

May 16th, 2016

Dear Parents/Guardians:

All students registered in Physical Education 10 are expected to meet Outdoor Pursuits learning outcomes. This year, we will do this with an outdoor education field trip to McDonald Sports Park, in Waverley. The boys will be going on Wednesday June 1st . This is one of the highlights of the PE semester! Students will arrive at the school with their gear/supplies on the morning of their trip and put their gear on the truck. We will travel via a chartered Stock Transportation bus to the McDonald Sports Park (1390 Cobequid Road, Waverley, Nova Scotia, B2R 1M3). Upon arrival at the sports park they will be given an overview of the day before moving into assigned groups for the day’s activities. Students will work in teams of 10-12 as they complete the four outdoor education stations: mountain biking, canoeing, archery, and touch Australian Rules Football. All of the sporting equipment that they require for the day will be trucked to the sports park. They should dress for both the weather and the activities we will be participating in. **Students will need to be picked up at CPA at 4:30 PM.**

While on the field trip, students will be demonstrating their leadership abilities and will be working on Physical Education outcomes from two categories (Leadership & Outdoor Pursuits). Physical Education 10 expects students to apply effective leadership characteristics through physically active experiences (4.1). They are expected to demonstrate effective interpersonal skills while participating in group physical activities (4.2). Students will demonstrate teamwork by co-operating within group physical activities (4.3), and apply effective leadership skills in various activities. Students will be expected to have tremendous listening and leadership skills as they partake in this awesome outdoor education experience. After the trip, students will complete a written reflection on their experiences. They will also receive a score for their participation in the outdoor education activities.

**OUTDOOR COOKING**

Students will have chosen groups of four prior to the trip for the outdoor cooking activity at lunch time. It is the responsibility of each group to bring all of the supplies needed to cook their well-balanced, hot lunch on site. They will need to prepare, from scratch, a nutritious, hot lunch. They will need to bring all of their coolers, food, cooking spays, utensils, plates, cups, soap, scrub brush, and waste management system supplies to the sports park. Students have been given a checklist for the day. All students are expected to demonstrate responsible citizenship, and will practice “leave no trace” outdoor cooking. They will be required to bring re-usable utensils, plates and cups. Single use items (paper plates, Styrofoam cups, etc.) are not permitted. Cooking groups will pre-plan their menu accordingly before the trip, and are responsible to bring just what they need to cook and eat in their mini-group. We will supply burners, but students can bring their own small cooking stoves if they like.

**Please Note**: School / camping rules are strictly enforced by all teachers / chaperones. Any breach of these rules or unacceptable conduct will result in parents being called at any time to pick up their son/daughter from the park. Inappropriate behaviour will not be tolerated. We have reviewed this with all students. Please discourage your son from bringing electronic devices.

**They will not need phones to successfully complete any part of this trip.**

If students are unable to attend this trip, they will be provided with a project to complete to cover the learning outcomes of the trip. The due date for this project is June 8th . Details will be provided to these students.

Please ensure that your son returns his/her Parent/Legal Guardian Consent Form by Wednesday May 25th.

If this form is not returned by May 25th your son will be assigned the project. (NO EXCEPTIONS)

See Mr. Milligan’s Web Site for copies of all information related to this trip. **In the event of a weather cancellation, the rain date is Thursday June 2nd .**

Thank-you for supporting this awesome outdoor education experience! Should you have any questions please feel free to contact your son/daughter’s PE teacher via e-mail:

(Rob Milligan) [rmilligan@hrsb.ca](mailto:rmilligan@hrsb.ca)

(Matthew Foot) [mfoot@hrsb.ca](mailto:mfoot@hrsb.ca)