



Keystone  
Science School

# Information Packet For Parents & Students

**Keystone Science School**  
1053 Soda Ridge Rd.  
Keystone, CO 80435

(970)468-2098  
[Support@KeystoneScienceSchool.org](mailto:Support@KeystoneScienceSchool.org)



Since 1976

# Keystone Science School Overview

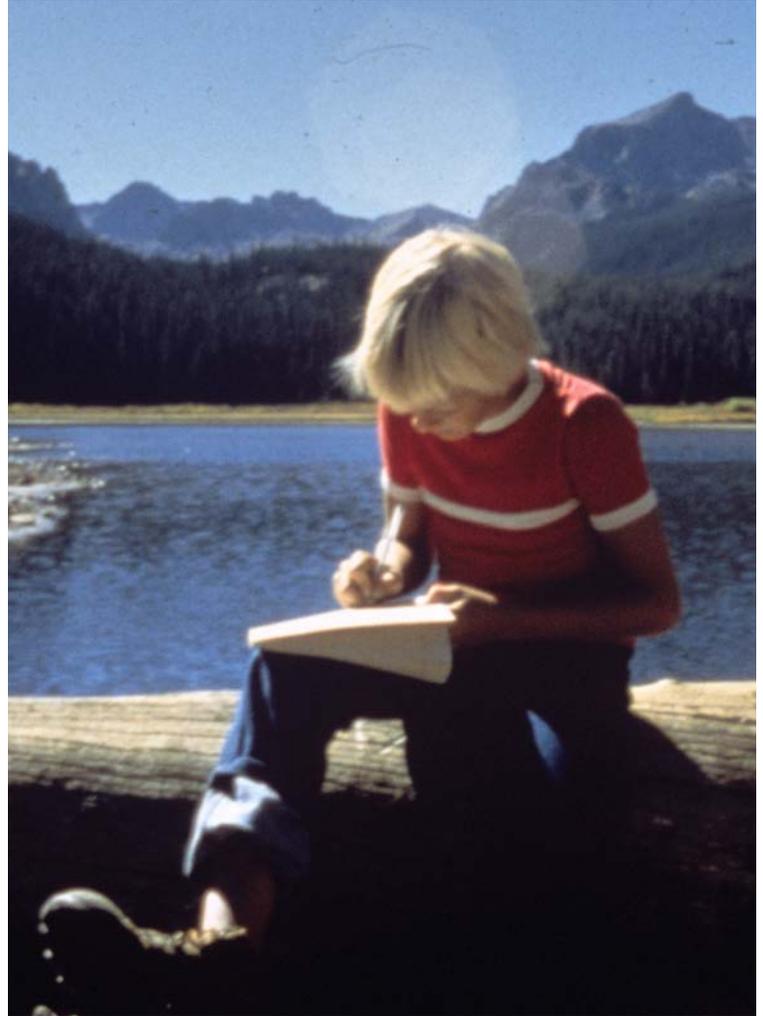
## BACKGROUND

Since 1976, Keystone Science School (KSS) has taught scientific principles and leadership skills to young people, teachers, and community members through engaging hands-on field experiences. KSS was founded on the belief that leaders should approach decision-making with a healthy respect for scientific inquiry, collaboration, and civic engagement. Our programs prepare future leaders to address the complex issues our society faces.

Located at 9,200 feet on the site of Old Keystone Village in Keystone, Colorado, our historic 23-acre campus serves as the ultimate outdoor laboratory and is the home base for our diverse suite of programs. Our facilities include modern log-style dormitories, a central dining hall, an outdoor amphitheater, and a state-of-the-art observatory.

## OUR MISSION

Keystone Science School inspires curiosity and critical thinking through the lens of science to change lives and strengthen communities. We create future leaders who can problem solve and work together in an ever-evolving world and workplace environment.



## Did you know we offer other programs?



### Girls in STEM

**Year-Round, Weekend Programs for Girls, 3rd-12th Grade**

We believe in empowering girls by engaging them in hands-on, real-world activities to show STEM is relevant and fun in an ever-changing world. Female STEM professionals support each program and student by giving them guidance to navigate a male-dominated workforce.



### Summer Programs

**Day Camp, Overnight Camp, and Wilderness Adventures**

KSS Camp programs blend hands-on science with outdoor, experiential education to create the best summer camp experience. Our programs follow a progression that ensures that campers can return each year for a fresh, exciting experience with new things to learn.



### Retreats & Rentals

**Lodging, Meals, Programming, and Meeting Space**

KSS is a great location for your next retreat, meeting, or small conference. Our campus is situated in the heart of the Rocky Mountains with easy access to a variety of outdoor activities within Summit County all within a short distance to I-70 and the Denver Internal Airport.



## Parent/Guardian Overview

We look forward to your student’s visit to Keystone Science School! This information packet provides key details about your student’s experience at Keystone Science School. Your student’s teacher will be an excellent resource for this trip, as we have been in communication with them to plan the curriculum and logistics for their arrival. If questions remain unanswered, we are willing to talk with you directly to alleviate any concerns about sending your student to Keystone Science School.

## INFORMATION PACKET CONTENTS

- Sample Schedule
- Student Conduct
- Medical & Liability Forms
- Food & Dietary Restrictions
- Risk Management  
& Student Communication
- Student Homesickness
- Packing List

## What will your child do with the Keystone Science School?

Each Keystone Science School program is specifically designed to meet the goals provided by your child’s classroom teacher. All programs include elements of team building, leadership, and an environmental science topic.

Throughout the day students will be in small groups of approximately 10 students as they hike, snowshoe, or cross-country ski. In the evening students will be in a large group with all their classmates.

## SAMPLE SCHEDULE

### Day 1

- 12p School arrives, Orientation  
Lunch from home
- 2-5p Field day
- 5-6p Flex time
- 6-7p Dinner time
- 7-7:30p Flex time
- 7:30-8:30p Evening program
- 8:30p Flex time until lights out
- 10:00p Campus-wide quiet hours

### Day 2

- 7a Quiet hours end
- 8-9a Breakfast
- 9-9:30a Flex time
- 9:30a – 5p Field day
- 5-6p Flex time
- 6-7p Dinner time
- 7-7:30p Flex time
- 7:30-8:30p Evening program
- 8:30p Flex time until lights out
- 10:00p Campus-wide quiet hours

### Day 3

- 7a Quiet hours end
- 7:15a Dorm cleaning begins
- 8-9a Breakfast
- 9-9:30a Flex time
- 9:30-11a Field day
- 11:15a Lunch and slide show, School Store
- 12p Departure



## STUDENT CONDUCT

KSS staff, teachers, and adult volunteers from your student's school will work together during the KSS program to communicate with students about behavior expectations and to address inappropriate behavior, as needed. If a student behaves in any way that is considered by KSS staff, teachers, or adult volunteers to be detrimental to the quality and best interest of the program or other students, KSS reserves the right to dismiss that student from the program. If a child is dismissed from the program, parents or guardians of the child will be contacted by the lead teacher from the school and asked to pick up their child and remove them from the KSS program.

## RISK MANAGEMENT & STUDENT COMMUNICATION

All KSS School Program Instructors hold current wilderness medicine certifications and are trained in current risk management practices. In the event of an incident or medical emergency, students are initially treated by KSS Program Instructors. If professional medical attention is required, the Program Instructors will arrange transportation for the student(s) to the nearest medical clinic. KSS administrative staff, your child's classroom teacher, or attending physician will notify parents of the ill or injured student as soon as the situation allows.

We understand that emergencies happen. If a parent needs to contact their child, they may call the Keystone Science School Main Office at (970) 468-2098. If it is after hours you will receive instructions to contact our night time emergency contact.

## STUDENT MEDICAL/LIABILITY FORM

Since 1976, Keystone Science School has provided the highest quality, dynamic outdoor learning experiences for students. We need information from parents to provide the best experience possible for your children. You will receive a link to an electronic medical and liability waiver. Please fill out the Student Medical Form completely. The information you provide will remain confidential and will only be given to those staff members who will be taking care of your child.

**!** Students who have not submitted a completed and signed Student Medical/Liability Form will not be permitted to participate in the field trip with Keystone Science School.

## STUDENT MEDICATIONS

KSS staff are not permitted to administer student medications. Teachers and adult volunteers from the students' school are required to follow their school's policies regarding handling and dispensing student medications. KSS will provide a secure location for medicines. **If your student has food allergies or special medical concerns, please describe these conditions thoroughly on the Student Medical Form.**

# Food, Food Allergies, and Dietary Restrictions

Students will be fed a hot breakfast and dinner each day, served family-style our dining hall. During breakfast, students will prepare sack lunches that they will eat while hiking and adventuring within their small groups. All students should bring a sack lunch for the first day. All other meals are provided.

If your student has special dietary restrictions or accommodations, please include this information on your Student Medical Form. We are very experienced in dealing with food allergies and dietary restrictions. We do not serve any food containing nuts or processed in a nut factory. If you would like to speak with someone at the Keystone Science School about your student's specific needs, please contact us directly. You can call (970) 468-2098 or email [Support@KeystoneScienceSchool.org](mailto:Support@KeystoneScienceSchool.org).

## SAMPLE MENU

### Day 1

#### LUNCH

Bring Your Own Lunch - NO NUTS

#### DINNER

Build Your Own Tacos, Salad Bar

### Day 2

#### BREAKFAST

Eggs, Bacon, and Breakfast Bar -  
Yogurt, Cereal, Fruit, Milk, Juice

#### LUNCH

Brown Bag Lunch - Sandwich, Snack  
and Fruit

#### DINNER

Spaghetti, Salad Bar

### Day 3

#### BREAKFAST

Pancakes, Sausage and Breakfast Bar -  
Yogurt, Cereal, Fruit, Milk, Juice

#### LUNCH

Brown Bag Lunch - Sandwich, Snack  
and Fruit



# Prepare Your Child for Success

## TIPS TO AVOID HOMESICKNESS

Participating in an overnight program can be both exciting and intimidating, especially if this is the first time away from home. We believe that it is very important to support and encourage your student from the time of registration to the time they return home.

You can assist us in providing a positive and rewarding experience for your child by encouraging excitement about discovering and exploring new things in the natural world, meeting new friends, and having lots of stories to tell you upon returning home.



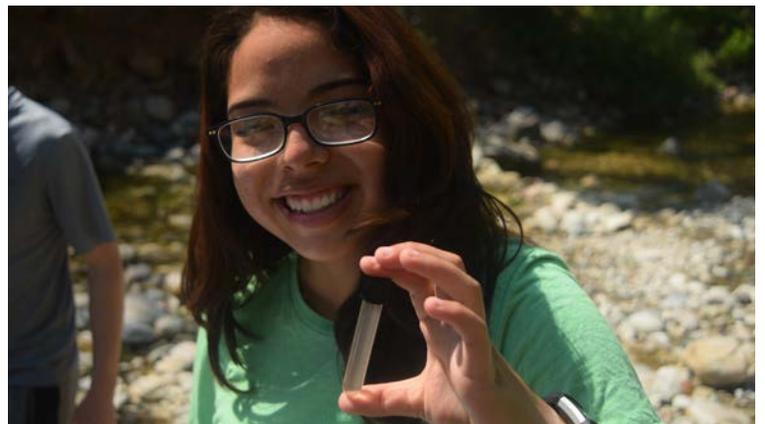
## Quick Tips

1. As you talk about your child leaving home, resist phrases like, "I'll miss you" (try "I'm proud of you" instead). We pride ourselves on deft handling of homesickness, but how you prepare your child leading up to his or her departure can make a big difference in the program experience.
2. Allow your child to be a part of the packing process so that he or she knows exactly how much and what is packed. Please remember to write your child's name on all belongings! Include an extra bag for dirty clothes and discuss (or even practice) living out of a backpack. Talk about how often clothes should be changed, where dirty or wet clothing should go, etc. Please note that laundry facilities are not available while on the trip.
3. When your child returns home, you'll have a great opportunity to continue to recognize the value of this experience by allowing him or her to share accomplishments and stories. Students learn a great deal at KSS and might become a bit overwhelmed as they try to communicate their experiences.



## Topics you can discuss with your child in preparation for the program

- The new friendships he or she might make
- Differences in sleeping away from home
- Nighttime (darkness)
- The importance of cooperation, consideration, community, and challenges
- The importance of respect for one's own things, other's property, and the natural world



## Questions you can ask your child following a program

- What were some of the team's challenges?
- What was something interesting that you did today?
- What was something you learned? Did this make you wonder about any new questions?
- What responsibilities did you have with KSS?
- What activities did you do during flex time?
- What scientific instruments did you use when you were gathering information during your field day?