

**7th Grade Field Trip**  
**4 Days & 3 Nights of Team Building**  
**& Individual Challenges (by Choice)**  
**Integrated in an Outdoor Science Curriculum**



**If a student does not go on the trip, supervision is provided back in school with alternative activities.**

**Sargent Center for Outdoor Education**  
**Peterborough, NH**



## **PRIMARY – TEAM BUILDING**

- 1) For students to develop teamwork and to support each other, setting a tone for the year.**
- 2) For students and teachers to have a good time together, outside of academics.**
- 3) To facilitate group dynamics and celebrate each other's success.**

## **SECONDARY - ACADEMIC**

- 1) To apply/preview science content/skills (ecology, geology, thermodynamics, etc.)**
- 2) To build background knowledge and understand early United States history**
- 3) To build background knowledge for future writing assignments...**

**Lincoln GOALS of Trip**





- 1) Cooperation
- 2) Caring
- 3) Communication
- 4) Commitment ...



**Sargent Center GOALS: The 4 C's**



# Dining Hall

- ❖ 3 meals a day, plus a healthy snack (which we supplement)
- ❖ Sunbutter (no peanuts)





# Cabins



- ✿ Heated Cabins with Electricity
- ✿ Showers
- ✿ Flush Toilets
- ✿ Bunk Bed with Mats
- ✿ Separate for boys and girls
- ✿ Supervised by camp counselors at night



# Aquatic Biologist

- ✿ Collect plants and animals
- ✿ Fill the “ecosystem tanks” in the Science Center
- ✿ Observe





# New England Pioneer

✿ Experience what it was like to establish a home in the middle of a forest

- ✿ Build a log cabin
- ✿ Saw a log with a 2-person saw
- ✿ Use a lathe to plane wood
- ✿ Make a square peg into a round peg
- ✿ Gather water from a well

✿ Try out blacksmithing!





# Wilderness Skills

- ✿ Find your way back to Northern Lodge using a map and compass.





# Canoe Odyssey

- ✿ Wrap it, strap it, catamaran it...
- ✿ This is an option when the air and water temperatures combine to equal 100 degrees.





# Northern (High) Ropes

- ✿ Cooperative partner challenge (by choice)
- ✿ High ropes
- ✿ Zip Line





# Night (Owl) Walk

- ✿ Hear the song of a Great Horned Owl or Barred Owl and try to locate its direction.



- ✿ Also, learn about the benefits of *triboluminous* rocks...



# Astronomer

- ✿ Use a telescope to see the moon, and maybe some moon shadows, stars, or even Jupiter!



- ✿ Also, they might hear stories of how the constellations came to be.



# Camp Fire

✿ Stories, singing, and smiles...







**Free (Supervised)**

**Time**


**Science Center**

**Meadow**

**Cabins**

**Journals**





“I stopped to look at my group. Everyone giving their best effort and having fun with one another. That's when I realized why we came to Sargent Camp. I realized that we came here for moments like that.”

“Being there helped me open up to new people and open myself up to trust. Now, although I am still shy inside, I can make new friends. Now, because of Sargent Camp, I open my heart and mind to new people, new friends, and to trust.”

“There we saw the other side of people outside of school, we learned more about nature than what we saw outside our window, and we got the chance to be independent.”

## **Student Testimonials**





# Family Support

## We can you do?

- 1) Make sure all forms are in on time.
- 2) Help your child pack before the trip.
- 3) Coordinate with other families/friends for items kids can share or borrow (not everyone camps out or has a sleeping bag).
- 4) Bring in extra rubber boots, sleeping bags, or rain ponchos that you are willing to share.
- 5) LABEL EVERYTHING with your name. Using Duct Tape is fine.
- 6) No electronics are allowed on bus or in cabins (this means cell phones, game consuls, etc.). Please keep them at home.



# Snacks

- 1) No food is allowed in cabins. For specific “food needs,” please speak with the School Nurse.
- 2) We collect SNACKS for the grade level from families to share at “snack time” and expand the choices already provided by Sargent Center.
- 3) Snacks should be store bought. We ask that **all snacks be pre-packaged** so that we can read ingredients.
  - ✿ If you can contribute, we are asking
    - ✿ Families with names ending in A-J to bring something “salty”
    - ✿ Families with names ending in K-Z to bring something “sweet.”
  - ✿ NO NUTS OR PEANUTS.



# Preparing to Go...

## We would like to emphasize...

- 1) Students who are ill over the weekend prior to the trip, or who have been absent and return to school on Monday, will need to be checked by the School Nurse on Monday.
- 2) Students who are ill and/or out of school on Monday, will need to be checked by School Nurse on Tuesday morning before the bus leaves (parent will need to wait before heading home until son/daughter is cleared for the trip).
- 3) All medical forms must be in.
- 4) Students should pack good shoes for walking and climbing and extra socks. Your feet will get wet.





# The Health Center

- 1) Sargent Center strictly follows the CDC and DPH guidelines.
- 2) Hand washing is emphasized especially pre-meals.
- 3) Should a student develop symptoms of a flu-like illness, he/she will be immediately isolated and parents will be called.
- 4) If a student becomes symptomatic during the night, he/she will be isolated with the EMT at the Health Station on site.
- 5) A parent will be called around 6:00 AM to come pick up the student.

## Medications:

- You do not need to fill out the special medications form unless your child will be bringing medications to camp. The EMT in the camp has a stock of Tylenol/Aspirin, etc. and will dispense them as needed.
- If your child is going to bring any medication, prescription or otherwise, to camp, it must be given to the Lincoln School Nurse before the day of the trip so that all medications can be put in the hands of the Sargent Center medical staff. Please check the packaging and labeling instructions on the camp form.





# **DATES to Remember**

## **Wednesday, September 26**

- Lincoln School permission slip – must be completed and returned.
- Sargent Center consent and health forms – must be completed and returned to the school.
- Fee for the trip must be returned to the school office – made payable to the Town of Lincoln **\$436.75**
- Financial Aid/Support available – Form is in Parent Handbook which is also on the 5-8 Brooks Homepage.

## **Thursday, October 4**

- All medications – Must be properly packaged and labeled per the instructions in the camp medical form – due to the Lincoln School Nurse.

## **Tuesday, October 16**

- Luggage and supplies to school as we prepare for departure.

## **Friday, October 19**

- Return to school. We anticipate leaving NH after lunch in time for students to catch the 2:50 bus.





**Questions?**