

**9<sup>th</sup> Grade Point Reyes Schedule**  
**LIFE ACADEMY April 20-23, 2010**

Clem Miller Ed Center Phone: (415) 663-1920
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<b>Steve, Gina, and Jill:</b> Go up ahead of time in personal vehicles with all food and supplies.	<b>Antonio, Mica &amp; Brooke:</b> Ride bus with students
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**Tuesday's Schedule for Those Driving Separately (Kitchen Crew & other adults)**

<b>Time</b>	<b>Activity</b>	<b>Details</b>
<b>8:30</b>	Depart Oakland loaded with food and supplies	Refrigerator foods must be kept below 41 degrees in coolers with ice. To avoid cross contamination, keep raw meat/eggs/chicken separate from ready to eat foods (lettuce, sliced turkey, fruit, etc.).
<b>10:15</b>	Arrive at Bear Valley Visitor Center.	PICK UP KEY to Ed Center at the Visitor Center desk. Go in and ask a ranger for key at the cash register.
<b>10:30</b>	Drive to Ed Center	30 minute drive
<b>11:00</b>	Arrive at Ed Center	Unlock Ed Center kitchen door (only door that is NOT glass).
<b>11:15-12:15</b>	Unload and unpack all food.	Unload all food and organize in pantry and kitchen. Please unload foods that need to be refrigerated first. All meats will need to go on the bottom shelf of the fridge so they do not drip on other food.
<b>12:15-1:00</b>	Lunch Break	Enjoy the quiet before the storm!
<b>1:00-2:15</b>	Kitchen Training	meet with Ed Center staff member for mandatory kitchen training (to learn health codes, etc.)
<b>2:15-5:45</b>	Prep Time	Get settled into a cabin, take a break, and then begin preparations for dinner.
<b>6:00</b>	Opening Dinner	Time to join up with group!

**Rotation Schedule for Meal set up and clean up**

	<b>Group A</b>	<b>Group B</b>	<b>Group C</b>
<b>Wednesday</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Thursday</b>	<b>Dinner</b>	<b>Breakfast</b>	<b>Lunch</b>

	<b>Begin preparing</b>	<b>Ready by</b>
<b>Breakfast</b>	<b>7:00</b>	<b>8:00</b>
<b>Lunch</b>	<b>7:30 a.m. (for students to take with them on hike)</b>	<b>8:00</b>

Dinner	4:45	6:00
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## Tuesday, April 20<sup>th</sup>

Time	Activity	Materials/Notes
8:00	<b>Students meet at Life Academy. Meet in Ms. Russell's room.</b>	
9:00	<b>Bus Arrives. Students pack up the bus.</b> <ul style="list-style-type: none"> <li>• <i>Michael's Transportation (800) 295-2448</i></li> </ul>	Permission Slips, Attendance roster, earplugs
9:30	<b>Buses Depart</b>	Jill, Brooke,, & Adam
10:30	<b>Arrive Bear Valley Visitor Center</b> <ul style="list-style-type: none"> <li>• <i>Eat Lunch (Students bring their own)</i></li> <li>• <i>Use Bathrooms, etc.</i></li> </ul>	<b>Student bag lunches (They need reminders!)</b>
11:00	<b>Depart for Ed Center BUS parking lot (Bus should not go past the lot!!)</b>	
11:15	<b>Arrive at BUS LOT</b> For Ed Center (NOTE THIS IS NOT at the center itself but on Limantour Road) and hike down to Ed Center on Trail <ul style="list-style-type: none"> <li>• Possibly one shuttle (teacher van or truck) to come pick up sleeping bags and pillows so it's not too much to carry)</li> </ul>	Teacher vehicle
11:30-1:00	<b>Arrive at Clem Miller Environmental Education Center</b> <ul style="list-style-type: none"> <li>• Put all luggage on the porch, <b>NOT</b> in cabins until after big orientation</li> <li>• Announce small groups and split up. Teacher leaders should prep students on listening behavior and set expectations. Students will sit with their small groups on the steps.</li> <li>• Student orientation facilitated by Ed Center Program Coordinator 11:30-12:15</li> <li>• Teachers meet with EC Staff to review site safety specifics and check-out teaching supplies 12:15-12:30</li> <li>• Opening Ice Breaker and review of rules/expectations (Erik)</li> </ul>	Kids need to be sitting on the steps  Antonio will bring extra copies of rules for adults
1:00-5:15	<b>Small Group Site Tour:</b> <ul style="list-style-type: none"> <li>○ Divide into Groups A, B, C (get 4 volunteers from each group to help cook)</li> <li>○ Name game for small groups</li> <li>○ Move into cabins</li> <li>○ Locate bathrooms</li> <li>○ Quick walk around other parts of the site</li> <li>○ Show basic boundaries (where is it ok/not ok to be?)</li> </ul> <b>Short hike: Hidden Valley Loop Trail (about 0.6 miles)</b> We should stagger this. One group goes, wait 20 minutes, then the other group. <ul style="list-style-type: none"> <li>○ Silent sit activity where students spread out and answer questions about talking over one another. Reflection sheet to be provided by Steve.</li> </ul>	Group breakdown  Group Rosters from Jill Name Game plan Cabin assignments  "Talking Over" Reflection sheet from Steve.
5:15-5:50	<b>Some "chill time"</b> . Get a little more settled in cabins, wash up, etc.	Dinner food! ☺
5:50	<b>Head to Dinner</b>	
6:00-7:00	<b>Dinner (AR and student volunteers)</b> <ul style="list-style-type: none"> <li>○ Run through procedures for during the meals (Jill)</li> <li>○ Run through procedures for clean up (stack and scrape!) (Jill)</li> <li>○ Eat ☺</li> </ul>	Hot Food!
7:00-7:20	<b>Cabin Time</b>	
7:30-8:30	<b>TEAM CHALLENGE</b> <b>Large Group Challenges!</b> <ul style="list-style-type: none"> <li>○ Blindfold Polygon/Circle/Triangle/Square...Trapezoid!! (Erik to Facilitate)</li> </ul> <b>Debrief:</b> Where are we at as the Class of 2012? What are our biggest challenges in terms of sustainability? <b>Dessert!</b>	Blindfolds  Large rope!  Better discussion prompts. ☺
8:30-8:50	<b>Nightly Group Check In:</b> Each group has a fixed spot that they meet each night before bed time. A chance for students to share a quick highlight and any concerns that are on their mind. Adult group leader informs students about tomorrow's schedule, highlights, expectations, timing, etc.	
8:50	<b>Get ready for bed</b>	

9:30	<b>Lights out / good night</b>	
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# Wednesday, April 23<sup>rd</sup>

Time	Activity	Materials/ Notes
7:00	<b>Wake Up</b>	
8:00	<b>Breakfast and lunch set-up (Group A: SM, JT)</b>	
9:00-1:00	<b>Short Hike in Groups A, B, C</b> <ul style="list-style-type: none"> <li>• Group A will take the _____ trail</li> <li>• Group B will take the _____ trail</li> <li>• Group C will take the _____ trail</li> </ul> <b>Please eat lunch on the hike!</b>	First Aid Kit Trail Map
1:00-4:15	<b>SMALL GROUP ROTATIONS (45 minutes each)</b> <b>Rotation A (1:00-1:45):</b> Soccer on the grass (Jill & Antonio) <b>Rotation B (1:50-2:35):</b> Science Stuff! (Miller) <b>Rotation C (2:40-3:25):</b> Drama (Brooke & Gina) <b>Rotation D (3:30-4:15):</b> _____ (Mica)	Materials you need for your rotation: soccer ball...
4:15-5:50	<b>Free Time/Down Time</b> <ul style="list-style-type: none"> <li>○ Showers</li> <li>○ Prep for Dinner</li> <li>○ Soccer or Capture the Flag</li> <li>○ Board Games (is there a location if dinner set up is happening?)</li> <li>○ Hang out in cabin or in the approved outside areas.</li> </ul>	Jill & Adam have downtime Brooke & Antonio prepping dinner with Group C. Ashley, Steve, & Julio supervise.
5:50	<b>Start heading to Dinner!</b>	Dinner ready!
6:00-7:00	<b>Dinner (Group C: AA &amp; BF)</b> <ul style="list-style-type: none"> <li>○ Eat</li> <li>○ Stack and scrape!</li> <li>○ Share out 3 highlights from today!</li> </ul>	
7:00-7:20	<b>Cabin Time</b>	
7:20-8:45	<b>Campfire</b> (prepared by Steve and a few student leaders during “cabin time”) <ul style="list-style-type: none"> <li>○ Activities: Note card Activity, Possibly other Game</li> </ul>	Note cards Matches/lighter Kindling
8:45-9:00	<b>Nightly Group Check In:</b> Each group has a fixed spot that they meet each night before bed time. A chance for students to share a quick highlight and any concerns that are on their mind. Adult group leader informs students about tomorrow’s schedule, highlights, expectations, timing.	
9:00	<b>Get Ready for Bed</b>	
9:45	<b>Lights out/sleepy time</b>	

# Thursday, April 22<sup>nd</sup>

Time	Activity	Materials needed
7:00	<b>Wake Up</b>	
8:00	<b>Breakfast and Lunch Set-up(Group B)</b>	
9:00	<p><b>Groups Gather to leave for Hike.</b></p> <p><b>Students should bring:</b></p> <ul style="list-style-type: none"> <li>○ Appropriate clothing (layers, footwear, hat, etc.)</li> <li>○ Camera</li> <li>○ Journal, pen</li> <li>○ Lunch!</li> <li>○ Water bottle☺</li> <li>○ Sunglasses, Sunscreen</li> <li>○ Water Pump?</li> <li>○ First Aid Kit</li> <li>○ Water bottle</li> </ul>	<p>3 First Aid Kits</p> <p>Digital Camera</p> <p>Maps</p>
9:15	<p><b>Depart on Hike.</b> Focus: Establishing Trust, Going Beyond Our Limited Knowledge as a way of Understanding Our Community.</p> <ul style="list-style-type: none"> <li>● Group A: Firelane trail down to Coast Camp</li> <li>● Group B: Coast Trail to Coast Camp (leave after Group C down Coast Trail)</li> <li>● Group C: Coast Trail to Limantour Spit (leave first down Coast Trail: longer haul)</li> </ul> <p><b>Possible Curriculum to do today:</b></p> <ul style="list-style-type: none"> <li>○ At 11:20 a.m. very low tide. Sculptured Beach will have great tide pooling in the morning. (Go out and look at marine and birds. You'll see lots of critters!) TALK TO DIRECTOR MORE IF WE WANT TO DO THIS.</li> <li>○ Silent Sit (20-25 minutes)</li> <li>○ Stretching, Teach "point and sweep" for hikes</li> <li>○ Lap game (easy version with small group)</li> <li>○ Focus on Observation. What do you see, smell, hear. Journal. What do you notice?</li> <li>○ Learn about history of the area</li> <li>○ Paired Interviews (Students walk in pairs, must do extensive interviews)</li> <li>○ Impact of human beings on the Ecosystem</li> <li>○ As a group, select 3 highlights from the hike to share at dinner.</li> </ul>	
2:30	<b>Meet at the lodge.</b> Take a break!	
2:30-5:45	<p><b>Free Time/Down Time</b></p> <ul style="list-style-type: none"> <li>○ Showers</li> <li>○ Prep for Dinner</li> <li>○ Featured outside game: Capture the Flag?</li> <li>○ Board Games (is there a location if dinner set up is happening?)</li> <li>○ Hang out in cabin or in the approved outside areas.</li> </ul>	<p>Sports equipment</p> <p>Board games</p>
5:50	<b>Start heading to Dinner!</b>	
6:00	<p><b>Dinner (Group A:)</b></p> <ul style="list-style-type: none"> <li>○ Eat</li> <li>○ Stack and scrape!</li> <li>○ Share out 3 highlights from the hike today!</li> </ul>	<p>Brooke &amp; Antonio have downtime.</p> <p>Erik, Adam, &amp; Ashley supervising free time.</p> <p>Jill and Julio prepping dinner with Group A.</p> <p>Steve leaves.</p>
7:00-7:20	<b>Cabin Time</b>	
7:20-9:00	<p><b>CLOSING CIRCLE &amp; SERIOUS DISCUSSION (Julio)</b></p> <ul style="list-style-type: none"> <li>○ Students sit around the perimeter of the room with lights out and lantern in middle</li> <li>○ What lessons do we take back to Life Academy/Oakland?</li> <li>○ Large Group Roses/Thorns</li> </ul>	<p>Lantern for the middle of the circle.</p>
9:00-11:00	<p><b>SPECIAL FINAL NIGHT OPTIONS (IF BEHAVIOR IS DESERVING)</b></p> <ul style="list-style-type: none"> <li>○ <b>Option #1: Night Hike (Antonio and other staff)</b></li> <li>○ <b>Option #2: Movie in the lodge (Steve looking into options)</b></li> </ul>	<p>Make sure about TV/VCR/DVD</p> <p>Movie(s)!!</p>
11:00-11:20	<b>Get Ready for Bed</b>	
11:30	<b>Lights out/sleepy time</b>	

# Friday, April 23<sup>rd</sup>

Time	Activity	Materials needed
6:45	<b>Wake Up</b> ○ Move all gear out of cabins and clean cabins before breakfast. 0 IMPACT!	
7:45	<b>Breakfast and set out lunch for students to make (Group B: ARX2)</b>	
8:30	<b>Gather to go over all expectations for clean up (Jill)</b>	
8:45-9:45	<b>Massive clean up!!</b>	
9:45-11:00	<b>Inspection by Ed Center Staff</b> ○ Students need to be available to clean up things that aren't up to standards of cleanliness at the Ed Center. ○ But, we should have something for students to be doing instead of just sitting on the steps waiting. Is there a game they could be playing?!	
11:00-11:30	<b>Hike to bus</b>	
11:30	<b>Eat lunch</b>	
12:30	<b>Depart for Oakland</b>	

## POTENTIAL RAINY DAY ACTIVITIES:

ACTIVITY	TIME	MATERIALS NEEDED
9 <sup>th</sup> Grade Year Debrief: Small group quick questions		
Ripples and Dominos: The impact of one person.		Poster paper and markers
Rainy Day soccer/football/slip and slide		Sports equipment
Rainy Day obstacle course ☺		
Other art project or nature lesson?		
Hot cocoa!!!!		
Movie!		DVD player, TV, movies
Giggle Game		

GROUP A:	GROUP B:	GROUP C:
Ariana Laura Ariel Ulises Mayra Brian Dainghia Marques Maria Jessica Deijha Juan Devina Araceli Renee Vinhbao Monica Yanira	Juven Kimberly Geovanny Carlos Vanessa Gabriela Lizeth Eddy Jose Diana Sager Selina Joana Brenda Luis Valeria Octavias Vanessa	Brenda Luis Mayra Francisco Henry Yuri Carlos Brenda Angel Johanna Valeria Beatriz Lupita Sandy Emir Me'Ya Kassandra Tania

Girls: 11 Boys: 7

Girls: 11 Boys: 7

Girls: 12 Boys: 6

<b>Cabin #1 (Farthest from Lodge) (17 girls)</b> Ariana Kimberly Brenda B. Ariel Gabriela Yanira Jessica Diana Brenda L. Devina Joana Valeria Duran Monica Kassandra Me'Ya Mayra Chavez Vanessa Borjas	<b>Cabin #2 (Second Farthest from Lodge) (17 girls)</b> Laura Vanessa Rocha Mayra Maria Lizeth Yuri Deijha Selina Johanna Araceli Brenda S. Beatriz Octavias Valeria Sanchez Lupita Sandy Tania
<b>Tuesday Night Supervision: Brooke</b> <b>Wednesday Night Supervision: Jill</b> <b>Thursday Night Supervision: Ashley</b>	<b>Tuesday Night Supervision: Jill</b> <b>Wednesday Night Supervision: Brooke</b> <b>Thursday Night Supervision: Jill</b>

<b>Cabin #3 (10 boys)</b> Ulises Juven Chito Dainghia Carlos Perez Henry Juan Jose Angel Vinh	<b>Cabin #4 (Closest to Lodge/Bathrooms) (10 boys)</b> Brian Geovanny Francisco Marques Eddy Carlos H. Rene Sager Emir Luis
<b>Tuesday Night Supervision: Steve</b> <b>Wednesday Night Supervision: Adam</b> <b>Thursday Night Supervision: Antonio</b>	<b>Tuesday Night Supervision: Erik</b> <b>Wednesday Night Supervision: Julio</b> <b>Thursday Night Supervision: Adam</b>