

# Program Guide

Camp Menesetung School Programs for Primary Grades



## How to Use this Guide

Choose your Program. Prepare to Learn & Have Fun!

In this guide you will find:

- Specific schedule breakdowns and descriptions of what our programs entail
- Connections between the programs we offer & the curriculum based learning which takes place in the classroom (Ontario Health Primary Curriculum)

Please note that our programs run rain or shine, so make sure your class is prepared to embrace any weather!

To see a rough schedule of a day trip to Menesetung, see page 5

### Adventure Program

Overcome challenges together and learn more about team & individual abilities!

Initiatives | LowRopes | Climbing Wall

Page 2

### Phys. Ed Program

Try something new! Experience our unique dynamic programming facilities  
Archery | Climbing Wall | Sports/Games

Page 3

### Mixed Program & Schedule

Express your adventure in the Arts, or make your own trip!

Arts&Crafts | Campfire | Outdoor Living Skills etc...

Page 4&5



## Program overview

This program is based on a concept of 'challenge by choice'. Believed to be one of the strongest, most effective and long lasting means of learning about one's self while consciously pushing the self to step slightly out of the comfort zone and learn. There are progressive levels of challenge leading to furthering one's self-concept.



## Adventure Program *for Grades 2 and Up*

### Program Description:

Our Adventure program is designed to create challenges for students to overcome. There are a range of challenge types, team & individual. Team challenges work on cooperation, communication and trust. This is accomplished through initiative puzzles, and low ropes elements such as our cable traverse where the students need to solve the puzzle and rely on one another in order to cross. Individual challenges involve more in the way of focus, determination, and testing one's own abilities and stepping out of the comfort zone in a safe and supportive environment. This is done in solo cable traverse, and on the climbing wall.

### Adventure Program Activity Model\*

Warm Up → Initiatives → Low-Ropes → Climbing Wall

\*Depending on group size, your class will likely be divided into smaller groups and the order will be slightly altered for each group.

### Safety:

- A BIG priority for us
- We meet the Association of Challenge Course Technology (ACCT) regulations and training
- ACCT Certified staff
- Elements and equipment inspected daily
- All programs follow OPHEA standards

## Learning Expectations

After participating in our program your student should be able to:

**Demonstrated personal and interpersonal skills and the use of critical and creative thinking processes while participating in physical activity.**

Use adaptive, management, and coping skills to help them respond to challenges. OHPC 1.2

Apply relationship and social skills as they participate in physical activities... and become effective team members. OHPC 1.4

Use a range of critical and creative thinking skills and processes to assist them in making connections, planning, and setting goals, analyzing and solving problems. OHPC 1.5



## Phys Ed. Program

### Program Description:

Camp is a very physically active place, what better place to learn how to stay in tune with our bodies than from an energetic staff who live very actively. Amidst various programs we take water breaks and rest recesses as needed. You will find that our 38' climbing wall, and archery range are hard to find in your school gym, we have specially trained staff who are excited to help with your successes.

**Archery** | **Climbing Wall (Gr. 2 and Up)** | **Sports/Games**

Plus a Choice between: **Campfire, Beach Walk, Big Group Game,**  
or let us know if you have something else you and your class would like to do!

(additional \$2/student for Climbing Wall)

## Learning Expectations

While participating in our program your students will:

**Participate actively in a wide variety of physical activities, demonstrating responsibility for their own safety and the safety of other as they participate.**

Use adaptive, management, and coping skills to help students respond to various challenges they encounter as they participate. OHPC 1.2

Participate in setting and achieving realistic personal and group goals related to physical activity. OHPC A2.4 (Climbing Wall)

Send objects of different shapes and sizes at different levels and in different ways. OHPC B1.4 (Archery, Sports&Games)

## Mixed Program

**Our mixed program allows you and your class to design your own day!**

Pick 4 sessions from the following to best suit your goals for the trip, from wrapping up assessments in some areas, to bringing closure to the class before you part ways for the summer!

**Archery** – Ready, Aim, Loose! Practice focus and determination for hitting your target

**Arts & Crafts** – An opportunity to push boundaries of ‘what is art’ – not always on a page (dress in something you could get paint on!)

**Big Group Game** – A classic camp game for everyone! (i.e. Capture the Flag, Survival, Satchel and the Sword, Giant Scrabble etc.)

**Campfire & Song** – A good end to an active day at camp, feel free to bring your own marshmallows to roast and favourite songs to share!

**Climbing Wall (Gr. 2 and up)** – Climb our 38’ wall, overcome personal challenges by setting individual achievable goals!

**Drama & Dance** – reflect artistically with our program that is about using your body to express and communicate

**Environment Ed.** – Walk the shoreline and learn more about the lake, spend time to learn about trees’ function in our ecosystem and more!

**Initiatives/Team Building** – Become a stronger team through initiative challenges that build communication skills and trust.

**Low-Ropes/Team Building** – Overcome balancing and obstacle challenges as a team on our low-ropes elements.

**Outdoor Living Skills** – Learn compass directions, orienteering, shelter building, or how to find water and survive in the wild!

**Sports & Games** – A camp twist on your favourite sports & games!

Schedule for the day  
(arrival and departure times can be shifted to accommodate your schedule)

9:00 – Arrive and Settle

9:30 – Session 1

10:30 – Water break

10:40 – Session 2

11:40 – Lunch

12:10 – Session 3

1:10 – Water break

1:20 – Session 4

2:20 – Closing Comments

2:30 – Depart

### About Our Team

Our Spring staff are selected from returning staff members who have dedicated their summers to programming activities at Camp Menesetung. All staff have their Standard First Aid and CPR-C, and site-specific training on our low ropes elements and climbing wall. We follow OPHEA requirements in our programming, including ensuring that we have staff with ACCT Level 1 at our adventure elements.



## Generally Helpful Information

Our team is prepared to inspire up to 3 classes from your school at once!

### What You Need to Bring

- Health information for all students (to be accessible at the adventure elements – OPHEA regulation)
- Minimum 1 parent/volunteer/teacher per 10 students (Attend at no charge!)
- Your class
- Optional marshmallows/s'mores ingredients if you have campfire in your chosen program
- A cheque for the total number students attending

### What Menesetung Provides

- Portable First-Aid kits
- Emergency telephone
- Programming staff & facilities
- Necessary Liability Insurance
- Clean drinking water

### What Students Need

- Hat & Sunscreen
- Water bottle
- Close-toed running shoes (students without will not be able to participate at Archery, Low-Ropes, or Climbing Wall.)
- Weather appropriate clothing (raincoat, rainboots...)
- Lunch + snacks
- Please note that for adventure elements, jewellery must be removed, long hair tied back, and no drawstrings, or dangly objects may be on the climber

\*Our programs run rain or shine, be ready to embrace the weather!



**Find more information and teacher FAQs on our website! [www.campmenesetung.ca](http://www.campmenesetung.ca)**

### How to Reserve A Spot for Your Class!

Spring bookings will be available after March 23<sup>rd</sup>, 2020.

Please check availability and fill out our online booking form on our website under 'School Programs'

**[www.campmenesetung.ca](http://www.campmenesetung.ca)**

Contact our Executive Director, Clayton with any questions you may have in relation to timing, programs offered, accessibility, booking or anything else that comes to mind.

Upon receiving your booking request, we will provide all other necessary information to make your fieldtrip a successful, educational, and memorable one for your class.

Cost: **\$18/student** (HST Included)  
 +\$2/student if Climbing Wall is requested (trained staff provided)



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