

unplug
&



Sept 26th

Schedule for the Day

9:00- 9:30	Opening Activities
9:30-11:30	Session 1 (AM)
11:30-12:30	Lunch – Food Trucks in parking lot – Love's Bolar Ice-Cream, Blue Parrott
12:30- 2:30	Session 2 (PM)

Sessions

Agility Training

Description: Ever seen Top Dog? Dogs racing through tunnels and over jumps? There are actually World and National Agility Champions... Come spend a few hours with your dog- and learn the foundations for the sport. Most importantly, bond with your dog- learn some amazing handling skills and learn how to teach your dog to learn!

Facilitator: Victoria Van Wyk- Vet and Dog Agility Handler

Location: school back field

Group Size: 9 students

Sessions: AM

Extra: **dog and handlers must meet with Ms. Peacocke by Friday, Sept 21**

Staff Sponsor: Jill Peacocke, Gary Aylward

Badminton

Description: Beginners, intermediate and advanced come play badminton!

Facilitator: Tami Jerome

Location: gym A

Group Size: 16 students

Sessions: AM, PM

Staff Sponsor: Tami Jerome

Beach Day

Description: Roast marshmallows, explore the tide lines, play games and do an Art activity.

Facilitator: Deanna Darlington

Location: Goose Spit

Group Size: 20 students

Sessions: AM, PM

Transportation: bus #2 – First Group

Cost: \$2.00

Extra: wear clothing suitable to the water, weather and beach. Bring water bottle and sunscreen.

Staff Sponsors: Deanna Darlington

Permission Slip Required - pick up and return to staff sponsor

Beach Volleyball

Description: Come play beach volleyball – levels of enjoyment for all experience levels. No prior training required.

Facilitator: Brian McAskill, Brian Stevens

Location: beach courts in Courtenay

Group Size: 24 students

Sessions: AM, PM

Staff Sponsor: Brian McAskill, Brian Stevens

Transportation: van #5125

Extra: bring water bottle, sunscreen, and wear appropriate clothing.

Cost: \$5.00

Permission Slip Required - pick up and return to staff sponsor

Boxing

Description: Teaching the fundamentals of boxing through a variety of methods, such as bag work, partner drills, and one on one instruction. You will learn basic footwork, defense, and combinations as well as getting a great workout at the same time.

Facilitator: Jack Migue

Location: Weight room

Group Size: 15 students

Sessions: AM, PM

Extra: wear PE strip

Staff Sponsor: Tony Dickson

Campbell River Rock Climbing & Suspension Bridge

Description: Spend the day in Campbell River. Two hour indoor rock climbing in the morning at On Rocks followed by a trip to the suspension bridge at Elk Falls.

Facilitator: On the Rocks

Location: On the Rocks in Campbell River

Group Size: 22 students

Sessions: all day

Transportation: bus# 1

Cost: \$25.00

Extra: bring a lunch, clothing for indoors and outdoors, extra waiver to sign

Staff Sponsor: Ian Maclean, Nicole Kerkhoff

Permission Slip Required - pick up and return to staff sponsor

Canoeing

Description: Paddling session in the protected waters at Goose Spit. No experience

necessary.

Facilitator: Lee McKillican, Steve Butcher

Location: Goose Spit

Group Size: 20 students

Sessions: AM, PM

Transportation: bus #2 – First Group

Extra: wear clothing suitable to the water, shoes for water activity

Staff Sponsor: Lee McKillican

Permission Slip Required - pick up and return to staff sponsor

Cedar Bracelets

Description: Sit with an accomplished elder to create a cedar bracelet to take away.

Facilitator: Lelaina Jules, Tony Frank

Location: room 203

Group Size: 15 students

Sessions: AM, PM

Staff Sponsor: Josie Andrew, Shelly Branch, Shannon Tingle

Curling

Description: Learn the basics (throwing and sweeping the rock, as well as scoring) of curling and get to play an end to see who scores.

Facilitator: Brenda MacPherson

Location: Curling Rink

Group Size: 24 students

Sessions: AM, PM

Transportation: bus #4 – First Group

Cost: \$15

Extra: Helmets must be worn by all students (helmets can include bike or hockey) and can be provided if you don't have one. Please let Ms. MacPherson know in advance if you need a helmet. Warm clothing including mitts or gloves is highly recommended. A pair of CLEAN rubber soled running shoes (to be worn on the ice) have to be carried to the rink. (ANY debris on shoes compromises the integrity of the ice.)

Staff Sponsor: Brenda MacPherson

Permission Slip Required - pick up and return to staff sponsor

Dance/Fitness

Description: Fitness and dance to music! Come prepared to laugh, move and sweat. This class will be a fun mix of strength, cardio, core and flexibility. If we're in the mood we'll add choreo and creativity.

Facilitator: Lisa Williams
Location: MPR
Group Size: 24 students
Sessions: AM
Extra: bring water bottle
Staff Sponsor: Lisa Williams

Dragon Boating

Description: Try out this powerful sprint boat out on Comox Lake. No experience required.

Facilitator: Andrea Keenan
Location: Comox Lake
Group Size: 20 students
Sessions: AM, PM
Transportation: isp van #5124 & Mather van/ van#2 & Mather van
Cost: \$20
Extra: paddle and PFD provided, bring a change of clothes, lunch, water bottle, hat
Staff Sponsor: Pavola Mtwali (AM), Nancy Cox, Rich Swanson

Permission Slip Required - pick up and return to staff sponsor

Dream Catchers

Description: Create a traditional dream catcher with an accomplished Cree artist.

Facilitator: Mavis Aubichon
Location: room 202
Group Size: 15 students
Sessions: AM, PM
Staff Sponsor: Josie Andrew, Shelly Branch

Drumming Circle

Description: Learn traditional Lakota-Cree drum teachings and experience a hand held traditional Aboriginal drum

Facilitator: Daryle Mills
Location: room 201

Group Size: 15 students
Sessions: AM, PM
Staff Sponsor: Josie Andrew, Shelly Branch

Fly Tying

Description: Learn to tie fishing flies suitable for lake, stream, and ocean just in time for Chum and Coho season. Will go home with 3 flies.

Facilitator: Dean Patterson
Location: room 112
Group Size: 20 students
Sessions: AM
Staff Sponsor: Dean Patterson

Fossil Digging

Description: Visit the Courtenay Museum and explore, then tour Trent River to dig for fossils.

Facilitator: Pat Trask
Location: Courtenay Museum, Trent River
Group Size: 30 students
Sessions: all day
Transportation: bus #3
Cost: \$15
Extra: bring lunch and wear weather appropriate clothing
Staff Sponsor: Don McRae, Charity Munro, James Wood

Permission Slip Required - pick up and return to staff sponsor

Games and Grounds

Description: Come play card and board games (i.e. Magic Gathering).

Facilitator: Josh
Location: Games and Grounds
Group Size: 16 students
Sessions: all day
Transportation: bus #3

Cost: \$5.00

Extra: bring money for lunch

Staff Sponsor: Jim Tattrie, Roger Vernon

Geocaching

Description: Using multi-million dollar satellites to find Tupperware in the woods.

Facilitator: Helen Oliphant

Location: Room 225, Northeast Woods

Group Size: 20 students

Sessions: AM, PM

Extra: Wear sturdy shoes and weather appropriate clothing as we are going rain or shine.

Staff Sponsor: Helen Oliphant, Amber-Skye Brammall (PM)

Healthy Snacks - LUSH

Description: Interested in learning how to make healthy food? Want a chance to cook with local foods? Hungry? If you answered yes to any of these questions, then join this cooking workshop sponsored the LUSH Valley Food Action Society.

Facilitator: Sonja Limberger, LUSH Valley Food Action Society

Location: room 123

Group Size: 15 students

Sessions: PM(1:00-3:00)

Staff Sponsor: Tara Colborne, Leisa Sieber

Ice Skating

Description: Come out and have some fun wheeling around the ice. All levels welcomed.

Facilitator: Pati Creamer

Location: Comox Valley Sports Center

Group Size: 30 students

Sessions: AM10:30-12:00

Transportation: bus #4

Cost: \$7.00

Extra: can rent skates at the rink

Staff Sponsor: Pati Creamer

Permission Slip Required - pick up and return to staff sponsor

Improv Games

Description: Come and have fun playing improv and drama games.

Facilitator: Claire Knowles, Selah McKinnon

Location: stage

Group Size: 15 students

Sessions: AM

Staff Sponsor: Lisa Williams

Introduction to Water Sports - SUP/Sailing/Kayaking

Description: Spend the morning or afternoon at Little Mexico learning to kayak, sail and SUP (stand up paddle board), no experience required.

Facilitator: Compass Adventures

Location: Comox Marina

Group Size: 40 students

Sessions: AM, PM

Transportation: van #1 & van #3

Cost: \$45

Extra: Bring lots of layers, water and a snack.

Staff Sponsor: Becky Sulek, Tamara Jeannotte, Michelle Mann (AM)

Permission Slip Required - pick up and return to staff sponsor

Karate – Introduction to Martial Arts

Description: Karate is an ancient self defense system of martial arts that emphasizes a character of discipline and respect. This session will introduce you to the basic principles of karate under the expert direction and guidance of Sensei Todd and Sensei Brenda from Comox Valley Shito-Ryu Karate.

Facilitator: Sensei Brenda Bambini and Sensei Todd Robertson

Location: Highland Staff Room

Group Size: 20 students

Sessions: AM, PM

Extra: Athletic wear, or PE strip

Location: sewing room 122

Group Size: 20 students

Staff Sponsor: Tony Dickson

Mount Beecher Hike

Description: Mt. Beecher is a great day hike for people interested in alpine hiking. The hike is moderate difficulty, will take about 6 hours, and is 12km round trip.

Facilitator: Megan Hedican, Michelle Beaulieu

Location: Mount Beecher Trail

Group Size: 20 students

Sessions: all day

Cost: \$15

Transportation: van #2/isp van #5125

Extra: wear good hiking shoes or runners, bring lunch, water, hat, and dress in layers for the weather

Staff Sponsor: Megan Hedican, Michelle Beaulieu

Permission Slip Required - pick up and return to staff sponsor

Mountain Biking - Beginner

Description: Explore the trails behind the school in the Northeast Woods. Learn some basic mountain bike skills and have a bunch of fun.

Facilitator: Simon's Cycle

Location: Northeast Woods

Group Size: 15 students

Sessions: AM

Extra: bring your own bike and helmet

Staff Sponsor: Jana Buckle

Permission Slip Required - pick up and return to staff sponsor

Mountain Biking - Intermediate

Description: Riding blue and black diamond trails in the Cumberland Forest.

Facilitator: Simon's Cycle

Location: Cumberland Forest

Group Size: 20 students

Sessions: PM

Transportation: truck, trailer, & isp van #5124

Extra: appropriate safety equipment

Staff Sponsor: Jana Buckle, Dean Patterson

Permission Slip Required - pick up and return to staff sponsor

Needle Felting

Description: Using wool and a felting needle make your own miniature animal stuffy.

Facilitator: Nikki McMurray, Madi Gilcrease

Location: room 115

Group Size: 10 students

Sessions: AM, PM

Staff Sponsor: Rebecca Gorman

Pickle Ball

Description: Learning and playing pickle ball (racquet sport).

Facilitator: Mark Steele

Location: Highland School Pickle Ball next to Lacrosse Box

Group Size: 24 students

Sessions: AM, PM

Staff Sponsor: Mark Steele

Ring Making 101

Description: For jewelry newbies only! Learn the basics of ring and jewelry making! Everyone will walk away with a ring that they have created, free of charge.

Facilitator: Kir Tancon

Location: Jewelry Shop

Group Size: 15 students

Sessions: all day

Staff Sponsor: Kir Tancon

Extra: **Beginners** only and closed toe shoes

Ripple Rock Hike

Description: Enjoy an 8km hike just north of Campbell River. This is an awesome hike that ends overlooking the beautiful Seymour Narrows.

Facilitator: Geoff Gummer, Dillon McRae

Location: Ripple Rock Trail

Group Size: 22 students

Sessions: all day

Transportation: bus #1

Cost: \$12

Extra: bring lunch, dress for the weather, sturdy footwear, raingear, water bottle

Staff Sponsor: Geoff Gummer, Dillon McRae

Permission Slip Required - pick up and return to staff sponsor

Sea Kayaking

Description: Take a 3-hour tour of the Comox Estuary from the comfort of a sea kayak, No previous experience needed.

Facilitator: Comox Valley Kayaks

Location: Airpark Park

Group Size: 10 students

Sessions: all day (10:00-2:00)

Transportation: van #3

Cost: \$45

Extra: wear footwear that can get wet, bring a change of clothes, bring lunch, water bottle, dress for the weather

Staff Sponsor: Sue Diederichs, Calean Dickson

Permission Slip Required - pick up and return to staff sponsor

Self Defense

Description: Learn a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques to keep you safe.

Facilitator: Constable Monica Terragni

Location: Gym B

Group Size: 20 students

Sessions: AM, PM

Extra: dress in active wear clothing

Staff Sponsor: Tracey McKinney

Sound Yoga & Meditation

Description: Enjoy deep and reflective quiet. Oxygenate your brain and breathe your body- alleviate anxiety. Learn some meaningful meditation practise skills, experience the power of sound yoga with Elizabeth Clair Burr- a teacher with over 20 years of practise – and studied under Tibet's master teacher, Mingyur Rinpoche.

Facilitator: Elizabeth Clair Burr

Location: room 217

Group Size: 14 students

Sessions: AM, PM
Staff Sponsor: Jill Peacocke
Extra: Bring your own yoga mat (if possible)

Squash

Description: Come to the Comox Rec Center and learn the basics of the game of squash. An instructor will be in attendance to teach you and guide you through the game. Rackets included.

Facilitator: Colleen Chestnut
Location: Comox Rec Center
Group Size: 16 students
Sessions: AM, PM
Transportation: walk
Cost: \$7
Staff Sponsor: Faith Edwards

Permission Slip Required - pick up and return to staff sponsor

Swimming

Description: Enjoy slides, wave pool, hot tub, sauna, and steam room at open swim at the Aquatic Center.

Facilitator: Pavola Mtwali
Location: Aquatic Center
Group Size: 40 students
Sessions: PM
Transportation: bus #2
Cost: \$5.00
Staff Sponsor: Pavola Mtwali, Scott Middleton

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Tennis - Beginner

Description: Tennis is a fun sport that you can play your whole life! If you are a beginner (or close to it), come to this session for a chance to learn about the game from a qualified instructor and have some fun.

Facilitator: Simon Richards, Comox Valley Tennis Club
Location: Anderton Courts
Group Size: 16 students
Sessions: AM(9:30-11:30)

Transportation: walk
Extra: bring own racket and water, balls provided
Staff Sponsor: Andrew Black

Permission Slip Required - pick up and return to staff sponsor

Tennis – Free Play

Description: If you have some experience playing tennis and would like to practice and play with others of a similar skill level, come on out for an afternoon of exercise and fun.

Facilitator: Andrew Black
Location: Anderton Courts
Group Size: 16 students
Sessions: PM (1:00-3:00)
Transportation: walking
Extra: bring own racket and water, balls provided
Staff Sponsor: Andrew Black

Permission Slip Required - pick up and return to staff sponsor

Therapy Dogs

Description: Come to the library to relax and de-stress. We will have therapy dogs coming to the school to help us start the year off right. You can also read or color while here to help relax your mind so bring your books and markers/pencil crayons if you are interested in these activities.

Facilitator: St. John Ambulance
Location: library
Group Size: 15 students
Sessions: AM, PM
Staff Sponsor: Stephanie Baker

Wild Play

Description: Do you love the outdoors and like to challenge yourself physically? This full day activity in the tree tops of Nanaimo river standing on suspended platforms/ladders/bridges and swinging on nets/zip lines is for you. It will be an awesome adventure!

Facilitator: Dale Hallier, Jacques Nijhoff
Location: Wild Play in Nanaimo
Group Size: 42 students
Sessions: all day
Transportation: bus
Cost: \$55.00 (forms and money to Mr. Hallier on a first come, first serve basis)
Extra: bring own lunch, snacks, and drinks, dress appropriately for weather and climbing

activity, extra waiver to sign, wear closed toe shoes (athletic shoes preferred)
Staff Sponsor: Jacques Nijhoff, Dale Hallier

Permission Slip Required - pick up and return to staff sponsor

Zumba

Description: Exercise in disguise! Come try this Latin-based dance exercise class.

Facilitator: Jaida Blasco

Location: stage

Group Size: 20 students

Sessions: AM (stage/outside), PM (MPR)

Extra: bring a water bottle

Staff Sponsor: Amber-Skye Brammall (AM)

Workshop	AM	PM1	All Day
Agility	9		
Badminton	16	16	
Beach Play	20	20	
Beach Volleyball	24	24	
Boxing	15	15	
Canoeing	20	20	
Cedar Bracelets	15	15	
CR Rockclimbing & Suspension Bridge			22
Curling	24	24	
Dance/Fitness	24	24	
Dragonboating	20	20	
Dreamcatchers	15	15	
Drumming Circle	15	15	
Fly Tying	20		
Fossil Digging			30
Games & Grounds			
Geocaching	20	20	
Healthy Snacks	15	15	
Ice Skating	30		
Improv Games		15	
Intro to Water Sports	40	40	
Karate	20	20	
Mt Beecher Hike			20

Mtn Biking Beginners	15		
Mtn Biking Intermediate		20	
Needle Felting	10	10	
Pickle Ball	24	24	
Ring Making 101			15
Ripple Rock Hike			22
Sea Kayaking			10
Self Defense	20	20	
Sound Yoga & Meditation	14	14	
Squash	16	16	
Swimming		40	
Tennis	16	16	
Therapy Dogs	15	15	
Wild Play			42
Zumba	20	20	
Total	512	513	141