

April 2, 2015

I am very excited to tell you the details about the upcoming Foundation Year and Form 7 Outdoor Education program. This overnight retreat is designed to support the transition of Form 7 boys to the Upper School, and to give boys in Foundation year an opportunity to show leadership and get to know the boys who will be joining their House next fall.

Next year, when your son is in Year 1, he will have an IB1 student mentor from his House. The Form 7 – Foundation Year Norval experience will focus on building a bond between the boys in Form 7 and Foundation Year to help strengthen the mentorship pairings for next year. Program components will include “get to know you” games, social opportunities and team building activities.

All students will come to Norval as part of their newly assigned Upper School House groups, not with their Prep Forms. Each House group will consist of approximately 30 students, 15 Form 7 students and 15 Foundation Year students. One Prep faculty member and one Upper School senior house adviser for each house will accompany each group of 30 boys to Norval.

This one-night program will take place either April 13 – 14, or April 14 – 15, depending on your son’s house assignment.

**Howard's, Martland's, McHugh's and Mowbray's:**

Depart Monday, April 13 after school; return Tuesday, April 14 at 3:30 p.m.

**Bremner's, Jackson's, Orr's and Scadding's:**

Depart Tuesday, April 14 after school; return Wednesday, April 15 at 3:30 p.m.

**\*\*Please note that the return trip bus will drop students off at the north (Kilbarry Road) entrance to the College.**

On the day of their trip, students should come to school with their bags packed and ready to go to Norval. They will change into their casual clothes after school. The Form 7 boys will go on a tour of the Upper School after school, guided by some of the Foundation Year boys from their new House. The Form 7 and Foundation Year boys will then have dinner together at the Upper School before boarding the bus to Norval.

Students will be camping out overnight, either in tents or unheated cabins. Cabins and tents will be assigned by grade, so your son will only be with other Form 7 boys overnight. It can get quite cold at night in mid-April, so please ensure that you son either has one sleeping bag good to –15 °C, or two sleeping bags so he can sleep with one inside the other. The bags should be “mummy” style, with a hood that he can draw around his face.

Your son's form adviser will give him a Norval permission form and medical update form. The suggested clothing list for the upcoming trip can be found in this issue of *Heads Up*. Feel free to call 905-877-3732 or e-mail me if you have any questions.

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