



*Bringing childhood and families back to nature*

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### Mission

**Frog Creek Adventure School** is an outdoor education organization dedicated to fostering a deep and lasting connection with nature.

In our outdoor programs, children and families develop first-hand experiences with nature. Through these experiences, it is our hope that our community begins to understand the interconnection between all living beings and the reciprocal relationship that humans have with the natural world. Frog Creek Adventure School hopes to cultivate a concern for the natural world and create a community of lifelong environmental stewards.

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### Rationale

Our world is currently at a crossroads. In recent decades, as families and communities separated from the natural world, we have seen a rise in sedentary lifestyle, obesity, physical development problems, mental health issues, and massive environmental destruction. Children particularly have suffered from this disconnection from nature. We know children gain confidence, emotional wellbeing, resiliency, empathy, and critical thinking skills through play, risk taking, skill building and time in nature. Yet, our children find themselves in overly structured and adult-led environments, where they are not free to move, play, or take risks. Subsequently, we have become disconnected from the ways of the natural world as we connect to the virtual world.

Mentorship in nature provides children an opportunity to interact with and develop concern for the natural world. Developing a personal relationship with the nature often begins in childhood and continues throughout a person's lifetime. A strong connection between children and nature benefits children, families, community, culture, and the environment. We must *bring childhood, and families back to nature* for their health and for the health of the environment.

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### Philosophy

#### *Children are:*

- Deeply respected and trusted members of our community
- Capable and competent
- Free to take risks, move, and play
- Unconditionally accepted (play and speak without judgment)

#### *Adult role:*

Adults act as mentors, guiding exploration of the natural world. Frog Creek values unstructured exploration and play. Mentors model enjoyment of nature, observation skills, and journaling, as well as provide storytelling and enriching activities. Limits are set using nonviolent communication (NVC) and unconditional positive regard for the child.

## CURRENT PROGRAMS

	Froglets	Frog Creek S.T.E.A.M. [Art + STEM]	Adventurers Program	Adventurers: World Citizens	Froglets	Frog Creek S.T.E.A.M. [Art + STEM]	Froglets
AGE RANGE	Ages 3-10	Ages 4+	Ages 6-12	Ages 11-15	Ages 3-10	Ages 4+	Ages 3-10
DAY	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday
TIMES	10am to 1:30pm	1:30pm to 3:30pm	10am to 2:30pm	10am to 3pm	10am to 1:30pm	1:30pm to 3:30pm	10am to 1:30pm
COST PER SESSION	\$1,225	\$597	\$1,370	\$1,520	\$1,225	\$597	\$1,225
NOTES		<b>*NEW PROGRAM*</b>	<b>*UPDATED*</b>	<b>*NEW DAY*</b>	10% Discount for 2nd day	<b>*NEW PROGRAM*</b>	10% Discount for 2nd day
DATES	9/17/24 through 1/28/25	9/17/24 through 1/28/25	9/16/24 through 1/27/25	9/18/24 through 1/29/25	9/19/24 through 1/30/25	9/19/24 through 1/30/25	9/20/24 through 1/31/25

## IMPORTANT INFORMATION

Native American Heritage Break is November 25<sup>th</sup> to November 29<sup>th</sup>

Winter Break is December 23<sup>rd</sup> through January 3<sup>rd</sup>

Each class meets for 17 weeks, rain or shine.

*In the case of potential unsafe weather (flooding, lightning, etc.) we will do our best to offer class in a safe location but it may be cancelled or shortened and refunds will not be given.*

**How to enroll:** \$200 deposit is required to hold your spot with the completed enrollment and medical release forms. The deposit is non-refundable and will be applied to tuition. Enrollment is not guaranteed until \$200 deposit, forms, and/or screenshot of your enrichment request has been received.

Sibling discount 10% for additional siblings on same enrolled days – take 10% off 2<sup>nd</sup> child's tuition. Monthly payments are available, when needed. We strive to make Frog Creek accessible to all interested families. Please reach out if you would like to discuss a sliding scale or a payment plan.

Frog Creek Adventure School is an inclusive program. We welcome children with a wide range of developmental, behavioral, and learning abilities. Our mentors may find some children need more support than we have designed the program to offer. In order to offer a safe and supportive program, we may ask parents to secure additional support for their child so they can continue the program.

## PROGRAM DESCRIPTIONS

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Froget Nature Days (for ages 3-10) and Frog Creek Adventurers (for ages 6-12) include time for unstructured exploration and play as well as journaling, enriching activities, and storytelling. Frog Creek Adventure School is committed to supporting the growth of the whole child with attention to their physical, social, and emotional development.

Adventurers: World Explorers is for the oldest students at Frog Creek (ages 11-15). Our World Explorers program provides an opportunity for young teens to explore their identities, interests, and potential for effect on the world. It is a child-led, project-based program; this means that the group as a whole will choose our path forward, and our path will involve setting and achieving SMART goals. We will choose one big project or several small projects to complete in the course of a semester, set with specific parameters of completion, and facilitated by capable and knowledgeable mentors. Projects can range anywhere from building a treehouse, creating a short film, fundraising fun (yet educational) field trips, or anything else we dream up. This program costs a little bit more than the others in order to cover entry fees and project materials. We will have a budget and learn to work within the means of - or otherwise find creative ways to increase - our budget. The only limit to our capabilities is our imaginations!

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Frog Creek S.T.E.A.M. [Art + STEM] is a project-based class for 4+ year olds. Building on our original outdoor art program [Afternoon Art], this class adds S.T.E.M. projects into the mix. Participants will have access to a different weekly art project, a STEM project, and can also choose to enjoy free play in nature.

Potential art projects include: tie-dye, sand art, flower fairy & gnome houses, splatter, spin, & pour (messy paint techniques), paper maché bowls, sun catchers, leads & string (paper bead making, jewelry, friendship bracelets, lanyards), stamp & print making, bookmarks, wood burning, animal sketching and more. Potential STEM projects include: Gardening, composting basics, tinkering, Fall, Winter, & Spring "Tastes" Lab, Simple Machines, and more.

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## Nature Days Curriculum

*Frog Creek Adventure School is committed to supporting the growth of the whole child with attention to their physical, social, and emotional needs. Nature Days is an outdoor program for 6-12 year olds in the South Bay of Los Angeles, which includes time for unstructured exploration and play, as well as journaling, enriching activities, and storytelling.*

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### NATURALIST AND ECOLOGY STUDIES:

Students will have an opportunity to cultivate a deep connection to nature. They will be exposed to regional plants, trees, birds, and mammals. Through mentoring, students will use observation, nature journaling, and field guides to develop knowledge about the local ecology. Students will gain information about animal tracking, patterns, and behaviors while exploring the ecology and wildlife landscape.

### WILDERNESS AWARENESS:

Through sensory awareness games, journaling, safety assessment, mapping, and exploring, students will have the opportunity to orient themselves to the region and develop comfort with the wilderness environment.

### LANGUAGE AND WRITING DEVELOPMENT:

Storytelling will be used to share nature information as well as to develop language. Students will have the opportunity to share stories with the group and develop writing skills in their nature journals.

### NATURAL CRAFTS AND ART:

Mentors will expose students to art through nature journaling, simple drawing, and painting. Students will use natural materials to create crafts and art.

### PHYSICAL DEVELOPMENT:

Students will be physically challenged throughout the semester. They will be exposed to many games that include running, jumping, crawling, and other physical challenges. Students will hike and explore in different terrains and weather which will help with their balance, body awareness, and physical development.

### PERSONAL AWARENESS AND EXPRESSION:

Students will be supported to develop their passions and skills in the natural setting. They will be supported in developing comfort and confidence in their self-expression and in conflict resolution.

## Mentors

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**Samm Azen** is a graduate of the University of New Hampshire with a major in Outdoor Education and a minor in Ecology, Conservation, and Sustainability. He has been leading and designing education programs for 12 years. This includes educational programming for all ages, using outdoor experience to teach participants about the complex, interwoven systems that make up our natural world. He has also led outdoor activities with students with developmental differences, helping participants grow their sensory awareness and realize their own capability and ability. Samm believes that nature is important for the realization of one's own efficacy and belongingness in the world. He has a passion for playfulness as a conduit for growth and self-realization. During his tenure at FCAS, Samm has developed the program's curriculum. He has also formed lasting bonds with all our regular enrollees. This Fall, Samm is stepping into his role as Executive Director at Frog Creek, where he will be able to continue to share his passions and facilitate the program's growth.

**Aimee Odle** grew up in our local homeschool/unschooling community, is a Manhattan Beach Nursery School alum and taught preschool there for many years. Aimee is well versed in nonviolent communication, and is passionate about the importance of play, child-led learning, and nature based education. Aimee studied child development and alternative education philosophies at Santa Monica Community College and The Evergreen State College. Throughout her life, Aimee has cared for children in many types of environments, working in the homes of families and at preschools, daycares, summer camps, etc. Aimee began mentoring with Frog Creek four years ago. As a newer mentor at Frog Creek, Aimee spent her first year there learning about the space from the kids, as they mentored their mentor and showed her all the trails, their favorite trees, how to climb down the cliff, and all the best hidden nooks and hideouts. Aimee loves art and music, and her favorite place in nature is the ocean and our local tide pools. At Frog Creek Aimee enjoys water coloring, playing animal tag, hiking, and watching the hawks fly around.

**Shawna Campbell** is a founder of Frog Creek Adventure School. Shawna and her husband were drawn to the South Bay because of the weather, ocean, and beautiful nature spots. However, having grown up with ample time playing freely in nature, Shawna soon found herself struggling with the limitations of parenting in a city. She first learned of the forest school philosophy after a friend opened a similar school in another city. Shawna was very drawn to the philosophy and began spending much of her free time with her children in local nature spots. After seeing the benefits for her own family (increased centeredness, emotional regulation, and cooperation), she began reading book after book, article after article about the benefits of outdoor education for kids. Shawna found herself continuously wishing a similar program would start in the South Bay. The more she learned, the more motivated she felt to develop a program locally. In 2015, she and co-founder Candace Helm began planning the launch of Frog Creek Adventure School for Fall 2016. Shawna holds a MSW from the University of Southern California where she focused on human development, community organizing, program planning, and administration. Shawna's background is in supporting children and families in school, hospital, and therapeutic settings. Additionally, she has experience with program, and curriculum design, planning, development, evaluation, and management. She is trained in nonviolent communication (NVC). As a homeschooling mom who enjoys the outdoors, she enjoys hiking, swimming, biking, camping, scuba diving, and volleyball. This Fall, Shawna stepped down as Executive Director of Frog Creek to focus on family. She will remain on the Frog Creek Adventure School Board of Directors to continue to help the program blossom and thrive.

# Enrollment Form – Fall 2024



Please scan and email completed form & \$200 deposit or full tuition to: [frogcreekadventureschool@gmail.com](mailto:frogcreekadventureschool@gmail.com)

For mailing address or questions? (323) 902-7849

Frog Creek Adventure School is a 501(c)(3). FEIN/Tax ID: 82-1541613

[www.FrogCreekAdventureSchool.org](http://www.FrogCreekAdventureSchool.org)

Please fill out one enrollment form per family, and include one medical release form per participant.

Full Name(s) of Each Participant: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone (Home/Cell): \_\_\_\_\_

How did you learn about us? Flyer  Internet  From a friend  Other \_\_\_\_\_

PLEASE SELECT YOUR CLASS(ES):

- FROGLET NATURE DAYS (3 to 10 years old) Tuesdays from 10:00am-1:30pm · \$1,225
- FROG CREEK STEAM [ART + S.T.E.M.] (Ages 4+) Tuesdays from 1:30-3:30pm · \$597 **\*NEW PROGRAM\***
- FROG CREEK ADVENTURERS – (6 to 12 years old) Wednesdays from 10:00am-2:30pm · \$1,370 **\*UPDATED\***
- ADVENTURERS: WORLD EXPLORERS (Ages 11-15) Wednesdays from 10:00am-3:00pm · \$1,520 **\*NEW DAY\***
- FROGLET NATURE DAYS (3 to 10 years old) Thursdays from 10:00am-1:30pm · \$1,225
- FROG CREEK STEAM [ART + S.T.E.M.] (Ages 4+) Thursdays from 1:30-3:30pm · \$597 **\*NEW PROGRAM\***
- FROGLET NATURE DAYS (3 to 10 years old) Fridays from 10:00am-1:30pm · \$1,225
- I would like to sponsor a Frog Creek Scholarship. Please accept my tax-deductible donation for:
  - \$10    \$25    \$50    \$75    \$100    \$150    \$200    \$\_\_\_\_\_

PAYMENT TYPE:

- Zelle *send payment to: frogcreekadventureschool@gmail.com*
- Check *payable to Frog Creek Adventure School*
- Purchase Order from a Charter School *Name of school* \_\_\_\_\_
- Cash *paid to* \_\_\_\_\_

PLEASE READ CAREFULLY & INITIAL:

- \_\_\_\_ Absence Policy: *Missed classes are not excused from payment.*
- \_\_\_\_ Refund Policy: *No refunds are given.*
- \_\_\_\_ Cancellation Policy: *The full balance is due for all committed students regardless of continuation in the program. The last day to withdraw enrollment is August 28, 2024*
- \_\_\_\_ General Payment Policy: *A \$200.00 deposit is required to hold your place. This will be applied to your tuition. We strive to make our classes accessible, please speak to us directly if you need payment arrangements.*
- \_\_\_\_ Fee Policy: *A semester fee of \$200 is assessed per participant for liability insurance which is included in the tuition fee.*
- \_\_\_\_ FOR CASH PAYMENTS: *By initialing here, I agree to enroll my child for the semester and agree to send the full balance by August 28, 2024*
- \_\_\_\_ FOR ENRICHMENT CERTIFICATES: *By initialing here, I agree to enroll my child for the semester and agree to send a screenshot of my enrichment request by August 28, 2024*
- I have read and agree to abide by the Frog Creek Adventure School's Absence, Refund, Cancellation, General Payment, and Fee Policies.*

Parent/Guardian Name – Please Print

Parent/Guardian Signature

Date



# Medical and Release Form

Frog Creek Adventure School requires a current Medical and Release Form for each person attending any class and/or event. If information changes, participants/parents are responsible for updating us. **Please print clearly (in blue or black ink) and sign the third page in two separate places and return all three pages.**

Email completed form to: [frogcreekadventureschool@gmail.com](mailto:frogcreekadventureschool@gmail.com)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Gender (circle): Male Female Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ e-mail: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone - Cell: \_\_\_\_\_ Home: \_\_\_\_\_ Work: \_\_\_\_\_

### Emergency Contact Information

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

Out-of-State Contact (Name and Phone): \_\_\_\_\_

### Medical Conditions (\*\*CONFIDENTIAL\*\*)

So that we can properly assist you, it is your responsibility to make us aware of any medical conditions below and at registration. Please attach additional pages as needed.

Do you/your child: (Circle Yes or No)

- Wear contact lenses/glasses?..... Yes No
- Wear a hearing aid?..... Yes No
- Have asthma?..... Yes No
- Have any physical disabilities?..... Yes No
- Have any special needs that may affect your participation in the program?  
(e.g., fears, second language, ADD, etc.)..... Yes No
- Have any other condition that may endanger, alter, or somehow limit your  
ability to participate in the program?..... Yes No

• Have an allergic reaction to:

1. Medications?..... Yes No
2. Insect bites or stings?..... Yes No
3. Foods?..... Yes No
4. Plants?..... Yes No
5. Other?..... Yes No

• Take any medication currently?..... Yes No

• Use medication for allergic reactions?..... Yes No

• Have special dietary needs?

(e.g., Vegetarian, Vegan, etc.)..... Yes No

Please explain in detail any "Yes" answer marked above:

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**\*\* Note: if you have anaphylactic allergic reactions we request that you bring EpiPen or AnaKit \*\***

**Insurance Information (if you do not carry health insurance, please note)**

Name of Health Insurance Carrier: \_\_\_\_\_

Group/Plan Number: \_\_\_\_\_ Phone: \_\_\_\_\_

Physician Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of last tetanus booster: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Medical Release:** In the event of a medical emergency, I hereby authorize and consent to any x-ray, examination, anesthetic, medical or surgical diagnosis or procedure rendered under the supervision of any qualified health care professional. It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required but is given to provide authority and power to render care which the aforementioned health care professional in the exercise of his/her best judgment may deem advisable. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that the above treatment will not be withheld if I cannot be reached. I acknowledge that I am responsible for all reasonable expenses in connection with care and treatment rendered during this period.

**Photo Release:** By signing at the bottom of this form I hereby grant free permission for Frog Creek Adventure School to use images of me participating in their programs or events for outreach purposes, including but not limited to electronic or print materials or media.

[ ] **No, I do not wish to grant a photo release.** *(Please consider granting this release to us if at all possible, as our ability to successfully share our programs with new participants depends on having representative photographs.)*

**RELEASE OF LIABILITY, ASSUMPTION OF RISK, WAIVER OF CLAIMS & INDEMNIFICATION AGREEMENT**

Notice – By signing this document you may be waiving certain legal rights, including the right to sue.

**Release and Waiver of Claims; Assumption of the Risk; Indemnification Agreement**

In consideration of being allowed to participate in Guided Hiking/Biking Tours & Team Building Activities \ and other activities (collectively the “Activities”) provided by Frog Creek Adventure School (the “Host”), the Participant, and the Participant’s parent(s) or legal guardian(s) if the Participant is a minor, do hereby agree, to the fullest extent permitted by law, as follows:

- 1) **TO WAIVE ALL CLAIMS** that they have or may have against the Host arising out of the Participant’s participation in the Activities or the use of any equipment provided by the Host (“Equipment”), including while receiving instruction and/or training;
- 2) **TO ASSUME ALL RISKS** of participating in the Activities and using the Equipment, even those caused by the negligent acts or conduct of the Host, its owners, affiliates, operators, employees, agents, and/or officers. The Participant and his/her parent(s) or legal guardian(s) understand that there are inherent risks of participating in the Activities and using the Equipment, which may be both foreseen and unforeseen and include serious physical injury and death;
- 3) **TO RELEASE** the Host, its owners, affiliates, operators, employees, agents, and officers from all liability for any loss, damage, injury, death, or expense that the Participant (or his/her next of kin) may suffer, arising out of his/her participation in the Activities and/or use of the Equipment, including while receiving instruction and/or training. The Participant and his/her parent(s) or legal guardian(s) specifically understand that they are releasing any and all claims that arise or may arise from any negligent acts or conduct of the Host, its owners, affiliates, operators, employees, agents, and/or officers, to the fullest extent permitted by law. However,



nothing in this Agreement shall be construed as a release for conduct that is found to constitute gross negligence or intentional conduct; and

4) **TO INDEMNIFY** the Host, its owners, affiliates, operators, employees, agents, and/or officers, from all liability for any loss, damage, injury, death, or expense that the Participant (or his/her next of kin) may suffer, arising out of participation in the Activities and/or use of the Equipment, including while receiving instruction and/or training.

**Personal Responsibility**

**The Participant and his/her parent(s) or legal guardian(s) certify that Participant has no physical or mental condition that precludes him/her from participating in the Activities and that he/she is not participating against medical advice. The Participant and his/her parent(s) or legal guardian(s) understand that Participant’s participation in the Activities is voluntary and further understand that they have the opportunity to inspect the Host’s Equipment and facilities before any participation. The Participant and his/her parent(s) or legal guardian(s) understand that Participant is obligated to follow the rules of the Activities and that he/she can minimize his/her risk of injury by doing so and through the exercise of common sense and by being aware of his/her surroundings. If, while participating in the Activities, the Participant or his/her parent(s) or legal guardian(s) observe any unusual hazard or condition, which they believe jeopardizes Participant’s personal safety or that of others, Participant and/or his/her parent(s) or legal guardian(s) will remove Participant from participation in the Activities and immediately bring said hazard or condition to the attention of the Host.**

To the extent that any portion of this Agreement is deemed to be invalid under the law of the applicable jurisdiction, the remaining portions of the Agreement shall remain binding and available for use by the Host and its counsel in any proceeding.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT. I MAY BE WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

Participant’s Name (Printed)	Participant’s Signature	Date
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Parent/Guardian’s Name (Printed)	Parent/Guardian’s Signature	Date
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General Waiver