

SCHOOL 5 30 THIRD STREET, NAPA, CALIFORNIA 94559 PH 707.255.6000 FX 707.255.6006 info@oxbowschool.org www.oxbowschool.org

Dear Students and Families,

By now you have received *The Oxbook*, a student and parent handbook by mail. It is important that both parents and students review the information in the email and the packet.

Please ensure that you have printed, completed, reviewed, signed, dated and submitted all the forms on the checklist by the designated due dates. We prefer you email or mail all the completed forms that are due on the same date together at one time. It is important to return the Course Selection form by the November 16, 2018 deadline. We may reach out to your sending school if we have any questions and will need to do this before the winter break and to plan in advance for Oxbow's Spring semester.

Fo	rm/Item	Due Date
	Course Selection Form (student and parents complete with student's Sending school signature and approval)	November 16, 2018
	Dormitory Questionnaire (student completes)	November 16, 2018
	Media Release Form (parents complete)	November 16, 2018
	Oxbook Expectations Agreement (student and parents complete)	November 16, 2018
	Acknowledgement of Co-Curricular/Release from Liability (parents complete)	November 16, 2018
	Wellness Form (parents complete)	November 16, 2018
	Health and Permission Statement and Medical History (parents complete)	November 16, 2018
	Annual Physical Exam and Immunization Form (physician completes)	November 16, 2018
	Copy of both sides of Student's Medical ID Card and Rx Card	November 16, 2018
	PSAT, SAT, ACT Testing (parents complete)	November 16, 2018
	Permissions/Family Contacts (parents complete)	November 16, 2018
	First Day Travel Form (parents complete)	December 19, 2018
	Balance of Tuition due	December 19, 2018
	Arrive on campus with your First Oxbow Project (student completes)	January 16, 2018

If you have questions or concerns please contact me by email at <u>terry@oxbowschool.org</u>.

Warm regards, Terry Schulken Information Manager



The Oxbow School Dormitory Questionnaire

Student First Name:	
Student Last Name:	
Student Nickname:	
Age:	
*Cell Phone:	
Email:	

*All students are required to have a cell phone while attending Oxbow.

Please answer each question honestly; your answers help us make roommate assignments.

- 1. How neat or messy do you usually keep your bedroom?
- 2. What time do you prefer to go to bed at night?
- 3. What time do you prefer to get up in the morning?
- 4. Are you a light or heavy sleeper?
 - a. Do you talk in your sleep?
 - b. Do you sleep walk?
 - c. Can you sleep with the light on?
 - d. Do you snore?
- 5. Would you be willing to sleep on the top bunk of a bunked bed?

If not, explain why:

- 6. Are you a person with a few close friends or a large group of friends and acquaintances?
- 7. Rate yourself on a scale of 1 to 10 on the following characteristics: For example, if you're more energetic than subdued then circle a number closer to 1 for that row.

Energetic	1	2	3	4	5	6	7	8	9	10	Subdued
Excitable	1	2	3	4	5	6	7	8	9	10	Meditative
Talkative	1	2	3	4	5	6	7	8	9	10	Quiet
Caregiver	1	2	3	4	5	6	7	8	9	10	Need Support
Social	1	2	3	4	5	6	7	8	9	10	Private

First Name: ______ Last Name: _____

- 8. In what City and State do you live?
- 9. How many family members do you currently live with?
- 10. Have you ever lived away from home?

If yes, where did you live and for how long?

- 11. Have you shared a bedroom?
- 12. List any chores you are responsible for at home: (Do you know how to wash your clothes? Clean a toilet? Use a vacuum cleaner?)

- 13. What kinds of music do you listen to?
- 14. Do you like your music quiet or do you enjoy it loud?
- 15. Do you do your homework with your music on, or do you need silence?
- 16. What do you do with your free time?

17. In the space provided, describe your ideal roommate?

18. Is there anything else we should know about you?



The Oxbow School SPRING 2019 FIRST DAY TRAVEL FORM

Oxbow faculty and staff members will be on campus to welcome arriving students on the first day of school on **January 16, 2019 beginning at 10am**. Students should check in at the Main Office located at 440 Third Street, Napa, CA where Oxbow representatives will orient them to the campus.

Students who are flying to California should plan to arrive at either the Oakland (OAK) or San Francisco (SFO) airport. In addition, families must schedule ground transportation service to get their student from the airport to Napa. A variety of options are available and listed in *The Oxbook*, our student and parent handbook. Oxbow recommends the Evans Shuttle Service located in Napa and they can be contacted at www.evanstransportation.com or 707-255-1559. The Evans Shuttles take approximately an hour and a half to two hours from either airport.

When you have finalized your travel plans, please complete this form and submit it via email to reslife@oxbowschool.org, by fax to 707.255.6006 or mail it to The Oxbow School, 440 Third Street, Napa, CA 94559. **The deadline to submit this form is Wednesday, December 19, 2018**.

(*Please print clearly in black ink.*)

Student Name:	Last:	First:
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Arriving Flight - Yes, I will need an Oxbow representative to pick up my child from the Napa Evans Shuttle Terminal. Complete detailed travel information below.				
	Departure Airport:			
Arrival Airport (C	Dakland or San Francisco):			
	Airline Name:			
Flight Number:		Arrival Time (am/pm):		
Evans Shuttle Airport Departure Time (am/pm):				
Evans Shuttle Napa Arrival Time (am/pm):				

No thank you - My son/daughter will arrive to campus with me or through other transportation methods and does not need to be picked up at the Napa Evans Shuttle Terminal.

Parent Signature: _____

Date: _____



The Oxbow School MEDIA RELEASE FORM

The news media (newspaper, radio, television, and internet/web) often visits The Oxbow School to photograph, interview, tape record, videotape, or write stories of general public interest. The School, in its own newsletters, printed matter and/or website also publishes pictures of students or student work related to various school and co-curricular activities. The Oxbow School must have written consent to any such method of record of your child or your child's work being utilized in such a way.

☐ Yes, I give permission for The Oxbow School to release information and pictures of

Enter Student's name:

(my son/daughter) to newspapers, magazines and television media, and for use in The Oxbow School's printed matter and website.

□ No, I do not give permission for The Oxbow School to release information and pictures of

Enter Student's name:

(my son/daughter) to newspapers, magazines and television media, and for use in The Oxbow School's printed matter and website.*

Parent signature:	Date:	

* Though the school keeps these forms on record and strives to abide by student and family wishes, the student must also be aware of photographers and documentation and actively remove themselves or mark their work with a request if an event or work is being documented.



Oxbow expects students to comply with the rules and guidelines outlined in *The Oxbook*, a student and parent handbook and to focus their attention on the exciting opportunities in and out of the classroom. Oxbow knows that, while the students may be non-conformists, there will be creative and intellectual ways that students can question and interrogate their surroundings, instead of engaging in behavior that is destructive to themselves and/or others.

Many of the policies and expectations are established to maintain communication between students, parents, and the School. We encourage and expect students to be proactive in communicating with adults on all levels. When everyone is proactive, it helps prevent confusion and misunderstandings, and provides students with a beneficial learning experience.

Please read *The Oxbook*, a student and parent handbook and review the Major and Minor Rules. After you have read the Major and Minor rules in *The Oxbook*, please sign and date the Expectations Agreement below.

Tuition Refunds

Please note that families shall be issued a partial tuition refund in the event a student withdraws from the program in accordance with the following schedule:

Student withdraws on day one through day seven: 50% of tuition refunded Student withdraws on day eight through day twenty-eight: 25% of tuition refunded. Student withdraws on day twenty-nine and thereafter: 0% of tuition refunded.

Day one is defined as the date students arrive on campus. Refunds are a product of the net tuition amount after the factoring of financial aid. No refunds shall be issued in the event a student is expelled from the program.

I, (please print student name) ________, have read the major and minor rules outlined in *The Oxbook*, student and parent handbook. I agree to abide by the rules outlined in *The Oxbook* as soon as I arrive on campus. I realize that breaking the rules of the program may result in my dismissal from the program and forfeiture of tuition and/or deposits already paid to the school.

Student Signature: _____

_____ Date: ___

.....

I, (please print parent name) _________, have read the major and minor rules outlined in *The Oxbook*, student and parent handbook. I understand that my child must abide by the rules outlined in *The Oxbook* as soon as they arrive on campus. I realize that breaking the rules of the program may result in my child's dismissal from the program and forfeiture of tuition and/or deposits already paid to the school. I have read and understand the tuition refund policy.

Parent Signature:	Date	:
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The Oxbow School ACKNOWLEDGEMENT OF CO-CURRICULAR PROGRAMS AND RELEASE FROM LIABILITY FORM

Risks of the program:

A required part of The Oxbow School semester is participation in the co-curricular programs. Specifically, these include the biking program, team sports, walking, yoga and dance programs, any outdoor hiking trips, as well as other activities. By enrolling your child at Oxbow, you request and agree that he or she will participate in these programs and that you and your child accept the responsibilities and risks that are inherent.

The Biking Program:

An Oxbow School student encounters the risks associated with riding, handling and otherwise being near bikes. Your child will participate in some and perhaps all of the following activities: riding on *off* road, unpaved trails, riding on paved roads in Napa and adjacent counties and daily care of the bicycles.

Bike riding is a rigorous and sometimes dangerous sport. You and your child agree that while participating in the program your child will ride either his or her own bike or bikes provided by Oxbow. Oxbow selects bikes for the program that are suitable for use by student riders in the riding environments that will be presented.

While safeguards will be employed in the biking program, cycling can cause severe injury or death to humans in a number of ways including stumbling, falling from the bike, and collision with other stationary or non-stationary objects. Because a rider is several feet above ground level, falls from a stationary or moving bicycle can cause injury. And while the bikes will be routinely maintained, mechanical failures (such as, but not limited to, flat tires, broken/bent wheels, damaged components or frame, wet brake pads, etc.) can cause or contribute to an accident.

Bike riding accidents can cause serious injury to any part of the human body and, in some cases, death. The wearing of a riding helmet can reduce the severity of some types of head injuries. The school requires riders to wear helmets at <u>all</u> times and under <u>all</u> circumstances when riding a bike. This applies to both cycling activities organized by The Oxbow School and independent rides initiated by the student.

If your child does not own a helmet, Oxbow will provide one for use during co-curricular programs. However, Oxbow cannot assure that the student will wear the helmet when riding unsupervised. It should be noted that California law requires individuals under the age of 18 to wear a helmet when riding a bicycle.

Co-curricular Activities

Because The Oxbow School will use the natural world as its classroom, your child will participate in hiking as well as other outdoor activities. While all of the risks associated with these activities cannot be listed in this document, you need to be aware that some of the activities in which the students participate can be dangerous and may result in physical injury or death.

Students may also participate in team sports, walking, hiking, yoga, and dance classes. Risks include falling, twisting an ankle, person to person and person to object physical contact, and other hazards that we cannot immediately be aware of.

Liability Release:

The Oxbow School requires that you recognize the risks inherent in participating in the co-curricular programs and provide the following release from liability, as a condition to enrolling your child at Oxbow.



The Oxbow School ACKNOWLEDGEMENT OF CO-CURRICULAR PROGRAMS AND RELEASE FROM LIABILITY FORM

In consideration of my child being enrolled at Oxbow and participating in the co-curricular activities, we, the parents, or legal guardians of (name of student)

minor, on behalf of each of us, our child or ward, and our next of kin and personal representatives, hold harmless and release The Oxbow School, its trustees, employees and agents (the Releasees) from all liability due to the negligence of any person. We further agree that except in the event of willful injury inflicted by a Releasee, we shall bring no claims, demands or litigation against any Releasee, for any economic or non-economic loss due to bodily injury, death or property damage sustained by either curricular activities listed above. This release includes, but is not limited to, any loss arising from or connected with riding, handling, or otherwise being near bicycles, participating in the biking program, yoga, gymnasium, team sports, dance programs, any outdoor hiking trips, as well as other Oxbow organized outdoor activities. We also indemnify and hold harmless the Releasee from any liability or loss they may incur because of any lack of capacity or defect in capacity of either of us to act on behalf of our minor child or ward in executing this agreement.

We, the undersigned have read and understand the foregoing agreement, release and assumption of risk. We understand that we are giving up certain legal rights, including the right to recover damages in case of injury, death or property damage, for ourselves and for our child or ward. We also agree that this agreement is governed by the laws of the State of California.

Signature of parent or guardian #1

Signature of parent or guardian #2

Date

Date

, a



Dear Parents,

Thank you in advance for your time in completing all of Oxbow's Health forms. These include: Health Form and Permission Statement which provides Oxbow with consent to medically treat your child; Medical History and Wellness Information Forms, to be completed by you; and Annual Physical Exam and Student Immunization Forms, both should be printed and submitted to your physician to complete (we will only accept this information on Oxbow's forms).

We cannot guarantee medical coverage for your child at our local hospital's Emergency Room without signed authorization from you. Therefore, we must have the completed and signed Health Forms before your child may reside at Oxbow or participate in our programs.

Copies of all students Health Forms are kept on file at the School and with an adult during off-campus events in case of emergency. It is vital to your child's welfare that the phone numbers, addresses and insurance information are correct so that this information is available if there is an emergency.

Make sure you arrange for a physical exam as soon as possible, **your physician must complete Oxbow's Annual Physical Exam and Student Immunization Forms** (two pages) including signature, address and phone number. Students must have all medical forms submitted to the school, including the immunizations form.

Please pay particular attention when filling out the following:

- **California law requires children to be immunized.** California doesn't accept personal or religious waivers for immunizations. Children are exempt from immunization requirements only if a parent or guardian submits a written statement **from a licensed physician (M.D. or D.O.)** which states:
 - That the physical condition or medical circumstances of the child are such that the required immunization(s) is not indicated
 - Which vaccines are being exempted
 - Whether the medical exemption is permanent of temporary
 - The expiration date, if the exemption is temporary
- Arrange through your insurance provider for a local Napa physician to treat your child and include this information on the Health and Permission form.
- The "Authorization and Consent to Treatment of a Minor" (located at the bottom of the Health Form and Permission Statement) must be signed and dated. Please fill the requested insurance information in completely. Attach a copy of both sides of the student's Medical Insurance ID Card and both sides of their Prescription Card if separate. Notify our office should your insurance change. Students must have health insurance to participate in our program. For those families who do not have health insurance, information about short-term insurance plans may be found at www.ehealthinsurance.com.
- Answer <u>all</u> sections of the Medical History and Wellness Information Forms, and include the required supplemental forms if required. Especially information regarding asthma, allergies, surgeries, injuries, etc. Failure to disclose health and therapy/counseling information may result in your child's expulsion.
- All prescription medications, without exception, must be listed on the Health Forms. Students are responsible for storing and administering their own medications. Parents should provide their student with a lockbox to store their medications in their dorm room.
- Food allergies must be documented by your physician or allergist, and must include a completed Food Allergy & Anaphylaxis Emergency Care Plan (FARE) form.

Please note that all medical information is kept confidential. Should you have any questions, contact me by phone at 707-255-6000 or email at <u>terry@oxbowschool.org</u>. Thank you for your assistance in providing this information. I look forward to meeting your child upon their arrival.

Sincerely, Terry Schulken Information Manager



The Oxbow School HEALTH FORM and PERMISSION STATEMENT (To be completed by a parent/guardian)

This health form constitutes a permission statement as well as an information record. It must be signed by the student's parent/guardian and received by The Oxbow School before the student may begin classes. The information below is <u>confidential</u> and will not be released without the consent of the student.

Student Name:		
Last Birth date:	First Social Security Number:	Middle
Parent: Name:	Name:	
Address:	Address:	
City, State, Zip:	City, State, Zip:	
Home Phone:	Home Phone:	
Cell Phone:	Cell Phone:	
Occupation:	Occupation:	
Email:	Email:	
Person to contact when parents/guardi	an cannot be reached:	
Name:	Name:	
Address:	Address:	
City, State, Zip:	City, State, Zip:	
Home Phone:	Home Phone:	
Cell Phone:	Cell Phone:	
Email:	Email:	
Relationship:	Relationship:	
Health Insurance Carrier: PLEASE ATTA Insurance Company Name:	CH ONE COPY OF THE HEALTH INSURANCE CA Insured Person's Name:	ARD
Address:	Certificate Number (Usually SS#):	
	Group Number:	
Name of LOCAL Napa Physician*:	Local Physician Address*:	
Local Physician Phone*:		
	ida tha nina San Francisco Bay Araa countias must	have a temperativ

*Students attending Oxbow that reside outside the nine San Francisco Bay Area counties must have a temporary physician located within the <u>Napa city limits</u> while attending Oxbow. Consult with your insurance carrier to find a local physician within your network.

Authorization to Consent to Treatment of a Minor:

I (We), the undersigned, parents of _______, a minor, do hereby authorize the Director and Dean of School of The Oxbow School, Napa, California, as agents of the undersigned to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by and is to be rendered under the general or special supervision of any physician or surgeon licensed under the provisions of the California Medical Practice Act, whether such diagnosis or treatment is rendered at the office of said physician or at a hospital. This authorization also applies to dental care under a duly licensed dentist.

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 on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable; and neither said agent or any organization involved, including without limitation, The Oxbow School, assumes any financial responsibility for exercising this action. This authorization is given pursuant to the provisions of Section 25.8 of the Civil Code of California and shall remain effective until revoked in writing and delivered to said agent(s).

_____ Date: _____ Signature of parent(s) or person having legal custody or legal guardian of the student named above



Oxbow Medical History and Wellness Information Forms

Medical History and Wellness review at The Oxbow School

The Oxbow School collects and reviews the student's medical information in order to provide more successful experiences. Information provided here does not necessarily exclude participation. Oxbow needs accurate information to assist in understanding any medical or health concerns or issues, and to aid in its effort to manage the risks faced by our students. Oxbow is an equal opportunity organization that strives to accommodate most medical conditions. Please review this form, the Oxbow Acknowledgement of Co-Curricular Programs and Release from Liability form and specific information regarding the program details, activities, and associated risks and your responsibilities. You may contact us if you or your physician have any questions about your (or your participating child's) ability to participate. Oxbow treats all personal medical information with some degree of confidentiality. Enrolled student medical information is shared with the faculty, residential life staff who oversee the students on campus and in the field, and with health care providers. In addition to Oxbow's review and consideration of the student's medical information, all students must have a physical completed within 12 months of the start date of their Oxbow semester.

About Who Should Attend The Oxbow School

Oxbow semester programs are for motivated, energetic, and fundamentally healthy students. Oxbow does not provide programs for students to resolve or work on behavioral, emotional, or psychological problems. For example, Oxbow cannot provide appropriate support for students attempting to quit tobacco use, drug use, or alcohol use, or to recover from substance abuse problems. **Please note that even if a student is accepted to the Oxbow program, the student and parent/s, in conjunction with their physician, should consider whether Oxbow is an appropriate match for the student.**

Instructions for Completing Medical Forms

One or both of a student's parents or guardians (collectively referred to in this form as "parent/s") must complete Oxbow's Medical Forms. In the event that the student is 18 years of age or older, they may complete these forms themselves. Parent/s are encouraged to complete these forms with the student.

Note: In certain cases, Oxbow may require the student to obtain an additional physical or consultation from their doctor before participating in the program, and provide Oxbow with appropriate documentation. Oxbow staff will review medical forms and contact the adult student or parent/s when questions arise.

Tips for optimizing and streamlining the medical review process

Be Honest: Oxbow *wants* students to participate and we strive to accommodate most medical conditions. It is in everyone's best interest to disclose medical information in advance so that Oxbow obtains accurate information and understands the student's medical or health issues.

Be Thorough: Fill out the medical forms completely. Incomplete or blank answers will require Oxbow to contact you and may delay the enrollment process.



How to submit Completed Forms:

Fax to: 707.255.6006, Attn: Terry Schulken, Information Manager

Scan and email to: Terry Schulken, Information Manager, terry@oxbowschool.org

Mail to:

Attn: Terry Schulken The Oxbow School 440 Third Street Napa, CA 94559

Contact for questions: Terry Schulken by email at <u>terry@oxbowschool.org</u> or call the Main office at 707.255.6000.

THANK YOU! We are aware that careful and comprehensive completion of these forms is time consuming and we appreciate your efforts. Please do not hesitate to contact us with any questions or concerns.



The Oxbow School Medical History and Wellness Information Form (*To be completed by a parent/guardian*)

First		Middle	Last		
Date of Birth:	Age:	Gender:			
General Health Questions: Please read the ite I/A – not applicable) regarding any past or ondition/problem/illness/area listed. Include	current	medical issues or concerns r	egarding the	, No	or
Please select Yes or No to each item in this column:		Please select Yes, No or N/A for t		No	N//
ALLERGY and/or DIETARY RESTRICTIONS		Addiction, an/or regular use of alcol			
Yes No			Ũ		
Bee/insect stings, shellfish, iodine, nuts, dairy, other foo		Altitude: Acute Mountain Sickness (AMS)		
pollen, medications, and any other known allergies. Med dietary restrictions. If you answered "Yes" you must com		High Altitude Cerebral Edema (H			
the ALLERGY/DIETARY RESTRICTIONS form.	ipiete	High Altitude Pulmonary Edema	(HAPE) *CALL		
		Asperger's, Autism or PDD			
		Bleeding, Blood Disorders, Tubercu	losis, Hepatitis		
MEDICATIONS		Cancer			
Yes No Prescription medications, over-the counter medication dietary supplements, herbal remedies, and any other		Cardiovascular (hear and vessels) / Problems, including high blood pres			
dietary supplements, herbal remedies, and any other medications. If "Yes" you must complete the MEDICATI	ONS	Circulatory Problems			
form.		Cold Injuries			
		Dental Problems/Issues			
ATTENTION DEFICIT (HYPERACTIVITY) DISORDER		Diabetes *CALL			
Yes No Attentio Deficit Disorder, Attention Deficit Hyperactivity Disorde	ion der, and	Ear, Eye, Nose & Throat Infections/	Issues/Problems		
other related issues or learning disorders. If "Yes" you n complete the ADD/ADHD form.	nust	Eating Disorder (anorexia, bulimia,	etc.)		
		Epilepsy or Other Seizure Disorders	s *CALL		
		Fainting or Dizziness, chronic *CAL	L		
		Gastrointestinal Tract, Ulcers			
MENTAL HEALTH ISSUES/ILLNESS		Head Injuries, Concussions, Heada	ches		
Yes No		Heat Injuries/Illness			
Anxiety disorders, depression, past history of suicide att or ideation, past addiction to alcohol or drugs, self-abuse		Hormonal and/or Thyroid Dysfunction	on *CALL		
any other mental health issues. If "Yes" you must compl		Hypertension			
the MENTAL HEALTH form.		Kidney or Liver Disease or Issues			
		Menstrual Cramps			
ORTHOPEDIC INJURIES		Neurological Disorders			
Yes No Shoulder, arm, elbow, hand, neck, back, hips, leg, knee		Pregnancy, current *CALL			
ankle, foot, recurrent strains of particular muscles, recur		Reproductive Tract			
sprains of particular joints, hernia, other musculoskeleta		Respiratory Tract, including Asthma	1		
issues, and other athletic or orthopedic injuries. If "Yes" must complete the ORTHOPEDIC form.	you	Skin Problems/Issues			
		Sleepwalking			
		Sudden death under age 50 of fami	ly member *CALL		
		Syncope with exertion (fainting duri	ng exercise) *CALL		
		Tobacco regular use and/or addiction	on *CALL		\mathbf{T}
		Urinary Tract			\vdash
Any "Yes" answers in this column require additio		Vision or hearing issues or impairm	ent		1
information on the corresponding form that should b attached to this form for submission. Complete and accurate information is crucial to our ability to	nd	Other, including hospitalization in la	st 5 years (explain):		1

For each "YES" item from the right hand column above, please attach a separate sheet fully explaining the history, current status, and note the treating physician's name and phone number.



Attached are a series of additional forms that you may or may not need:

Form Name & Who should Complete this form

ALLERGY and/or DIETARY RESTRICTIONS form: Any student with any known allergies of any type must complete this form. Additionally, this form must be completed by any students with any medical dietary restrictions and must include a Food Allergy and Anaphylaxis Emergency Plan (FARE) completed and signed by your physician.

MEDICATIONS form: Any student who will be taking any medications while attending Oxbow must complete this form for each medication. This includes prescriptions, over-the-counter medications, daily supplements, herbal remedies, and any other medications the student will be bringing to Oxbow. Photocopy this form as needed for additional medications.

ADD/ADHD or Learning Disorder form: Any student with past or current history of Attention Deficit Disorder (ADD) and/or Attention Deficit and Hyperactivity Disorder (ADHD) or a learning disorder (LD) must complete this form.

MENTAL HEALTH form: Any student with a past or current history of mental illness issues must complete this form.

ORTHOPEDIC form: Any student with a non-resolved and/or ongoing orthopedic injury of any type should complete this form. Additionally, any student with a history of serious orthopedic injury should complete this form.

In addition, please note that all students must have a physical completed within 12 months of the start of their Oxbow semester. You must use the form provided by Oxbow.



Student Full Name:			
	First	Middle	Last

Date: _____

On the Medical History and Wellness Information form you listed that the Oxbow student has allergies (i.e. bee/insect stings, shellfish, iodine, nuts, dairy, other foods, pollen, medications, and any other known allergies) and/or dietary restrictions. When we have the proper information, we can accommodate many allergies. Please complete the questionnaire below and return it to Oxbow. Responding as soon as possible, and as thoroughly as possible will help us!

Allergy/Allergen:
When diagnosed with this allergy:
How diagnosed with this allergen:
Symptoms during an allergic reaction (what happens?):
During a reaction: face swelling and/or difficulty breathing (anaphylactic reaction)?
Does the student take any medication for this allergy? Yes No (If yes, be sure to complete the medications information form.)
Has the student ever been hospitalized for this particular allergy? Yes No (If yes, explain in detail on separate sheets as necessary.)
Is the student on an allergy desensitization program? 🗆 Yes 🗖 No (If yes, will this require treatment while at Oxbow? Please explain in detail.)
Does the student have and carry epinephrine for this allergy? Yes No (If yes, the student must bring two delivery devices to Oxbow.)
Additional Information:
Has the student ever been hospitalized for this particular allergy? Image: Construction of the student on an allergy desensitization program? Image: Construction of the student on an allergy desensitization program? Image: Construction of the student on an allergy desensitization program? Image: Construction of the student on an allergy desensitization program? Image: Construction of the student on an allergy desensitization program? Image: Construction of the student on an allergy desensitization of the student on an allergy? Image: Construction of the student on an allergy desensitization of the student on an allergy? Image: Construction of the student on an allergy desensitization of the student on an allergy? Image: Construction of the student on an allergy desensitization of the student on an allergy? Image: Construction of the student on allergy desensitization of the student on allergy? Image: Construction of the student on allergy desensitization of the student on allergy? Image: Construction of the student on allergy desensitization of the student on allergy desensitizatis and the student on allergy desensitization of the student on all

Allergy/Allergen:
When diagnosed with this allergy:
How diagnosed with this allergen:
Symptoms during an allergic reaction (what happens?):
During a reaction: face swelling and/or difficulty breathing (anaphylactic reaction)?
Does the student take any medication for this allergy? Yes No (If yes, be sure to complete the medications information form.)
Has the student ever been hospitalized for this particular allergy? 🗆 Yes 🗖 No (If yes, explain in detail on separate sheets as necessary.)
Is the student on an allergy desensitization program?
Does the student have and carry epinephrine for this allergy? Yes No (If yes, the student must bring two delivery devices to Oxbow.)
Additional Information:

DIETARY RESTRICTIONS:

To assist us in planning expeditions and on-campus meals, please describe any medical restrictions. (Have your physician or allergist complete the Food Allergy & Anaphylaxis Emergency Care Plan form (FARE).



Student Full Name:			
	First	Middle	Last
Date:			

As a way to better serve the needs of all Oxbow students, we ask, that in consultation with your family physician, you please complete the following questionnaire regarding the student's medications (taken for current, chronic or episodic conditions) and return it to us. This questionnaire will be kept on file with the student's medical information and be used as a resource for the Oxbow faculty and staff. If the student is taking more than one medication, please complete a separate form for each medication (copy this form as necessary). Please complete the following information (a complete sheet) for EACH medication the student will be bringing to Oxbow including prescriptions, over-the-counter medications, dietary supplements, herbal remedies, etc.

Medication Brand Name:
Medication Generic/Chemical Name:
Reason for taking this medication:
Start Date using this medication: End Date (if known):
Regular Dose:
Frequency and Time of Dose(s):
Triggers (signs and symptoms) for dosing, if applicable (e.g. onset of shortness of breath):
This medication should be taken:
Common side effects:
Uncommon side effects:
Harmful interactions (i.e. 'doesn't work with ibuprofen'):
Indications or contraindications for use regarding: intensive sun exposure, altitude (5-14,000 ft.), rigorous exercise, cold exposure, heat exposure?
Missed dose procedure: Skip dose Take immediately Double dose at next scheduled time Call physician
□ Other:
Symptoms if the student misses a dose?
Prescribing Physician's Name: Phone number:
Will the student come to Oxbow with sufficient supplies for the duration of their program? Yes No If no, please elaborate on the plan to refill
the prescription:
Are there any medications that the student is currently taking that they will not be taking during the Oxbow program? If so, please describe, noting the reason for the medication termination.
Additional information:



Student Full Nan	1e: First	Middle	Last
Date:	FIISt	Middle	Last
Does the student have:	Attention Deficit Disorder (ADD)	Attention Deficit Hyperactivity Disorder (AD	0HD) □Both
When was the ADD and/or	ADHD diagnosed:		
What behaviors led to the	diagnosis:		
	alagnosis.		
During the last two years, I	has the student taken any medications	for ADD/ADHD?	
Is the student taking any m	edications for ADD/ADHD?	es	edications information form)
is the student taking any n			
What happens if the stude	nt misses a dose?		
Inder the current treatmer	nt, how does the student's ADD/ADHD	manifest itself?	
Does the ADD/ADHD inter	fere with school or work? If so, how?		
What, if any, are the presc	ribed accommodations for academic s	chool work? Homework? Testing? Please attach	additional sheets if necessary.
Treating Counselor/Therap	ist/Physician's Name		
	-		
Treating Counselor/Therap	ist/Physician's Phone:		
Additional Information: (ple	ase attached additional sheets if nece	essary)	



Student Full Name: _			
	First	Middle	Last
Date:			

On the Medical History and Wellness Information form you noted past or present mental health issues. We ask a series of questions of any student who has a history of mental health issues because we can accommodate many issues when we have the proper information. Please complete the questionnaire below and return it to Oxbow. Responding as soon as possible and as thoroughly as possible will help us!

Does the Oxbow student have: Depression Anxiety Disorder Addiction Suicide Attempt or Suicidal Ideation Cutting or other Self Abuse Other (explain):
When did symptoms first occur:
When was the above diagnosed:
What were the symptoms and/or behaviors:
Has the student seen a counselor or therapist in the last two years?
Is the student currently seeing a counselor or therapist?
Counselor/Therapist Name: Phone Number:
Under current treatment, how does the student's mental health issue manifest itself?
Does the mental health issue interfere with school and/or social interactions? If so, how?
Has the student ever had suicidal ideations or attempted suicide? Yes No (If yes, when?)
During the last two years, has the student taken any medications for mental health issues? Yes No Is the student currently taking any medications for mental health issues? Yes No (If yes, please complete the medications information form.)
For stress related issues and/or mental health issues exacerbated by stress:
Making new friends and learning to function in a group can be stressful. With that in mind: What triggers stress for the student?
What can we do at Oxbow to help minimize stressful situations which may arise during the program?
Has the student ever been hospitalized for psychiatric illness? (If yes, please explain when, for how long, and why. Be specific.)
Additional Information:



Student Full Name:

	First	Middle	Last
Date:			

On the Medical History and Wellness Information form you listed a history of orthopedic and/or athletic type injuries. We ask a series of questions of any student who has a past injury because we can accommodate many injuries when we have the proper information. Please complete the questionnaire below and return it to Oxbow. Responding as soon as possible and as thoroughly as possible will help us!

Injury: When:
How was the injury treated?
Did the student have physical therapy? Yes No (If yes, for how long and when?) Yes Vertical therapy?
Does the student still have pain as a result of this injury? Yes No (If yes, what causes the pain and for how long?)
Does the student still have loss of function or disability as a result of this injury? Yes No (If yes, describe the disability, be specific.)
Which description best describes the student's current condition? No longer a concern Stable Improving Worsening
Since this injury, has the student played sports, carried a backpack, run or hiked for regular intervals? Be specific.
Is the student currently taking any medications for the above injury? Yes No (If yes, please complete the medications information form.)
Do you anticipate the student being limited in their ability to participate in physically demanding activities? Yes No (If yes, for what activities, and for how long?)
If the injury occurred recently (within the last 6 months) or is persistent, please have the treating physician acknowledge that participation in an Oxbow program will not cause further damage or harm – have them review the activities on page 20 of The Oxbook, our student and parent handbook, and note this on the Annual Physical Exam form.
Injury: When:
How was the injury treated?
Did the student have physical therapy? Yes No (If yes, for how long and when?)
Does the student still have pain as a result of this injury? Yes No (If yes, what causes the pain and for how long?)
Does the student still have loss of function or disability as a result of this injury?
Which description best describes the student's current condition? No longer a concern Stable Improving Worsening
Since this injury, has the student played sports, carried a backpack, run or hiked for regular intervals? Be specific.
Is the student currently taking any medications for the above injury? 🛛 Yes 🗖 No (If yes, please complete the medications information form.)
Do you anticipate the student being limited in their ability to participate in a physically demanding program? Yes No (If yes, for what activities, and for how long?)

If the injury occurred recently (within the last 6 months) or is persistent, please have the treating physician acknowledge that participation in an Oxbow program will not cause further damage or harm – have them review the activities on page () of The Oxbook, our student and parent handbook, and note this on the Annual Physical Exam form.



Student Full Name:			
	First	Middle	Last
Date:			
	· · · · · · · · · · · · · · · · · · ·		
Testing and/or Learning Di			
Do you have an individualized educa detail and attach related documenta	,	ed learning difference?	es Do If "yes", please explain in
Are you allowed extra time for the S	AT or AP exams by the Colle	ge Board? 🗖 Yes 🗖 No)
Are you allowed extra time for the A	CT? 🗖 Yes 🗖 No		
Are you allowed extra time at your s	ending school for tests?	🗆 Yes 🗖 No	
			. Your parents and/or your school should
have the necessary paperwork. Fe personal SSD Code. Please send			e College Board or ACT that includes our
personal GOD Gode. I lease send	copies directly to refry oci		jer at terry goxbowschool.org.
Have you sent any test taking docur	nentation to Oxbow?		
□ Yes □ No, I will email it by_	🗆 NA –	not applicable	



The Oxbow School ANNUAL PHYSICAL EXAM

This form must be printed and submitted to your student's physician to complete. Parents are not permitted to add additional information or to modify the physician's statement.

To the examining physician: We require that you complete our Annual Physical Exam form. We will not accept your office form. Please review the student's history and complete this physician's form. We require certification before the semester to ensure a student is physically fit and able to participate in the Athletic and Bikes Programs. This information is strictly for the use of the Administration Office and will not be released without student consent.

Student Name:								Birthdate:
	La					First		MI
Sex (circle one):	Μ	F	Age:			Height:		Weight:
Are there abnorm	alitie	es of	the fol	lowing	systems?	Describe	fully.	. Use additional sheets if needed.
Problems with:			Yes	No	If yes, p	lease expl	ain	
Head, ears nose, the	roat							
Respiratory								
Allergies								
Cardiovascular								
Hernia								
Eyes								
Genitourinary								
Musculoskeletal								
Metabolic/Endocrine	9							
Neuropsychiatric								
Skin								
Any other condition								
Please describe au Ankle								Treatment
Knee								Treatment
Shoulder								
Head								Treatment
Other Injury								
Any restrictions?								
-								Rate:
Current Medicatio								
				_				
Dog Allergies and	вее	Stin	g Aller	gies: ∟	res 🗆	NO ITYES	, inciu	ude a treatment plan:
Food Allergies: 🗖	Vac		No					
-				luda a	Food Allo	raios Tros	+	nt Plan form (FARE).
					FOOU Alle	igles fied	unen	iit Plaii Ioriii (FARE):
Asthma Treatmen								
Include current r								
Include activity l								
A TB Mantoux Tes	t is r	equi	ired by	the Sta	te of Cali	fornia unl	ess ye	you have determined the student is not at
<u>risk for TB:</u>								
	Test	Date			Pos			Neg
	b) B(CG Va	accine Da	te				
						_	ults:	
		lot a	t risk fo	r TB				
Examining Physic	ian:							
Signature:								



The Oxbow School STUDENT IMMUNIZATION FORM

To be completed by a physician

	First		Middle
ceived below. I	f immunization		e as required
1	2	3	4
1	2	3	4
1	2		
1	2		
1	2		
1	2		
1	2	3	
1			
1	2		
1	2	3	4
	ceived below. If 1	ED IMMUNIZATIONS*: ceived below. If immunization record 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2	ED IMMUNIZATIONS*: ceived below. If immunizations are complete tach their immunization record. 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3

Instructions to parents:

- 1) Present this form to your physician along with your Health Form and Permission Statement when getting the physical exam. Your physician must review the requirements and update immunizations as needed, complete and sign this two-page form.
- 2) If your child received a physical exam in past twelve months and prior to the first day of classes (August 22, 2018 for Fall 2018 and January 16, 2019 for Spring 2019) and immunizations are current no exam is needed just submit this two-page form to your physician to complete and sign.
- 3) California doesn't accept personal or religious waivers for immunizations You'll find information on California's immunization requirements and law at http://www.shotsforschool.org/.
- 4) Medical Exemption California law requires children to be immunized. Children are exempt from immunization requirements only if a parent or quardian submits a written statement from a licensed physician (M.D. or D.O.) which states:
 - That the physical condition or medical circumstances of the child are such that the required immunization(s) is not indicated
 - Which vaccines are being exempted
 - Whether the medical exemption is permanent or temporary
 - The expiration date, if the exemption is temporary 0

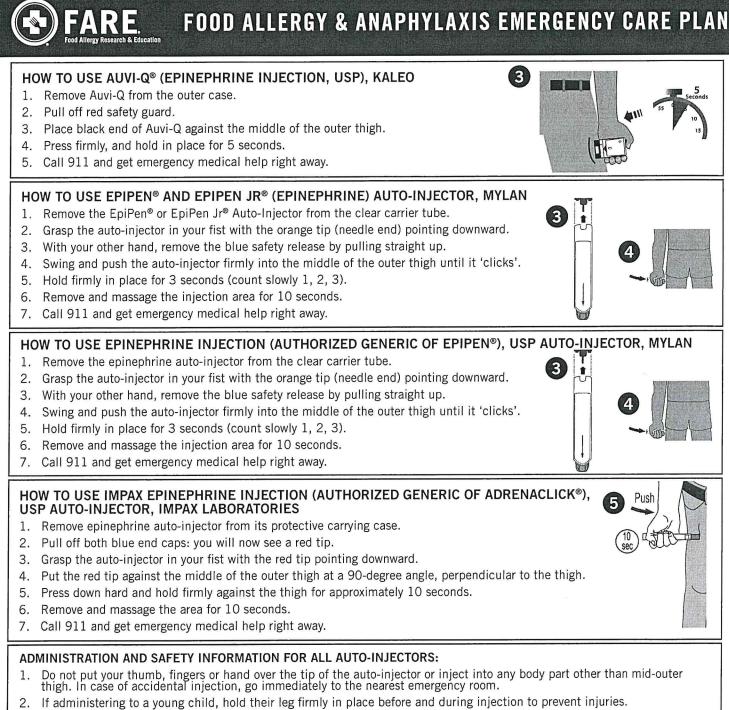
Examining Physician (please print):		
Address:		
Signature:	Date:	
4.1.2018		Page 2 of 2

FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

Name: D.O.B.: Allergy to:	PLACE PICTURE HERE					
NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHR	INE.					
Extremely reactive to the following allergens: THEREFORE: If checked, give epinephrine immediately if the allergen was LIKELY eaten, for ANY symptoms. If checked, give epinephrine immediately if the allergen was DEFINITELY eaten, even if no symptoms are apparent.						
FOR ANY OF THE FOLLOWING: SEVERE SYMPTOMS	MS					
 Image: A constraint of the product of	nausea or discomfort E THAN ONE HRINE. GLE SYSTEM S BELOW: ered by a cy contacts.					
2. Call 911. Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.						
 Consider giving additional medications following epinephrine: Antihistamine Inhaler (bronchodilator) if wheezing Lay the person flat, raise legs and keep warm. If breathing is Antihistamine Brand or Generic:						
 difficult or they are vomiting, let them sit up or lie on their side. If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose. Other (e.g., inhaler-bronchodilator if wheezing): 						
 Alert emergency contacts. Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return. 						

PATIENT OR PARENT/GUARDIAN AUTHORIZATION SIGNATURE FORM PROVIDED COURTESY OF FOOD ALLERGY RESEARCH & EDUCATION (FARE) (FOODALLERGY.ORG) 4/2017

PHYSICIAN/HCP AUTHORIZATION SIGNATURE



- 3. Epinephrine can be injected through clothing if needed.
- 4. Call 911 immediately after injection.

OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

EMERGENCY CONTACTS — CALL 911	OTHER EMERGENCY CONTACTS
RESCUE SQUAD:	NAME/RELATIONSHIP:
DOCTOR: PHONE:	PHONE:
PARENT/GUARDIAN: PHONE:	NAME/RELATIONSHIP:
	PHONE:

FORM PROVIDED COURTESY OF FOOD ALLERGY RESEARCH & EDUCATION (FARE) (FOODALLERGY.ORG) 4/2017

Submit a copy of both sides of your student's Medical ID Card (including their Prescription Card if separate)

STUDENTS ARE REQUIRED HAVE MEDICAL INSURANCE TO ATTEND OXBOW

Students attending Oxbow that live out-of-state or outside the nine San Francisco Bay Area counties must also have a local physician within the Napa city limits. Please consult with your insurance provider to find a local Napa physician within your network.



The Oxbow School SPRING 2019 ACT, SAT and AP Tests

Students will need to know their sending school's <u>CEEB code number</u> in order to register for **these exams**. This is required, as test scores will be sent directly to the sending school. Oxbow does NOT have a CEEB code and, therefore, cannot accept scores.

ACT/SAT: Students who wish to take the ACT or SAT during the semester must register for those tests directly through the ACT or SAT website. Families are urged to register early as the testing facilities fill quickly due to popular demand and limited seats available at the test site.

- Register for the SAT and SAT Subject tests at <u>www.collegeboard.org</u>; the SAT test site in Napa is Napa High School.
- •Register for the ACT test at <u>www.actstudent.org</u>; the ACT test site in Napa is Vintage High School.

If a student requires approved accommodations for either the ACT or SAT, a formal Eligibility Letter must be provided by you as part of the on-line registration process. (Prior to your arrival at Oxbow, please speak to your current guidance counselor or learning specialist to get a copy of your 504 plan/IEP.)

AP: In the Spring semester, the Oxbow School will register interested students for Advanced Placement exams at Napa High School in Napa. Families will be contacted early in the semester about the respective fees associated with this test. These fees must be submitted directly to Oxbow. Note: Some exams (like AP Art History) are not available through Napa High School. If you have specific questions about which exams they offer, please contact Jennifer Jordan the Academic Dean by email at

jjordan@oxbowschool.org. For AP Studio Art: Because this "exam" is a portfolio submission, students should register with their sending schools before coming to Oxbow. We cannot register students for AP Studio Art, even though artwork created at Oxbow may be used for the AP portfolio. If a student requires approved accommodations for the AP, a formal Eligibility Letter and/or a 504 plan must be included as part of the application process to Oxbow (to be kept with other student records on file). This plan will be copied and sent to the AP coordinator at Napa High School to ensure proper testing conditions and accommodations.

Transportation: Students will be shuttled to and from the above cited test centers on the day(s) of the exams. If registering on-line, please note the respective test site within the Napa city limits. **Students will NOT be transported to test centers located outside of the Napa city limits.**

Students must assume responsibility for bringing necessary items to the test site with them: entrance ticket, #2 pencils, calculators, photo ID, a snack, and an accommodation letter (if approved for learning differences). A list of required items may be found directly on the College Board website at www.collegeboard.org.

The Oxbow School does **not** offer preparatory sessions or materials for these tests. Please contact the Academic Dean if you need further information about standardized testing.

Please indicate below the tests your student plans to take while attending Oxbow. SAT & Subject Test dates are subject to change by <u>College Board</u>. ACT test dates are subject to change by the <u>The ACT, Inc</u>.

Student Name: _

SAT & Subject Tests at Napa High School*

- □ Saturday, March 9, 2019
- □ Saturday, May 4, 2019

- ACT Tests at Vintage High School*
- Saturday, February 9, 2019
- Saturday, April 13, 2019



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The Oxbow School Transportation/Off Campus Permissions (To be completed by a parent/guardian)

This form grants permission for family members/close family friends to take your student off campus during your student's free time as outlined in *The Oxbook*. If you do not want to give permission on this form you can submit your permission for each off campus request individually by email to <u>reslife@oxbowschool.org</u>. We can also add them to our mailing list for newsletters and upcoming Oxbow events. Please check all that apply.

Student Name:			
	Last	First	Middle

Transportation Permission:

- --

□ I give permission for my student to take a taxi to doctor appointments or to the Evans Shuttle Terminal in the event an Oxbow faculty or staff member is not available to provide transportation – the cost of the taxi will be paid by the student. Note: Faculty are not available when teaching - class hours are Monday-Friday between 9am-4:00pm.

Authorized Persons for pick-up/off campus visits other than parents or legal guardians: (*Please print clearly and include first and last names. Use black ink only – do not use red or blue ink.*)

Family Members: (other than parents)

1) Name: Address:		
City, State, Zip:		
Home Phone:	Home Phone:	
Cell Phone:		
Email:	Email:	
Relationship:		
□ Add to Oxbow's mailing list.	Add to Oxbow's mailing list.	
\square Permission to take my student off campus.	Permission to take my student off campus.	
3) Name:	4) Name:	
Address:		
City, State, Zip:		
Home Phone:	Home Phone:	
Cell Phone:	Cell Phone:	
Email:		
Relationship:	Relationship:	
Add to Oxbow's mailing list.	Add to Oxbow's mailing list.	
Permission to take my student off campus.	Permission to take my student off campus.	
Family Friends:		
1) Name:	2) Name:	
Address:	Address:	

Address:	Address:	
City, State, Zip:		
Home Phone:	Home Phone:	
Cell Phone:	Cell Phone:	
Email:	Email:	
Add to Oxbow's mailing list.	Add to Oxbow's mailing list.	
Permission to take my student off campus.	Permission to take my student off campus.	

Date: ______ Signature of parent(s) or person having legal custody or legal guardian of the student named above