





# 2022-2023 Grade 8 Retreat

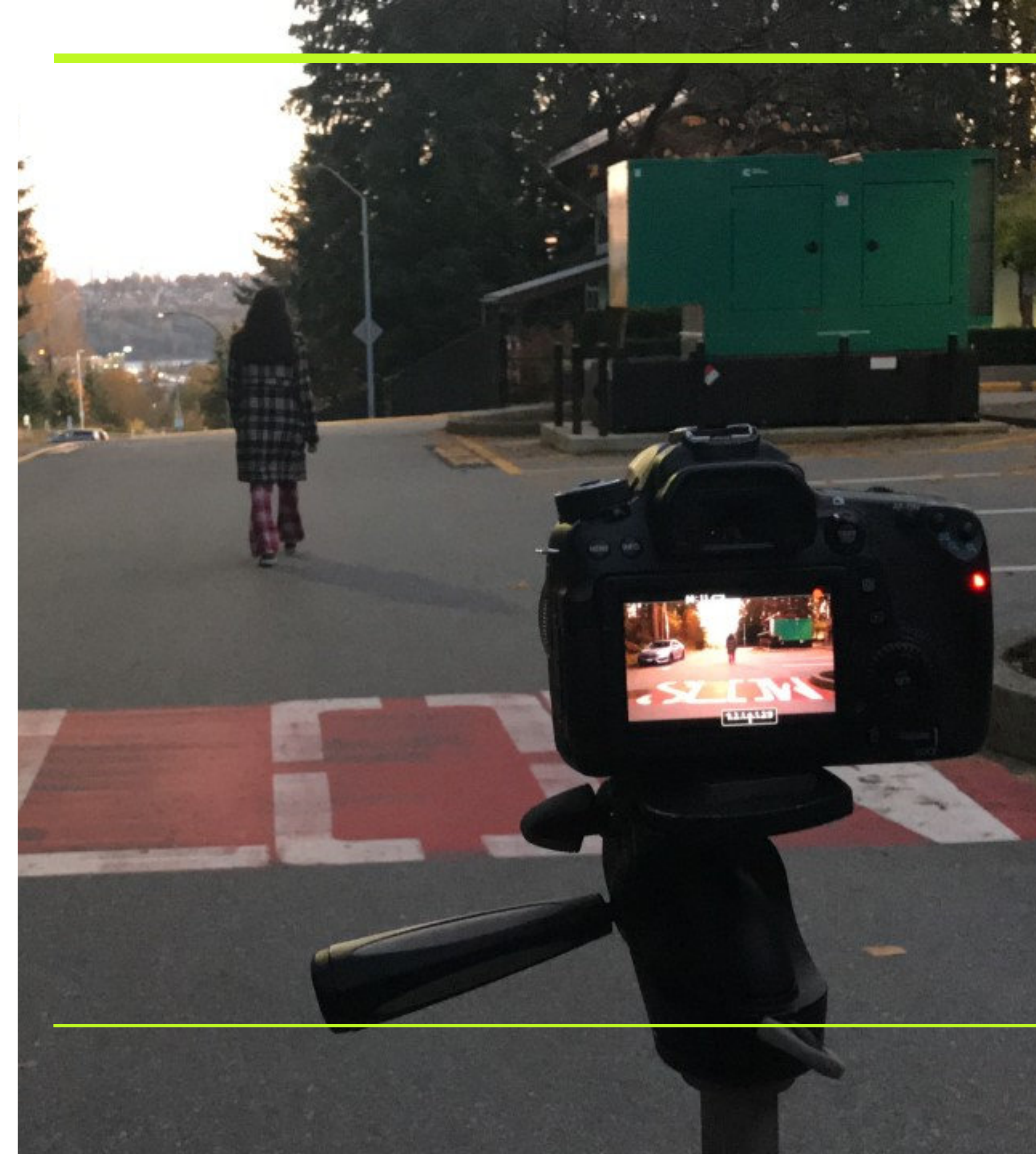
CARSON GRAHAM



# Welcome

## Agenda

- Introductions
- General Grade 8 information
- Grade 8 Retreat
- Questions
- Tour





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# Admin and Counselling Team

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# Timetable

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
	Day 1	Day 2	Day 1	Day 2	Day 1
8:30-9:12	Tutorial				
9:12-10:22	Period 1	Period 5	Period 2	Period 6	Period 3
10:22-10:26	Transition				
10:26-11:36	Period 2	Period 6	Period 3	Period 7	Period 1
11:36-11:40	Transition				
11:40-12:50	Period 3	Period 7	Period 1	Period 5	Period 2
	Lunch 12:40 - 1:40				
1:50 - 3:00	Period 4	Period 8	Period 4	Period 8	Period 4

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
	Day 2	Day 1	Day 2	Day 1	Day 2
8:30-9:12	Tutorial				
9:12-10:22	Period 7	Period 1	Period 5	Period 2	Period 6
10:22-10:26	Transition				
10:26-11:36	Period 5	Period 2	Period 6	Period 3	Period 7
11:36-11:40	Transition				
11:40-12:50	Period 6	Period 3	Period 7	Period 1	Period 5
	Lunch 12:40 - 1:40				
1:50-3:00	Period 8	Period 4	Period 8	Period 4	Period 8



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# Stay Connected

- Twitter: @carsonsecodnary
  - Instagram: @cgseagles
  - Calendar
  - Agenda Book
  - Website
  - email
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# Timeline of Grade 8 Welcome Events

- May 2022 - grade 7 visits
- June 23rd - grade 7 fun day (Afternoon)
- September 19th – 22nd 2022 - Grade 8 retreat
- September 2022 - Club Day
- September 2022 - Grade 8 Student Council Application
- September to November - Fall Grade 8 Intramural tournament
- December to March - Winter Grade 8 Intramural tournament
- April to June - Spring Grade 8 Intramural tournament

\*\*\* Additional events & presentations will be organized, focusing on connection with other grade 8 students and with the rest of the school community\*\*\*

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# **Carson Graham Grade 8**

## **Retreat 2022-2023**





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# Why a Grade 8 retreat?

- Help the grade 8's create a connected community where they feel safe
  - Help the grade 8's build confidence with their transition to high school and create a sense of belonging
  - Create a chain reaction of kindness among our grade 8 community
  - Create positive relationships with a senior student leaders
  - Foster a greater sense of autonomy and independence
  - Foster connections with teachers and staff
  - Build school spirit
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# 2022-2023 Grade 8 Retreat

- September 19th to 22nd
  - Outdoor School (Cheakamus), Grouse Mountain, Carson Graham
  - 235+ grade 8 students split into 2 groups
  - Approx. 115 students per group
  - 55 senior student leaders
  - 30 staff members
  - Cheakamus /Grouse Mountain Staff
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# Schedule

	Monday, Sept 19th	Tuesday, Sept 20th	Wednesday, Sept 21st	Thursday , Sept 22nd
Group A (116 students)	Outdoor School (will stay overnight)	Outdoor School (Return mid-day)	Grouse Mountain	Both Groups back at CGS
Group B (116 students)	Grouse Mountain	At Outdoor School (will stay overnight)	Outdoor School (Return mid-day)	





## Group 1 - Monday Sept 19th

- Arrive in the large gym by 8:00am with your labeled bags
- Meet team leaders
- Collect group t-shirts
- Load and board coach buses
- 8:30am departure to Cheakamus Centre for overnight camp





## Group 2 - Monday Sept 19th

- Arrive in Agora by 8:00am with backpack, lunch and water
- Meet leaders
- Collect group t-shirts
- Load and board coach buses
- 8:30am depart for Grouse Mountain
- Dismissed home at 3pm at the base of Grouse Mountain. Students responsible for own transportation home



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# Tuesday, Sept 20th

- **Group 1**

- Completes activities at Cheakamus Centre

- **Group 2**

- Meet at the large gym at 8:00am with your labelled bags
- Load and board coach buses and depart for Cheakamus Centre for overnight camp at 8:30am

- **Group 1 and 2**

- Picnic lunch together
- Large group activity at Cheakamus Centre

- **Group 1** will load and board coach buses at approx. 1:30pm and return to Carson at approx. 3:00pm. Dismissed from Carson Graham

- **Group 2** will stay overnight at Cheakamus Centre
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# Wednesday, Sept 21st

- **Group 2**

- Completes activities at Cheakamus
- Departs for Carson at 1:30pm

- **Group 1**

- Arrive at the Agora at 8:00am, with backpack, lunch and water
- Load and board coaches at 8:30am for Grouse Mountain
- Dismissed home at 3pm at the base of Grouse Mountain. Students responsible for own transportation home



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# Thursday, Sept 22nd

- All Grade 8's together!!
  - Arrive at Carson at 8:30am to meet with leaders. Wear your retreat shirts. Bring a morning snack.
  - 8:30am - 11:30am Large Group Activities including presentation from 3 Crow Theatre
  - 11:30am - 12:40pm - School Wide - Terry Fox Run
  - 12:40pm - 1:40pm - School BBQ
  - 1:40pm - 3:00pm - Grade 8 Large Group Activity
  - 3pm Dismissal home
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# Cheakamus Centre

- create an emotional connection between the learner and a specific living thing
- provide authentic and inspiring natural learning environments where context is key and the senses are engaged
- integrate culturally relevant connections specific to the region and its unique history into the learning process
- ensure experiences are facilitated by knowledgeable, caring and enthusiastic teachers, programming staff and counsellors
- support and enhance the exploration of the natural world through the use of specialized tools and equipment





# Cheakamus Centre

- Accommodations
  - Cabin and Dorms
  - Meals at the Educational Learning Centre
  - All food provided
  - Nut free facility



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# Sleeping

- Cabins (13-18 ppl per cabin)
- Melodie Hall (25 person capacity)
- Special Camping opportunity
- Cabin assignment based on student lived gender experience
- Beds and bunks beds provided (no Linens)
- Washrooms and showers in cabins/dorms
- Limited camping opportunities will be available
- On site clinic for emergance and student first responders





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# What to pack

## **Sleeping**

- Sleeping bag (extra blanket if bag is light weight)
- Pillow and case

## **Clothing** (prepare for all types of weather, don't bring your best or newest clothing!)

- Rain jacket & rain pants
- Rain boots
- Running shoes (pack an extra pair in case you get wet)!!
- Jean/pants (2-3)
- Long sleeve shirt for under team shirts (2)
- Short (2)
- Sweater
- Socks (3 pairs - wool recommended)
- Pajamas
- Hat/toque
- Gloves
- Undergarment



Label Everything !!!

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# What to Pack

- towel and wash cloth
- hairbrush
- toothbrush and toothpaste
- shampoo/conditioner
- soap and container
- water bottle
- flashlight
- sunscreen
- garbage bag for wet clothing
- camera (optional)



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# Do not bring

- money
- knives
- cell phones
- music devices (iPods etc.)
- electronic devices (Nintendo, ipad etc.)
- snacks or food (including gum & candy)





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# Expectations for students

- All school rules and codes of conduct apply
  - Respect rules and guidelines. Follow instructions from staff and senior student leaders
  - Bring only those items you have been asked to pack
  - Follow the zero waste expectations at Cheakamus - recycle and compost
  - Do not go anywhere alone - make sure leaders know where you are
  - Do not enter another cabin, dorm or tent
  - Stay on designated trails – do not go near the river
  - No open flames (candles, matches, lanterns etc.) in the cabins allowed.
  - Treat animals and plants with care and respect
  - Quiet hours 9:30pm – 7:00am. Remain in your cabins during this time
  - Report sickness and accidents immediately to staff
  - Follow fire alarm & emergency procedures as discussed in the orientation
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# Expectations for parents

- Support your children and be encouraging
  - Let them know there are a lot of adults and student leaders to support them if they need assistance
  - If your child is sick the morning of camp, please do not send them
  - Do not expect your child to call you from camp
  - Check their packing to ensure it meets expectations
  - Ensure your child is at the school on time (buses depart at 8:30am, students must arrive to the large gym by 8:00am)
  - Write down your child's group, cabin, and bus number
  - Talk to your children about their experiences at the retreat
  - Share your feedback with us
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# Cost

- Cost for the four retreat is \$222
  - Fee Payment Schedule
    - September 2022 - 33% of the total cost (approximately \$75)
    - January 2023 - 33% of the total cost (approximately \$75)
    - May 2023 - Reminder of the total cost
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# Cost includes

- 1.5 days of activities and supervision at the Cheakamus Centre in Brackendale
  - 1 day of activities and supervision at Grouse Mountain
  - 1/2 days of activities and presentations at Carson Graham
  - Bus transportation to and from Cheakamus Centre
  - Accommodation for 1 night at Cheakamus Centre
  - All meals at the Cheakamus Centre
  - A barbecue lunch for all Grade 8's on the fourth day of the retreat
  - A colour coded team identification item (bracelet or bandana)
  - A special retreat t-shirt
  - Supplies and material needed for a variety of retreat activities
  - Cost of any guest speakers associated with the retreat
  - Cost of Teachers-on-Call to cover any CGS staffing needs during the retreat
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# Next steps

- Complete Retreat Informed Consent package. Including room/dorm information.
- Return all forms to your Grade 7 teacher or to the Carson Graham Main Office.
- In September, more information about groupings and cabin assignment will be shared.





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# Questions?

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