



## **Travers Reservoir-Year End Adventure and Overnight Trip**

Another year is coming to a close, and thus the year-end trip is quickly approaching! This year we will be returning to The Fort at SABC (Southern Alberta Bible Camp) on May 8th - 10th. We have students in Grades 7-12 who will be working with the elementary students as camp counsellors to make the year end trip extra special for all of our students!

This is not a mandatory trip but it is a great way to celebrate an amazing school year! If your child does not feel comfortable participating in an overnight trip, there will be teachers at the school who will plan fun activities for them on those days. Please take a moment to read the following information regarding the year end trip and if your child would like to participate, please complete the permission form and return it by April 26th, 2024.

If you have any questions regarding the year end trip, please feel free to reach out.

We are looking forward to having another great trip!

Sincerely,

Brad Masterson and Tracey Forrester

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### **Form to be returned:**

- Permission Form (completed by parent/guardian)
- Student Conduct Form (to be completed at school)

**NOTE: Please complete and return the forms listed above by April 26<sup>th</sup>**

## **FAQ's**

### **1. Where is SABC?**

Southern Alberta Bible Camp (SABC) is located on the Travers Reservoir (Lomond, AB) which is approximately 1.5 hours southeast of Okotoks. We will be staying at "The Fort" at SABC, not in the main lodge.

### **2. What are the facilities like?**

The Fort has a large dining room, kitchen and comfortable areas. Students will be separated into boys and girls cabins. There are lots of activities for students including hiking in the back country, canoeing, archery, laser tag, and a giant swing.

### **3. What kind of supervision is there?**

Students will be supervised by Summit West staff while at SABC with a ratio of 5:1 plus there will be camp counsellors leading students in games and activities. Students will share dormitories with their camp counsellors and teachers. We do not allow parents to attend the year end trip as this is an opportunity for students to gain independence and courage while building self-confidence away from their family.

### **4. Do you serve meals?**

We will bring all of the food necessary to make three meals per day. Students will help their camp counsellors cook meals and clean up after cooking. It is recommended that students bring snacks for times when they are hungry between meals.

### **5. Is there cell phone reception?**

Yes, there is cell phone service/wifi at the Fort, however, we ask students to leave electronics at home and spend time with their friends enjoying the great outdoors! If cell phones or electronics are required for some reason, please contact Tracey Forrester and we will arrange to keep their phones safe and provide them with access when needed. Tracey and Brad can be reached on their cell phones and through the landline at the main lodge. Contact information is on the next page.

### **6. SABC is a church-based camp, how will that impact the year end trip?**

The facility is owned and operated by a faith-based group, however, we are renting the space with our own staff, activities, and food. There will be no religious activities or events for our students.

### **7. What are the accommodations like?**

The facility has two "motel-style" buildings, one for boys and one for girls. They are heated and groups use them year round. There are flush toilets and showers, however some students might just come home dirty and have a bath at home.

### **8. What if my child gets homesick?**

Your child is encouraged to bring a stuffed animal or special blanket to snuggle with at night. In situations of homesickness, caring teachers and camp counsellors give students the attention they need and endeavour to focus the child's attention on the activities and people that they enjoy at camp. We discourage students from calling home as it may make homesickness worse, not better. In cases of severe homesickness, Brad or Tracey will contact the parents to get helpful tips and strategies for managing the homesickness, as well as to keep parents up to date.

## **Important Information**

- Students **MUST** be at school on **Wednesday, May 8<sup>th</sup> by 8:30am SHARP! We will conduct bag checks and the bus departs by 10:00 am.**
- We anticipate arriving back at school on **Friday, May 10<sup>th</sup>** at approximately 1:00 pm.
- Students are welcome to take the bus to and from school on Monday and Wednesday, however, space is limited in the van so they may need to put their bags on their laps.
- The students will be sleeping in shared, dorm-style rooms. Boys and girls will be separated and the student to adult supervision is at a ratio of 6:1.
- Students will be responsible for keeping their room tidy and cleaning up any messes after meals.
- The students will ensure appropriate behaviour (as per the student code of conduct form - attached), be respectful to SABC staff and Summit West staff.
- It is recommended that you send some money with your child(ren). Our trip home includes lunch at either A&W, Subway, or Dairy Queen.
- Children bringing snacks on the trip should focus on granola bars, fruit snacks, and other items that are quick and easy to eat. Sending a special treat is okay, however, please **DO NOT** send a bag filled with candy. Children loaded with sugar makes the year end trip more difficult for everyone.

## **Contact Information:**

Tracey Forrester - (403) 651-4513

Brad Masterson - (403) 809-6384

SABC Main Office - (403) 792-3644

## **Other staff attending:**

Logan Robbins

Heather Thomas

Keeli Francis

## **Trip Itinerary & Overview**

### **Wednesday, May 8<sup>th</sup>**

8:30 – All students required to be at school

9:00 - Bag Checks and Group Discussion

10:00 - Departure

12:00 – Arrive at camp and get organized in dormitories

12:30 – 1:15 – Lunch

1:15 – 2:00 – Camp Counsellor introductions and games

2:00 - 3:00 - Tour of Camp Grounds

3:00 – 5:30 – Activities

5:30 – 6:00 - Dinner

6:00 – 7:30 - Activities

7:30 – 8:30 - Snack and Fire

8:30 – Prep for bedtime (Camp counsellors will read stories to students who would like to participate)

\*Students will be placed in dormitories based on age and bedtimes will be adjusted accordingly.

### **Thursday, May 9<sup>th</sup>**

7:30 – Wake up and prep for Breakfast

8:30 – Breakfast

10:00 – 12:00 – SABC Activities

12:00 – 1:00 – Lunch

1:00 – 3:00 – Camp Counsellor Planned Activities

3:00 – 5:00 – Staff Planned Activities

5:00 – 6:00 - Dinner

6:00 – 7:30 – Outdoor Games or Indoor Games (board games, etc.)

7:00 – 8:30 - Snack and Fire

8:30 – Prep for bedtime (Camp counsellors will read stories to students who would like to participate)

\*Students will be placed in dormitories based on age and bedtimes will be adjusted accordingly.

### **Friday, May 10<sup>th</sup>**

7:30 – Wake up and prep for Breakfast

8:00 – 9:00 – Breakfast

9:00 – 10:00 – Clean and Pack up

10:00 – 11:00 – Activity

11:00 - 11:30 – Final Clean and Load Belongings on the bus

11:30 – Depart. We will be stopping for lunch on our way home. Please send money for this lunch unless you do not wish for them to eat at these places, then please send snacks (granola bars, fruit snack, etc). We anticipate arrival to be between 1:00-2:00pm at the school.

## **PACKING LIST**

All clothing should be items you are willing to get dirty/torn. Please bring clothes for warm and cold weather as it is cold in the morning and at night but may be warm in the afternoon).

***Please pack items in a backpack or duffle bag, not a suitcase as it is more difficult to fit on the bus.***

- 2x Pants
- 2x Shorts
- 3x Socks and Underwear
- 2x Hoodie or Sweatshirt
- 2x T-shirt
- 1x Long Sleeve shirt (optional but good if it is extra cool outside)
- Durable and Waterproof rain gear (optional)
- Flashlight or headlamp (with new batteries)
- Indoor slippers or shoes
- Mosquito repellent
- Pillow (with pillow case)
- Sleeping Bag
- Outside shoes (optional pair of water shoes)
- Personal toiletries (soap, shampoo, towel, toothbrush and toothpaste, etc.)
- Sun hat, cowboy hat, or baseball cap
- Sunscreen and Sunglasses
- Water bottle (can be refilled)
- Swimwear, including beach towel (life jackets are supplied)
- Toque and gloves (hats keep body heat in)
- Warm jacket (for windy days and/or chilly evenings)

**Please note: Beds only have a mattress, no bedding is provided**