



**Saskatoon Christian School
CREATION EXPLORATION**



Grade 9 & 10 Winter Retreat | February 13 – 15, 2019 | Shekinah Retreat Centre

Dear Parents,

The high school students in grade 9 and 10 will be traveling to the Shekinah Retreat Centre for a winter camp. The retreat centre is located on the banks of the North Saskatchewan River near Waldheim. The camp offers great new learning experiences for students. Activities will include cross country skiing, snow shoeing, winter hikes, winter survival tasks, wide game, skating, broomball, tobogganing, worship times, quinzee building and campfires. The camp has fully modernized cabins and a chalet with a large kitchen and meeting area.

Through the beauty of the camp setting the retreat center allows students to experience anew their relationship to our Creator, build trusting relationships with each other and to gain new skills in outdoor living and recreational activity.

This camp is mandatory for students in grade 9 & 10. If you choose to excuse your child from school for these days you will need to contact me so that I do not prepare food, lodging, and groups with your child in mind. We hope that you support your son's or daughter's involvement. I will be the supervising staff member.

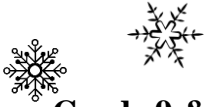
We will need parent support either through agreeing to come and help prepare the meals inside the chalet and/or coming to participate as an adult in the various outdoor activities listed above.

Parents can also help by praying for the students during the camp. Pray for safety, unity and spiritual renewal. Thank you for your help!

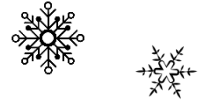
The cost of the camp has already been covered in the tuition of this year's schooling.

Sincerely,

Mr. Long



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GOALS AND EXPECTATIONS

The grade 9 and 10 winter retreat will have “Creation Exploration” as its theme. Each day will have times of worship, interaction, and teaching - helping the students to gain greater appreciation of what God expects of them as He calls them to be His children.

Specific objectives we hope to cover by going on the retreat are:

1. Develop teamwork and cooperation skills
2. Develop leadership in worship times
3. Practice servant hood in meal preparation and clean-up
4. Experience healthy outdoor winter recreational activities
5. Develop a greater appreciation for God’s creation
6. Take quiet time to personally reflect on what God is saying to each of us
7. Have safe, healthy fun with other Christian young people
8. Challenge ourselves physically to overcome our perceived limits

VOLUNTEERS

We are looking for parent volunteers to come up to camp with us. It is an awesome time to be close to your children as they grow closer to God and His beauty in nature. We need 1 or 2 people who are willing to help direct activities outside with us teachers, as well as 2 to 3 parents in the kitchen. If you can only come up for a day or part of one day that would be greatly welcomed. The menu is already set; we just need the food cooked while we are at the camp. If you are willing to donate some baking to help treat and fill the students up this would be greatly appreciated - please remember that we need to remain a NUT FREE food zone. Contact Mr. Long if you are able to help out at 306-343-1494 ext 235 or longm@spsd.sk.ca.

Outdoor Helpers (Cross country skiing, sledding, snowshoeing, playing or supervising broomball, quinzee building)

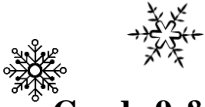
1. _____
2. _____

Camp Cooks

1. _____
2. _____
3. _____

Baking

1. _____
2. _____
3. _____



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EQUIPMENT LIST

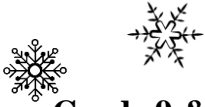
PERSONAL ITEMS:

Bag lunch for first day (1)
Boots (2)
Long pants (2)
Winter coat (waterproof) (1)
Winter pants (waterproof) (1)
Long sleeved warm shirt (4)
Tee shirts (2)
Wool/warm sweater (1)
Gloves or mittens (2)
Toque (2)
Wool socks (4-6 pairs)
Sweat suit (1) for sleeping
Underwear (5)
Long underwear
Sleeping bag
Sleeping mat (optional since there are mats at camp)
Flashlight
Toilet kit (toothbrush, soap, shampoo, towel, chapstick, hand lotion)
Any medicines you may need (to be submitted to teacher)
School journal and Bible
Helmet for times on rink and sled hill (this is very important for safety)

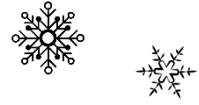
PLEASE DO NOT BRING (they will be taken away and kept safe by Mr. Long)

Electronic equipment (including phones and ipods)

Knives
Matches
Guns (fake or real)



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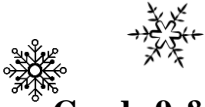
INTINERARY

Wednesday, February 13

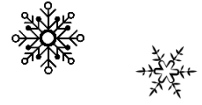
12:00 noon Depart from SCS by school bus to Shekinah
1:30 Arrival and unpack
2:30 Meet in chalet for briefing & hike to the Hermitage House
3:30 Quinzee building begins
4:30 Tubing for teams 1 and 2 / Broomball for teams 3 and 4
5:30 Supper (Team 1 prepare and clean up)
7:00 Worship team/ student speaker
8:00 Mission Impossible/ Star gazing
9:30 Snack time / table Games
10:00 Get ready for bed
10:30 Cabin devotions (student-led)
11:00 Lights out

Thursday, February 14

8:00 am Wake-up call
8:25 5-minute wakeup work out
8:30 Breakfast (Team 2 prepare and clean up)
9:15 Cabin inspection #1
9:30 Worship team / student speaker
10:30 Team 1 – cross-country skiing
Team 2 - snowshoeing
Team 3 – initiative tasks
Team 4 – quinzee building
11:30 Drink break
11:45 Team 1 – snowshoeing
Team 2 – initiative tasks
Team 3 – quinzee building
Team 4 – cross-country skiing
12:45 Lunch (Team 3 prepare and clean up)
1:45 Team 1 – initiative tasks
Team 2 – quinzee building
Team 3 – cross-country skiing
Team 4 – snowshoeing
2:45 Snack Time
3:00 Team 1 – quinzee building
Team 2 – cross-country skiing
Team 3 – snowshoeing
Team 4 – initiative tasks



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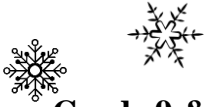


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4:00	Tubing for teams 3 and 4 / broomball for teams 1 and 2
5:30	Supper (Team 4 prepare and clean up)
7:00	Team skit planning
8:00	Night hike (bring flashlights)
9:00	Snack time
9:15	Skits and challenges
10:15	Get ready for bed
10:30	Cabin devotions: student-led
11:00	Lights out

Friday, February 15

8:00 am	Wake-up call
8:25	5-minute wake up warm up
8:30	Breakfast (Team 1 prepare and clean up)
9:30	Worship team / student speaker
10:30	Orienteering challenge
11:30	Pack up and bring bags to chalet
12:00	Lunch (Team 2 prepare and clean up)
12:45	Team 3 clean cabins and grounds Team 4 clean chalet and washrooms
1:45	Return to Saskatoon by school bus
3:00	Arrival back at SCS; unpack and dismissal



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DIRECTIONS

Shekinah Retreat Centre, located 50 minutes north of Saskatoon on the North Saskatchewan River, offers a great new learning experience for kids and adults throughout the year. Shekinah is accessible year-round by travelling straight north on Highway 12 from Saskatoon, turning right at the Shekinah road sign just north of the town of Hepburn. Follow this grid road turning left at the correction line and right again at the next available turn (about 1/4 kilometer). Continue north until you reach Shekinah. You can contact Shekinah at 306-945-4929.

