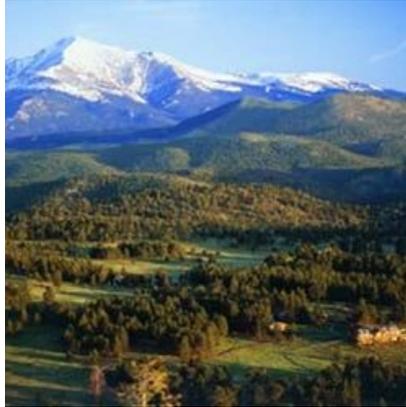
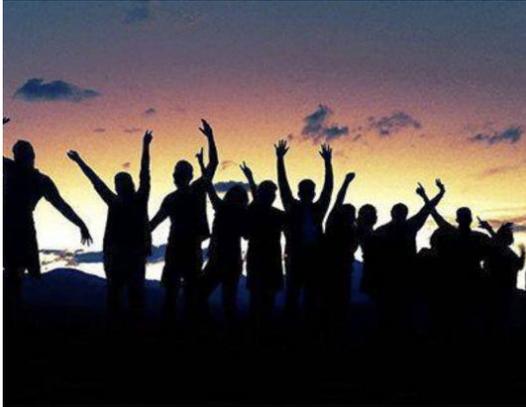


# DMHS Fall Trip 2017: Cal-Wood

8/15 to 8/17



***“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*

***“But, above all it is the education of adolescents that is important, because adolescence is the time when the child enters on the state of [adult]hood and becomes a member of society.”***

~ Dr. Maria Montessori, *From Childhood to Adolescence*

## About the Trip

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This year the High School students will embark on separate trip journeys in advisement groups, to build strong relationships in their advisement “home” within our community.

Students in Leah’s advisement will travel to Calwood, in the Jamestown area for self-reflection and community building. The area’s proximity to Denver, its natural

beauty, and the opportunity for students to take on planning and leading the trip make this an ideal fall trip for us.

Students will spend Wednesday through Friday living together in dormitories at the Cal-Wood 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 contact your student while they are on trip. However, cell service may not be constantly available at Cal-Wood. If you try to reach the staff and don't get through, please contact Katy. Their phone numbers are:

Leah: 303-842-6251

Katy: 303-431-2385

In addition, in case there is any problem with cell phone reception, the main number for the Cal-Wood Education Center is: (303) 449-0603

Trip Forms: The parent/guardian consent form along with other required DPS trip forms was provided at registration. If you haven't already, please fill out and return by Tuesday, August 15th. We **must** have this form fully filled out for your student to participate in trip!

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 - meaning that *a parent will need to come pick them up*.

As always, if you have ANY questions, do not hesitate to contact Leah ([leah\\_bry@dpsk12.net](mailto:leah_bry@dpsk12.net)). We are so excited to take your students on this amazing trip!

## Tentative Itinerary

### **Wednesday, August 15th: Travel to Cal-Wood**

8:30 Community Building and Trip Shopping

9:30 Pack vans and depart DMHS

Two vans will pick up food at Sam's club, etc.

10:30 Arrive at Cal-Wood

Set norms, talk activities

Norms:

- Can't be alone on your own (can be by yourself in common spaces), be in groups of 3
- Spatial boundaries - as per Cal-Wood instructor
- Write on white board where you are going, who you are with
- Perforated Circles
- Games, sports available

11:30 **Lunch: Cal-Wood**

1:30 - 3:30 Group Initiative (problem-solving game). Other activities TBD

4:00 Dinner Prep

6:00 Eat dinner

8:00 Group Circle; Intention Setting for the Week - optional night hike, games

10:00 Lights out

### **Thursday, August 16th: Hiking and Exploration**

8:00 Breakfast and make sack lunches

9:00 Hike to be planned by group OR Swim at Boulder Reservoir

12:00 **Lunch: Somewhere beautiful!**

1:30 - 2:30 Group Activity to be decided

2:30 - 4:00 Solo wilderness hour, debrief

4:00 Dinner Prep

6:00 Eat dinner

8:00 Group Circle; Campfire with s'mores - games, hang out in common area, etc.

10:00 Lights out

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

- 8:00 Breakfast and make sack lunches
- 9:00 Hike or Group activities (to be decided)
- 12:00 Lunch at location to be decided
- 1:00 Drive to DMHS
- 2:30 Arrive at DMHS, unpack and clean
- 3:35 Dismissal/ Pick-up

### **Possible activities for students to plan/finalize:**

- Hiking at or near Cal-Wood
  - Bobolink trail
    - Difficulty: Easy
    - Distance from Cal-Wood: 45 min
  - Dry Creek Trail
    - Difficulty: Easy
    - Distance from Cal-Wood: 45 min
  - Full Mesa Trail
    - Difficulty: Strenuous
    - Distance from Cal-Wood: 55 min
  - Royal Arch Trail
    - Difficulty: Strenuous
    - Distance from Cal-Wood: 50 min
- Fishing - location TBD (Boulder Reservoir?) and license likely needed
- Group games
  - Scavenger hunt
  - Capture the Flag
  - ????
- Shelter building competition
- Swimming at Boulder Reservoir
  - \$4 entrance fee for students, \$10 to swim
- Individual reflection
  - Time for reflection, journaling, individual and group goal setting

## Cal-Wood Trip Packing List

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### Clothing:

- Waterproof shoes or boots
- Extra pair of shoes
- Warm, tall socks
- 2-3 shirts
- Daily change of underwear
- 2 pairs long pants (not shorts)
- Sweater or sweatshirt
- Warm jacket
- Rain Gear
- Warm pajamas
- Sun hat + winter hat
- Gloves
- Swimsuit and towel *if* we decide to go swimming

### Personal items

- Sleeping bag
- Toothbrush and toothpaste
- Washcloth
- Chapstick, sunglasses, sunscreen
- Deodorant, personal toiletries
- Towel

- Full water bottle
- Journal, pens/pencils
- Day Pack

### Optional Items:

- Book
- Camera (NOT cell phone or ipad/pod)
- Binoculars
- Slippers

### What *NOT* to bring:

- Clothes or shoes that can't get dirty
- Cell phone
- E-reader
- Electronic games
- Mp3 player, ipod/pad, etc.
- Pocket knives
- Weapons
- Matches or lighters
- Candy, soda, gum
- Aerosol sprays, body spray
- Medication

***\*\*\*Remember: You will carry your bags about 1/4 mile uphill to the cabins.***

***Be able to carry what you bring!***