

SANTA BARBARA

MIDDLE SCHOOL

PARENT
INFORMATION



2009 - 2010

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SANTA BARBARA MIDDLE SCHOOL

Important Information Items

Please read carefully

1. **SCHOOL HOURS** are 8:15 am to 3:20 pm. The school office is open 8:00 am to 4:15 pm. The school is unable to assume responsibility for students on campus before or after these hours unless they are involved with a specific after-school activity such as sports or drama. We maintain a closed-campus policy. Students are only allowed to leave campus during school hours if the office is notified, they are accompanied by an adult, AND they have permission from their parent(s).

2. **ABSENCES** - If your child is sick or absent please call the school (682-2989) before 8:00 a.m. **each day** he/she is out (so we know he/she is safe). Notify the office and teachers in advance if your child is on an extended absence. Absent students should get homework assignments from other students by telephone or email.

3. **TARDINESS** - It is disruptive to the class when students are late for school. If a student is late he/she must report to the office before entering class. Proof of office check-in is shown to the teacher when the student enters class. The office keeps a record of all tardies. A monthly record of tardies is given to the dean of each grade. You may be contacted if tardiness becomes a problem.

4. **DOCTOR/DENTIST APPOINTMENTS** - Please try to make them other than during school hours. If they must be during school hours, please notify the office.

5. **REPORT CARDS** are issued by mail at the end of each grading period.

6. **PLEASE DRIVE CAREFULLY AND SAFELY** during student pick-up and drop-off. Your cooperation and patience is greatly appreciated.

Schedule 2009-10

Times	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1: 8:15 - 9:00		8:15 to 9:25		8:15 to 9:25	
Period 2: 9:00 - 9:50		9:30		9:30	
Period 3: 9:55 - 10:40		to 10:40		to 10:40	
Break: 10:40 - 11:00					
Period 4: 11:00 - 11:45		11:00 to 12:10		11:00 to 12:10	
Period 5: 11:50 - 12:35		12:15 to 12:35		12:15 to 12:35	
Lunch: 12:35 - 1:10					
Period 6: 1:10 - 1:50					Town Meeting
Period 7: 1:55 - 2:35					Friday Electives
Period 8: 2:40 - 3:20					

SANTA BARBARA MIDDLE SCHOOL

2009-2010 CALENDAR

SEPTEMBER

Monday, Sept. 7 No School. Labor Day.
Tuesday, Sept. 8 Ninth Grade Orientation.
Wednesday, Sept. 9 First Day of School, All Students.
Thurs., Sept. 10 – Fri. Sept. 11 Orientation Ride and Overnight.
Wed., Sept. 23-Fri., Sept. 25 Ninth Grade Trip, Channel Islands (departs Tues. evening)
Thursday, Sept. 24 6th and 7th Grade Town Meeting. *

OCTOBER

Friday, Oct. 1 Coffee with Brian, 8:30am to 9:00am.
Tuesday, Oct. 6 Parent Association Meeting, 8:15am.
Tuesday, Oct. 6 Back-To-School Night, 6th & 7th grades, 7:00pm. *
Thursday, Oct. 8 Back-To-School Night, 8th & 9th grades, 7:00pm. *
Friday, Oct. 16 Trip Prep. Early Dismissal at 2:00pm.
Mon., Oct. 19-Sat., Oct. 24 Entire School Trip.
Thursday, Oct. 22 All Parent Reception at El Paseo Restaurant, 5-7:00pm.
Saturday, Oct. 24 Homecoming Celebration.*
Monday, Oct. 26 No School — Recuperation Day.

NOVEMBER

Tuesday, Nov. 3 Parent Association Meeting, 6pm—Whitney's home.
Friday, Nov. 6 Coffee with Brian, 8:30am to 9:00am.
Wednesday, Nov. 11 Early Dismissal at 12:35pm. Staff Development.
Thursday, Nov. 12 Scenes Night, 7:00pm.
Thurs.-Wed., Nov. 19-25 Conferences and Career Study Week. *
Thurs.-Fri., Nov. 26-27 Thanksgiving Holiday.

DECEMBER

Tuesday, Dec. 1 Parent Association Meeting, 8:15am.
Friday, Dec. 4 Coffee with Brian, 8:30am to 9:00am.
Tuesday, Dec. 8 Open House for Prospective Families, 7:00pm.
Tuesday, Dec. 15 Town Meeting and Trip Video of Fall Trip, 7:00pm.*
Thurs.-Fri., Dec. 17-18 Eighth Grade Retreat
Friday, Dec. 18 Early Dismissal at 2:00pm.
Friday, Dec. 18 Begin Winter Break.

JANUARY

Monday, Jan. 4 Return from Winter Break.
Tuesday, Jan. 5 Parent Association Meeting, 8:15am.
Friday, Jan. 8 Coffee with Brian, 8:30am to 9:00am.
Sunday, Jan. 10 Open House for Prospective Families, 1:00pm.
Monday, Jan. 18 No School. Martin Luther King, Jr's Birthday.
Friday, Jan. 29 End of First Semester.

FEBRUARY

Tuesday, Feb. 2	Parent Association Meeting, 6pm—Whitney’s home.
Friday, Feb. 5	Coffee with Brian, 8:30am to 9:00am.
Tuesday, Feb. 9	Early Dismissal at 12:35pm for Academic Fair. Academic Fair, 6:30pm. *
Thursday, Feb. 11	No School. Staff Development.
Friday, Feb. 12	No School. Lincoln’s Birthday.
Monday, Feb. 15	No School. President’s Day.

MARCH

Tuesday, March 2	Parent Association Meeting, 8:15am.
Friday, March 5	Coffee with Brian, 8:30am to 9:00am.
Mon., March 15-Fri., March 19	All-School Mid-Year Trip. (Some trips may leave one day earlier and/or return one day later.)
Friday, March 19	Spring Break begins after trips return.

APRIL

Monday, April 5	Return from Spring Break.
Tuesday, April 6	Parent Association Meeting, 8:15am.
Friday, April 9	Coffee with Brian, 8:30am to 9:00am.
Saturday, April 24	Songfest

MAY

Saturday, May 1	Spring Fundraiser.
Tuesday, May 4	Parent Association Meeting, 6pm—Whitney’s home.
Friday, May 7	Coffee with Brian, 8:30am to 9:00am.
Thurs.-Sat., May 13-May 15	Drama Performance, <i>Man of La Mancha</i> , 7:00pm.
Thurs.-Sat., May 20-May 22	Drama Performance, <i>Man of La Mancha</i> , 7:00pm.
Sun., May 30- Fri., June 11	End-of-the-Year Trip – 8 th & 9 th grades (tentative dates).
Monday, May 31	No School for 6 th & 7 th grades. Memorial Day.

JUNE

Tues., June 1- Fri., June 11	End-of-the-Year Trip – 6 th & 7 th grades (tentative dates).
Monday, June 14	No School —Recuperation Day.
Tuesday, June 15	No School. Faculty Meeting Day.
Wednesday, June 16	Last Day of School, half-day, 9:00am to 1:00pm. Town Meeting and Trip Video - 6 th & 7 th , 7:00pm. *
Thursday, June 17	No School. Town Meeting and Trip Video - 8 th & 9 th , 7:00pm. *
Friday, June 18	Rites of Passage, Elings Park, 1:00pm.

*** Participation at these meetings/events is required. Other activities & calendar changes will be conveyed via email and the school website.**

Our Faculty & Staff

Name	Education	Instructional Responsibilities
Marco Andrade	SBMS student 1982-1984; BA Spanish, Western State College; Faculty: 1992–present	7-8 Spanish; Boys and Girls Soccer; Songfest; Rock Jam; Tennis; Golf; Cooking; Outdoor Program Trip Food Coordinator
Marlene Beckerman	UC Berkeley 1975: BA in Anthropology; UCSB Single Subject Teaching Credential Social Studies, 1979; Faculty: 1997-present	8 American History
Pam Boswell	BS Special Education/Learning Disabilities and Physical Education, Northern Arizona University; Arizona and Texas Teaching Credentials, Special Education/Learning Disabilities/Physical Education, Northern Arizona University; Faculty: 1991-present	6-9 Learning Disabilities Specialist; Outdoor Program Trip Staff; High School Exit Coordinator
Jim Brady	University Santa Clara, 1969; SBCC 1970-1971 (AA); USCB: 1973-74 Teaching Credential (K-Adult) BA Philosophy; 1982- 1984 MA International Education, School for International training, 1988-1990, MA Intercultural Administration; Faculty: 1995-present	Assistant Head of School; Outdoor/Experiential Education Program Director; 8 Human Geography; 6-9 Conflict Studies
Anne Chen	UCSB 1972, SBCC 2005; Staff: 1985-present	Administration & Technical Assistant
Christine Cowles	Trinity University, 1994, BA Political Science; Professional Certificate, Graphic Design, UCSB, 2009; Staff: 2006-present	Development Director; Financial Aid Manager; Newsletter Designer and Editor; Ocean Sports
M. Lynee DeBoer	SBCC 1985; Antioch University, BS 1986; Faculty: 1989-present	New Deli Food Service Program Supervisor; Art After School Instructor
Caroline DeLoreto	SBMS Student 1995-1999; BS Liberal Studies, Excelsior College; AA Liberal Studies, SBCC; Nationally Registered EMT; Wilderness Emergency Medical Technician; NOLS Certified; Outward Bound Winter Instructor Certified; Certified Professional Bike Mechanic	6 Career Studies; Mountain Biking; Outdoor Trip Staff
Lilli Doner	SBCC; Staff: 1996-present	Administration Assistant; First Aid/Trip Medic
Victor Dominocielo-Ho	BA Psychology, Fordham University; BS Physical Education, UCSB; MA Education, UCSB; California Teaching Credential, Physical Education/Social Science/Biology/History/Health Education; Severely Handicapped Education; Faculty:1998-present	8 Science; First Aid Coordinator and Instructor; 6-9 Girls Volleyball Coach; Health and Safety Director; Mountaineering Trip Leader; Ocean Sports; Martial Arts; Weight Lifting
Erin Finnegan	SBMS Student 1983-1986; Masters in Acupuncture and Chinese Medicine, SB College of Oriental Medicine; BA, Theater Arts, University of Washington; Faculty 1997-present	Outdoor Education Coordinator
Whitney Ingersoll	Willamette University, 1979, BS in Psychology; Oregon College of Education, 1979, BS in Education; Faculty:1980-present	Admissions Director; Community Dean; Alumni Director; Career Study Week Coordinator; Whit's Warehouse; AV Productions; Guitar; Core Strength
Jesse Kasehagen	SBMS Student 1987-1990; UCSB 1999 - Biology BS; SDSU, 2002 Teaching Credential; Faculty: 2002-present	6-7 Physical Sciences; Bike Monkeys; Russian Language and Culture; Outdoor Trip Program
Colby Kline	Woodbury College: BS in Professional Art 1967; Faculty:1991-present	6-9 Library Science & Research Skills; 6-9 Study Halls
Teresa Jamison	Cal Poly SLO BA Liberal Studies, CA Teaching Certificate 1986; Cal Lutheran MA Ed Curriculum and Instruction, 1994; UCSB ESL Certificate 1989; Faculty: 1996-present	6-7 English; Beading; Homework Lab; Garden; Outdoor Trip Program
Laurie Lauer	Scripps College 1972-73; UC Berkeley 1973-75; UCSB 1975-76, BA in French; Staff: 2001-present	Development Associate; Events Facilitator; Belly Dance
Eric Lehman	Drama, UCSB; Faculty 1987-present	6-9 Theater, Art and Video; After School Theater
Maureen Lehman	Drama, California Lutheran College; Faculty 1991-present	6-9 Theater, Art and Singing; After School Theater
Russ Lewin	BA Psychology/Physics, UCSB; Faculty: 1984-present	9th Grade Academic Dean; 9 Algebra, Geometry and Physics
Jake Lindelof	SBMS Student 1990 – 1993; Emory University, 2000, BA Psychology; Faculty: 2006-present	7-8 Algebra; Athletic Director; Electives Coordinator; Boys and Girls Volleyball Coach; Ultimate Frisbee
Vicki Lindelof	Pitzer College, 1965, USC BS 1968, USC Masters in Education, 1969, CA Life Teaching Credential, 1969; Faculty: 2006-present	6 Pre-Algebra; 9 Algebra; Math Lab; Office Staff
Brian McWilliams	Lewis and Clark College 1984-1989; BA: International Relations (Minor in History, Latin American Studies); Faculty: 1997-present	Head of School; 9 World History
Suzanne Prince	UCSB, 1976 - BA Fine Art/single Subject Teaching Credential in Art, 1978; Faculty:1978-present	Bookkeeping/Accounting Manager; 6-9 Fine Arts; 6-9 Arts and Crafts; Yearbook
Tom Ridenour	SBCC 1960 - 1963, AA; Staff: 2000-present	Outdoor Program; Vehicle & Trailer Maintenance; Mountain Biking; Backpacking; Hiking
Kelly Rosenheim	SBMS Student 1980-1982; Cal State Chico, BA Spanish, BA Psychology, Emphasis in Youth at Risk; University of Salamanca, Spain; Faculty: 1990-present	9 Spanish; 8-9 Life Skills; Community Service Coordinator
John Seigel-Boettner	1971/2 USC, 1972/3 UCSB: BA American Studies; CA K-12 Teaching Credential; 1973-5 Cal State San Francisco; Faculty: 1993-present	6/7th Grade Dean; 6-7 Social Studies; Teen Press; Volleyball Coach; Mountain Biking; Beach Volleyball

Our Faculty & Staff, cont'd.

Name	Education	Instructional Responsibilities
Dominique Smith	License de Lettres (MA) English, Sorbonne, Paris, 1964; English Proficiency, Cambridge University; MA French and MA Drama, University of Illinois, 1968; UCSB ABD Theater, 1970; California Life Teaching Credential, French; Faculty: 1978-present	6-7 Cultural Studies
David Teton-Landis	UC Santa Cruz, BA Psychology, 1975, San Diego State University, MA Psychology, 1979; California Institute of the Arts MFA Dance 1981; Faculty: 2003-present	Web Site Master; Outdoor Program Staff; Teen Press; Digital Arts; Ocean Sports; Mountain Biking
Richard Wilke	Chouinard Art School; Cal Arts Bachelor Fine Arts; Staff 2002-present	Plant Maintenance; Resident Artist; Set Designer; Kayak Instructor
Jesse Wooten	SBMS student 1988-1990; UCSB '06 Single Subject Credential, Masters of Education; Dartmouth, 1997, BA History; Faculty: 2006-present	8th Grade Dean, 8-9 English; Chess; Lacrosse; Boys and Girls Soccer; Outdoor Program; Gaviota Trip Leader

WHO TO CONTACT ABOUT WHAT

SBMS Phone Number: 805-682-2989

Absences	School Office	682-2989 ext 102
Academic Deans	John SB (6th & 7th)	JohnSB@sbms.org
	Jesse W. (8th)	JesseW@sbms.org
	Russ (9th)	Russ@sbms.org
Admissions	Whitney	Whitney@sbms.org
Alumni	Whitney	Whitney@sbms.org
Athletics, Team Sports	Jake	Jake@sbms.org
Bike Monkeys	Jesse K.	Jesse@sbms.org
Bookkeeping, Billings	Suzanne	Suzanne@sbms.org
Career Study Week	Whitney	Whitney@sbms.org
Development, Fundraising Events	Christine, Laurie	563-9781 or Development@sbms.org
Drama	Eric and Maureen	Eric@sbms.org
Edline Tech Support	Anne	Anne@sbms.org
Electives	Jake	Jake@sbms.org
Financial Aid	Christine	Christine@sbms.org
First Aid	Lilli	Lilli@sbms.org or 682-2989 ext 102
Food Service (New Deli)	Lynne	Lynne@sbms.org or 682-2982 ext 117
Health and Safety	Victor	Victor@sbms.org
Independent Sports	Lilli	Lilli@sbms.org
Learning Specialist	Pam	Pam@sbms.org
Library	Colby	Colby@sbms.org
Outdoor Education Program	Jim	Jim@sbms.org
Outdoor Ed. Coordinator	Erin	Erin@sbms.org
Parent Association	Lori Rafferty	lraf@cox.net
Property & Vehicle Insurance	Christine	Christine@sbms.org
Repairs/Maintenance, Physical Plant	Lilli	Lilli@sbms.org
Standardized Testing (ERBs)	Jim	Jim@sbms.org
Student Accident Insurance	Christine	Christine@sbms.org
Student Records, Report Cards	Anne, Lilli	Office@sbms.org
Trip Equipment	Whit	Whitney@sbms.org
Tuition Payments/Questions	Suzanne	Suzanne@sbms.org
Volunteer Driver Program	Lilli	Lilli@sbms.org

PARENT ASSOCIATION OFFICERS AND REPRESENTATIVES

PA Officers

President Lori Rafferty Wathne lraf@cox.net

Secretary Angela Beardon angelabeardon@cox.net

Volunteer Coordinator Jamie Riegert jamieriegert@yahoo.com

Scoop Editor Katie Roberts avomatt@aol.com

eScript Coordinator Cindy Feinberg cindy.feinberg@gmail.com

Mentor Family Coordinator Michael Stinson paperhammer@gmail.com

Representatives

6th grade

Jennifer De Nunzio thedenunzios@msn.com
Susan Deardorf susandear@cox.net

7th grade

Lesley Bloomer bloomerwilson@aol.com
Fran Granet fgranet@aol.com
Patty Swenson pattyswenson@comcast.net

8th grade

Katie Mickey ktamazon@yahoo.com
Sayre Macneil sayre@silcom.com
Cynthia Shipman cynshipman@yahoo.com

9th grade

Ellen Berk cmcellen@gmail.com
Jami Gina Olsen tsunamijgo@aol.com
Trini Quinn triniquinn@yahoo.com

SBMS Parent Association

HELP WANTED!

Santa Barbara Middle School relies on the generosity of parent volunteers for a number of important tasks to make the school GREAT! We encourage every family to get involved, even if for just a few hours each month.

ADOPT-A-VAN

The Adopt-A-Van volunteers are responsible for fueling and cleaning the vans before and after events and trips. Any costs incurred are reimbursable.

CONFERENCE WEEK

BUFFET

Volunteers cook breakfast and lunch dishes for teachers during conference week as a way to honor our wonderful faculty and staff.

DANCES

SBMS has one dance each year, which is hosted by the Parent Association. Volunteers plan a theme, oversee decorations, set-up, music, games, refreshments, and clean-up.

DEVELOPMENT

Volunteers serve as a steering committee for all community and fundraising events. Volunteers help plan and run the Fall Picnic, Annual Fund, spring auction/event, and help with mailings. You don't have to ask for money to help!

DRAMA

A month or two before the school play, volunteers are needed to help with costumes, scenery, make-up, and programs.

EVENT PARKING

Volunteers arrive prior to an event and direct parking onto our field.

FACILITIES

MAINTENANCE

Volunteers are needed to make repairs, paint, and upgrade the school. There is one campus-wide work day per year, and volunteers are welcome throughout the school year to provide assistance to our facilities team.

GREEN ROOM DELI

Volunteers sign up for weekly shifts to serve lunch and snacks to the students.

HOMECOMING

Homecoming is an all-school celebration welcoming students and faculty returning from the fall bike trip. Volunteers are needed to help with parking, decorations, and food.

HOSPITALITY

This committee is responsible for set-up, refreshments, and clean-up at meetings and school events.

LIBRARY

Volunteers are needed to staff the Library.

LIBRARY BIRTHDAY

BOOK PROGRAM

The PA invites parents to donate a book in honor of their child's birthday.

MENTOR FAMILIES

SBMS returning families are asked to welcome a new family and share their knowledge and experience with a new family beginning in the summer.

rites of passage

This event honors the ninth grade students graduating from SBMS. Volunteers set-up, provide refreshments, direct parking, and clean-up after the event.

SONGFEST

Songfest is a musical extravaganza starring SBMS students performing popular or original songs. Volunteers are needed to help set-up the stage and sound system and provide refreshments.

WAREHOUSE

Volunteers are needed to run the warehouse to sell trip-related items in the morning or after school.

Do any of these "jobs" look right for you or do you have any questions about these volunteer opportunities?

Please contact Lori Rafferty Wathne, PA President, at lraf@cox.net or 687-2738 with how you'd like to help or for more information.

SANTA BARBARA MIDDLE SCHOOL

BASIC EQUIPMENT LIST

We have many different types of expeditions. Before *each* of our trips, we will send home a specific Equipment List. It will include everything your child will need on that particular trip. *Please pay close attention and pack accordingly, bringing only essential items.*

The information included here is intended to help you secure the basics. Most items are available at *Whit's Warehouse* to help save you the trouble of shopping all over town. *Whit's Warehouse* has sleeping bags, tents, clothing, rain gear, etc.—all researched, especially for SBMS trips. If you have any questions, please feel free to call Whitney Ingersoll at 682-2989 ext. 111 and she will be happy to guide you.

REQUIRED EQUIPMENT for Camping

- **WARM SLEEPING BAG.** A warm and lightweight sleeping bag is essential. We recommend a rating of *O(zer) degrees*. A down bag is lightweight for the warmth it affords, but if it gets wet, it is unable to hold warmth. A fiber-filled bag weighs a little more, but if it gets wet, it will dry quickly and hold warmth. Our advice is to use a fiber-filled bag. It is also less expensive. (Read about the care of sleeping bags at the end of this list.)
- **SLEEPING BAG STUFF SACK (as small as possible).** Most sleeping bags come with a stuff sack.
- **SLEEPING PAD.** This insulates the sleeper from the cold ground.
- **DUFFEL BAG(S).** **1 or 2** (maximum size of 35" x 15" each) One bag can carry all clothing, toiletries, etc. The second bag holds the tent, sleeping bag, sleeping pad and ground cloth. All of the student's belongings must fit into their bag(s). Many students pack everything in one bag! We often check the bag size upon loading, so please stay within limits.
- **RAIN GEAR.** Your child *must* have adequate rain gear. Rain can come at any time. We've been caught in a 3-inch rainstorm in the mountains during a 5-year drought. You must have both pants and jacket.
- **FIRST AID KIT.** When riding, backpacking or day hiking, each student is required to carry a well-stocked first aid kit at all times. We feel it is important not only for emergency use, but also for setting good outdoor habits. *Whit's Warehouse* has well-equipped first aid kits for sale. If you choose to put together your own kit please see the information about required contents at the end of this list.

SUGGESTED EQUIPMENT for Camping

- **TENT.** We suggest a 2 or 3 person tent. No tents larger than a 3 person are allowed. The students often get together and share a tent. Please see more information about TENTS at the end of this list.
- **GROUND CLOTH.** This is put under the tent to keep it clean and dry. The ground cloth should be just a tiny bit **SMALLER** than the floor of the tent. (Hint: pack the ground cloth in it's own stuff sack to keep mud_out of duffels.) The Sierra Design tents that we sell come with a custom fit ground cloth.
- **STUFF SACKS.** Dumping all of one's belongings in a duffel bag tends to create a mess by the second day. Stuff sacks help to keep gear organized. We have many colors and sizes in *Whit's Warehouse*.

REQUIRED EQUIPMENT for Cycling

- **BIKE.** Because most of our bike trips are off-road, a mountain bike with front shocks is essential. (Please, no hybrid or road bikes.)
- **BICYCLE HELMET.** A *fully-vented, standard bike helmet* (not a hybrid BMX/skating helmet) is required. Helmets should be worn snugly on top of the head—not allowed to slip back exposing the forehead. Straps connect just below the ear lobe. Please check adjustment before each trip.
- **BICYCLE GLOVES.** Gloves are important to insulate hands from the cold and road-shock, and to protect the rider's body in the event of a spill.
- **BICYCLE PUMP.** Be sure it matches the valve stems on your tubes (Presta or Schraeder). We suggest reinforcing its attachment with a strip of Velcro around the pump and the frame. Put name on it in polish.
- **FLAT TIRE REPAIR CAPABILITY.** Each student is taught how and is expected to take care of his or her own flat tires. To ensure flat tire repair, carrying the following at all times while riding is required:
 - A fully stocked tube patch kit (patches & glue).
 - 3 tire irons (or a breezer) to remove the tire
 - 2 extra tubes that *fit your tire* and have the same valve stem as your other tubes and your pump (Presta or Schraeder). Pack yet another in your duffel.
 - *Only if you don't have quick releases on your forks:* a small (6 inch) crescent wrench
- **BICYCLE LOCK & CABLE.** Neither need be heavy-duty. They are simply a deterrent to bike thieves. Make sure to get a *cable*, not a chain. *Lightweight* combination locks are the best—no key to lose. You can purchase the kind that can be adjusted to use any number—your address, birth date, etc.
- **HYDRATION SYSTEM.** Because hydration is essential, especially when mountain biking, students need a good way to carry enough water. We require that they either have a *hydration pack* OR *two water bottles* (with water bottle cages mounted on their bikes).
- **BICYCLE MOUNTED REAR RACK PACK .** We strongly recommend using a rear rack pack mounted on the bicycle. This can hold everything needed for a day such as: lunch, a first aid kit, tubes, tube repair kit, rain gear and warm clothes.

SUGGESTED EQUIPMENT for Cycling

- **BICYCLE SEAT POST MOUNTED BAG.** A seat post bag is great for carrying some bike equipment. These bags are small, aerodynamic, and out of the way. We suggest carrying the following in it: 2 spare tubes, tube patch kit, tire irons or breezer, and allen wrenches for bike adjustments.
- **BICYCLE SHORTS.** These are highly recommended. They aren't just to look cool. They have padding in the crotch, which helps to cushion and makes long rides *much more comfortable*. As biking shorts are made to be worn without underwear, we recommend two pairs so one can be washed and drying while the other is being worn.

OTHER GENERAL ITEMS Needed for the Trips

- Warm Sweater (fleece suggested - wool and polypropylene keep warmth in even when wet.)
- Warm Jacket (fiber-fill), able to stuff in a small stuff sack
- Warm Gloves or Mittens (fleece suggested)
- Warm Hat or Cap (fleece suggested)
- Fork and Spoon (name with fingernail polish)
- Plate/Bowl and Cup (name with polish)
- Lightweight Jacket (waterproof and packable shell-type)
- Long Underwear (not cotton) and warm socks
- Flashlight w/extra batteries (Headlamp recommended)
- Swimming Suit and small towel (Pack towel recommended—it dries quickly)
- Sunglasses and Sun Hat

We suggest putting the following in separate stuff sacks: eating utensils, socks and underwear, long underwear, hat and gloves, ground cloth (keeps it from *getting* everything dirty and wet), toiletries, dirty clothes, dirty shoes. If you prefer, freezer zip lock bags are also good. They are not only see-through, but waterproof as well. We suggest a combination of both. (Put name on all stuff sacks.)

Put your student's name on everything. Permanent ink is good for clothing, and finger nail polish is good for things that get wet such as: fork and spoon, plate, cup and bowl, water bottles, and bike pumps.

NOTES on First Aid Kit

Please check and restock your 1st Aid kit before EACH TRIP.

If you choose to put together a kit, please include minimally the following:

- | | |
|---|--|
| * Large and small Band Aids | * Antibiotic Cream (Neosporin type) |
| * Butterfly Band Aids | * Tylenol (or other non-aspirin) |
| * Bee Sting relief swabs | * Hydrocortisone cream for insect bites |
| * 2x2 and/or 4x4 Telfa pads | * Mini Scissors |
| * Tweezers | ** Pencil and paper |
| * Roll of gauze bandage | ** Small flashlight (pen light) |
| * Safety pins | ** Poison Oak Medicine |
| * Adhesive tape | ** Change for phone calls (taped inside) |
| * Antiseptic towelettes | ** Sun screen |
| * Whistle | ** Moleskin (for blisters when hiking) |
| ** Personal identification with parents' names, phone # and insurance information | |
| ** Special personal medication and information for asthma, bee stings etc. | |

*** = included in 1st Aid Kits purchased at *Whit's Warehouse***

**** = Please include on your own.**

NOTES on Sleeping Bags

At home, sleeping bags should always be stored UNSTUFFED. Keep it in a big stuff sack approx. 2 feet x 5 feet, or simply hang it on a hanger. If stored stuffed it will lose its loft and thus its warmth.

Whit's Warehouse carries 0 degree Polar-Guard 3D bags. Down bags can be special ordered.

NOTES on Tents

If you do buy a tent, remember you cannot bring a huge, heavy tent. The tents we take on our bike trips must fit in one of your 2 duffels and will also be carried on backpacking trips. With a 2-3 person tent, the weight can be shared; but still, the lighter, the better.

Be aware that inexpensive tents (\$40.00 - \$150.00) are cheap tents. They tend to leak, do not have substantial rain flies, puncture more easily and (most importantly) have cheap, breakable, poles. Some outdoor stores have tents for rent as an option. *Whit's Warehouse* has 2 & 3-man Sierra Design tents for sale (special prices for SBMS families).

Waterproofing Tents—WHY and HOW:

Whether you purchase a tent or share, it is imperative that it be correctly WATERPROOFED. **The tent must have a rain fly that covers the entire tent.**

Set the tent up at home and make sure all of the seams are sealed. We sell Seam Sealer at SBMS. Spraying a hose on the tent is a good way to check for leaks. When you set up the tent at home check for all poles and tent stakes. The body of the tent is made of breathable nylon so oxygen and carbon dioxide can flow in and out of the tent while occupied. The floor of the tent and the door should be made of a thicker waterproof nylon. The waterproof nylon reaches up the sides of the tent approximately one foot. **The waterproof rain fly covers the breathable nylon entirely, and should stop just short of the ground**, allowing the air to circulate between the body of the tent and the fly. Do not send a rain fly the size of a frisbee—it will not keep the tent dry.

DO NOT waterproof the **body** of the tent, only the **rain fly and the bottom**.

Waterproofing the body of the tent prevents the tent from breathing; also breath then condenses and drips on the occupant all night!

Please don't forget (after a trip) to set up the tent when you get home to dry it out. This prevents mildew from growing all through the tent. At this time check that you have all stakes and poles for the next trip.

Stores we recommend if you cannot find what you need at *Whit's Warehouse*:

Hazard's Cycle Sport 110 Anacapa St. Discount to SBMS students only.

Velo-Pro Cyclery 633 State (by Ortega St.) Discount to SBMS students only.

Bicycle Bob's 15 Hitchcock Way, on Upper State. Discount to SBMS students only.

Open Air Bicycles on Chapala by the fig tree. Discount to SBMS students only.

Santa Barbara Outfitters 1200 State St. Discount to SBMS students only.

The Sports Chalet in Oxnard by the Price Club. The biggest selection.

Real Cheap Sports in Ventura - All seconds, but *good quality at lower prices*.

Patagonia in Ventura (On the \$\$ side - but very good quality.)

TRIP SAFETY AT SBMS

Santa Barbara Middle School's Outdoor Program is fully accredited by the Association for Experiential Education (AEE), the industry standard for outdoor education and experience-based leadership training programs. AEE accredited programs include The National Outdoor Leadership School (NOLS), Outward Bound, and Prescott College.

All SBMS staff members receive annual certification in CPR and First Aid. In addition, on each journey we have staff members who are highly trained and certificated in medicine and emergency response: staff members include a physician, Wilderness First Responders (WFRS) trained through the Wilderness Medical Institute, Emergency Medical Technicians (EMTs) and Wilderness EMTs, lifeguards, and a member of the Los Padres Search and Rescue team.

To cover all types of trips:

- ❖ All faculty and staff are CPR and First Aid Certified. All faculty and staff participate in annual medical training seminars and regular first aid and safety updates.
- ❖ Every faculty/staff member carries a substantial first aid kit with them at all times during a ride or a hike.
- ❖ Each student carries a first aid kit. They are asked to include in the kit:
 - Basic first aid supplies
 - Sunscreen
 - Bee sting kit if they are allergic to bee stings
 - Parents' name, address, phone number, insurance information, change for a phone call
- ❖ Each student rides and hikes with a partner and is always in a team with an adult. Each child is checked into camp upon arrival.
- ❖ All students, adults and drivers have individual maps of the route every day with mile-by-mile notations as well as a visual map. Every morning before a ride or hike, the day's route is reviewed by a trip staff member and each student follows along on his/her own map with adult assistance.
- ❖ Each adult's (teacher or parent) Trip Book includes, among other items:
 - Maps of the entire route and maps to each campground
 - Directions to the nearest hospital from each campground
 - Specific allergies and medications for each child
 - Comprehensive information on various medical conditions that relate to outdoor conditions
 - Accident Assessment Form in case of an accident
- ❖ Before each trip, the trip coordinator drives, bikes, or hikes the entire route. (This is done for every single route, even if we have done the route in the past, to be sure it is still safe.)
- ❖ Every single SBMS trip vehicle is maintained for safety and every single trip vehicle (SBMS or parent) has a copy of each student's medical release form.
- ❖ Each Sag Wagon carries a cellular phone and/or satellite phone. (All teachers and parents carry their own cell phones as well.)
- ❖ SBMS office provides comprehensive medication administration forms. **It is required that the forms are filled out by parents and returned to the office along with any necessary medications before each trip.** Medications are then supervised and/or administered by the lead health and safety faculty member.
- ❖ Each morning before a ride or hike, students are reminded to drink when they are thirsty.
- ❖ On many trips, students eat dinner with a "family" consisting of 1-2 adults and 6-10 students. In the family, each student is quietly watched to be sure they are healthy, eating well, and interacting.

- ❖ If any student needs to visit the restroom in the middle of the night, they are asked to take a partner along for safety in numbers.

Specific to Bicycle Trips:

- ❖ Sag Wagons patrol the biking route the entire day. Each Sag Wagon has extensive first aid, water, bike repair capabilities, Medical Release Forms, and directions to the nearest hospital.
- ❖ A school vehicle puts out “Caution Bikes” signs along the route.
- ❖ Bike routes are chosen that have no vehicular traffic at all (i.e. mountain bike routes or dirt roads). If we ride on streets, we look for routes with bike paths, bike lanes, wide shoulders, and as little traffic as possible.
- ❖ If there is a section of road deemed unsafe, we shuttle the students.
- ❖ All students participate in bicycle training, which includes:
 - Check the new students’ bicycles and helmets, and give an individualized checklist for each student and their bike before riding.
 - Teach safe/defensive riding in a bicycle safety clinic.
 - Each student joins the school for an orientation bike ride.
- ❖ On long riding days when there is little or no water on the route, we station school vehicles along the route with water, fruit, and snacks for renewing strength and hydration.
- ❖ We do not send students out to ride if it is raining hard. If rain proceeds to come down hard after we are all out on the road, we may call off the ride and pick up the students when that is the safest thing to do.

Specific to Backpacking and Trekking Trips:

- ❖ Students are taught how to properly pack a backpack so it isn’t too heavy.
- ❖ Each student hikes with a partner in a team with an adult, AND each team of hikers has a Snout and a Tail. No student goes in front of the Snout or behind the Tail.
- ❖ Each cooking group has adult supervision.
- ❖ Students are taught about poison oak, rattlesnakes, and ticks, and how to avoid them.
- ❖ Each student is supplied with a list of “The 10 Essentials” for safety and required to bring them on every hike.
- ❖ Each student is required to bring a whistle as a part of their First Aid Kit. (A whistle is included in the SBMS First Aid Kit.)
- ❖ Each student goes over the route with an adult before the hike, and each student has his/her own individual map.
- ❖ In addition to the maps, when necessary, the Snout adult will put out trail markers at unclear intersections.
- ❖ Each backpacking group has access to an SBMS or parent vehicle, the keys, a cell phone and/or satellite phone, and Medical Release Forms.

CAREER STUDY WEEK

For Parents of 7th and 8th Graders

Hello! My name is Whitney Ingersoll. I wear many hats here at SBMS. Today I come to you as the SBMS Career Study Week coordinator. I'd like to introduce you to our Career Study Week Program. This is a Work Study Program in which every single 7th and 8th grader works in a real job of their choosing for one week in mid-November. SBMS has had Career Study Week as an important unit since its inception in 1976.

Career Study Week is held during the 7 days before Thanksgiving Break — Thursday, November 19 – Wednesday, November 25. It runs in concert with the Parent/Student/Teacher Conferences. In addition to the job lottery sign-up day, there will be classroom instruction for each student for five class periods before the actual job week begins. The first time I meet with the 7th and 8th grades to begin getting ready for Career Study Week is the week of September 21st.

In the class meetings, we go over everything from polite introductions, proper work attire, personal hygiene and appearance, meaningful conversation and communication at work, how to write a resume, how to write a proper business letter and address a business envelope, and more. Each class helps to prepare them for this extraordinary opportunity found within a week of working at a real job. Please understand that Career Study Week is a required (and very educational and FUN) course for the students. Each student needs to complete his/her 25-30 hours within those seven days. In addition, they will also participate in a student/teacher/parent conference. **Please do not plan on leaving town early for Thanksgiving Break. Your child must complete this important assignment.**

Please remember three important things:

1.) DO NOT call any businesses before your child has signed up for a job at job lottery during lunchtime with Whitney (8th grade on Wednesday, September 30, and 7th grade on Thursday, October 1). It is bothersome to the businesses to get several calls about one job. We have the students sign up at school by lottery on the above dates. THEN AND ONLY THEN do they make the call to a potential employer.

2.) Start helping or encouraging your child now to think of five or six different possible job situations that he/she would like to try. In their Career Study Week Workbooks, which they will get the week of September 21, there will be a multi-page list of jobs that students have worked before. Feel free to think about businesses not listed as well.

3.) Once your child has received his/her Workbook, please go over it with him/her. It is divided into sections. You'll probably need to spend 20 minutes or so of quiet time with the Workbook and your child to absorb the entire program. This Workbook is VERY thorough and self-explanatory. If you go over it once with your child, it will help him/her to be completely ready and have the best possible work experience. *You will see several pages directed to the parents—some will need your signature, so please read carefully. Together we will make this very rewarding*

Thank you,

Whitney Ingersoll

Phone: 682-2989 ext. 111

Email: Whitney@sbms.org

HELPFUL HINTS FOR PARENTS: HOW TO HELP YOUR MIDDLE SCHOOL STUDENT STUDY

1. Provide a pleasant, comfortable location, preferably a desk which is his or her own, and available for study without frequent interruptions or family traffic.
2. Remove all distractions such as television, phone, radio, and music players.
3. Be sure your student has all needed reference and study materials at his or her desk.
4. Provide visual, physical support for your student during his or her study hours, such as a smile, a wave, encouraging words, etc.
5. Allow a break from study every so often. Intervals of 20 to 40 minutes are recommended amounts of time for study at this age. A 5-minute break for physical movement can be beneficial between intervals.
6. Encourage your student to use the public library. The card catalogue is available online and many online resources are available with a library card number. Actually going to the public library is a valuable experience.
7. Ask your child what he or she is studying. Show an interest when possible. Offer to help proofread papers or to quiz for vocabulary or upcoming tests.
8. Remember that nutrition can make a difference. Discourage stimulants such as sugar-laden foods and caffeinated beverages.
9. SBMS has provided each student with an **assignment book**. Please ask to see it from time to time. You may access more information about homework at edline.net
10. Since the fall of 1991, SBMS has engaged a specialist in learning skills, difficulties, and weaknesses. Pam Boswell is on campus daily and is available to interested and concerned **families** and students.

“ABOUT PARTIES”

Dear Parents,

More than ever before, this is a time when our children’s lives are rapidly expanding beyond the bounds of family limits. More and more, they are going to find themselves faced with choices that they will have to make without the presence of a parent to help and guide them. Some of these choices are challenging, difficult, and maybe even scary at a time when many teenagers might not have a clear idea of their own value system, when peer pressure is great, and when the urge to experiment is very strong.

This is a time when communication and trust between you and your children can be of the utmost importance for their well-being, their safety and your own peace of mind; a time when you will know what they hope for, believe, expect, resent, fear, etc.

As teachers, we try to provide our students with yet another channel of communication. We try to be available to them when they need to talk, to be listened to, when they want to discuss important issues or ask for advice. However, we cannot and do not claim to replace parents. Each family has different values, and these are the ones that you and your children need to clarify and, hopefully agree upon.

One situation in which many of our children find themselves in more and more frequently at this age is the “party”. To avoid possible surprises, confrontations or even potentially unsafe circumstances, we would like to suggest thinking about the following things:

1. Do you know where the party is being held? Do you know the family or the student giving the party? Do you have their phone number?
2. Do you know how many people are expected? Do you know most of them? Are they mostly school friends, or, if not, do you know who they are?
3. You might consider calling ahead of time the parents of the student giving the party and finding out:
 - Will there be an adult at all times in the house?
 - Is the party supposed to end at a definite time? What time?
 - If the party is open-ended, are guests invited to spend the night or are they expected to go home?
 - If they are expected to go home, make sure transportation is arranged ahead of time--leaving it to the last minute might be chancy. You might also let your child know that if, for any reason he or she does not feel safe or comfortable driving with someone they may always call you for help. This is important when they reach legal driving age.

4. This last item may be, for many parents, the most difficult issue to deal with and discuss with your children. However, it may also be the most important and relevant. Are you aware that alcohol and/or drugs may be available at any party your children attend, with or without the knowledge and approval of the host family? Ask:

- How do you feel about that?
- How do your children feel about that?
- How does the host family feel about that?

You may want to discuss these issues with your children at home, when the atmosphere is relaxed and open, not when a crisis occurs and a confrontation follows. Find out if there is any agreement you and your children need to come to. What you may consider normal and reasonable can be very different from what their age group considers proper and fun. Do they know where they stand in regard to these issues, or are they going to be pressured by peers into something they are not ready to handle? Do they know how you feel and what your expectations are?

Thank you for reading this. We hope it helps you and your children achieve a better understanding of each other.

The Santa Barbara Middle School
Staff and Faculty

Four Simple Rules at SBMS

1. TAKE CARE OF YOURSELF

- ❖ Attend all classes and be on time.
- ❖ Stay on campus during school hours (8:05 am – 3:10 pm).
- ❖ Stay within school boundaries.
- ❖ Skateboard and bicycle off campus.
- ❖ Do not use or possess drugs, alcohol, or cigarettes on campus or during any school-sponsored event or trip.

2. TAKE CARE OF EACH OTHER

- ❖ Polite, respectful language and behavior is expected.
- ❖ Respect all property of the school and others.

3. TAKE CARE OF THIS PLACE

- ❖ Put trash and recycling in its place.
- ❖ After all meals, clean up after yourself.
- ❖ Chew on knowledge, not gum.
- ❖ All personal electronics are to be turned off and kept in lockers or backpacks between 8:20 am and 3:10 pm.
- ❖ Reduce, reuse, recycle.

4. TREAT THE WORLD AND ALL OF ITS INHABITANTS WITH THE SAME RESPECT & KINDNESS THAT YOU WOULD LIKE TO RECEIVE.