

2019 Environmental Studies Program



What is ESP?

- The Environmental Studies Program is a great experience that allows students and parents to spend 8 hours in Sutter's Fort while dressed in period clothes and participating in period activities.
- The idea is to immerse yourselves in the period. Having both the students and parents dressed in period appropriate clothing and assigned an actual historical character who was in California in the 1840s is very important.



What is ESP?



- The ideal is first person interpretation. This means that everyone in your group should act as if they are really here at the fort in the 1840s. They should say “this is how we make bread here at the fort” instead of “back then, this is how they made bread at the fort.”

How Does ESP Work?



- Students, portraying period characters and in period clothes, rotate from station to station throughout the day learning period crafts and activities.
- Each station is run by a parent or two (or three) from your school who has been trained on that station. Parents must be trained in their stations.
- There are a few stations that cannot be run by parents but which must be run by experienced individuals, but parents will support these stations

Parent Participation

- Parent participation is crucial. The more invested you are the more the students will get out of this program.
- The more parents, the better. You can never have too many parents. If more parents than stations, parents can be floaters, helpers, and group leaders.
- Not only must they be trained in their station, but they should also have period clothing and a period character.

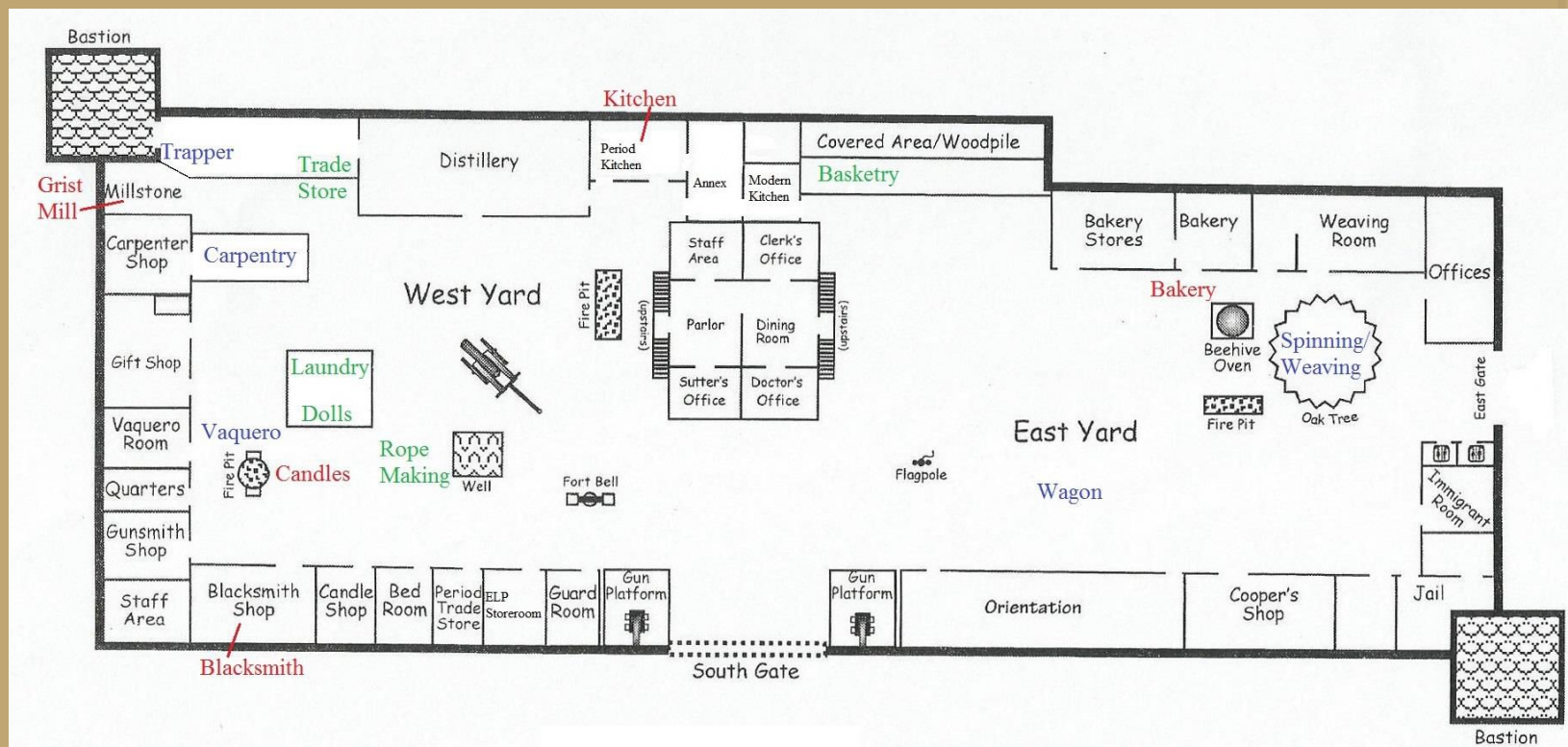


Time Frame

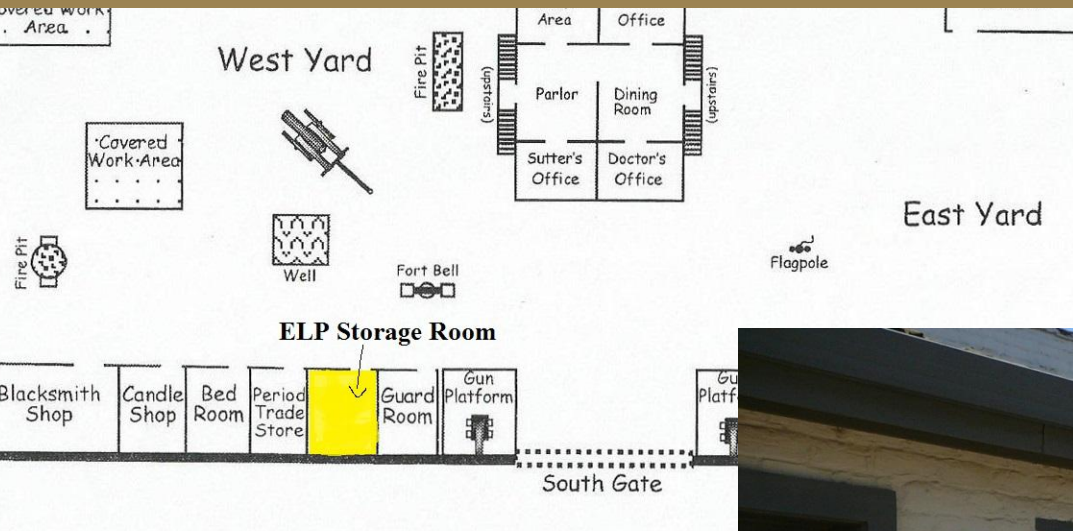
- Parents show up at 8:00 – they bring in items for their stations and start setting up.
- Students will be dropped off at 9:30 by covered wagon.
- 9:45 to 10:00 is the welcome, pictures, Sutter's speech.
- After this, stations start for the day.
- Stations will run for 30 minutes.



	10:00	10:30	11:00	11:30	12:00	12:45	1:15	1:45	2:15	2:30	3:00	3:30	4:00
Carpentry	Group A	Group H	Group G	Group F	Lunch and Cannon Demonstration	Group E	Group D	Group C	Mail Call	Free	Group B	Clean up	Leave Sutter's Fort
Trappers	Group B	Group A	Group H	Group G		Group F	Group E	Group D		Group C	Free		
Blacksmith	Free	Group B	Group A	Group H		Group G	Group F	Group E		Group D	Group C		
Vaquero/Rope Making	Group C	Free	Group B	Group A		Group H	Group G	Group F		Group E	Group D		
Cornhusk Dolls	Group D	Group C	Free	Group B		Group A	Group H	Group G		Group F	Group E		
Bakery	Group E	Group D	Group C	Free		Group B	Group A	Group H		Group G	Group F		
Trade Store	Group F	Group E	Group D	Group C		Free	Group B	Group A		Group H	Group G		
Wagon	Group G	Group F	Group E	Group D		Group C	Free	Group B		Group A	Group H		
Spinning & Weaving	Group H	Group G	Group F	Group E		Group D	Group C	Free		Group B	Group A		



ESP Storage Room



Tools will be placed outside Storage Room for day use. Parents will need to grab their tools for their station and set it up.



Parent Morning Meeting

- Starts between 9:00 and 9:15; usually takes about 15 min
- Head Park Ranger will go over with the parents the information you need to know for the day.



Wagon Train



- The students with a few parents and usually the teacher arrive at the Railroad Museum no later than 9:00am.
- The wagons will usually leave between 9:00 and 9:15 (cannot be before 9)
- The trip takes about 30 min.
- Please follow their rules!

Wagons Arrive At Sutter's Fort





Sutter's Speech





During the Day

- All Stations must have at least one parent by them at all times.
- Mr. Henschke will ring the bell and keep time.
- Stations usually begin between 10:00 and 10:15.
- The park is open to the public from 10am to 5pm.
- There will be other schools inside the Fort during the day – They cannot participate or come in the rooms but please be nice and talk to them. Explain you are demonstrating period activities and have your students talk to them about their characters.



School ESP Board



Hints and Guidelines

- No electrical appliances are allowed except those provided by the Fort (a 12 cup coffee maker in the modern kitchen). Bring coffee if you want to use the coffee maker.
- Cameras are allowed but please conceal your camera during day.
- Cell phones are not allowed to be used in the fort between 10:00 and 4:30 by anyone in period clothing except in designated locations.
- All period clothing borrowed from the Fort must be picked up by the teacher or a designated parent, by appointment only. The clothes must be returned within 10 days of your program, clean and folded and must be put away under the direction a staff member. Call and make an appointment before bringing the clothes back.

Period Clothing

- Sutter's Fort Trade Store
- American History Costume Closet
 - (916) 284-4345
- Close Enough Costumes
 - www.closeenoughchcostumes.com
- Costumes Enough by Carolyn Elder
 - <http://www.costumesenough.com/>

Fundraising

- Candy Cane Grams
- Ciao Food Night
- Smalenties
- PTC School Movie Nights
- Any other ideas and help would be appreciated
please let your teacher know

Stations

Parents who are running a station are
REQUIRED to attend one Sutter's Fort
training scheduled on November 3rd and
January 5th.

Fort Tour, Games and Wagon

- Parents led tour of the Fort
- Orientation to and explanation of wagon
- All material for games will be available in the wagon



Blacksmith

- We have hired a Blacksmith
- Parents at this station will be support to help with student management



Bakery

- You will be helping students make bread.
- Materials Needed: Yeast, Cooking oil, Sugar, Salt, Milk, Whole wheat flour, White flour



Candle Making

- You will be in charge of keeping the fire going and supporting students with dipping candles.
- Materials Needed: Wax and Wicking



Carpentry/Tinsmith

- You will be helping students build a tool box with wood nails and a hammer



Gristmill

- You will be helping students make flour
- Wheat Berry



Spinning/Weaving



- You will be supporting students with Spinning their yarn and weaving a blanket
- Materials needed:
 - Wool to spin
 - Yarn



Vaquero/Rope Making

- Helping students make rope with Sutter's Fort tool
- Materials Needed
 - Single strand twine



If you are interested please fill out
the form that will be on your
teacher's website.

Remember there are many
different opportunities to help!