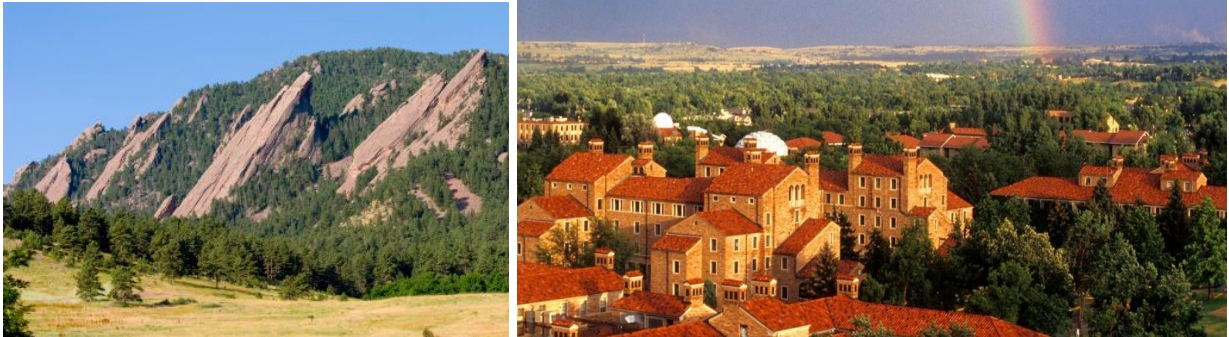


# DMHS Fall Trip 2017: Boulder, CO Area

8/16 to 8/18



***“An education capable of saving humanity is no small undertaking; it involves the spiritual development of man, the enhancement of his value as an individual, and the preparation of young people to understand the times in which they live.”***

~ Dr. Maria Montessori, *Education and Peace*

## About the Trip

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This year the High School (10th/11th grade) students will embark on a journey to explore and understand regional institutions of higher learning, the rights and responsibilities of citizens living in a diverse and ever more complex world, and their own roles in the Denver Montessori High School community.

Students will travel to the Boulder, CO area for self-reflection and community building. The area’s proximity to Denver, it’s natural beauty, and the University of Colorado make this an ideal place to begin our school year and jumpstart community-building.

Students will spend Wednesday through Friday living together in dormitories at the Balarat Outdoor Education Center, cooking and cleaning with and for each other, exploring the local landscape (physical and cultural), discussing readings and ideas in seminars, and reflecting daily in their journals. Because this trip is the beginning of their journey this year in the High School **together**, it is very important that each student attends the trip.

## Important Details

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**Cost:** The cost of this trip is **\$125** per person. However, it is really important to us that 100% of our students attend. Therefore, if full price is beyond your family's means at this time, please contribute whatever amount will work for your family. Payments should be made to DMHS and given to Carol (our wonderful office support person) by August 16th.

**What To Bring/ Not Bring:** **Packing List attached** at end of this document.

**Communication:** Staff will have cell phones so that you can easily contact your child while he or she is on trip. Their phone numbers are:

Rachel: 303-856-4869

Leah: 303-842-6251

Katya: 303-905-6678

Matt: 414-840-1329

Scott: 321-427-3011

In addition, in case there is any problem with cell phone reception, the main number for the Balarat Outddor Education Center is: (720) 424-2940

**Trip Forms:** The parent/guardian consent form along with other required DPS trip forms is included with this packet. Please fill out and return by Tuesday, August 15th.

**DMHS Trip Policy:** Taking extended day trips is a core part of our Montessori adolescent program. It is during these trips that our students learn problem solving, adaptability, key social skills and independence. However, in order to insure the safety of all our students during an overnight trip, there are certain ground rules that must be followed in order participate or remain on a trip. Students while on trip are still held to the same behavior standards as outlined in the DMHS Family and Student Handbook. If a student's behavior rises to the level that it is no longer emotionally or physically safe for that student to be on trip, then the student will be removed from the trip and sent home.

As always, if you have ANY questions, do not hesitate to contact Scott ([scott\\_ellis@dpsk12.net](mailto:scott_ellis@dpsk12.net)) or Rachel ([rachel\\_balkcom@dpsk12.net](mailto:rachel_balkcom@dpsk12.net)). We are so excited to take your students on this amazing trip!

## Tentative Itinerary

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### **Wednesday, August 16th: Travel to Boulder and Tour the University**

- 8:30 Community Building and Trip Shopping
- 9:30 Pack vans and depart DMHS
- 11:30 Picnic lunch in Boulder
- 1:30 Tour University of Colorado
- 3:30 Snack time and games at University of Colorado
- 5:00 Arrive at Balarat Outdoor Education Center
- 6:00 Dinner Prep
- 7:00 Eat dinner
- 8:30 Group Circle; Intention Setting for the Week
- 10:00 Lights out

### **Thursday, August 17th: Ropes Course, Hiking, and Boulder Exploration**

- 8:00 Breakfast and make sack lunches
- 9:00 Half group does Ropes Course/ Half Group other activity
- 12:00 Lunch
- 1:30 Groups switch
- 4:30 Whole group gathering at Balarat
- 5:30 Dinner Prep
- 7:30 Student groups design activities for Friday
- 8:30 Group Circle
- 10:00 Lights out

### **Friday, August 18th**

- 8:00 Breakfast and make sack lunches
- 9:00 Student-led activities
- 12:00 Lunch
- 1:00 Drive to DMHS
- 2:00 Return to DMHS, advisement orientation for first week of school
- 3:00 Unpack vans
- 3:35 Dismissal/ Pick-up

## Emergency Plan

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In the case of emergency, we will coordinate with the local Police Department in Boulder: 1805 33rd St. Boulder, CO 80301, (303) 441-3333. For health emergencies or in other emergency situations where appropriate, we will call 911.

- The best way to reach us on site is through the Balarat office at: **(720) 424-2940**
- Balarat instructors are Wilderness First Aid and CPR certified, or higher. Balarat instructors carry wilderness first aid kits with them at all times. There are two AEDs on site.
- Staff will also have first aid kits provided by the school nurse.
- If we need to evacuate, we will evacuate using the vans we rented for transportation and evacuate to the Boulder Police Department: 1805 33rd St. Boulder, CO 80301
- The nearest hospital is the Boulder Community Hospital at 1100 Balsam Ave, Boulder, CO 80304. The phone number is (303) 415-7000.
- We will have a list of parent/guardian phone numbers for all students.
- As soon as possible, in case of any emergency, we will call the parent(s) / guardian(s) to involve them in the decision making process.

## Packing List

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### What to Bring & What Not to Bring

Please make sure your child has adequate cold-weather clothing, including thick, warm socks, and a heavy winter jacket. Even in the Spring and Fall it may snow and it can get very cold, especially at night. ~~We require two-strap daypacks, and overnight bags without wheels and one soft side.~~ We can loan daypacks and overnight bags for students that do not have them.

#### Clothing you will need

- Waterproof or insulated boots
- Extra pair of sneakers
- 3 pairs of warm, tall socks, wool is best
- 2-3 shirts
- Daily change of underwear
- Long underwear if possible
- 2 pairs of long pants (pants must be worn, no shorts)
- Sweater or sweatshirt
- Warm jacket
- Warm pajamas
- Sun hat & Winter hat
- Gloves

#### Personal Items

- Sleeping bag or warm blanket
- Toothbrush and toothpaste
- Washcloth
- Chapstick, sunglasses, sunscreen
- Brush
- Deodorant

#### Optional Items

- Books and writing materials
- Camera (can't bring a cell phone, iPod)
- Binoculars
- Slippers (our lodges have a no-shoe policy)
- Plant and animal field guides

#### What Not to Bring

- Clothes or shoes that can't get dirty
- Sandals or open toed shoes
- Cell phones
- Electronic games
- Mp3 player/iPods/iTouch
- eReader
- Pocket knives
- Weapons
- Matches or lighters
- Flashlight
- Candy, soda, gum
- Medicine that wasn't given to teacher
- Perfume, Cologne, Body Spray
- Aerosol Sprays

#### What to wear on the day of your trip!

- Thick, tall socks
- Waterproof or insulated boots
- Long pants (with long underwear if it is cold)
- T-shirt
- Long sleeve shirt
- Sweater or sweatshirt
- Warm jacket

#### Pack these extras in your Daypack

- ~~Lunch and snack for the 1st day~~
- A full water bottle (32oz/1 liter) Don't freeze!
- Rain gear (Could be a large plastic bag)
- Hat and glove
- A few pencils