



*7th Grade*  
**Horizons**  
*Overnight*  
*Trip*

April 18, 2024

Cooper Campus



Welcome!

# *Agenda*

- **Why:** What's the purpose of this trip?
- **Academics:** How does this trip connect to the classroom?
- **Itinerary & Packing:** What will the 7th graders do? What will they need?
- **Behavior:** What do we expect of Cooper students?



**One of Washington Latin's many traditions is to send our 7th graders on an overnight outdoor-education trip.**

- These trips allow students to apply their understanding of life science, ecology, and the environment to the world around them.
- It also affords them the opportunity to bond in a setting that is new to the group, one that is far away from the hustle and bustle of Washington, DC and their standard routines.

**We find that time spent outdoors in a new environment provokes a necessary reflection on the good, the true, and the beautiful.**



## We are currently in the middle of our Ecology Unit in Life Science.

- Many of the Outdoor Learning Center's programs complement our unit's curriculum, ***specifically by reinforcing lessons about the basics of ecosystems, food webs and energy flow through the food web, symbiotic relationships, and interdependence within an ecosystem.***
- Next Generation Science Standards supported by this trip include:
  - *MS-LS2-1 Ecosystems: Interactions, Energy, and Dynamics*
  - *MS-LS2-4 Ecosystems: Interactions, Energy, and Dynamics*
  - *MS-LS4-4 Biological Evolution: Unity and Diversity*

## Additionally, Cooper's 7th graders have been keeping field journals!

- Exploring a new (yet still semi-local) environment will encourage them to test their observation skills with animal and plant species less commonly found in DC.



## *Activities hosted by the Outdoor Learning Center*

- 1) Team building & field initiatives
- 2) Cardboard build co-op challenge
- 3) Field games
- 4) Night Hike
- 5) Canoeing
- 6) Animal adaptations
- 7) Pond/Stream Exploration
- 8) Native birds identification
- 9) Instincts for survival simulation
- 10) Evening campfire

### **Sample Daily Schedule**

**7:30 - Wakeup**

**8:00 - 8:45 - Breakfast**

**8:45 - 9:00 - Prep for morning activities**

**9:00 - 10:30 - Activity Period #1**

**10:30 - 10:45- Break / Transition**

**10:45 - 12: 15 - Activity Period #2**

**12:15 - 12:30 - Prep for lunch**

**12:30 - 1:15 - Lunch**

**1:15 - 1:30 - Prep for afternoon activities**

**1:30 - 3:00 - Activity Period #3**

**3:00 - 3:30 - Snack / Break**

**3:30 - 5:00 - Activity Period #4**

**5:00 - 5:30 - Free time**

**5:30 - 6:15 - Dinner**

**6:15 - 6:30 - Prep for evening activities (phone check ins)**

**6:30 - 8:30 - Evening Activity**

**8:30 - 9:30 - Cabin time & showers**

**9:30 - 10:00 - Flashlight time**

**10:00 - Lights out**



# Packing List

Clothing:			
Item	3 days	5 days	✓
Underwear	4	6	
Pajamas	1	2	
T-shirt	4	6	
Shorts	2-3	3-5	
Long Pants	2	3-5	
Bathing suit	1	1-2	
Sweatshirt	2	3-5	
Coat (if visiting in cold months)	1	1	
Waterproof Rain Jacket	1	1	
Baseball cap/ Sunglasses	1	1	

Footwear:			
Item	3 days	5 days	✓
Socks	4	6	
Wool or synthetic hiking socks	1	2	
Sandals w/ heel strap	1	1	
Sneakers	1	1-2	
Hiking shoes (or spare sneakers to get dirty)	1	1	

Bedding:			
Item	3 days	5 days	✓
Sleeping Bag	1	1	
Fitted Sheet	1	1	
Pillow	1	1	

Personal:			
Item	3 days	5 days	✓
Toiletries	1	1	
Towel	1	1-2	
Beach Towel if doing lake or river activity	1	1	
Bug spray	1	1	
Sunblock	1	1	
Day pack	1	1	
Water bottle	2	2	
Flashlight/ headlamp	1	1	
Book or journal (optional)	1	1	

Caving:\* If scheduled to go caving, please pack the following, understanding that they may be ruined:

Item		✓
T-shirt	1	
Athletic shorts/ legging	1	
Long pants	1	
Long sleeve shirt or hoodie	1	
Shoes or boots	1	

***\* Please contact us if you need support with any items on the list!***





## New Times!!

<b>Wednesday, 4/24</b>	<b>Friday, 4/26</b>
<i>Depart Cooper:</i>  <b>8:00 AM</b>	<i>Leave Horizons:</i>  <b>11:00 AM</b>
<i>Arrive at Horizons:</i>  <b>10:30AM</b>	<i>Arrive at Cooper:</i>  <b>1:30 PM</b>



### *Note\**

Students cannot ride the school bus with their luggage for the trip; ***they must be dropped off on Wednesday and picked up on Friday at 1:30pm.***



# Behavioral Expectations

## *Expectations BEFORE the Horizons Trip*

- 1) Any behavioral infractions between this meeting and the start of the trip may result in the student's place on the Horizons trip being jeopardized.

## *Expectations DURING the Horizons Trip*

- 1) No illicit substances.
- 2) Standard Cooper behavioral expectations still apply!





# Questions?



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