

THE FORM 6B WINTER TRIP

This will be your sons' second trip to Norval this year. As before, we plan to have lots of fun as they explore nature and learn more about themselves and their classmates. The winter season offers many new opportunities to enjoy the outdoors and learn more about the natural environment. The theme of the winter Form 6B program is "Winter Week at Norval".

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

1. Care for SELF
2. Care for OTHERS
3. Care for 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 Family Handbook* and refer to the attached pages for additional information regarding the Norval Outdoor School.

GENERAL INFORMATION

Trip Dates

Form 6B will leave the Prep School at 9:00 AM on Monday, February 8, 2016. The Form will return at 3:00 PM on Thursday, February 11, 2016.

Prior to the Trip

1. Read all these pages carefully, return both of the completed medical forms and keep the rest in a safe spot for future reference.
2. Check the recommended clothing list, assemble clothes and label them. Warm clothing is essential to a positive winter experience at Norval. Warm boots, hats and gloves in particular.
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 (416/488-1125 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 Teacher/Adviser should you have any general questions or concerns.

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 is 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.

Norval Staff

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|--------------------------------|----------------------------------------------------------------------------|
| Norval Teachers | Bill Elgie Brent Evans Sean Kelly Kathleen Padfield Katie Tanz |
| Norval Property Superintendent | Gerald Doekes |
| Norval Head Cook | Alicia Dietrich |
| Norval Assistant Cook | George Goulden |
| Norval Housekeeper | Beth Collins |

Following the Norval trip

The bus routinely leaves Norval 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

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| 7:15 a.m. | Wake up, dress, and organize for the day. |
| 8:00 a.m. | Breakfast (choice of cold/hot cereal, juice, entrée, toast, fresh muffins) |
| 9:00 a.m. | Morning program (includes breaks) |
| 12 noon | Lunch (main meal of the day plus dessert) |
| 1:00 p.m. | Afternoon program (includes breaks) |
| 5:00 p.m. | Supper (luncheon style menu plus dessert) |
| 6:00 p.m. | Evening program (includes evening snack, showers) |
| BEDTIME | Time dependent upon the age of students. |

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