

# Program Guide

Camp Menesetung School Programs for Junior 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 Junior 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 \* Low Ropes  
Climbing Wall

Page 2

### Phys. Ed Program

Try something new! Experience our unique dynamic programming facilities

Archery \* Climbing Wall\*  
Pool \* Low-Ropes

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### Arts & Mixed Program

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

Arts & Crafts \* Drama & Dance  
Campfire \* Outdoor Living Skills  
etc...

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## Adventure Program



### 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.



### 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

### Safety:

- Meet Association of Challenge Course Technology (ACCT) regulations and training
- ACCT Certified staff
- Elements and equipment inspected daily
- All Programs follow OPHEA standards

## Learning Expectations

While Participating in our program, your students will:

**Demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills.**

Use adaptive, management, and coping skills to help them respond to various challenges they encounter as they participate in physical activities. OHJC 1.2

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

Apply a variety of tactical solutions to increase their chances of success as they participate in physical activities. OHJC B2.3



## 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.

Choose 4 of the activities listed below:

**Archery \* Climbing Wall \* Low-Ropes \* Sports/Games \* Pool**  
(additional \$2/student for Climbing Wall & Pool)

### 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 others as they participate.**

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

Perform controlled transfers of weight in a variety of situations involving static and dynamic balance. OHJC A2.4 (low ropes, climbing wall)

Send objects using different body parts and equipment, adjusting for speed, while applying basic principles of movement and tactical solutions. OHJC B1.4, B2.3 (Archery)



## Arts Program

### Program Description:

The design of the Art Program is to spark inspiration in activities that can later be reflected on directly in artistic ways. You and your class choose 2 activities of interest to explore in the morning. Then in the afternoon students have the option of going to Arts & Crafts or Drama & Dance to artistically reflect on the morning's experiences. This will all be wrapped up in a campfire, showcasing the expressive arts, and visual artists will have an opportunity to show and explain to peers and staff the inspiration and any symbolism in their works. Let us know if you hope to use this day for assessments, and our staff will be able to help point out some of the successes and growth they see in the students through the day!

### Morning Options (Choose 2)

**Outdoor Living Skills, Environment Ed., Archery, Low-Ropes**

### Afternoon:

**Arts & Crafts + Drama & Dance** (Both programs run simultaneously – students choose which one they prefer!)

**Campfire** (showcase artistic creation!)



## Learning Expectations

While participating in this program, your students will:

**Generate and develop visual and physical ideas, using imagination, observation, and experiments with materials. Apply their knowledge to create works of art that tell stories, and express thoughts, feelings, and insights.**

Apply the creative process to drama works, using the elements and conventions of drama to communicate feelings, ideas, and stories. ODramaJC A1.1 (Drama & Dance)

Create two-and-three dimensional works of art that express feelings and ideas inspired by their own and others' points of view. OVisualJC D1.1 (Arts&Crafts)

Use a variety of materials, tools, and techniques to determine solutions to design challenges. OVPC D1.4

Sing in tune, unison songs and two-part music from a variety of styles. OMusicPC C1.1 (Campfire)



# 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!)

**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** – 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!

**Low-Ropes** – Overcome balancing and obstacle challenges as a team

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

**Sports & Games**

**Pool** – Fun swimming activities and games! (June only, dependant on weather and lifeguard availability)

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

9:20 – Arrive and settle

9:30 – Session 1

10:30 – Water break

10:45 – Session 2

11:45 – Lunch

12:15 – Session 3

1:15 – Water break

1:30 – Session 4

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 and NLS certified lifeguards at our pool.



## Generally Helpful Information

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

A few of our Adventure Programs have maximum capacities of fewer than 3 classes – more details online!

### What You Need to Bring

- Health information for all students (to be accessible at the adventure elements – OPHEA regulation)
- Minimum 1 parent/volunteer/EA/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, Tshirt for pool
- Water bottle
- Close-toed shoes
- 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 1<sup>st</sup>, 2018.

Please check availability and fill out our online booking form on our website under 'School Programs' [www.campmenesetung.ca](http://www.campmenesetung.ca)

Contact the Directors Mary & 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)  
+\$2/student if Pool is requested



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