



## Teacher Information Package - Winter 2025

Welcome to the Kandalore Winter OEC program! We are very excited that you are considering joining us for a visit during the Winter season.

Enclosed within this package is information that should assist you in planning a visit to our site. This document will help you begin the planning process of your trip and help you to prepare your class so they can make the most of their experience. We are excited to share everything that Kandalore has to offer and are excited to create a long-lasting partnership with you and your school.

Please note that the **THREE** 'Pre-Arrival Information Forms' included at the end of this document will also be sent to you upon finalizing your visit to the Kandalore Outdoor Education Centre. Promptly returning these forms via email will assist our staff in getting ready for your arrival. We also have a 'Student/Parent Acknowledgement of Risk' waiver. This waiver must be signed and returned to Kandalore upon your arrival. This waiver has been put in place to protect your school as well our Outdoor Education Centre in the event of unforeseen accident/injury.

Good luck with the rest of your preparations! If you have any questions, please do not hesitate to telephone, or email us at the Outdoor Education Centre. We look forward to seeing you soon!

### Inquiry and Booking Timeline:

<b>Inquiry</b>	<ul style="list-style-type: none"> <li>• Submit inquiry on the Kandalore website <a href="http://www.kandalore.com/oec/experiences">www.kandalore.com/oec/experiences</a> by clicking INQUIRY or by emailing Dan Elia <a href="mailto:dan@kandalore.com">dan@kandalore.com</a></li> <li>• Review updated Information Package 2025 document</li> <li>• Submit dates and number of participants to Dan Elia <a href="mailto:dan@kandalore.com">dan@kandalore.com</a> and receive quote in return</li> </ul>
<b>Deposit and Contract</b>	<ul style="list-style-type: none"> <li>• Confirm exact numbers of students and teachers to <a href="mailto:oec@kandalore.com">oec@kandalore.com</a> and receive contract in return</li> <li>• Submit signed contract to <a href="mailto:oec@kandalore.com">oec@kandalore.com</a></li> <li>• To reserve your booking, mail 50% deposit to: <b>Kandalore Camp Co. Limited</b> <b>540 Lakeshore Rd West, Oakville ON L6K 3P1</b></li> </ul>
<b>Trip Planning</b>	<ul style="list-style-type: none"> <li>• Two weeks prior to your visit, complete and submit Pre-Arrival package to <a href="mailto:oec@kandalore.com">oec@kandalore.com</a> and discuss any specific program and/or meal requirements needed for your group</li> </ul>



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## KANDALORE OEC DIRECTORS



**Ash Krueger (he/him)**

OEC Director

[oecc@kandalore.com](mailto:oecc@kandalore.com)

Ash comes to Kandalore with a wealth of knowledge in sports development from the UK! After working at camp and completing his degree in Sports Development, he discovered his passion for youth development while learning and playing outdoors. Ash is the OEC Director and Summer Program Director.



**Josh McCann (he/him)**

OEC Program Director

[oeccd@kandalore.com](mailto:oeccd@kandalore.com)

After landing at Kandalore in 2021 and leading 2 Explorers and many core trips across the summers since, I'm excited to be helping lead the OEC and hoping to build on the great program we offer. I first caught the 'outdoors bug' on a canoe trip through Algonquin in 2017 and haven't looked back. That canoe trip led me to attend Fleming College for Outdoor Adventure and Education and subsequently to Kandalore. Alongside those summers, I've spent a handful of the other seasons facilitating outdoor education programs and guiding trips at various locations.








## WINTER ACTIVITY DESCRIPTIONS

### **About Kandalore**

Kandalore is dedicated to providing quality Outdoor Education programs that allow participants to discover personal strengths, develop problem solving and teamwork skills, and have a positive and challenging experience in an outdoor setting.

Participants are led through each activity by trained and qualified Kandalore staff. With safety as our first priority, we encourage participants to step outside of their comfort zone and learn new skills. Whether the goal of your trip is team-building, leadership development, or just having fun outside, we will work with you to create a memorable experience. Availability of these activities varies with group sizes, the time of season, and the total number of groups on site during your trip.

	<p><b>Cross-Country Skiing</b></p> <p>This is a great self-esteem booster for participants that visit Kandalore in the winter. The Kandalore group leader provides participants with basic instruction beginning with choosing appropriate skis, boots, and poles. The participants learn how to properly use the equipment and spend some time practicing basic techniques. They will then have the opportunity to head out on the lake, or on one of our backcountry ski trails.</p>
	<p><b>Challenge Course (High Ropes)</b></p> <p>Participants will review safety procedures and proper use of equipment in our museum building practice area prior to clipping into our ropes course and proceeding out on to the course via a bridge from the second floor of our museum building to our Challenge Course tower. From the tower participants can choose over 20 challenge elements on two levels of the course guided by our trained ropes course staff members.</p>
	<p><b>Rappelling</b></p> <p>Participants are encouraged to challenge themselves at our outdoor rappelling site. Every participant learns how to control their descent down the rock face while safely being belayed by a group leader. We encourage the participants to push their limits and step outside of their comfort zone while recognizing each participant's accomplishments and encouraging other group members to do so as well.</p>
	<p><b>Blanket Toss</b></p> <p>A great way to focus on teamwork, every group will have a chance to send their friends into the air with our Inuit Blanket. The blanket, used traditionally to celebrate and keep alive the traditions of the Inuit people is a team exercise which inevitably ends in excitement and memorable, aerial moments.</p>
	<p><b>Snowshoeing</b></p> <p>It sure is a lot more comfortable to walk on top of waist deep snow, than it is to walk through it. Our aluminum and traditional wooden snowshoes allow the participants to walk in the winter forest the way a lynx, wolf, or snowshoe hare may walk. Following winter animal prints, playing camouflage and, eating sugary snow cones in the forest is a fun way for the participants to enjoy, appreciate and respect their outdoor environment.</p>





	<p><b>Mattressing</b> One of Kandalore's most unique and thrilling activities is mattressing. Before speeding down our state-of-the art, hand-crafted luge run, participants strap on protective helmets and trade in their toboggans for vinyl covered camp mattresses. Watch out below! The fun and laughter are never-ending—even as participants begin the uphill walk to return their mattress to the next group of participants waiting for a turn</p>
	<p><b>Quinzhee Building</b> Quinzhees are large snow huts that winter enthusiasts use for shelter and protection from the cold. During the quinzhee building program at Kandalore, participants often construct shelters that can house as many as 15 people, promoting a sense of community among participant groups. Building quinzhees also teaches participants about the importance of being prepared when venturing outside in the winter..</p>
	<p><b>Nature Period – Shelter/Fire Building</b> Kandalore is a great place to explore the natural world around you. In our nature hike program, participants need to be prepared to get their hands dirty! With several kilometers of forested trail in view of lake shore beauty, there are endless wonders to explore and learn about. Combined with exciting and interactive activities, the nature hike promotes a respect for and connection to our natural environment.</p>
	<p><b>Map Orienteering</b> Nobody is getting lost in this forest! Our Kandalore orienteering activity teaches participants how to read maps and navigate their way around our camp property. Small groups of participants, outfitted with their own Kandalore map, must cooperate in a race against other teams to find as many hidden objects as possible during the designated activity period. The stakes are high: winners may enjoy the Kandalore group leaders' dessert that night! But watch out, Kandalore staff may add initiative challenges to the activity to make it more challenging while maintaining proper supervision.</p>
	<p><b>Compass Orienteering</b> Orienteering takes many different forms at Kandalore. This activity teaches participants some basic navigational skills, including compass use and "leapfrogging" through the forest. Participants will spend some time practicing on an open field before starting the course and counting their paces to the next checkpoint!</p>
	<p><b>Broomball</b> A Canadian winter classic! Slippin' and slidin' at our outdoor broomball ring is an exciting and challenging way to burn off some energy and warm up your toes.</p>
	<p><b>Group Games/Initiatives</b> During the GP, the Kandalore group leader selects a combination of initiative tasks, active cooperative games, and group trust activities that inspire success among the participant team. Patience and encouragement among the participants is essential as they each assume different roles to accomplish the team task. The successes and learning that individuals and participant teams experience endures throughout the Kandalore visit and supplements many lessons discovered in the group room.</p>
	<p><b>All-Group Games</b> Groups that visit at Kandalore with 60 participants or fewer will have the option of participating in one of our camp wide games. Designed, developed, and hosted by the Kandalore staff, the all-group game may challenge participants to work co-operatively and actively to achieve common goals. These events all follow a fun and interesting theme; for example, Kandalore Wildlife, Star Wars, Kandalore CSI, or Ultimate Orienteering!</p>

**Kandalore Outdoor Education Centre Activities Meets [OCA](#) and [OPHEA](#) Standards.**



## EVENING PROGRAMS

<b>Ghost Island</b>	In the winter students will hike across the frozen Lake Kabakwa to Ghost Island for a campfire or initiative games.
<b>Night Hike</b>	Kandalore staff will take a student on a hike through the forests surrounding the camp, often to the Pegmatite lookout spot. Students will observe the stars and play initiative games. Night Hike is often combined with another evening program
<b>Mattressing</b>	Students are able to enjoy a ride down our mattressing run under the starry winter sky. This activity is often combined with a Night Hike
<b>Camp Fire</b>	A Kandalore classic, staff members will perform a variety of skits and call-back songs, while encouraging students to share their personal favorites. Camp Fire is often partnered with a talent show.
<b>Broomball</b>	A variation on hockey using a broom-like stick. Can be played indoors or outdoors,
<b>Kunkin or “Kick the Boot”</b>	The object of the game is for the offensive team to kick the boot and make it back to their safe zone, without being tagged by a defensive player. If any offensive player is tagged before they make it back to their safe zone they are out, if a defensive player does not tag anyone, they are out.
<b>Running Pictionary</b>	Students are split into groups and send one of their teammates to find a staff member hidden within a predefined area. When they find a staff member, they are given a word. Students must run back to their team and draw the word. When the word being drawn is guessed correctly, the student who guessed runs and tries to find a staff member, receive the next word, and return to their team to begin again.
<b>Egg Drop</b>	Students are tasked with creating a protective case for an egg using a variety of resources found around camp. Students will have the opportunity to obtain a variety of items to upgrade their casing by completing a variety of initiative tasks and challenges. The egg-cases will be dropped from the top of the high ropes course by a staff member to test their effectiveness!
<b>Fire and Ice</b>	Fire and Ice is a capture-the-flag-style game where two opposing teams try and put out each other's fires by launching snowballs at them from a designated launch pad
<b>“Riff-Off”</b>	Students are split into teams and given a word, for example: Love. They take turns singing song lyrics that include the given word until one team is out of songs to sing.
<b>Commando's</b>	Within a predefined area, students must silently make their way to a candle placed in a wooded area and attempt to blow it out. Throughout this area Kandalore staff will be stationed with flashlights. If students are caught within the flashlight beam, they must return to the starting point and begin again.
<b>Reverse Scavenger Hunt</b>	Students are given the opportunity to collect a variety of random items from around camp and their cabins. When they return to the common area, staff pose requests to students to build them different types of items, or bring forward their best version of an item. For example, bring us something blue or make us something useful at camp.
<b>Talent Show</b>	Within our indoor stage or in front of a campfire, students are allowed to share various talents, dances, perform skits, and sing songs for their peers.
<b>Specialty Programs</b>	The Kandalore team is always open to creating and curating a specific evening program that caters to the needs and interests of your teachers and students.

*On request, the Kandalore Outdoor Centre can create a variety of specialty programs catered to your group's specific needs. For example: Kandalore's Amazing Race or the Great Kandalore Scavenger Hunt*



## CHALLENGE BY CHOICE/DEGREE

While being supervised by trained and qualified Kandalore OEC staff, as well as being provided with introductory lessons in a variety of land or water-based activities, students will safely step out of their comfort zone.

The Kandalore OEC staff acknowledges all types of successes and champion each student's personal choice in determining the level of challenge they are comfortable with. This defines the nature of our Challenge by Choice model. Whether a student climbs to the top of our High Ropes course, or simply puts a harness on, our staff will encourage, support, and celebrate all student successes.







## FACILITIES

### CABINS

At Kandalore, participants will stay in cabins that accommodate 10-12 beds. These cabins are heated and insulated with electric floorboard heaters. The washrooms and showers are nearby, but not inside the cabins.

Coordinators are provided their own cabins and living spaces.



### DINING HALL: The Shaq

Meals are prepared and served by the GB Catering Services. GB is capable of accommodating for a variety of special dietary needs (allergies, lactose intolerance, gluten intolerance, vegetarian etc.) if they are communicated to the Outdoor Centre prior to arrival.

The Shaq seats **80** people. We can offer multiple sittings for meals.



### WASHROOM FACILITIES

The heated washrooms and private showers are found within the same building as our dining hall.

### INDOOR SPACES

Outside of the cabins and the dining hall, there are three indoor spaces at Kandalore. The Museum, once the home of a heritage canoe collection, is the elevated entrance to our high ropes course as well as an area to facilitate evening programs. Lynx Hall, which is an indoor space, used for a variety of programs including rainy day activities. The Lounge, which is the **only** heated building outside the cabins and the dining hall where participants can spend supervised rest periods time.



The Museum



Lynx Hall



The Lounge







## SAFETY

Due to the Outdoor Education Centre's proximity to professional medical care, Kandalore is not considered a remote wilderness setting. Although urban protocol is required in all medical and health emergencies, First Aid training is helpful in the immediate care of the patient. As such, all Kandalore OEC staff members are expected to maintain a current and up to date CPR-C and First Aid certification.

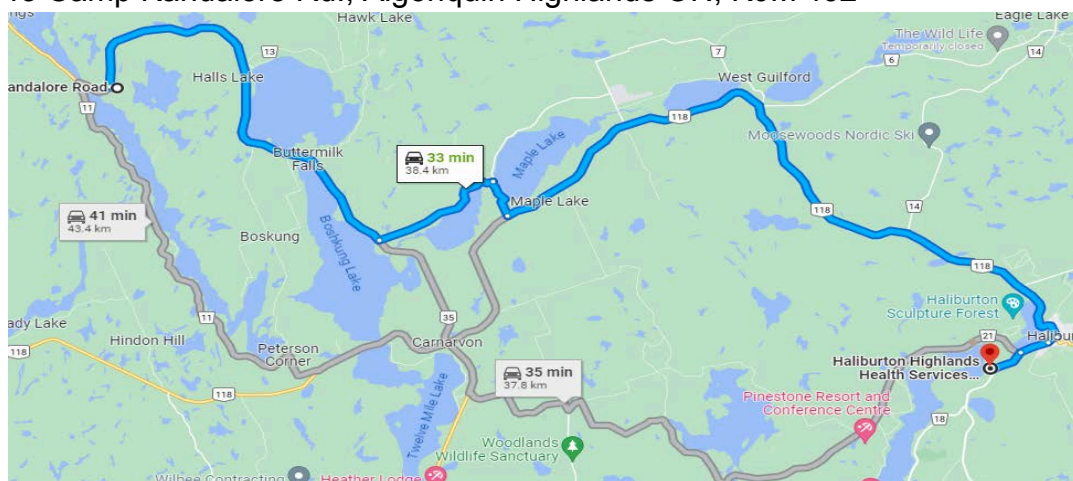
First Aid Kits are located throughout our camp; specifically, the high ropes course, the office, the dining hall, and in the possession of each Kandalore OEC staff.

Walkie Talkies are present all of our adventure course activities (High Ropes, Rock Climbing, Vertical Playground, Team Swing) and all of our water activities (Tandem Canoe, Voyageur Canoe, Kayaking, Standup Paddle Boarding) to ensure safe and immediate communication with staff and the directors. In case of emergency the Kandalore staff will be able to communicate the situation and locate the participant on camp quickly and precisely.

In the event of an emergency, cell phone service is available throughout our site, and we suggest that teachers bring their mobile devices with them to each activity.

If deemed necessary, professional medical assistance will be accessed by:

- Using the Teacher emergency vehicle to drive to Haliburton Highlands Health Service's Emergency Department. A teacher will drive the injured person
- Calling 911 for medical assistance: The Kandalore 911 Address is: 1143 Camp Kandalore Rd., Algonquin Highlands ON, K0M 1J2



Directions to Haliburton Highlands Health Service - Emergency Department:  
7199 Gelert Road, Haliburton, ON, K0M 1S0  
(705)-457-1392

**\*If further documentation of the Kandalore Outdoor Education Centre's Emergency processes is needed for review, they can be provided upon request\***



# ARRIVAL AND DEPARTURE

## ARRIVAL PROCEDURES

**Arrival:** Kandalore staff will be waiting for you at the camp sign at your designated arrival time. Upon arrival Kandalore staff will lead everyone up the camp road into camp as buses are unable to drive all the way up the road.

**Cabins and Touring Kandalore:** All the students will gather their luggage from the bus and at this point they will be separated into their cabin groups and led to their accommodations by our staff. They will quickly drop off their luggage and a Kandalore staff will take them on a tour of the camp. Our policies, procedures and other pertinent issues will be discussed during this time.

We will show the supervisors to their cabin at this time as well. We invite all supervisors to accompany us on a tour, especially teachers who are not familiar with the site.

**Lunch:** The students will be given time to eat the lunch they brought, unpack and change into proper clothes for the afternoon activities.

**Staff Meeting:** The Kandalore staff will meet with you for introductions and to discuss expectations, goals, medical concerns, and other information regarding the students.

**Afternoon Activities:** After the staff meeting, we will join up with the students and start the afternoon with some fun games. We will then divide the students into their activity groups and begin the afternoon program.

***When you arrive, each student should know their cabin by name as well as what activity group they will be in during the day.***

## DEPARTURE PROCEDURES

On the morning of your departure day we will give the students time to pack and clean their cabins. We ask that all students and teachers move their luggage out of their cabins by **10am**, to allow us to clean and prepare for the next group. Our clean-up procedures for the students are as follows:

- Flip up and lean mattresses to make sure that nothing has been lost underneath them.
- Sweep the floor, including under the bunks.
- Put all garbage and recycling into the bins provided in each cabin.

**We can provide an early or packed lunch on the day of your departure. GB Catering Services need to know this information two weeks in advance. Please email specific departure details to [ocepd@kandalore.com](mailto:ocepd@kandalore.com).**



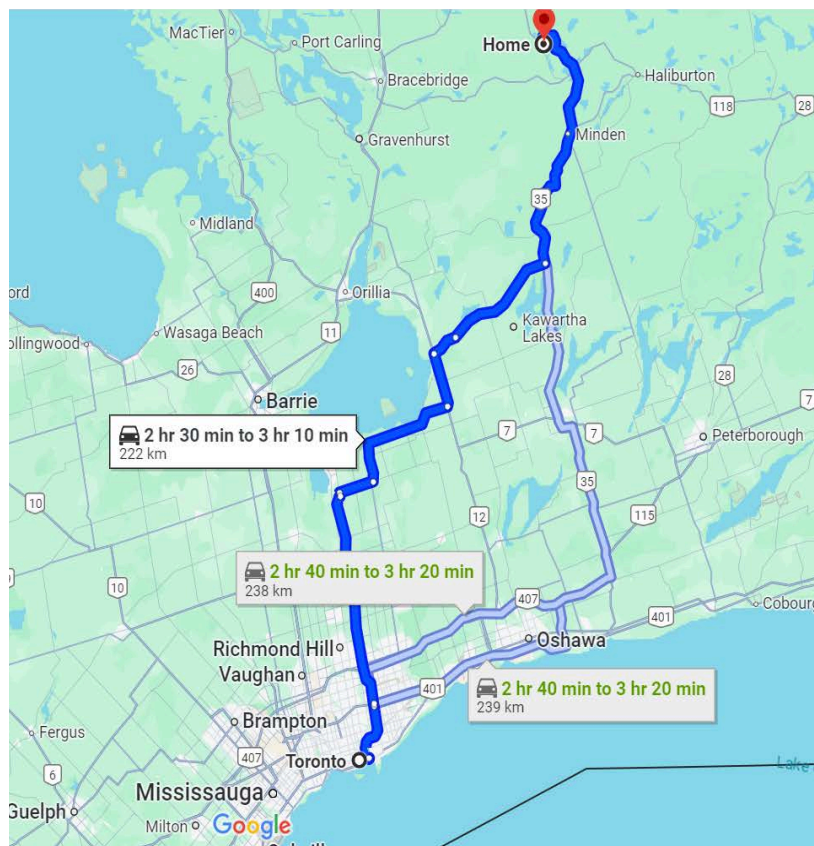
## DRIVING DIRECTIONS TO KANDALORE

### VIA Highway 400

- Travel North on Highway 400/11 to Bracebridge.
- Take the Highway 118 Exit and travel East on Highway 118 to Carnarvon and the Highway 118/Highway 35 junction (approx. 55 kms).
- Turn North (left) onto Highway 35 and travel approximately 15 kms until you see Camp Kandalore Road on your left.
- You've made it! If you get to Ox Narrows Lodge and the Firehouse Restaurant, you have traveled 1 km too far north.

### VIA Highway 404-48-35

- Travel North on Highway 404 to the Green Lane Exit (highway ends).
- Turn right on Green Lane and then left at the first lights onto Woodbine Ave.
- Travel North on Woodbine until you reach the Ravenshoe Road stop lights.
- Turn right on Ravenshoe Road and travel East until you reach Highway 48.
- Turn North (left) onto Highway 48 and travel until the junction of Highway 48/12 (approx. 35 kms).
- Turn North (left) on 48/12 and travel North until highway 48 & 12 split (approx. 13 kms).
- Turn East (right) at the split and continue on Highway 48 to Coboconk at the junction of Highway 48 and Highway 35 (approx. 35 kms).
- Turn North onto Highway 35 and travel North approximately 62 kms until you see Camp Kandalore Road on your left.
- You've made it! If you get to Ox Narrows Lodge and the Firehouse Restaurant, you have traveled 1 km too far North





## ADDITIONAL INFORMATION

**Meals:** We have a nut-safe dining hall, which means that we do not buy or cook with any nut products. For the safety of participants and staff we ask that no products made from, or containing nuts, be brought onto the site.

On the first evening of your visit we will meet for dinner at 5:15pm, so that we can explain our dining hall procedures.

Our kitchen staff is very accommodating when it comes to dietary needs; however, they need to know at least two weeks in advance if anyone in your group (students and/or supervisors) requires special attention. **Please let us know about food allergies, lactose intolerance, vegetarians, etc. prior to your arrival, so that we can provide alternate options for such individuals.**

**Night Patrol:** Our evening programs and snacks finish between 8:30 pm and 9:00pm. Teacher supervisors are responsible for determining when the students must return to their cabins, and when they must turn off their lights for the night. If you are sharing the facility with other groups, we encourage you to meet with the other supervising teachers to set up nighttime rules that will accommodate all groups. In case of any emergency, we will be available to assist.

For an additional fee, we can offer you a night patrol service. This service begins at 11:00pm and lasts until 7:00 am. During this time, a Kandalore OEC staff member circulates through the camp every **half-hour**. This staff person is based out of our office, which is in a central location and is available if the students require assistance of any kind. It is not a guarantee that we will have staff availability for this option, please check in with us ahead of time.

**Wake up:** We do not have a wake-up bell at Kandalore. We suggest that the supervisors wake up the students, or that the students bring one alarm clock per cabin.





## YOUR ROLE AS A SUPERVISOR

As a teacher, you play an important role in making the experience at Kandalore successful. Our intention is to provide you with the opportunity to take part in the experience with the students. We want the trip to be as enjoyable for you as it is for the students.

You are welcome and encouraged to take part in the program. By sharing in the experience, you will enrich your relationship and enhance the level of trust between you and the students. It is important to allow the students to come up with their own answers when it comes to working together as a group. This will develop the students' skills in leadership, problem solving, and decision making. Due to the nature of some activities, we may ask you to help with, or participate in, certain parts of our program. However, please do take some time during your visit to relax if you need to.

### STUDENT SUPERVISION

The Kandalore group leaders are responsible for preparing and delivering the program. During all Kandalore activities, Kandalore staff will supervise and instruct the students. There are times when the students will not be at activities. We ask that the teachers supervise the students at the following times:

1. **Meals:** We ask that the students behave under the same guidelines set for them at school. Please emphasize to the students not to waste food and to clean up after themselves.
2. **Supervised Rest Periods:** This generally occurs after meals (15 minutes after breakfast and 50 minutes after lunch and dinner). During this time teachers are responsible for supervision, as it allows our staff to prepare for upcoming activities.
3. **Nighttime:** Snack usually ends between 8:30 pm and 9:00 pm. Please be sure to set clear expectations for the students' behavior during the hours between snack and breakfast. Please determine and communicate the time that students need to be back in their cabin.





## EXPECTATIONS AND PREPARING YOUR CLASS

Here at Kandalore, it is important for our participants to respect the environment, to respect others, and to respect ourselves. The participants will be asked to adhere to the following guidelines during their stay. Please discuss these guidelines with your students before they arrive at Kandalore.

1. The use of alcohol and/or illicit drugs is strictly prohibited.
2. Smoking (if in line with school policies) is permitted at the discretion of the teachers and may only take place in designated smoking areas.
3. A Kandalore OEC staff must be present for students to take part in any of the activities. The students are expected to follow all guidelines and safety procedures outlined by any of the Kandalore OEC staff.
4. No student is to be within 3 metres of the lake without the direct supervision of the Kandalore staff.
5. In order to respect privacy, we ask that students stay out of any cabin other than their own.
6. Students are responsible for maintaining the condition of their cabins and we ask that the students leave their cabins in the same condition as they found them. Graffiti or any other damage to cabins is unacceptable.
7. There can be no food left in or around the students' cabins. Kandalore strives to be a nut-free environment. There can be no nut products brought into or left in the cabins.
  - There will be an additional cost to cover damages as a result of graffiti and vandalism.
8. We are committed to ensuring that everyone who comes to Kandalore has an enjoyable visit. We therefore ask that the students act in a considerate and respectful fashion to one another and to other groups that are using the facility.

**\*Other emergency guidelines will be discussed upon the group's arrival at Kandalore.**

**The Following Documents Should Be Printed and Distributed to Students; Letter to the Students, Student Packing List, and the Student Waiver**





## LETTER TO THE STUDENTS

Welcome to Kandalore's Outdoor Education Centre program! There are a few things that you should know about Kandalore before you arrive.

### LOCATION

Kandalore is located on highway 35, north of Minden and south of Huntsville. Depending on where you are coming from, it will take between one to four hours to reach Kandalore.

### ACCOMMODATIONS

The cabins are warm and provide you with a comfortable place to sleep. The toilets and showers are nearby, but not inside the cabins. Remember to close the door to your cabin so that the cold does not get in! Bedding and towels are not provided by Camp Kandalore.

### FOOD

All meals are prepared and served by the GB Catering Services. If you have any special dietary needs (allergies, lactose intolerance, gluten intolerance, vegetarian etc.), please let your coordinators know in advance so that they can notify us, and alternate options can be prepared. Preemptively, Kandalore is a nut free facility.

### A TYPICAL DAY AT KANDALORE

Most days at Kandalore will take place as outlined below; however, some of the timing may change in order to accommodate your arrival and departure times. Kandalore staff will notify you of any such changes so that you can be sure to make it to programs and meals on time.

<b>7:45 am</b>	Participants may leave cabins
<b>8:30 am</b>	BREAKFAST
<b>9:15 am-12:15 pm</b>	Morning activities in activity groups
<b>12:30 pm</b>	LUNCH
<b>1:15-2:00 pm</b>	Coordinator supervised cabin time, activity prep
<b>2:00-5:15 pm</b>	Afternoon activities in activity groups
<b>5:30 pm</b>	DINNER
<b>6:15-7:00 pm</b>	Coordinator supervised cabin time, activity prep
<b>7:00-8:30 pm</b>	Evening program with entire organization
<b>8:30 pm</b>	SNACK

### PROGRAM

Your coordinators will divide you into activity groups (8-12 people per group) and you will remain in this group throughout your visit. You will do all of the daily activities in your activity group and you will also have the opportunity to take part in some entire-group activities, usually in the evenings. A Kandalore staff will lead you through the program, which consists of activities such as cross-country skiing, snowshoeing, rappelling, blanket toss and group challenges, where you will be given the chance to solve a problem as a team.



## STUDENT PACKING LIST

Here is a list that should give you an idea of what to bring on your trip. Remember that most of what we do takes place outside and the weather can be very cold.

**Please bring clothing that you are willing to get dirty and wet!!**

- 1 packed lunch to eat when you arrive on the first day (nut-free please!)
- 1 winter jacket
- 1 pair of snow pants
- 3 pairs of pants (jeans not recommended)
- 3 long sleeve shirts
- 2 t-shirts
- 2 wool or fleece sweaters
- long underwear (tops and bottoms)
- underwear
- 4-6 pairs of socks (wool or fleece will be warmer)
- 2 winter hats
- 2 pairs of gloves or mittens
- 1 pair of good winter boots (these need to be insulated!!)
- 1 pair of indoor shoes
- 1 towel
- 1 sleeping bag
- 1 pair of pajamas
- 1 pillow
- 1 water bottle
- sun screen
- flashlight
- toiletries
- camera, watch and sunglasses are optional

### WHAT NOT TO BRING:

- food (junk food, candy, items containing nuts)
- valuables: i-pod, video games, cell phone, knives

**Please Note:** In the winter, buses are unable to drive up the Kandalore road. This means that you will be carrying your entire luggage into camp. The walk in from the highway is about 1 km, so please pack accordingly. You may wish to use a hiking pack or a knapsack and we suggest that you stick to our “what to bring” list.

**We look forward to seeing you soon!**





## TRIP DOCUMENTS



Visitor/Participant acknowledgement of risks and release

Name of visitor/participant \_\_\_\_\_ Date of Birth: \_\_\_\_\_

School/organization (if applicable): \_\_\_\_\_

Trip dates/dates on site: \_\_\_\_\_

The visitor/participant and his/her parent(s) or guardian(s) (collectively the “Undersigned”) understand the nature and inherent hazards and risks of the intended activities related to the trip described below (hereinafter referred to as the “Activity”).

The Undersigned acknowledges that engaging in this Activity may require a degree of skill and knowledge and that the visitor/participant has responsibilities as a participant.

The Undersigned certify that the visitor/participant is fully capable of participating in the Activity. The Undersigned represent that the visitor/participant is in good health and physically fit and has not been advised by a physician not to participate in arduous physical activities. The Undersigned knows of no reason, health-related or otherwise, why the visitor/participant is not capable of participating in the activities planned for this trip. The Undersigned accept full responsibility for any injuries or illnesses that the applicant may suffer during the trip, including, but not limited to, those resulting from any pre-existing medical condition.

The Undersigned fully understand and appreciate the risk of injury, illness, property loss or theft, and even death inherent in the Activity. It is further understood that unforeseen circumstances may arise and Kandalore Camp Co. Limited (the “Company”) shall not be held responsible for such circumstances or the consequences thereof. Notwithstanding the foregoing, nothing contained herein shall excuse the Company, and its directors, officers, employees or agents from responsibility for its or their negligence or willful misconduct during the course of the trip.

The Undersigned acknowledge that they have read the clothing and equipment list provided by the Company and accept full responsibility for inadequate clothing or equipment and for clothing and equipment which they fail to provide.

The Activity may take place in a wilderness environment and may include but is not limited to: rock climbing and wall climbing, hiking, swimming, high and low ropes course initiatives, swimming in lakes, biking, canoeing, kayaking, archery, cross country skiing, snowshoeing, skating, quinzhee (snow-shelter) building, inuit blanket toss, fire building, cooking on an open flame, hiking, rappelling, tobogganing, broomball, orienteering, whitewater canoeing, whitewater kayaking and canoe tripping. The Activity may also include transportation and depending on the program, visitors/participants may spend several nights outdoors. In addition to the hazards and risks described in the paragraph above, the hazards and risks of



the Activity may also include, but are not limited to, the following: latent or apparent defects or problems in equipment provided by the Company or outside service providers, acts of other participants in the Activity (including from the failure of other participants to follow instructions or obey safety regulations), weather conditions (including unforeseen, inclement or intemperate weather), consumption of food and drink, fire, first aid, emergency treatment, or other services rendered. Further, the Company will not always have medical personnel (other than instructors that are certified in first aid) at the location of the Activity.

NOW THEREFORE, IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THIS ACTIVITY, THE UNDERSIGNED ASSUMES ALL RISKS AND ACCEPTS FULL RESPONSIBILITY SURROUNDING THE VISITOR'S/PARTICIPANT'S PARTICIPATION IN THE ACTIVITIES, THE TRANSPORTATION RELATED TO THE TRIP AND ANY ACTIVITY UNDERTAKEN AS AN ADJUNCT THERETO, WHICH RISKS AND RESPONSIBILITY INCLUDE FOR BODILY INJURY, DEATH OR LOSS OF OR DAMAGE TO PERSONAL PROPERTY AND EXPENSES AS A RESULT OF THOSE INHERENT RISKS AND DANGERS IDENTIFIED HEREIN AND THOSE INHERENT RISKS AND DANGERS NOT SPECIFICALLY IDENTIFIED, OR AS A RESULT OF THE VISITOR'S/PARTICIPANT'S NEGLIGENCE IN PARTICIPATING IN THIS ACTIVITY, AND THE UNDERSIGNED HEREBY WAIVES, RELEASES AND ABSOLVES AND AGREES TO INDEMNIFY AND SAVE HARMLESS THE COMPANY AND ITS DIRECTORS, OFFICERS, EMPLOYEES AND AGENTS OF AND FROM ANY AND ALL LIABILITY ARISING THEREFROM, EXCEPT SUCH AS SHALL ARISE FROM ITS OR THEIR NEGLIGENCE OR WILFUL MISCONDUCT.

The Undersigned have carefully read, clearly understand and accept the terms and conditions stated herein and acknowledge that this PARTICIPANTS ACKNOWLEDGEMENT OF RISKS AND RELEASE shall be effective and binding upon each of the Undersigned, and their respective heirs, successors, assigns, personal representatives, estates and for all members of the student's family.

The Undersigned acknowledges that the Director of Kandalore was made available if requested to explain the nature and physical demands of the activities and the inherent risk hazards and dangers associated with this activity.

The Undersigned allow photos and video taken on the subject trip to be used by the Company for promotional purposes.

The authorization shall remain effective until revoked in writing and delivered to the Company.

Signature of visitor/participant: \_\_\_\_\_ Date: / /

\*Signature of Parent or Guardian: \_\_\_\_\_ Date: / /

\*for visitors/participants under 18 years of age



# Pre-Arrival Information Form (One)

## IMPORTANT:

*Please complete and scan and email this form to Kandalore two weeks before your scheduled visit to:*

**OEC Director**

[oeec@kandalore.com](mailto:oeec@kandalore.com)

*In order for us to plan for your visit and to work with you to determine your cabin and activity groups, we require the following information:*

### ◆ Contact Information:

Organization Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Coordinator/Administrator Contact: \_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone #: \_\_\_\_\_

### ◆ Visitor Information:

Total number of participants: \_\_\_\_\_

Participant Ages: \_\_\_\_\_

Total number of coordinators/coordinators: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Departure Time: **1pm**

Night Patrol: YES / NO

\*If you need to be on the road before 1pm, please let us know so we can organize an early lunch\*



# Pre-Arrival Information Form (Two)

## IMPORTANT:

*Please complete and send this form to Kandalore two weeks before your scheduled visit to:*

**OEC Director**

[oecc@kandalore.com](mailto:oecc@kandalore.com)

*Providing the information below will assist us in offering safe, inclusive, and quality outdoor education programs.*

- ✧ Organization name: \_\_\_\_\_
- ✧ Date of trip: \_\_\_\_\_
- ✧ Names of the participants who have *medical* concerns and/or *dietary* needs and a brief description of what their concern/need entails (eg. vegetarian, allergies, diabetes, etc.). This information is very important to us and it allows our program staff and kitchen staff to prepare for such needs in advance.

Participant Name:	Medical Concerns or Dietary Needs:





# Pre-Arrival Information Form (Three)

## IMPORTANT:

*Please complete and send this form to Kandalore two weeks before your scheduled visit:*

**OEC Director**

[oeec@kandalore.com](mailto:oeec@kandalore.com)

Each group that comes for a three-day visit will have eight activity periods. Please select **eight preferred** activities and **four alternate** activities from the list below. The Kandalore Outdoor Centre cannot guarantee that every group will get first choice of all of their activities. We prioritize activity selection based on received deposits and reserved dates on completed school contracts. The program director will take program requests and restrictions and does their best to accommodate the groups' desires to make a program that fits the needs of the group and the Kandalore staff

High Ropes	Mattressing	Blanket Toss
Cross-Country Skiing *	Broomball	Map Orienteering
Snowshoeing	All School Game	Nature Period/Outdoor Survival
Rappelling	Group Games/Initiatives	Quinzhee Building

\* Cross-Country Skiing will take up two activity periods

Preferred Activities:	Alternate Activities:
1.	1.
2.	2.
3.	3.
4.	4.
5.	Notes:
6.	
7.	
8.	



## CURRICULUM LINKS

<b>Kandalore Activity</b>	<b>Grades 5, 6, 7, 8</b>	<b>Grades 9, 10, 11, 12</b>
<b>The Group Agreement</b>	<p><b>Health and Physical Education</b> Social-Emotional Learning Skills</p> <ul style="list-style-type: none"> <li>• <i>Identification and Management of Emotions</i></li> </ul> <p>Active Living</p> <ul style="list-style-type: none"> <li>• <i>Safety, Positive Motivation and Perseverance</i></li> </ul> <p><b>Language:</b> Oral Communication:</p> <ul style="list-style-type: none"> <li>• <i>Listening to Understand</i></li> <li>• <i>Speaking to Communicate</i></li> </ul>	<p><b>Health and Physical Education:</b> Living Skills:</p> <ul style="list-style-type: none"> <li>• <i>Personal Skill</i></li> <li>• <i>Interpersonal Skills</i></li> <li>• <i>Creative and Critical Thinking</i></li> </ul> <p>Active Living</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> </ul> <p><b>English:</b> Oral Communication:</p> <ul style="list-style-type: none"> <li>• <i>Listening to Understand</i></li> <li>• <i>Speaking to Communicate</i></li> </ul>
<b>Nature Period</b>	<p><b>Health and Physical Education</b> Active Living:</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> <li>• <i>Physical Fitness</i></li> </ul> <p><b>Science Grade 5:</b> Understanding Earth and Space Systems: Conservation of Energy and Resources:</p> <ul style="list-style-type: none"> <li>• <i>Understanding Basic Concepts</i></li> </ul> <p><b>Science Grade 6:</b> Understanding Life Systems: Biodiversity:</p> <ul style="list-style-type: none"> <li>• <i>Understanding Basic Concepts</i></li> </ul> <p><b>Science Grade 7:</b> Understanding Life Systems: Interactions in the Environment:</p> <ul style="list-style-type: none"> <li>• <i>Understanding Basic Concepts</i></li> </ul>	<p><b>Health and Physical Education:</b> Active Living</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> <li>• <i>Physical Fitness</i></li> </ul> <p><b>Science:</b> Biology: Sustainable Ecosystems:</p> <ul style="list-style-type: none"> <li>• <i>Developing Skills of Inquiry and Communication</i></li> <li>• <i>Understanding Basic Concepts</i></li> </ul>
<b>Challenge Course Elements – High Ropes</b>	<p><b>Health and Physical Education</b> Active Living:</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> <li>• <i>Physical Fitness</i></li> </ul> <p>Movement Competence:</p> <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> <p><b>Language:</b> Oral Communication:</p> <ul style="list-style-type: none"> <li>• <i>Listening to Understand</i></li> <li>• <i>Speaking to Communicate</i></li> </ul>	<p><b>Health and Physical Education:</b> Living Skills:</p> <ul style="list-style-type: none"> <li>• <i>Personal Skills</i></li> <li>• <i>Interpersonal Skills</i></li> <li>• <i>Creative and Critical Thinking</i></li> </ul> <p>Active Living</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Physical Fitness</i></li> <li>• <i>Safety</i></li> </ul> <p>Movement Competence:</p> <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> <p><b>English:</b> Oral Communication:</p> <ul style="list-style-type: none"> <li>• <i>Listening to Understand</i></li> <li>• <i>Speaking to Communicate</i></li> </ul>
<b>Rappelling</b>	<p><b>Health and Physical Education</b> Active Living:</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> <li>• <i>Physical Fitness</i></li> </ul> <p>Movement Competence:</p> <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul>	<p><b>Health and Physical Education:</b> Living Skills:</p> <ul style="list-style-type: none"> <li>• <i>Personal Skills</i></li> <li>• <i>Interpersonal Skills</i></li> <li>• <i>Creative and Critical Thinking</i></li> </ul> <p>Active Living</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Physical Fitness</i></li> </ul>



	<p><b>Language:</b> Oral Communication:</p> <ul style="list-style-type: none"> <li>• <i>Listening to Understand</i></li> <li>• <i>Speaking to Communicate</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Safety</i></li> </ul> <p>Movement Competence:</p> <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> <p><b>English:</b> Oral Communication:</p> <ul style="list-style-type: none"> <li>• <i>Listening to Understand</i></li> </ul> <p><i>Speaking to Communicate</i></p>
<b>Cross Country Skiing</b>	<p><b>Health and Physical Education</b> Active Living:</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> <li>• <i>Physical Fitness</i></li> </ul> <p>Movement Competence:</p> <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul>	<p><b>Health and Physical Education:</b> Living Skills:</p> <ul style="list-style-type: none"> <li>• <i>Personal Skill</i></li> </ul> <p>Active Living</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Physical Fitness</i></li> <li>• <i>Safety</i></li> </ul> <p>Movement Competence:</p> <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul>
<b>Snowshoeing</b>	<p><b>Health and Physical Education</b> Active Living:</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> <li>• <i>Physical Fitness</i></li> </ul> <p>Movement Competence:</p> <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> <p><b>Social Studies Grades 5-6:</b> Heritage and Identity: First Nations and Europeans in New France and Early Canada</p> <ul style="list-style-type: none"> <li>• <i>Understanding Context: Significant Characteristics and Interactions</i></li> <li>• <i>Understanding Context: The Development of Communities in Canada</i></li> </ul> <p><b>History Grades 7-8:</b> New France And British North America, 1713-1800 <i>Understanding Historical Context: Events and Their Consequences</i></p>	<p><b>Health and Physical Education:</b> Living Skills:</p> <ul style="list-style-type: none"> <li>• <i>Personal Skill</i></li> </ul> <p>Active Living</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Physical Fitness</i></li> <li>• <i>Safety</i></li> </ul> <p>Movement Competence:</p> <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> <p><b>Arts</b> Understanding Culture: <i>Understanding cultural traditions and innovations</i></p>
<b>Quinzhee Building</b>	<p><b>Health and Physical Education</b> Active Living:</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> <li>• <i>Physical Fitness</i></li> </ul> <p><b>Science Grade 5:</b> Understanding Structures and Mechanisms: Forces Acting on Structures and Mechanisms:</p> <ul style="list-style-type: none"> <li>• <i>Relating Science and Technology to Society and the Environment</i></li> <li>• <i>Understanding Basic Concepts</i></li> </ul>	<p><b>Health and Physical Education:</b> Living Skills:</p> <ul style="list-style-type: none"> <li>• <i>Personal Skill</i></li> <li>• <i>Interpersonal Skills</i></li> <li>• <i>Creative and Critical Thinking</i></li> </ul> <p>Active Living</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Physical Fitness</i></li> <li>• <i>Safety</i></li> </ul> <p>Movement Competence:</p> <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul>
<b>Mattressing</b>	<p><b>Health and Physical Education</b> Active Living:</p> <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> </ul>	<p><b>Health and Physical Education:</b> Living Skills:</p> <ul style="list-style-type: none"> <li>• <i>Personal Skill</i></li> </ul> <p>Active Living</p>



	<ul style="list-style-type: none"> <li>• <i>Physical Fitness</i></li> </ul> Movement Competence: <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Physical Fitness</i></li> <li>• <i>Safety</i></li> </ul> Movement Competence: <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul>
<b>Blanket Toss</b>	<b>Health and Physical Education</b> Active Living: <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> <li>• <i>Physical Fitness</i></li> </ul> Movement Competence: <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> <b>Social Studies Grades 5-6:</b> Heritage and Identity: First Nations and Europeans in New France and Early Canada <ul style="list-style-type: none"> <li>• <i>Understanding Context: Significant Characteristics and Interactions</i></li> <li>• <i>Understanding Context: The Development of Communities in Canada</i></li> </ul> <b>History Grades 7-8:</b> New France And British North America, 1713-1800 <i>Understanding Historical Context: Events and Their Consequences</i>	<b>Health and Physical Education:</b> Living Skills: <ul style="list-style-type: none"> <li>• <i>Interpersonal Skills</i></li> <li>• <i>Creative and Critical Thinking</i></li> </ul> Active Living <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Physical Fitness</i></li> <li>• <i>Safety</i></li> </ul> Movement Competence: <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> <b>Arts:</b> Understanding Culture: <i>Understanding cultural traditions and innovations</i>
<b>All-School Game</b>	<b>Health and Physical Education</b> Active Living: <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> <li>• <i>Physical Fitness</i></li> </ul> Movement Competence: <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> <b>Language:</b> Oral Communication: <ul style="list-style-type: none"> <li>• <i>Listening to Understand</i></li> <li>• <i>Speaking to Communicate</i></li> </ul>	<b>Health and Physical Education:</b> Living Skills: <ul style="list-style-type: none"> <li>• <i>Interpersonal Skills</i></li> <li>• <i>Creative and Critical Thinking</i></li> </ul> Active Living <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Physical Fitness</i></li> <li>• <i>Safety</i></li> </ul> Movement Competence: <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul>
<b>Orienteering</b>	<b>Health and Physical Education</b> Active Living: <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> <li>• <i>Physical Fitness</i></li> </ul> Movement Competence: <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> <b>Canadian and World Studies and Social Studies:</b> Geography: Appendix C: Understanding Map Elements <ul style="list-style-type: none"> <li>• <i>Spatial Skills</i></li> <li>• <i>Mathematical Literacy</i></li> <li>• <i>Direction</i></li> </ul>	<b>Health and Physical Education:</b> Living Skills: <ul style="list-style-type: none"> <li>• <i>Personal Skill</i></li> <li>• <i>Interpersonal Skills</i></li> <li>• <i>Creative and Critical Thinking</i></li> </ul> Active Living <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Physical Fitness</i></li> <li>• <i>Safety</i></li> </ul> Movement Competence: <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> <b>Geography:</b> Appendix C: Understanding Map Elements <ul style="list-style-type: none"> <li>• <i>Spatial Skills</i></li> <li>• <i>Mathematical Literacy</i></li> <li>• <i>Direction</i></li> <li>• <i>Location</i></li> </ul>





<p><b>Group Games and Initiative Tasks</b></p>	<p><b>Health and Physical Education</b>          Active Living:  <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> <li>• <i>Physical Fitness</i></li> </ul>         Movement Competence:  <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> <b>Language:</b>          Oral Communication:  <ul style="list-style-type: none"> <li>• <i>Listening to Understand</i></li> <li>• <i>Speaking to Communicate</i></li> </ul> </p>	<p><b>Health and Physical Education:</b>          Living Skills:  <ul style="list-style-type: none"> <li>• <i>Personal Skill</i></li> <li>• <i>Interpersonal Skills</i></li> <li>• <i>Creative and Critical Thinking</i></li> </ul>         Active Living  <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Physical Fitness</i></li> <li>• <i>Safety</i></li> </ul>         Movement Competence:  <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> <b>Arts:</b>          Developing Creativity:  <ul style="list-style-type: none"> <li>• <i>Using problem-solving skills</i></li> <li>• <i>Taking an innovative approach to a challenge</i></li> </ul>         Using The Creative Process  <ul style="list-style-type: none"> <li>• <i>Challenging and Inspiring</i></li> <li>• <i>Imagining and Generating</i></li> </ul> <b>English:</b>          Oral Communication:  <ul style="list-style-type: none"> <li>• <i>Listening to Understand</i></li> <li>• <i>Speaking to Communicate</i></li> </ul> </p>
<p><b>Broom Ball</b></p>	<p><b>Health and Physical Education</b>          Active Living:  <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Safety</i></li> <li>• <i>Physical Fitness</i></li> </ul>         Movement Competence:  <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> </p>	<p><b>Health and Physical Education:</b>          Living Skills:  <ul style="list-style-type: none"> <li>• <i>Personal Skill</i></li> <li>• <i>Interpersonal Skills</i></li> <li>• <i>Creative and Critical Thinking</i></li> </ul>         Active Living  <ul style="list-style-type: none"> <li>• <i>Active Participation</i></li> <li>• <i>Physical Fitness</i></li> <li>• <i>Safety</i></li> </ul>         Movement Competence:  <ul style="list-style-type: none"> <li>• <i>Skills and Concepts</i></li> <li>• <i>Strategies</i></li> </ul> </p>

