

CHILLIWACK SECONDARY OUTDOOR EDUCATION GRADE 10 COHORT

ACTIVITIES:



Land Based

- Hiking
- Trail Running
- Overnight Backpacking
- Indoor and Outdoor Rock Climbing



Snow Based

- Snowshoeing
- Cross-Country Skiing
- Winter Camping
- Downhill Skiing/Boarding



Water Based

- Canoeing
- Multi-day Canoe Tripping



Courses Included

- Outdoor Education 11
- Science 10
- EFP Literature & Writing 10
- PHE 10

FOR MORE INFO CONTACT

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Mr. G. Shea - gerad_shea@sd33.bc.ca

Mr. Hyde - nicholas_hyde@sd33.bc.ca



Application Form

CSS Outdoor Education Cohort - Grade 10



Student Name: _____

Overview:

CSS Outdoor Education 10 is a cohort program that covers the learning outcomes for four different classes: Outdoor Education 11, Physical Health Education 10, Science 10, and EFP Literature and Writing 10. Students will have opportunities to explore many outdoor pursuits and apply their classroom learning in the field when applicable. The program is organized as a cohort with students sharing many classes together to create a more flexible learning environment.

- Land Based Activities: hiking, overnight backpacking, indoor and outdoor rock climbing, trail running
- Snow Based Activities: downhill skiing & boarding, cross-country skiing, snowshoeing, winter camping
- Water Based Activities: canoeing, multi-day canoe tripping

Admission Criteria

Students must...

- be in good general standing at school and have no behaviour or attendance concerns
- be able to safely participate in planned activities
- attend all overnight trips

Cost

\$125 per month, September through June

- includes all transportation, tickets, third-party instruction, rental equipment, group equipment (like stoves, pots, water purifiers, tents), snowshoes, sleeping bags & sleeping pads, and headlamps etc.
- financial support is available

Personal Costs

Students must supply their own personal clothing, hiking boots and food. Appropriate boots and a three-layer clothing system (base-layers, insulation layers, and outer shell) are essential for participating during our winter months. (See the *Personal Supply List* on the reverse.)

Selection Process

- review of applications including written responses
- consultation with school-based team and teachers
- individual meeting with applicant if needed

APPLICATION

1. In a well-written paragraph, tell us what you hope to gain from being in CSS Outdoor Education Cohort and how you will contribute to the team. **Attach on a separate piece of paper.**
2. Do you have any concerns about participating in the planned activities?

Student Signature: _____
Parent/Guardian Signature: _____

Please return completed applications to the office.

Frequently Asked Questions

CSS Outdoor Education Cohort - Grade 10

1. What courses do I get in the Outdoor Education 10 cohort?

Students receive credit for Outdoor Education 11, Science 10, EFP Literature & Writing 10 and Physical Health Education 10. Students will also receive credit for an independent directed study block and personal development block.

2. Do I have to take all the classes in the cohort?

Yes.

3. How many free blocks will I have to choose from for my other classes that are not a part of the cohort?

Students will be able to choose four electives outside of the cohort.

4. Why is the program changing from the previous Outdoor Education class?

The new cohort structure that joins other classes together with the existing outdoor education class creates significant flexibility for students and staff: more off-campus learning activities can be planned while limiting the number of other classes students and staff miss.

5. What type of students join Outdoor Education?

Students join the outdoor education program for many different reasons: some are interested in the environment; some want to apply academic learning outside the classroom; some want to get in shape; some like adventure; some want to be a part of a team and work toward a common goal; and some want to learn outdoor skills.

6. Will I miss other classes?

Students will occasionally miss one or two classes in the afternoon, but a lot can be accomplished during the morning blocks of time without missing other classes.

7. Should I join the grade 10 Outdoor Education cohort?

If you want to have new experiences in the outdoors, grow as an individual and work hard, then yes.

8. Who should not join the cohort?

If you are only thinking of joining because your best friend is, or somebody else is making you join, the program may not be right for you. We will work very hard outside, especially when weather conditions are challenging. We will work just as hard in the classroom as well.

9. How will we learn?

We will learn through both outdoor field experiences and traditional classroom instruction. Different times of the year may see one style of learning emphasized more than the other to take advantage of the seasons.

10. Are overnight trips mandatory?

Yes. However, we understand that important appointments and commitments will arise outside of our schedule, and we will support participants with meeting their other responsibilities when needed.

11. Is the program safe?

Yes, but be aware that there are always risks when participating in outdoor pursuits. The teachers running this program have over twenty-five years of combined experience running programming of this type with no major injuries or accidents. Teachers are first aid trained, and third-party, certified guides are hired for technical instruction like outdoor rock climbing.

12. What is covered and not covered by the cost?

Please see what is covered and not covered on the attached *Application Form* and *Personal Supply List*.

13. Is financial assistance available?

Yes, please reach out to one of our school counsellors or our principal directly for assistance.

14. More questions?

Send your questions to gerad_shea@sd33.bc.ca, jason_shea@sd33.bc.ca, and nicholas_hyde@sd33.bc.ca.

CSS Outdoor Education Cohort – Grade 10

The following supplies are required for participation in *Outdoor Education*:

<input type="checkbox"/>	running shoes	Proper running shoes required! Skate shoes or Vans will not work. If you have difficulty with running, we recommend buying shoes from a store dedicated to fitting running shoes.
<input type="checkbox"/>	hiking boots	Waterproof boots required: Gore-Tex lined or leather that can be sealed; light but supportive enough for a three-day backpacking trip is ideal.
<input type="checkbox"/>	hiking socks x2	Comfortable, absorbent hiking socks: med weight; synthetic or wool. No cotton.
<input type="checkbox"/>	base layer: bottoms	Tights: usually made of synthetic material, wool, or silk. Must keep you <i>warm-when-wet</i> . Under-layers used for other sports, like hockey, may be acceptable. No cotton or denim!
<input type="checkbox"/>	base layer: top	Same as above
<input type="checkbox"/>	quick-dry shorts	No cotton or denim!
<input type="checkbox"/>	t-shirt: warm-when-wet/quick dry	Must be made of a synthetic material, wool, or silk. Must keep you warm-when-wet. No cotton!
<input type="checkbox"/>	insulation layer – top	Warm, light-weight puffy jacket or sweater. Does not need to be waterproof because it will be layered with a shell jacket. Must be <i>warm-when-wet</i> : No cotton hoodies! Fleece jacket or synthetic filled jacket ideal. Down jackets with hoods work well too.
<input type="checkbox"/>	shell pants: waterproof/breathable	A Gore-Tex style, waterproof/breathable fabric to be layered over base layer. Zippers on legs are convenient for winter. Heavier products will be more durable – lighter products will be more breathable. Insulated ski-pants will wet-out in temperatures near 0°C and will be too heavy to carry.
<input type="checkbox"/>	shell jacket: waterproof/breathable with taped seams	As for above... but with taped seams. Taped seams are more important on the upper body: they keep water from seeping through stitching. Feel seams for a ribbon of tape that runs the length of the stitching.
<input type="checkbox"/>	toque	<i>Warm-when-wet</i> . Toques will be carried on all trips during fall and winter season, not just winter
<input type="checkbox"/>	sun hat or baseball cap	Quick dry is nice but not necessary.
<input type="checkbox"/>	sunglasses	Very important during winter. Must be rated to stop uv rays.
<input type="checkbox"/>	plastic eating utensils	Durable plastic required. Fast-food utensils will do in a pinch but will not last.
<input type="checkbox"/>	eating bowl	A 4-cup plastic measuring cup purchased from a grocery store makes a simple and light plate set: works as bowl, plate, and mug; or buy a fancy set from an outdoor store.
<input type="checkbox"/>	winter mitts and a light pair of gloves	Ideal mitts have a waterproof shell with removable insulation (such as fleece) for quick drying. Ski gloves will wet-out under warmer condition and are too hard to dry. A very light pair of gloves (like figure skating gloves) work well around camp or when hiking.
<input type="checkbox"/>	personal toiletries	Basic essentials only. No shampoo etc... not needed.

Optional Items

<input type="checkbox"/>	fleece tights	If you get cold, or during the winter season, an additional mid-layer for the lower body will be needed.
<input type="checkbox"/>	quick-dry pants	General use nylon, quick-drying pants are more comfortable than waterproof/breathable when it is not raining.
<input type="checkbox"/>	blister supplies	We will go over various options in class. Lots to choose from these days.