

# **LAKE O'HARA 2024!**

Ms. Otke, Mr. Tam and Mrs. Mulleney

# **okmlakeohara.weebly.com**















This year's trip runs:

**SUNDAY SEPTEMBER 15TH-FRIDAY SEPTEMBER 20th**  
**2024**

**Student's need to register  
online and follow the steps  
outlined on the website.**

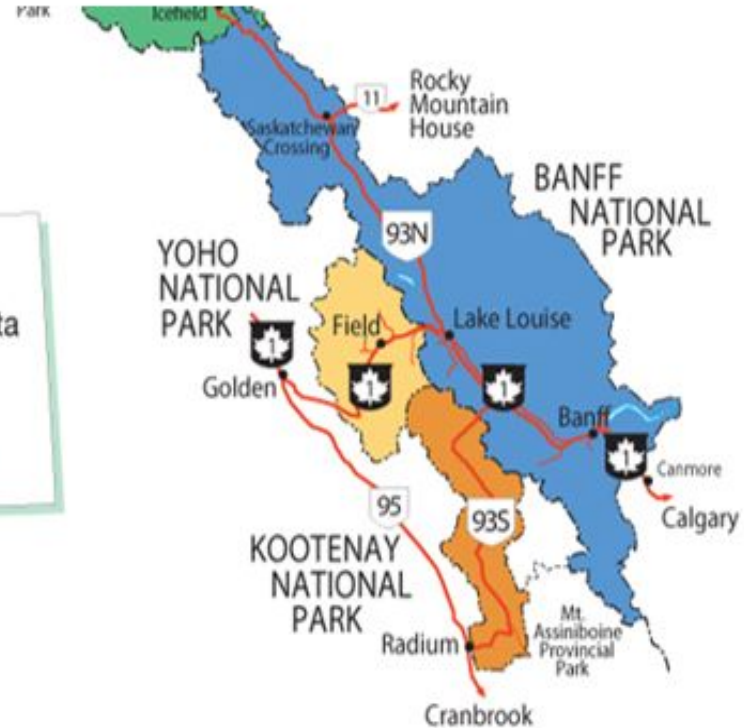




# **okmlakeohara.weebly.com**



# Lake O'Hara National Parks



Kootenay National Park

Banff National Park

Glacier National Park





# HISTORY OF THE TRIP

- Started in June 1977 as a class field trip for Mr. Gillett & Mr. Rogers



- Since then it has grown into a Grad class trip for students and some parents and teachers that covers three different National Parks; Yoho, Banff, and Kootenay, and has continued to grow!





This was a life-changing moment for these OKM students and chaperones on the top of Abbott Pass in 1981.



Doug Gillett in 1977



With a week's worth of food and supplies on their backs a group from this year's grad class manoeuvre over a precarious creek crossing.

"Bustin' Cliques since 1976"



# CANADIAN NATIONAL PARKS



- To teach *stewardship of our amazing* wilderness areas in Western Canada.
- As of 2018 there are 39 National Parks and eight National Park Reserves, covering an area of approximately 328,198 km<sup>2</sup> or about 3.3% of the total land area of Canada, and representing 30 of the 39 natural regions





# PARK RULES

- The rule of thumb with backpacking is this “Take nothing but pictures, and leave nothing but memories.”
- These places are national treasures.
- We are allowed into the Park in such huge numbers through a special agreement with Parks Canada, and if we don't respect that, they can just as easily withdraw that agreement.



# STUDENT EXPECTATIONS

- This is a class: treat it like one.
- Attendance at all planning meetings (classes)
- Please book off work, make arrangements with sports, rehearsals etc.
- Communication with your group chaperones
  - Remind, Text, Email, FB, IG
- These meetings are a priority – it is a safety issue!
- If you don't follow the expectations...





# STUDENT EXPECTATIONS



- The school code of conduct is in force from the time you leave OKM until the time you get back.
- Breaches of the code of conduct while on the trip may result in your being bussed home at your parents' expense and suspension from school
- Upon return you will complete a reflection report which includes writing a thank you letter to Parks Canada.
- Plan your trip well and you can learn a lot, from what to pack, what to eat, enjoy the beauty of the country we live in. If you don't you will still learn a lot but pain and discomfort will be your







**Parks<sup>and</sup>  
Recreation**



# Course Summary

**Students will:**

- **gain real world experiences**
- **develop problem solving skills**
- **learn coping skills**
- **practice environmental awareness**
- **build leadership, interpersonal, and communication skills**





# Core Competencies

Creative and Critical Thinking

Communication

Personal and Social  
Responsibility



**01**

**Planning and preparing  
for physical well being  
and overall fitness to  
enhance quality of  
living**

**02**

**Promoting personal  
and social interactions  
to reach a common goal**

**03**

**Being a role model for  
land stewardship and  
demonstrating best  
practices for  
interacting with the  
land and community**

**04**

**Develop a personal  
understanding of the  
natural environment,  
ourselves and others**

**BIG IDEAS**





# Indigenous Worldviews and Perspectives





## **Participation**

- Minimum 4 practice hikes with the group April -June
- Other practice hikes to keep fit over the summer
- 5 day hiking trip in September

# Assignments

**Trail Safety and Etiquette**

**Bear Aware**

**Basic First Aid**

**Hike Reflection Journals**

**Emergency Scenarios**

**Environmental Stewardship**

**History of our National Parks Quiz**

**Final Summative Assessment**



**vmc7oha**

# CHAPERONES: TEACHERS AND PARENTS

- Legacy chaperones!
- Group leaders are expected to be role models for the students in their group in all areas – fitness, organization and planning, knowledge of equipment and safety, and behavior.
- **Door to door** service is expected. Group leaders take responsibility for their students from the time we leave the parking lot until the time we re-enter the parking lot
- Group leaders are expected to attend all planning meetings with the large group and with the other leaders and are also expected to plan meetings





# CHAPERONE SELECTION

- Potential group leaders need to fill out the Chaperone Registration online tonight if possible.
- Everyone being considered as a leader must have a criminal record check.
- If we have more applicants than we can take we will use the following criteria to help us make decisions: first aid training, related backcountry experience, involvement in physical activities that promote lifetime fitness, experiences with organizing youth.
- Leaders will be notified in advance of the first leader's meeting (see calendar) if they have been selected to go on this trip.



# FITNESS EXPECTATIONS

- All of the hikes are hard!!! You are hiking up mountains!
- Everyone who goes on this trip needs to be physically fit. This is not a walk in the park!
- It is expected that you will participate in training hikes with your group to demonstrate to your leaders that you possess a good level of fitness.
- Good as the weakest link



# 3 DIFFERENT TYPES OF HIKES

- Through hiking
  - Point A to Point B over 5 days. Set up and break down of tents and camp each day. More planning required for backpacks and food.
- Hybrid Hiking
  - Point A to Point B over 3 days, and remaining time at base camp.
- Base camp hiking
  - One location camping, day hikes that last all day from the morning until dinner





# IS THIS THE TRIP FOR YOU?



# IS THIS THE TRIP FOR YOU?

- Some of you will be staying in backcountry sites with no shelter other than your tent.
- Backcountry Kitchen



# IS THIS THE TRIP FOR YOU?





# IS THIS THE TRIP FOR YOU?

- All of the hikes are hard!!! You are hiking up mountains!
- Everyone who goes on this trip needs to be physically fit. This is not a walk in the park!
- Choose a hike that fits with your personal style and experience, but don't be afraid to step outside your comfort zone. The teachers and chaperones are there to help you prepare and succeed!



# IS THIS THE TRIP FOR YOU



- You may hike on average of 8 - 12 km a day and gain and lose hundreds of meters of elevation.





# IS THIS THE TRIP FOR YOU?





# IS THIS THE TRIP FOR YOU?



- Temperatures can dip below -10C and become quite foggy!



# IS THIS THE TRIP FOR YOU?

- We will be travelling in grizzly bear country!
- Only a handful of campsites have electric fences



# IS THIS THE TRIP FOR YOU?

- Learn about our beautiful country and national parks
- Build friendships with new people
- Learn to take responsibility for yourself
- Push yourself to learn more about yourself





# TIME COMMITMENTS

## Spring Dates:

- Tues, Feb 27th-March 6th Registration Opens
- Tues, April 9th **Chaperone Meeting #1** - 6pm
- Wed, Apr 10th Lake O Groups posted on website
- Tues, Apr 16th **All group Meeting #1** - 6pm
- Thurs, May 9th **Chaperone Meeting #2** in multi 6pm
- Thurs, May 23rd **Chaperone Meeting #3** in multi 6pm
  - April-June Practice Hikes with Groups
- Tues, June 4th - **GEAR CHECK - ALL Group Meeting #2** in Multi 5 pm

# TIME COMMITMENTS

## September Dates:

- Thurs, Sept 5th **Chaperone Meeting #4** - 6pm
- Tues, Sept 10th **PACK CHECK All group Meeting #3** - 6pm
- Thurs, Sept 12th **Chaperone Meeting #5** - 6pm

Sun, Sept 15th-Fri, Sept 22nd **LAKE O'HARA TRIP!**

# SO WHAT NEXT?

Visit the OKM Lake O'Hara Website

- [www.okmlakeohara.weebly.com](http://www.okmlakeohara.weebly.com)

Complete the following 4 steps

1. Complete the **CONSENT** and submit to Ms. Otke / Ms. Mullen / Office
2. Complete the **ONLINE REGISTRATION** on the OKM Lake O'Hara Website (tomorrow morning)
3. **PAY** your \$375 on the School Cash (which should be applied **Soon**)
4. Join **GOOGLE CLASSROOM** for all the updates!

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# SOME THINGS YOU SHOULD KNOW!

- You choose your partner, but, not your group.
- You can indicate what type of hike you would like to do but because of the limited spots and Parks Canada rules, you may not get the hike you choose.
  - We assure you, they are ALL incredible!
- No group switching. Working through awkward/unpleasant social situations is a key challenge and reward of the trip
- A detailed list of all the meeting dates for students and chaperones is on the website calendar
- Meeting attendance is mandatory!





# TRANSPORTATION

- School District Buses
- Chaperones will need a support vehicle



© Harold Schock





# FINANCIAL CIRCUMSTANCES

- We are proud to say that we have never turned away a student who wanted to go on the trip because he or she could not afford it.
- We are happy to see you privately about extenuating circumstances and we can find a way to help you out with finances.





# GROUPS

# SO WHAT NEXT?

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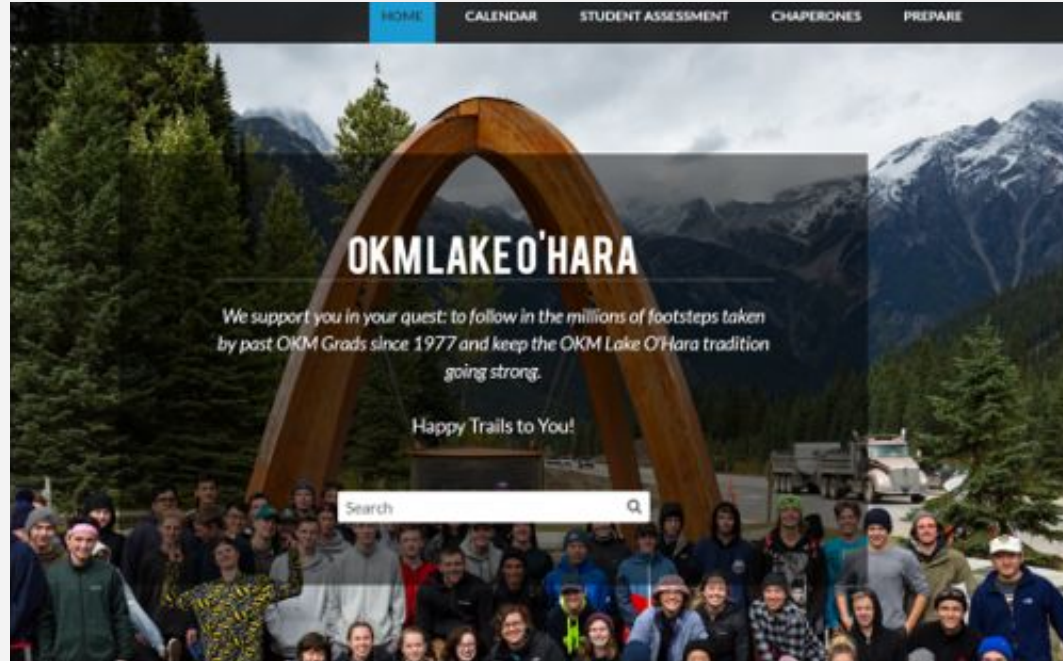
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# QUESTIONS?

- ❖ All information here is on the website
- ❖ Chaperones fill out the application form on the website
- ❖ Grab a parent permission form tonight and hand it in to Mrs. Mulleney or Ms. Otke





On the places you'll go,  
Today is your day!  
Your mountain is waiting.  
So ...get on your way!  
--Dr. Seuss

# Thank-You!

**REGISTRATION DEADLINE IS**  
**MARCH 6TH**

Next Chaperone Meeting  
April 9th 6pm

Next Student Meeting  
Tues, April 16th 6pm

Anything else we will stick around  
to chat!