



# UCC

UPPER CANADA COLLEGE

PREPARATORY SCHOOL

## NORVAL OUTDOOR SCHOOL -YEAR 7 FALL TRIP

### AN OVERVIEW

The Norval Outdoor School is a residential, outdoor environmental education centre which hosts students from Upper Canada College and a number of other private schools in the Toronto vicinity. It is located on 450 acres which straddle the Credit River valley, near the town of Norval, Ontario, less than an hour's drive from the Toronto campus.

A staff of 5 Norval teachers work with the Form Adviser to design and present a balanced program designed to help the boys get to know each other better, and to support areas of the Form 7 History, Art, Science and Phys. Ed curriculum. The program includes: environmental field studies, the development of group skills, fostering an aesthetic appreciation for nature, outdoor recreational skills and community service. The activities are integrated as much as possible with the students' academic studies at the Prep. At Norval, learning through first hand experience and self-discovery are emphasized.

The social development of the form is an explicit goal of all classes at Norval. To encourage this process, students are introduced and reminded of the four Norval "C's":

1. **CARE** for self
2. **CARE** for others
3. **CARE** for our environment
4. **COMMIT** to improvement

Often, knowledge about the environment is insufficient to bring about changes which benefit the environment. Students require role models, group skills and a sense of connection to the natural environment to make these changes. The Norval experience attempts to provide these opportunities to students in an exciting, fun and challenging way.

Students and parents are encouraged to read the section in the Prep School Family Handbook and refer to the attached pages for additional information regarding the Norval Outdoor School.

### GENERAL INFORMATION

#### A. Trip Dates

7F will leave the Prep at 9:00 AM on Monday, October 2, 2017. The form will return at 12:00 PM on Friday, October 6, 2017.

## **B. Prior to the Trip**

1. Read all these pages carefully. Your son will be bringing home permission forms for the trip. Please sign and return these as quickly as possible. You may wish to save this document for future reference.
2. Check the recommended clothing list, assemble old clothes and label them. There are a limited number of uninsulated rubber boots for students who do not have waterproof boots.
3. Norval teachers and support staff have considerable experience with a wide range of medical conditions and food restrictions. Please contact Ms. Gina Suva, Prep Health Service (484-8636 extension 4911) if you have special concerns.
4. Make arrangements to drop off and pick up your son at the Prep. On the day of departure, students need not wear their school uniform. Students should report to their Form room at the usual morning assembly time in their classroom.
5. Consult your son's Form Adviser should you have any general questions or concerns.
6. Form 7 students will be camping out all week in 4-person nylon tents. Check the clothing list and prepare accordingly. The students will have to carry their bags through a forested area to the group campsite, about 500 metres, so backpacks or duffel bags are preferable to wheeled airport-style luggage.

## **C. While your son is at Norval**

1. In case of emergencies, the Norval telephone number is (905) 877-3732. The facsimile number is (905) 877-1814 and the email address of Norval Director Bill Elgie is [belgie@ucc.on.ca](mailto:belgie@ucc.on.ca).
2. The planned activities are flexible in order to account for the background and skills of the students and to take the optimum advantage of weather conditions.

## **D. Norval Staff**

Teachers	Mr. Bill Elgie Mr. Brent Evans Ms. Elizabeth Jankowski Mr. Aaron Parcher Ms. Katherine Tanz
Property Superintendent	Mr. Dan Richer
Head Cook	Ms. Alicia Dietrich
Housekeeper	Mrs. Beth Collins

## **E. Following the Norval trip**

The bus from Norval routinely leaves to arrive at the Prep no later than the stated arrival time. However, traffic or other unavoidable delays occasionally occur.

Encourage your son to talk about his trip.

## **A TYPICAL DAY**

<b>7:15 A.M.</b>	Wake-up, dress, and organize for the day.
<b>8:00 A.M.</b>	Breakfast (choice of cold/hot cereal, juice, entrée, toast, fresh muffins)
<b>9:00 A.M.</b>	Morning Program (includes breaks)
<b>12 NOON</b>	Lunch (main meal of the day plus dessert)
<b>1:00 P.M.</b>	Afternoon Program (includes breaks)
<b>5:00 P.M.</b>	Supper (luncheon style menu plus dessert)
<b>6:00 P.M.</b>	Evening Program (includes evening snack, showers)
<b>BEDTIME</b>	Time dependent upon the age of students.

Free time is often organized prior to or following meals. Organized recreation times are included during program times.