



ÉCOLE SECONDAIRE
HANDSWORTH
SECONDARY SCHOOL



May 1, 2017

Hello parents/guardians and students:

We are looking forward to welcoming you to Handsworth this September. We are planning an exciting retreat for all Grade 8 students from **September 18-21, 2017**. This retreat will be an important team-building experience **for all our incoming Grade 8's**. Grade 8 teachers, Handsworth staff, and student leaders will participate in the retreat alongside the Grade 8 students.

This **four-day event** involves:

- 1.5 days at the Cheakamus Centre in Brackendale (including one overnight experience) &
- 1 day at Grouse Mountain (daytime retreat experience only – students must bring a bagged lunch)
- 1 day of retreat activities at Handsworth Secondary School

Due to the large number of Grade 8's, we will be dividing all students into either **Group 1** or **Group 2**. These groups will alternate between being at the Cheakamus Centre in Squamish and being at Grouse Mountain over the first three days of the retreat and re-group to spend the final day of the retreat, September 21, together at Handsworth Secondary. **Students will be assigned to one of the two groups in September**. In an effort to help students build relationships with their new peers and teachers, every attempt will be made to group Grade 8's with students and staff in their scheduled Grade 8 classes.

Please find below more details about this retreat as well as the important **permission forms that will need to be returned to your Grade 7 teacher before June 1st, 2017**. The cost of the four-day camp is **\$250** and can be paid by cheque to **Handsworth Secondary**. Please put your child's full name on the memo line of the cheque.

This fee includes:

- 1.5 days of activities and supervision at the Cheakamus Centre in Brackendale
- 1 day of activities and supervision at Grouse Mountain
- 1 day of activities and supervision at Handsworth Secondary
- Coach bus transportation to and from the Cheakamus Centre
- Accommodations for 1 night at the Cheakamus Centre
- All meals at the Cheakamus Centre
- A barbeque lunch for all Grade 8's on Sept. 21st at Handsworth
- A Grade 8 dance the afternoon of Sept. 21st at Handsworth
- A coloured team bandana for each student
- Supplies and materials needed for a variety of retreat activities
- Costs for any guest speakers and presenters associated with the retreat
- Costs for Teachers-on-Call (TOCs) to cover HSS staffing needs during the retreat

As all students are expected to attend the camp, regular Grade 8 classes will not be running during the four days of the camp. Therefore, **students will not be missing any classes during the 4-day Grade 8 retreat**. If students are involved in afternoon classes at alternate sites or activities outside of school time on these dates, they are asked to re-schedule their activities as early as possible so as to not conflict with this important school-wide event. A parent/student meeting will take place **Sept. 11th, 2017 at 6:30pm** at Handsworth to review the trip details prior to departure.

Grade 8 Retreat Information

	GROUP 1	GROUP 2
Monday <u>Sept 18, 2017</u>	<p>8:00am: Meet in large gym at HSS 8:30am Depart HSS by coach bus to travel to Cheakamus Centre for overnight camp. 9:50am: Arrive Cheakamus Centre 10:00am- evening: Activities at Cheakamus Centre (including outdoor games, team building sessions, campfire etc. All meals provided) 9:30pm: In cabins/dorms for bed</p>	<p>9:00am: Meet at the base of the Grouse Mountain Gondola 9:00-3:00pm: Alpine survival challenges and activities at Grouse (Students must bring their own bagged lunch). 3:00pm: Dismissed home from the base of Grouse Mountain *students are responsible for arranging their own transport to and from Grouse</p>
Tuesday <u>Sept 19, 2017</u>	<p>7:00am-10:00am: Wake up, breakfast, concluding camp activities 10:00am-12:00pm: Large group activities with Group 2 12:00-1:00pm: Bagged Lunch at Cheakamus 1:30pm: Depart for HSS 3:00pm: Dismissal home</p>	<p>8:00am: Meet in large gym at HSS 8:30am Depart HSS by coach bus to travel to Cheakamus Centre for overnight camp. 9:50am: Arrive Cheakamus Centre 10:00am-12:00pm: Large group activities with Group 1 12:00-1:00pm: Bagged Lunch at Cheakamus 1:00pm-evening: Activities at Cheakamus Centre (including outdoor games, team building sessions, campfire etc. All meals provided) 9:30pm: In cabins/dorms for bed</p>
Wednesday <u>Sept 20, 2017</u>	<p>9:00am: Meet at the base of the Grouse Mountain Gondola 9:00-3:00pm: Alpine survival challenges and activities at Grouse (Students must bring their own bagged lunch). 3:00pm: Dismissed home from the base of Grouse Mountain *students are responsible for arranging their own transport to and from Grouse</p>	<p>7:00am- 12:00pm: Wake up, breakfast, concluding camp activities 12:00-1:00pm: Lunch at Cheakamus 1:30pm: Depart for HSS 3:00pm: Dismissal home</p>
Thursday <u>Sept 21, 2017</u>	<p>9:00am: Meet team leaders at HSS (Wear your pajamas!) 9:00-12:40pm: Activities at HSS 12:40pm-1:40pm: Gr. 8 BBQ lunch (provided) 1:40pm-3:00pm: Gr 8 dance</p>	<p>9:00am: Meet team leaders at HSS (Wear your pajamas!) 9:00-12:40pm: Activities at HSS 12:40pm-1:40pm: Gr. 8 BBQ lunch (provided) 1:40pm-3:00pm: Gr 8 dance</p>
Friday <u>Sept 22, 2017</u>	<p>Pro-D Day: No school</p>	<p>Pro-D Day: No school</p>



Cheakamus Centre Information:

Address: 170 Paradise Valley Rd, Brackendale, BC
Phone: 604.898.5422

Email: programs@cheakamuscentre.ca
Website: www.cheakamuscentre.ca

The Cheakamus Centre includes segregated sleeping quarters for all students with boys and girls sleeping in different areas. Each cabin/dorm has beds (no linens), washrooms, and shower facilities. Students will bring their own sleeping bags and pillows. The students will be supervised for the entire camp by Handsworth staff, Cheakamus staff, as well as student leaders. Grade 8 students will participate in exciting and interactive outdoor and indoor activities (rain or shine). These activities will focus on building relationships, working as a team, and most importantly, having fun!

What to Bring for Your Cheakamus Centre experience:

It is important to remember that this is an **outdoor program** that requires students to be dressed for the weather. The weather may vary from warm and sunny, to cloudy and rainy; either way students need to be prepared. Below is a suggested list of items to bring for your program to ensure that you are comfortable and can fully enjoy the wonder of learning in the outdoors! Please remember that it is always best to bring older clothing or equipment that you may already have at home.

Packing List

Sleeping Gear	Clothing
<ul style="list-style-type: none"> • Sleeping bag (extra blanket if bag is light weight) • Pillow and case <p>Personal Kit</p> <ul style="list-style-type: none"> • Towel and wash cloth • Hairbrush • Toothbrush and toothpaste • Shampoo and conditioner • Water Bottle (labeled with your name) • Soap and container • Flashlight (labeled with your name) • Sunscreen <p><i>** Remember to ask yourself, will I be warm and dry?</i></p>	<ul style="list-style-type: none"> • Shirts (2 or 3) • Jeans/heavy pants (2 or 3) • Shorts (1 or 2) • Hat • Rain Boots • Warm Jacket • Sweater • Socks (3 or 4 - heavy wool recommended) • Pajamas • Mitts or gloves • Rain jacket (required) • Runners • Plastic garbage bag for dirty or wet clothing

Please do not bring the following items to the 4-day retreat:

Money, cell phones, music speakers, other electronic devices, expensive items, and food including candy and gum. These items get in the way of the outdoor educational experience.

Should a parent need to contact their child during the overnight experience they can do so by calling the Cheakamus Centre at 604.898.5422.



Grouse Mountain – Alpine Wilderness Survival Information:

Address: 6400 Nancy Greene Way, North Vancouver, BC

Website: www.grousemountain.com/alpine-wilderness-survival

Day Visit Overview

Grouse Mountain's Alpine Wilderness Survival offers a unique blend of hands-on survival skills and outdoor adventure experiences, neatly bound by friendly group competition.

Groups will journey around the mountain completing a series of Alpine Survival Challenges. These may include, making fire by friction, building a shelter or elevated sleeping platform, setting a bear cache, exploring wildlife precautions, water collection/filtration and building a group improvised stretcher. The day ends with a fun game show style survival quiz to recap learning.

What to Bring for Your Grouse Mountain Alpine Wilderness Survival experience:

It is important to remember that this is an **outdoor program** at high elevation that requires students to be dressed for the weather. The weather may vary from warm and sunny, to cloudy and rainy; either way, students need to be prepared. Below is a suggested list of items to bring for the day to ensure that you are comfortable and can fully enjoy the wonder of learning in the outdoors!

- Backpack
- Bagged Lunch (required, students will not be able to purchase a lunch on the mountain)
- Water Bottle (labeled with your name)
- Terrain/Weather appropriate footwear
- Weather appropriate clothing
 - Rain Jacket
 - Warm socks
 - Footwear appropriate for hiking over variable terrain
 - Hat/Gloves
 - Sunscreen/Sunglasses

Attached please find the following permission forms needed to participate in this field trip:

- ✓ **Informed Consent**
- ✓ **Student Awareness of Risk and Responsibility Form**
- ✓ **Student Medical Consent/Food Allergy Special Diet Form**
- ✓ **Enclose a cheque for \$250.00 payable to Handsworth Secondary School with your child's name on the memo line**

Please sign these forms and return them with your child to their Grade 7 teacher by June 1st, 2017

We are looking forward to a great retreat experience with our grade 8 students! If you have any questions about this, please contact Vice Principal, Erica Schmidt, at 604-903-3600 or eschmidt@sd44.ca

Sincerely,

Handsworth's Grade 8 Retreat Committee