

Dear Parents/Guardians,

The BMSS PHE department have planned a fun, collaborative and activity filled event to end the 2018-19 school year. This grade 8 and 9 student field trip has been planned to **Sasamat Outdoor Centre** in Belcarra, B.C. on May 16-17, 2019. The students will have the opportunity to enjoy an experience with their peers packed full of fun and adventure in a safe place for youth to build and expand new friendships, explore the outdoors and make memories that will last a lifetime. They will participate in activities such as canoeing, archery, raft building and kayaking to name a few. The benefits of outdoor education include: building community, stress release, building confidence, and self-esteem.

Students will need to meet at the Sasamat Outdoor Centre on Thursday, May 16th at 8:45 a.m. and be picked up at 3:30 p.m. on Friday, May 17th from the Centre. The cost per student is **\$150.00**. This includes all the activities which are led by certified instructors, 3 meals (dinner the 1st night, breakfast and lunch the 2nd day). Students will need to bring lunch for the first day and any snacks which can be left in the dining area. Snacks are **NOT** to be consumed or kept in the cabins.

Students will need to bring sleeping bags, pajamas, swimwear, active wear, towels, and toiletries. This trip is being offered to all grade 8 and 9 students and spots are limited, so it will be available on first come first serve basis. Please sign and fill out the attached form and **pay online via School Cash** on our school website by March 15th 2019, to reserve your son or daughters spot.

Kind regards,

The BMSS Physical and Health Education Department