

Alberta Conference Grade 7-8 Lake Expedition October 2-4, 2018



Student Handbook

*Learning About God's First Book As We Experience
History And Scientific Principles*

Alberta Conference *Lake Expedition*

Learning About God's First Book

To the PARENT

We at the Education Department are excited about the opportunity of having our 6th annual Lake Expedition scheduled for October 2-4, 2018. This handbook explains the intent of the program and we ask that you look it over as you help your child plan for this adventure. This learning experience will provide a practical, hands-on approach to our curriculum-enhancing not only the student's interest in learning, but also allowing them to see the outdoors as God's lesson book.

To get your child to Twin Lakes Campground for Tuesday Morning, you will need to arrange transportation with your school. To cover part of the cost of the campsite and materials, we will need each student to contribute \$50.

We anticipate that this program will not only benefit your child, but also provide your child's teacher with valuable training and resources. They, in turn, can improve the variety of learning experiences that the students at your school will receive.

Thank-you for your support of Adventist Christian Education as we train young people to develop a relationship with Jesus.

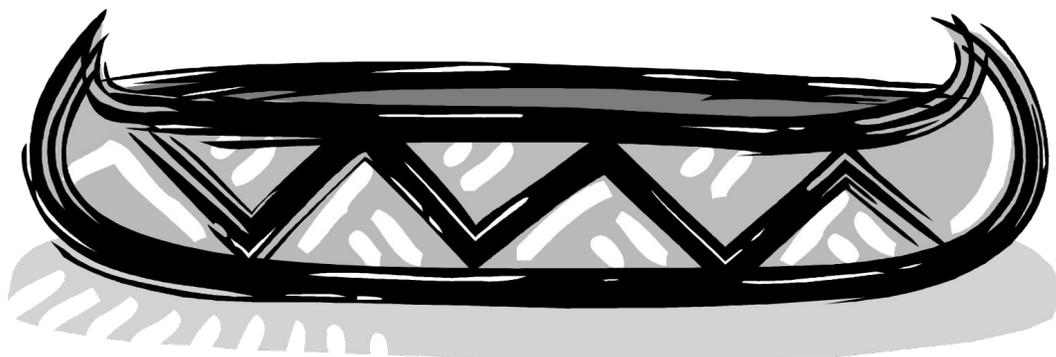
To the STUDENT

This handbook has been written for you, the student. You will soon be leaving the four walls of your indoor classroom to attend school in the out-of-doors. The week you will spend at Lake Expedition will give you a chance to learn about our natural resources and also learn outdoor recreation skills, which will help you to appreciate those resources.

You and your parents need to read this handbook carefully so that you will be prepared for your Lake Expedition experience. Discuss the handbook with your parents and teacher. If you follow the suggestions in this book, it will help you feel more at home at Lake Expedition and make your time there more valuable.

See you there!

Janet Griffith
Education Superintendent



The Site

Since our Lake Expedition is intended to let you study lakes, an effort has been made to move your class to a place where you can live comfortably right next to your outdoor laboratory. This year, Twin Lakes, just west of Rocky Mountain House, will provide the perfect site for this.

During our three days, you will be using the out-of-doors and sites accessible from the lake as your classroom. This outdoor classroom will be quite different from the one that you are accustomed to. For one thing, it is much larger. You will find forested areas, open meadows, a variety of plant and animal life, different types of soil, and the river. Here, you will discover much about God's wonderful creations, historical events, and water quality of the Twin Lakes area.

Lake Expedition Staff

Lake Expedition requires many people working together. You will have the opportunity to get to know your classmates better, teachers, and parent and adult volunteers. Also, there will be some people that will assist our learning as we visit other locations. All adults are there to see you through the Lake Expedition and to ensure your safety.



Life at the Lake

You will be joining your classmates and friends to form tenting groups, canoe groups, and learning groups. Each group will be under the leadership of a teacher or a group leader. Your group leader is there to help you in everything you do on your Lake Expedition.

Each day you will be covering some aspects of the Alberta Curriculum and will be required to spend time with your journal keeping record of what you are doing and learning.

Everyone will be cooking his or her own meals on a stove. Students will learn at school appropriate camp meals and time will be spent discussing cooking safety. **POTABLE WATER WILL BE PROVIDED FOR EVERYONE FOR DRINKING AND COOKING.** Your enjoyment depends on you using co-operation and common sense. This will ensure a fun, safe time.

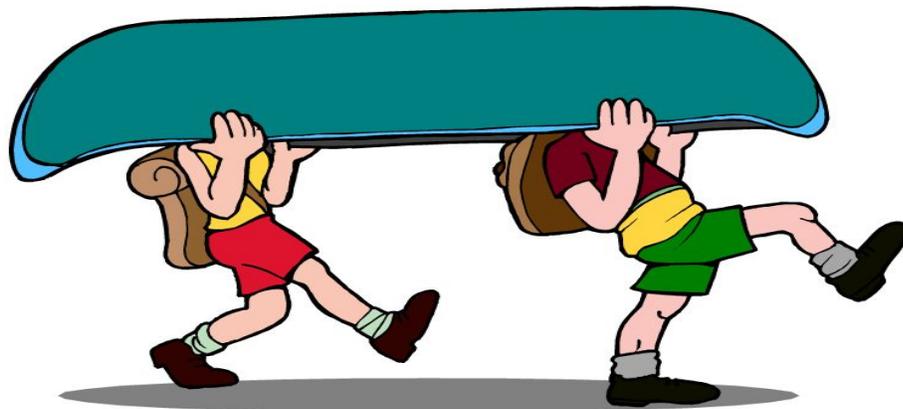


Work together for a common goal!

RULES AND EXPECTATIONS

The following rules and expectations are designed in order that the Lake Expedition functions smoothly and that everyone will have an enjoyable stay.

1. Keep within the boundaries of the camp as explained by the teacher.
2. All activities are at all times supervised by a teacher. It is important that instructions be closely adhered to.
3. Between lights-out and rise and shine, there should be no noise. Students must remain in their tents at night with the exception to use the washroom facilities.
4. Leave unnecessary articles such as knives, radios, etc., at home. (See *Equipment List* on a separate page).
5. Remember that your tent is your home for the time that you are on the Expedition. Treat it with respect and never go into anyone else's tent.
6. Do not light fires in any location other than the fire pit.
7. Treat animals and plants with care. If it is necessary to collect specimens for observation, return them to their original habitat after the study.
8. Report sickness and accidents to a teacher. Persons seriously ill or injured should not be moved. Teachers should be called to them.
9. The rules that you have at school on how to treat others are to be followed during the Expedition.
10. Abide by school dress regulations as outlined in your school handbook.
11. The most important rule is to use common sense.



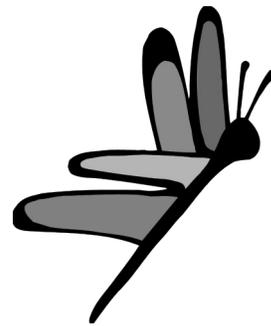
Discipline

Our Lake Expedition is a doing place. If you are not co-operating, you will lose privileges. On the activities, you may be asked to step out and wait while others participate in the activity. In extreme disciplinary situations where you are continually being spoken to and / or putting yourself or others into situations of personal jeopardy, your parents will be requested to come take you home.

Tentative Daily Schedule

Tuesday

11:00 Arrival Time
11:00 - 2:00 Registration, camp set-up, lunch
2:00 - 2:30 Welcome Circle Time
2:30 - 4:30 Learning Groups
5:00 - 6:00 Supper*
6:15 - 7:00 Teacher Talk Time/ Creative Writing
7:00 Circle-up / WORSHIP
Campfire with your school Lights out time announced



Wednesday

8:00 a.m. Rise and Shine
Breakfast
9:00 Circle-up by Registration Tent Morning Devotional
9:30 - 11:30 Morning Learning Groups
12:00 p.m. Lunch
1:15 Circle-up by Registration Tent
1:30 - 3:00 Afternoon Learning Group
3:00 - 5:00 Afternoon Learning Group
5:15 - 6:15 Supper*
6:15 - 7:00 Teacher Talk Time/ Creative Writing
7:00 Circle-up / WORSHIP
Campfire with your school Lights out time announced

Thursday

8:00 a.m. Rise and Shine
Breakfast / pack-up
9:30 Circle-up Morning Devotional
School Morning Activity / Pack-up / Clean-up
11:00 Goodbye!

Have a safe trip home!



Camp Cleanliness

You are responsible to keep your camping areas neat and tidy. All equipment needs to be stored properly in your tent or in appropriate locations. All garbage is to be placed in garbage cans provided in the area. Food must not be in your tents or stored in your tents. Appropriate locations to store food will be determined when we enter the camping site.

Personal Cleanliness

Your personal hygiene is, of course, your responsibility. Adequate time is provided daily for you to maintain good health practices. Changing clothing daily, washing hands before meals and after using the washroom, brushing teeth, and combing your hair are a big part of healthful living in the out-of-doors.

Health and Safety

If you are injured in any way, or if you do not feel well, you must report this immediately to your teacher or other adult who will see to it that you are taken care of. Several teachers will have First Aid certification and will help you call your parents if it is needed.

Studying Together on the Lake

Since you will be in the out-of-doors, surrounded by nature, you will be studying natural science, ecology, conservation and recreation. You will find that you will be working in small groups sometimes and larger groups other times. You will be doing things that will help you to learn about and understand the out-of-doors.



Suggested Personal Equipment List

<p>CLOTHING:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Comfortable shoes (or boots) for hiking <input type="checkbox"/> Second pair of shoes for at camp <input type="checkbox"/> Underclothing—sufficient amount <input type="checkbox"/> Socks—bring extra <input type="checkbox"/> Pants—2 pair (nylon is best) <input type="checkbox"/> Sweater—warm <input type="checkbox"/> Winter coat <input type="checkbox"/> Winter mitts and toque <input type="checkbox"/> Rain gear 	<p>SHARED EQUIPMENT:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tent and fly with pegs (nylon)(may be borrowed) <input type="checkbox"/> Plastic ground sheet for under tent (optional) <input type="checkbox"/> Flashlight with new batteries <input type="checkbox"/> Nylon Rope <input type="checkbox"/> Personal First Aid Kit <input type="checkbox"/> Camera (optional) 	
<p>INDIVIDUAL EQUIPMENT:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Warm Sleeping Bag with liner (it may freeze at night; liner may be borrowed) <input type="checkbox"/> Ground pad (may be borrowed) <input type="checkbox"/> Toiletries: Deodorant <ul style="list-style-type: none"> Biodegradable soap Towel and face cloth Toothpaste and brush <input type="checkbox"/> Hat and sunscreen 	<p>SHARED COOKING UTENSILS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stove with fuel (small and easily stored; may be borrowed) <input type="checkbox"/> Pots and Pans (mess kits may be borrowed) <input type="checkbox"/> Oil and salt (optional) <p>Individual Cooking Utensils</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fork and spoon <input type="checkbox"/> Plate <input type="checkbox"/> Cup—large enough to be used as a bowl <input type="checkbox"/> Water bottle 	
<p>NUMBER OF MEALS:</p> <p>Campers will cook their own food for all meals. Campers need to bring food for:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 breakfasts (T, W, Th) <input type="checkbox"/> 2 lunches (T, W) <input type="checkbox"/> 2 suppers (T, W) <input type="checkbox"/> Monday lunch will be either on the road or at the campsite 	<p>Each school will have a dish washing station or two set up near campsites and are responsible to</p> <p>KEEP THIS AREA CLEAN OF ALL FOOD, DEBRIS AND COOKWARE ITEMS.</p>	
<p>FOOD SUGGESTIONS:</p>		
<p>BREAKFAST</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pancakes <input type="checkbox"/> Granola/dried cereal <input type="checkbox"/> Quaker Hot cereal <input type="checkbox"/> Milk for cereal <input type="checkbox"/> Powdered mashed potatoes and gravy 	<p>SNACKS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bring snacks such as nuts, raisins, dried fruit, granola bars (nut free ones), bagels and cream cheese, etc. 	<p>LUNCH/SUPPER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lunch or supper may be cooked or uncooked items <input type="checkbox"/> Mac and cheese <input type="checkbox"/> Rice dinners <input type="checkbox"/> Noodle dinners <input type="checkbox"/> Dried noodles or soup <input type="checkbox"/> Dried vegetables
<p>Highlighted items may be borrowed. Supplies are limited. To reserve your needed items, go to www.albertasdaedu.org and click on Gr. 7-8 Lake Expedition and fill the form for equipment needed.</p>		
<p>POTABLE WATER IS PROVIDED FOR DRINKING AND COOKING!</p>		



Bring

THIS BOOK

ON YOUR

LAKE EXPEDITION