

## **BREAKAWAY 2010**

Breakaway is the Middle School equivalent of Lower School Experiential Days and Upper School Winterim. Teachers offer a range of experiences they have planned. The individual Breakaway trips must fulfill three requirements:

- 1. They should appeal to students in all three-grade levels. When the groups are determined we try to insure a mix of students.*
- 2. They should rarely cost over \$300.00, although there are some special offerings. Trip leaders have made affordable experiences a priority. Sleeping on gym floors, in hostels, or in donated homes helps keep costs down.*
- 3. They should include learning something new. Learning on Breakaways typically occurs in settings outside the traditional classroom. The learning could be a new skill or taking a new risk. Because we want students to try different things, Middle Schoolers are not allowed to repeat Breakaways they have done in the past.*

### **When is Breakaway?**

Middle School Breakaway is from Tuesday March 16 through Friday, March 19. A couple of trips are longer than this, so check each offering carefully to see if different dates are listed. Please note, too, that some of these experiences involve overnights and others are in-town experiences where students travel to and from school. Schedules vary for these local Breakaways.

How will I know what is offered?

Please discuss the offerings as a family and return choices to C&C advisors on Monday, January 11. Note that the sign-up sheet includes a place for student choices as well as a line for you to sign. You will see that the kids are asked to make more than one choice. While we do not guarantee a student's first pick of Breakaway trips, we do work to insure that they get one of their choices. When kids list only one choice or make the same selection five times, we often are forced to make an alternate choice for them. Some of the Breakaway offerings are in Portland and others are overnights.

### **Next steps?**

Final Breakaway groups will be shared with students on Thursday, January 21. You will get more detailed information about the trip your child has selected on Wednesday, March 3, when it is shared with the students at a meeting during advisory. It will include a schedule/itinerary, contact numbers, and packing lists. Packing lists typically include special equipment that is critical to the individual experience. Please go through these lists carefully when they arrive.

We tell the students that their choice should be about the experience. It is not about what their friends are choosing. I once had a student ask me if they could switch from their activity. "You didn't get one of your choices?" I asked. "No," they said, "My activity was my first choice, but none of my friends are doing that one." We rarely are able to switch students out of their assigned Breakaway groups if it was one of their choices. If there is disappointment, we can help your child sort through it together.

## **Other Stuff**

All Catlin Gabel chaperones have student medical information, permission slips, and parent contact information with them. There may also be a need to sign permission slips for outfitters or guides that the Breakaway leaders might use. You will note some trips require a separate parent waiver, and we have tried to indicate where this is the case. Typically, these are necessary when outside professionals, guides, or leaders are needed for the Breakaway. These trips are marked with asterisks (\*\*) by their title.

Catlin Gabel provides most of the transportation.

Students will not need much cash (individual trip leaders will give you more information). Billing typically occurs through the Business Office. Teachers collate and total final receipts once they return from Breakaway.

**Financial aid is available for Breakaway trips, and the forms are included as part of this packet. We encourage you to apply.**

Please do not plan family trips or vacations during Breakaway. A critical piece of the student Breakaway experience is students working, doing, and learning with each other.

**If there is a special reason for your child to remain in-town please indicate this on the sign-up sheet.**

This is an exciting part of the Middle School program. Students are trying new things and meeting new people. If you have questions, please give Paul Andrichuk a call at ext. 368.

Thank you.

**Sign-Up Form Please Return to your C&C Advisor by 1/11/10**

GRADE \_\_\_\_\_

**Student Name:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**Things to remember when completing this form:** 1) Choose Breakaway experiences you have never done before. 2) Make sure you give a different choice for each of the five spaces.

List in order of preference your top 5 choices:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

\*\*\*\* My child, \_\_\_\_\_, must remain in town during Breakaway  
(name)

Please discuss the offerings as a family and return choices to C&C advisors on Monday, January 11.

## Financial Aid Form

Catlin Gabel School is committed to making its education affordable to families from a wide economic range. Although families bear the primary responsibility for financing their children's education to the extent that they are able, limited need-based financial aid is available to offset the difference between the family's resources and the child's total educational expenses.

- The School's goal is to make it possible for each student to be able to participate in one international trip during Middle School and one international trip during Upper School.

- Need based financial aid is considered only if the student has not already participated in an international trip during their division tenure whether financial aid was required or not.

- Also note that families must be current on their tuition payment plan for a student to participate in international trips.

Please complete the requested information below as part of the process of determining eligibility for trip financial aid. The committee will give your request careful consideration. Please note that there are limited funds available and we would like to assist as many families as possible.

I. Student name: \_\_\_\_\_ Grade \_\_\_\_\_

II. Parents: \_\_\_\_\_

III. Trip or Activity: \_\_\_\_\_

IV. Cost of Trip: \_\_\_\_\_

V. Amount of Financial Aid Requested: \_\_\_\_\_

VI. Amount of Cost Parents will Contribute: \_\_\_\_\_

VII. If Applicable: Amount Student will Contribute: \_\_\_\_\_

VIII. Please indicate any extenuating circumstances that make this request necessary (such as unusual medical expenses, care for parents, etc.):

IX. In what other school sponsored trips has the student participated and during what years?

X.. In addition to the above information, if you have not already completed the School and Student Service Parent Financial Statement Form as part of the financial aid tuition award process, you may be requested to do so.

Parents' Signatures: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

Return to Financial Aid Office, Attn: Traci Rossi, rossit@catlin.edu 503.297.1894 ex. 346

## Day Trips

### **GLASS FUSION with Lynn Silbernagel & Kristin Ogard**

Want to put your artistic skills to use with a new medium? Join us for four days of creative fun. Glass is a wonderful material that can be cut and fused together in a kiln to make beautiful works of art-jewelry, dishes, bowls, window hangings, sun catchers-let your imagination go! We will work on campus, learning to cut, tack and fuse glass. We will work with glass in different forms: sheets, stringers, frit. You will make several projects and have time to design and create several of your own. We will also take field trips to see works created by other glass artists.

Maximum enrollment is: 10 from grade levels: 6-8

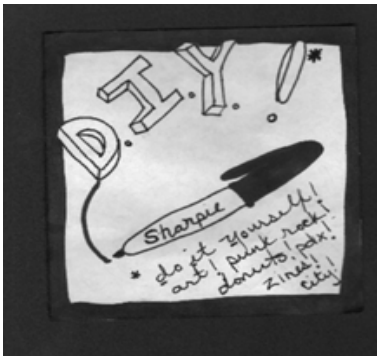
Approx Cost: 125.

### **Body as Temple with Holly Walsh, Christa Kaainoa & Li-Ling Cheng**

During "Body as Temple", you will learn different ways to connect mind and body to: have fun, improve agility and balance, get into great shape, and wipe out stress! "Body as Temple" will include yoga, meditation, Chinese brush painting, pilates, Barre 3 (a unique, ballet, pilates and yoga combination), and Parkour. We'll be on campus for some sessions, and in Pearl district fitness studios during others. Lunches, which will sometimes be off-campus will be healthy (to fuel us as we work our bodies!)

Maximum enrollment is: 10 from grade levels: 6-8

Approx Cost: 200.



### **D.I.Y. Portland with Deidre Atkinson**

Dive into Portland's alternative creative scene! We'll rock out at music shows, create, publish and distribute our own zines, make art with one of Portland's hippest young, local artists and refashion some thrift-store finds into wearable art. Many of our meals will come from Portland's nationally acclaimed food-carts: expect Voodoo Donuts, deep-fried snickers, and some of the best grilled-cheese sandwiches known to mankind. Two overnights (in the Alberta Arts District). \$230

Maximum enrollment is: 12 from grade levels: 6-8

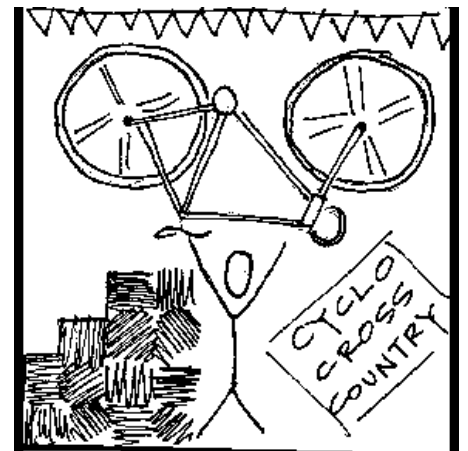
Approx Cost: 230..

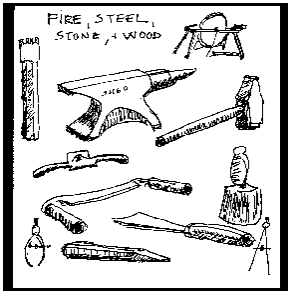
### **Psycho-Cyclo-Cross-Country with Bagg & Skrapits**

Cyclocross races combine elements of both road and mountain bike racing. They are races that happen on a two mile loop on varied terrain. There are stretches of pavement, hills, grass, woods, trails, stairs, gravel and hurdles that require bunny hops or for the rider to mount and dismount. Cyclocross bikes closely resemble that of road bikes. Key differences are brake layout and tires - unlike road slicks, tires in cyclocross races have knobs. Although cyclocross is not without antics and is very beginner friendly, it's still intensely competitive. We are going to learn the basics of cross while expanding our own cross country trail to be a more challenging and longer course to ride and run on. Bring your bike, helmet, gloves, running shoes, your work gloves and a positive attitude.

Maximum enrollment is: 14 from grade levels: 8-12

Approx Cost: 150.

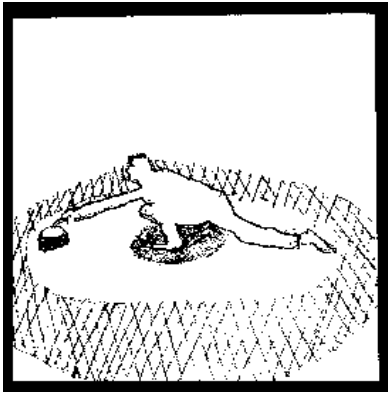




### **Steel, Stone, Sand and Salvage with Larry Hurst, Tom Tucker and Laura “the intern” Johnson**

Explore three dimensional, that’s 3-D, art with fire and air. Learn to cut and weld steel, carve stone and wood, make sand sculptures and dig for dead whale bones at the beach. Maximum enrollment is: **12** from grade levels: **6-12**  
Approx. Cost: \$300

### **Part Time Day Trips and Overnights**



### **Sportstacular Seattle with Paul Andrichuk, Carter Latendresse, Carrie Blank & Nagme Karamustafaoglu**

Ever wanted to experience everything related to sports in a city with two professional teams? Want to sweep the rock on a sheet of ice like an Olympic athlete (that’s curling)? Get your sabre on (that’s fencing)? Sit in the dugouts @ Safeco? Tour a Division I college athletic facility and run wide receiver routes at Husky Stadium? How about a kayak trip in the rain? To top it all off we’ll sleep on the gym floor we play pick-up basketball games on. This is the trip for you!  
Maximum enrollment is: **24** from grade levels: **6-8**  
Approx Cost: 225.  
\*Additional Waiver of Liability needed.

### **The River Wild with Carol Ponganis, Steve “the intern” Morris & Blue Sky Rafting Guides**

During these day trips, students will learn the basics of whitewater rafting including teamwork, paddling, and river reading, while enjoying the excitement of whitewater and the beauty of the wilderness. Our hope is to raft 3 different rivers in 3 days (it depends on water levels): the Clackamas, the Mollala River and the Wilson River. A hot lunch and all equipment/gear will be provided. Each raft will include a professional guide from Blue Sky Rafting Co. No previous rafting experience is necessary, but an adventurous spirit is required! After we have gotten some of our own rafting experiences under our belt, we will spend the last night relaxing at the coast and watching the movie “The River Wild”!!! The last day will be spent hiking and hanging at the beach with a ‘field trip’ to the Tillamook Ice Creamery before we return to Catlin.



On the first 3 days, we will depart from Catlin by school bus to the different rivers that are about 1-1½ hours away and return to school around 5:30 pm. On Thursday we will travel by mini-van and head to the coast from the rafting site to a house near Tillamook.

For more info see: [www.BlueSkyRafting.com](http://www.BlueSkyRafting.com)  
Maximum enrollment is: **10** from grade levels: **6-8**  
Approx. Cost: \$250  
\*Additional Waiver of Liability needed.

## Overnights

### **Wild Eastern Oregon with Olivia Miller & Ann Fyfield**

You never know what you might find on the other side of the Cascades! We are off to explore wild eastern Oregon, a land of wild birds and horses, dry lakebed deserts dotted by hot springs, and lakes teeming with wildlife. We will travel to the Malheur National Wildlife Refuge and stay at the Field Station where a naturalist will show us the best spots to watch migrating birds and teach us about wildlife research. We will search for wild horses and explore the Malheur Lake area and Alvord Desert by bus and foot. And on our last night together we may even have dinner at the historic Frenchglen Hotel. Maximum enrollment is: **12** from grade levels: **6-8**

Approx Cost: 240.

### **Shakespeareience with Ema Eldredge & Chris Bell**

What do a vortex, Einstein's art, cheetahs and Hamlet have in common? They are all part of this year's Shakespeareience. In route to Ashland Tuesday morning we will not resist the pull of the Oregon Vortex. Once in Ashland we will enjoy Einstein's art at ScienceWorks, explore the beautiful town of Ashland and of course see three plays at Oregon's Shakespeare Festival: Shakespeare's Hamlet, Pride and Prejudice by Jane Austen, and Cat on a Hot Tin Roof by Tennessee Williams. We will stay overnight in a rented home within walking distance of the Festival. On our way home Friday we will again be drawn into adventure, this time answering the call of the wild at the Wildlife Safari in Winston, Oregon. Overnights: 3 - Tuesday -Friday. Leaving Tuesday at 9:00am and returning Friday at 4:00pm

Please note: Before signing up for this trip, be sure to note that some of the plays we will be seeing have somewhat mature themes. The education department at the Festival feels the plays are appropriate for mature middle school age children. For Hamlet and Pride and Prejudice we will explore both plays prior to viewing and also attend a prologue session for Hamlet, so that students will be well prepared for each experience. We highly recommend visiting the Oregon Shakespeare Festival website at <http://www.osfashland.org>. Click on a play and then the "Learn More" tab for age recommendations and other information.

Maximum enrollment is: **12** from grade levels: **6-8**

Approx Cost: 300.

**Discovery '10/Eagle Crest (+ one day in Portland)** with Brian Gant, John Hamilton and maybe LiLing or someone to be named later, and Wally Wilson

Push your limits climbing, hiking, and playing in Central Oregon. This trip is for the hale and hearty and demands the maturity to stick with the exploration of group dynamics. By day, participants explore rock walls in Portland, Frog Lake on Mt. Hood & Smith Rock State Park near Redmond which will both be settings for digital movies. We also swim, play golf, jump off rocks into snow up to our necks, skateboard, and just talk to each other. By night, we will also gather to view films about young people confronting serious problems. Of course, we bring footballs, soccer balls, and Frisbees. No prior climbing, experience necessary. A sense of adventure, love of the outdoors and a great spirit of fun are the only requirements.

Maximum enrollment is: **20** from grade levels: **6-8**

Approx. Cost: \$200



