



Burnaby Mountain Secondary School

September 6, 2018

Dear Parents/ Guardians,

Burnaby Mountain Secondary School is planning a retreat for the entire grade 8 class to Grouse Mountain in North Vancouver BC. The retreat will last the entire day. There will be many teachers that will accompany and supervise the students, as well as the Grouse Mountain group leaders. The date of the trip will be Wednesday, September 26, 2018. All students need to pay \$30 for bus and mountain expenses. This \$30 can be paid to school cash on line. This can be found on the school website.

Students will be bused from BMSS to Grouse Mountain. The buses leave BMSS at 8:00 am. Buses will return to BMSS at roughly 3:30. Please make sure that your child is in Gym 1 by 7:30 am for attendance taken and bus designation. Students need to be prepared for a daylong activity. Sunscreen, water bottle, and a snack are highly recommended. Please wear running shoes and some of the activities will have an active component in them.

Students can bring a packed lunch or they can Pre-purchase/order on school cash on line. Pre-purchased lunches range from \$12.00 - \$17:00. If a student is planning to pre order lunch, they will need to pay for it through school cash on-line. This can be found on the BMSS website. The menu order form attached to the Field Trip permission package needs to be returned to their PE teacher or to Mr. Davis in the PE office by Thursday September 20, 2018.

At Grouse Mountain, the students will be placed into small groups for team building activities. The students will be challenged both physically and cognitively and one of the main aspects of the activities is to teach teamwork and leadership skills. All activities will take place at the mountaintop plaza. No students will be taken into the back country of the mountain.

The final activity will be a First Nations presentation in the Feasthouse. This presentation will be run by a Squamish Elder. This presentation will be educational as well as interactive!

We believe that this retreat will be a great opportunity for your child to meet and interact with others from various elementary schools around BMSS. This will truly be an exciting experience for your child, one that they will hopefully not forget! Please feel free to call the PE office if you have any questions regarding the retreat please email Greg Davis at greg.davis@burnabyschools.ca

Sincerely,

Grade 8 Retreat Committee

