hours they can earn during one week.

■ Job and School References

Counselors are encouraged to ask for a reference if they plan on applying for a job working with youth (ie: camp counselor, lifeguard). Seniors applying for college can request a reference for school, especially if they are planning on majoring in education.

■ Independence and Responsibility

Camp prepares students for college during their week away from home. They are responsible for monitoring their daily activities, acting as a surrogate parent, and being treated like another member of the outdoor school staff.

“Being a parent is hard work” said one counselor after getting his group of 10 boys to breakfast one morning.

“Dear Counselor-

From the beginning you cared for me and my friends all week. You looked out for us and helped us have fun at science camp, and I just wanted to say THANKS because you are the best counselor ever! ”

These responsibilities help them practice the skills needed to be an independent college student.

Transform

FREQUENTLY ASKED QUESTIONS & TIMELINE



WHAT STUDENTS ARE ELIGIBLE TO PARTICIPATE AS AN ENH COUNSELOR?

Exploring New Horizons Outdoor Schools are looking for Juniors or Seniors who are in good academic standing, are willing to complete all of the necessary pre-requisites, and would provide a positive role model for younger children.

HOW MUCH TIME WILL THIS REQUIRE FROM THE SCHOOL?

As the high school liaison, you agree to help coordinate and organize the high school participation on your site. This is usually a total of 10-15 hours of your time. Responsibilities include: helping to promote and advertise among students for this opportunity; helping to coordinate facilities for the counselor pre-meeting; and assisting with the management of information and paperwork for prospective students.

WHY SHOULD OUR STUDENTS PARTICIPATE AS COUNSELORS?

Student participation provides opportunities for both the school and student. ENH's program is aligned with California State High School Science content standards, allowing students the opportunity to re-enforce their classroom based learning. The ENH program supports many of the California Career Technical Education Standards, providing students with the opportunities to explore leadership skills, teamwork and ethics within a safe and nurturing setting. Through participation, students can earn up to 96 hours of community/leadership service, helping to foster engaged citizens within your school community.

IS THE SCHOOL RESPONSIBLE FOR COORDINATING TRANSPORTATION?

No- the local elementary school that your students will be working with are responsible for arranging transportation for their high school counselors. It is important to coordinate with the Program Coordinator to know what school the students should report to, and what time they need to arrive.

“During my first week as a counselor I thought I would be doing the teaching. To my surprise the campers taught me more about myself than I had ever known. They taught me it is okay to be silly and laugh no matter what age you are. They showed me I could finish a hike and not be scared of the dirt. They reminded me that a smile is so much more. It felt good to know I made a difference in someones' life. These children showed me that it is the little things in life that make everything worthwhile.”

~ Brittany Moore

HIGH SCHOOL CONTACT TIMELINE

- **A month prior** to the week your students participate, our Program Coordinator will contact you to set up times to interview and train counselors.
 - You will receive an information packet, including a bulletin announcement, advertising posters, applications and student information sheets.
 - Applications are due a few days prior to interviews. Please review all applications and make sure students have acceptable grades to participate.
 - The week prior to our arranged date, our Program Coordinator will confirm the interview/workshop times, and check on the number of students interested.
- **On the day of interviews**, we will arrive early to set up and review applications. The workshop is typically on the same day, after school.
- **About a week after interviews**, you will be faxed/emailed the list of students we would like to invite as counselors. Please review the list and post it for the students.
- **The week before**, students will be called to confirm their attendance and receive any last minute reminders.
- **The actual week!** You will receive a fax/email confirming the attendance of counselors from your school at the beginning of the week.

Inspire MESSAGE TO PARENTS



EXPLORING NEW HORIZONS HIGH SCHOOL COUNSELOR PROGRAM

provides an enriching experience. Students that volunteer their time at any of the Exploring New Horizons program facilities receive learning opportunities that tie into the California High School Science and Career Technical Educational standards.

Exploring New Horizons high school counselors develop skills that benefit them at home, school and within their larger community. ENH staff members mentor students, providing them with guidance, support and the opportunity to become valued members of the ENH community for the week. The safe and nurturing environment of ENH allows students to grow and explore their individual talents and personal leadership style, while giving them the confidence needed to be successful in future endeavors. They also gain practical leadership skills, volunteer hours and countless opportunities for self development.

If your student is interested in participating as a counselor during a week of outdoor school, please contact your high school and encourage them to set up a visit from our Program Coordinator. Participating students will be interviewed and trained prior to their program week.



“As a counselor at Loma Mar during my sophomore year, I was impressed by the effectiveness of their hands-on teaching methods. In a welcoming and enthusiastic learning environment, I was supported and challenged to grow my leadership skills within the ENH community. While learning how to work with kids, I learned even more about myself.

Returning as a counselor for three more seasons inspired me to pursue a career in outdoor education. I graduated from college with a major in Biology and plan on working at an outdoors school in the fall.”

~ Lexie Sabella

“After attending camp at Loma Mar in sixth grade, I knew I wanted to be a counselor. I was a Sempervirens counselor during my sophomore year, and I consider it to be one of my life’s most amazing accomplishments. The experience helped me mature into a caring, respectful, and responsible person. The smiles on the children’s faces taught me that some of life’s best rewards are priceless. By following my dream of becoming a counselor, I discovered the joy of bringing happiness and learning to younger people.”

~ Tyler Wallace

EXPLORING NEW HORIZONS

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