**Outdoor Education Electives**

**Mosquito Creek Overnight Excursion**

**Grade 7 February 18-19**

**Grade 8/9 Boys February 19-20**

**Grade 8/9 Girls February 25-26**

***Parents, please keep this information sheet for your reference.*** *Students must have parents review and return attached consent form and student info sheet to their OE teacher or the Connect Office no later than* ***February 11th*** *in order to be eligible for participating in our upcoming trip.*

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| **Trip Details and Location** | Outdoor Education students will be skiing just over 3 km from Mosquito Creek Campground along the Bow River to Mosquito Creek Hostel where they will have the opportunity explore further up Mosquito Creek, before returning for dinner and an overnight stay. In order to reach as many parents as possible, we have “flipped” our parent information session for this trip and have posted important details via a video presentation.. We will also be providing opportunity for a parent Q&A on **Wednesday, February 11th** at **5 pm** in the school library. |
| **Curricular Connections** | *Through participating in this trip, students will:*   * Develop basic knowledge, skills and attitudes necessary for safe, comfortable outdoor experiences * Develop understanding, respect and appreciation for self, others, and their views * Develop awareness and appreciation of living things and an understanding of basic ecological processes * Develop skill, judgment, confidence, through environmentally responsible outdoor activity * Develop lifestyle strategies that foster contact with the natural world, encourage responsibility for local and global environments and encourage living in harmony with others |
| **Depart Connect** | **Grade 8/9** - 7:30 am ***(Students should arrive at school by 7am)***  **Grade 7** – 9:30 am ***(Students should arrive at school by 9am)*** |
| **Return to Connect** | 3:00 pm ***(Please make firm arrangements for student pickup at 3:30 pm.)***We will be cleaning and re-organizing group gear prior to students’ departure at 3:30pm. |
| **Trip Leaders** | Jared McKenzie (Grade 7), Jason Avramenko (8/9 Boys) and Deirdre Bailey (8/9 Girls) will be leading these excursions. We have additional teacher and student teacher volunteers signed up to provide leadership for our students on these trips at a minimum ratio of 8:1. |
| **Trip Cost** | There is no fee for this trip |
| **Transportation** | Transportation will be provided by TRAXX Coachlines |
| **First Aid** | All trip leaders have been certified in Advanced Wilderness First Aid. Emergency services in the area have been notified of our trip dates and location. In the unlikely event that medical attention is needed, urgent care is located in Lake Louise 30 minutes from the tail head. The closest hospital is in Banff, 60 minutes from the hostel. **Students with severe allergies must carry two epipens. Students with puffers should keep these with them at all times. Please send additional student medication in clearly marked containers with students’ name and instructions.** |
| **Food** | Students will be preparing basic dinners (pastas and sausage) and breakfasts (oatmeal) on the trail. Students will have had an opportunity to practice cooking both meals and will be involved in food packing prior to our departure. **Students will be personally responsible for purchasing and packing lunches and snacks on both days.** We ask that treats like candy, chocolate, and other sweets be limited to no more than 1 pound (454g) (please refer to the list of suggested snacks posted to Edmodo). It will be critical that all students have at least **two 1-liter water bottles, and/or a Hydration System** (water bottles are preferred). |

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| **Gear** | **Ski Clothing** (to be worn)   * Underwear * **Ventilating** base layer (tops and bottoms) * **Insulated** sweater/hoodie/soft shell * **Waterproof** jacket * **Waterproof** pants * Toque or headband * Scarf, buff or facemask * Gloves or mitts * Warm waterproof winter boots | **Camp Clothing**  *(This clothing should be* ***in addition*** *to ski clothing. Students must have access to dry base layers and extra warm layers when they get to camp)*   * **Extra** pairs of warm wool socks * **Second base layer (warm wool or fleece)** * Second **insulated** sweater/hoodie/soft shell * Extra warm jacket * Warm toque * Warm mittens | **Personal Gear**  *(The hostel provides bedding. Please do not send sleeping bags or pillows)*   * Bowl, cup, utensil * 2 full litre water bottles * Sunglasses * Headlamp * Toilet paper * Toothbrush/paste * Large pack (some available from the school) |
| **Consent Forms** | For the safety of your child, it is essential that the information we have on file is current. Allergies (mild or severe) as well as food sensitivities need to be identified and brought to our attention when completing the attached consent forms. | | |
| **Emergency Contact Information** | Connect Office 403-282-2890  Jared McKenzie (Grade 7) 587-896-5392  Jason Avramenko (Grade 8/9 Boys) 403-827-5501  Deirdre Bailey (Grade 8/9 Girls) 403-619-5681 | | |