



Monday February 12th, 2018

Dear Grade 7-12 Parent/Guardian:

This year, Holy Cross Collegiate will be hosting an off-site day. The day will expose all students in Jr. and Sr. High to activities that promote physical activity or the fine arts. Due to the educational nature of these events, regular classes will not be in session. All students in grades 7-12 will have a choice of three different excursions: Lake Louise, Yoga and Beyond and Injanation, or Studio Bell. Please complete the attached permission form for your child's chosen activity.

OPTION 1: LAKE LOUISE SKI TRIP: Skiing or Snowboarding

Students will be transported to and from the site by Private Charter Bus. All students are required to be at the school by 5:45am on March 15th. The students will load the bus at 6:00am sharp and set out for the ski hill. We will depart Lake Louise at 4:30pm March 15th and return to the school at approximately 7:00pm. Please make arrangements to pick up your child at this time. The activities which the students will participate in are skiing or snowboarding and **mandatory lessons**. The cost for participating in this trip is \$110.00. This includes transportation, lessons, rentals, and lift ticket. **Students should bring some money for a lunch or bring a lunch / snacks for the day.**

IMPORTANT: Please note that there will be **no price adjustments** for students who have their own equipment and / or ski passes. Lake Louise has provided us with a package that includes the lift ticket, rentals, and lessons. This package is already cheaper than if a lift ticket and rentals were provided separately. If rentals are not required, please indicate this on the attached permission form. In addition, **lessons are mandatory**. Only students participating in lessons will be permitted to ski/snowboard this day.

Students are expected to come on this ski trip prepared for all weather. Please ensure your child has dressed appropriately for winter mountain conditions and has brought all necessary extra clothing. Helmets are mandatory for all students and their cost is included in the listed rental package price. Rentals include a helmet, a snowboard / skis, boots, and poles (if they are skiing). **All other equipment / clothing are the student's responsibility.** Canadian Ski Patrol will be present on the ski hill. While some degree of risk is always associated in any physical activity, the physical dangers of this trip relate to exposure to cold temperature, skiing over steep terrain and falling while skiing.

We have a limited number of seats available, students will be accepted on a first come, first serve basis. Once the bus is full, we will not be accepting additional students for this activity. **Students not attending the ski trip are expected to be attending one of the other two activities described below.** If your child chooses to attend Lake Louise, they will be provided with a second form to determine lesson and rental details.

In addition to staff supervisors, there is room for a limited number of parent chaperones. Chaperones are needed for extra vehicles at the hill in case of injury, providing help to beginner skiers, helping students that may become stranded on the hill and helping with equipment and lesson detail. We will have funding to provide parent chaperones with ski passes and rentals if needed. Please contact the undersigned below if you are interested in attending. More details of chaperone duties will be provided to you at that time. Chaperones may have to drive to the hill as room on the buses could be very limited. Please be aware that Christ the Redeemer School Board is not responsible for claims for injuries parent volunteer supervisors sustain while participating in snow sport education trips. The school board does not have accident or WCB insurance for parent volunteer supervisors.

If you have any questions or concerns about the proposed activity; or are interested in being a parent chaperone, please contact Michael Annicchiarico at the school between 8:30am and 4:00pm by phone (403-901-2050) or anytime by email (mannicchiarico@redeemer.ab.ca).

OPTION 2: Yoga and Beyond and Injanation

The students will be transported to and from the site by school bus. The students will load the bus at 8:30 a.m. and set out for Yoga and Beyond (Center Street Location). We will leave Yoga and Beyond for lunch at Sunridge Mall at 12pm (bag lunch or purchase lunch from the food court). At 12:45 pm we will leave Sunridge Mall for Injanation. We will depart Injanation at 2:15 pm and return to the school at approximately 3:15 p.m. Since this is regular school hours, students will be able to return home by bus or by their usual transportation methods. There is a chance that buses will be late (e.g.: due to traffic issues). If this is the case, alternative arrangements may need to be made to pick up your child.

The maximum number of students for this activity is 40, students will be signed up on a first come first serve basis, including the permission form, Injanation waiver and fees.

Yoga and Beyond and Injanation have put together a school program that provides all children of all abilities the opportunity to participate in sport, and wellness. This will provide your child with new experiences that emphasize fun, participation and success in a safe environment.

Students will participate in two of the three activities listed below. If your child chooses to participate at Yoga and Beyond and Injanation, they will need to put a number beside each activity, from 1 to 3 indicating their preference (1 for most preferred and 3 for least preferred) on the attached permission form. We will accommodate student requests on a first come first serve basis.

- Barre
- Yoga for Exercise
- Spin

Students are expected to come on this trip prepared for all activities. This includes athletic wear, non – skid indoor shoes, yoga mat (if you have one, otherwise the school will supply them), sweat towel, and water. All activities will be indoors. Please ensure your child comes prepared with appropriate clothing to ensure participation in their chosen activities.

While some degree of risk is always associated in any physical activity, instructors and chaperones will be providing safe instruction at all times.

In addition to students and staff supervisors, any parent chaperones are welcome to come. Please contact Michelle Leitner if you are interested in attending. Please be aware that Christ the Redeemer School Board is not responsible for claims for injuries parent volunteer supervisors sustain while participating in school trips. The school board does not have accident or WCB insurance for parent volunteer supervisors.

The cost for participating in this trip is \$45.00. This includes all activity programming for the day and transportation.

If you have any questions or concerns about the proposed activity please contact Michelle Leitner at the school between 8:30 a.m. and 4:00 p.m. by phone (403-901-2050) or by email (mleitner@redeemer.ab.ca)

OPTION 3: Studio Bell – National Music Centre

The students will be transported to and from the site by school bus. The students will load the bus at 8:30 a.m. and set out for Studio Bell, downtown Calgary. After our program we will depart Studio Bell at 2:15 pm and return to the school at approximately 3:15 p.m. Since this is regular school hours, students will be able to return home by bus or by their usual transportation methods. There is a chance that buses will be late (e.g.: due to traffic issues). If this is the case, alternative arrangements may need to be made to pick up your child.

Studio Bell is home to the National Music Centre and features a wide range of musical exhibitions and experiences for people of all ages. There are live performances, instrument demos, recording demonstrations, the history of Canada's music, the science of music and how music affects the brain being just a few examples! Throughout the center are a variety of hands-on, ears-on activities for the students to enjoy.

Our full-day experience at the Studio Bell will feature a *Making Instruments Class* where students will explore the concepts of sound vibration, resonance, frequency and timbre through interactive exploration of sound with hands-on instrument building and technology. The day will also include a *Scavenger Hunt* exploration of Studio Bell with an opportunity to explore a variety of different exhibits.

Students will need to **bring a bagged lunch in a small lunch kit**. We will have limited storage space at the center. Students are not allowed to carry backpacks and should try to keep personal belongings to a minimum.

The **cost for participating in this trip is \$35**. This includes all activity programming for the day and transportation.

The maximum number of students for this trip is 60 so students will be assigned on a first come, first serve basis. Students must hand in their form and fees to be included on the list.

In addition to students and staff supervisors, any parent chaperones are welcome to come. Please contact Sarah Haughey if you are interested in attending. Please be aware that Christ the Redeemer School Board is not responsible for claims for injuries parent volunteer supervisors sustain while participating in school trips. The school board does not have accident or WCB insurance for parent volunteer supervisors.

If you have any questions or concerns about the proposed activity please contact Sarah Haughey at the school between 8:30 a.m. and 4:00 p.m. by phone (403-901-2050) or by email (shaughey@redeemer.ab.ca)