

## THE FORM 6M 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 6M 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 6M will leave the Prep School at 9:00 AM on Monday, February 1, 2016. The Form will return at 3:00 PM on Thursday, February 4, 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](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.

## **Norval Staff**

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**

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.