

Year 11 Retreat Day – Lake Mountain Alpine Resort

27th June 2017

Dear Parents,

I am writing to advise you of the upcoming retreat day for Year 11 to the cross country ski resort at Lake Mountain. This day has been set aside as both an individual and community development day, with the whole Year 11 cohort partaking in this shared experience. We are hoping to provide students with an activity that may be unfamiliar for many, and will work on building new skills such as map reading, developing resilience, overcoming barriers, working in a team and improving communication.

Date: Thursday 27th July

Venue: Lake Mountain Alpine Resort, 1071 Lake Mountain Rd, Marysville

Departure: MECS Senior School, 8:45 am

Return: MECS Senior School, 5:00 pm (please arrange transport accordingly)

Transport: Hired Bus

What: In the morning students will take part in a skiing lesson, followed by lunch (provided), a devotional time, an afternoon team orienteering competition, and an end of the day reflection. Throughout the day, students will be supervised by a qualified ski instructor at a 1:10 ratio, as well as a MECS staff member at a 1:10 ratio. Students who are unable to participate in the skiing or orienteering are still encouraged to attend, and alternative activities will be provided for them.

What to wear: Multiple thin layers of clothing that can be removed at different points in the day is advised. E.g. a t shirt, a long sleeve top and a light jumper. Jeans are discouraged. Students should wear thick socks and comfortable shoes. When we arrive at the resort, students will be provided with appropriate waterproof clothing and skiing equipment (including helmets). Students are permitted to bring their own waterproof clothing if they prefer, but not snow equipment (e.g. skis).

What to bring: Students should bring gloves and a beanie if they have them, sunglasses, and some snacks and water for the day. A full change of clothes (especially socks) for the end of the day would be a good idea.

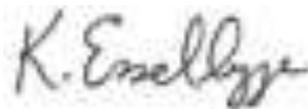
If you have any questions or concerns regarding your child's involvement, or specific information it would be beneficial for us to be aware of, please do not hesitate to contact us.

We are excited to be offering this experience to your child and feel it will be a positive day for continuing to develop shared, meaningful experiences as a Year 11 cohort, as well as encouraging personal growth and development.

Kind regards,



Emma Tresidder
Senior School Coordinator



Karissa Esselbrugge
Assistant Principal - Secondary