

**Middle School  
BREAKAWAY 2016  
Information and Catalogue**

Breakaway is the Middle School equivalent of Lower School Experiential Days and Upper School Winterim. Teachers plan and offer a range of experiences. Individual Breakaway trips must fulfill three requirements:

*2. They should rarely cost over \$425. Trip leaders have made affordable experiences a priority. Sleeping on gym floors, in hostels, or in donated homes helps to 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.*

**Breakaway's Importance**

Breakaway is an exciting part of the Middle School program. Students are trying new things and meeting new people. Please do not plan family trips or vacations during Breakaway. A critical piece of the Breakaway experience is students working, doing, and learning with each other.

**When is Breakaway?**

Middle School Breakaway is from Monday, March 14 through Thursday, March 17. Please note that some of these experiences involve overnights and others are in-town experiences where students travel to and from school. Schedules may vary for these local Breakaways.

**If there is a special reason for your child to remain in-town, versus an overnight trip, please indicate this on the sign-up sheet, sign up for only in-town experiences, and contact Len directly.**

**Next steps**

This Breakaway catalogue includes a listing of all of the offerings with related details. Financial aid is available for Breakaway trips, and the form is included. Financial aid requests are due to the financial aid office by January 6. Since the financial aid form is due before activities are assigned, please use the highest cost option on the form. Please discuss the offerings as a family and return choices to C&C advisors by January 11. Note that the sign-up sheet includes a place for student choices, as well as a line for parent/guardian signature. While we do not guarantee a student's first pick of Breakaways, we work to ensure that they receive one of their choices. Student choices should be about the experience, not about what their friends are choosing. We challenge them to make choices based on their interests to grow and learn from the week. We are not able to switch students out of their assigned Breakaway groups. If there is disappointment, please let us know and we can help your child sort through it together.

Final Breakaway groups will be shared with students on January 22. Trip leaders will share schedule/itinerary, contact numbers, and packing lists, etc. as the trip date approaches. Please go through these lists carefully when they arrive. Trip leaders are the primary contact for their respective activities. All Catlin Gabel chaperones have student medical information, permission slips, and parent contact information with them. All trip leaders, including parent volunteers, have updated background checks on file with the school.

## Breakaway 2016 Choices

### OVERNIGHT TRIPS:

#### **Shakespeare** – Chris Bell, Paul Andrichuk, and Ema Eldredge

What do orphans, twins overnight in Ashland.

Please note: Before signing up for this trip, be sure to note that *Twelfth Night* and *Great Expectations* have somewhat mature themes. The education department at the Festival feels these plays are appropriate for mature middle school-age students. We highly recommend visiting the Oregon Shakespeare Festival website to learn more: <http://www.osfashland.org>

This trip is a four-day trip to Ashland, Oregon

\$425

18 students

#### **Discovery 2016** – Paul Monheimer, Javier Duque, Jeff Smith, and Yen-Ling Wang

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, and Smith Rock State Park near Redmond, which will be settings for digital videos. We also swim, play golf and basketball, jump off rocks into snow up to our necks, skateboard, and just talk to each other. By night, we will 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.

This trip is a four-day trip to central Oregon.

\$300

28 students

#### **Docksiders** – Dale Rawls, David Ellenberg, and Lisa Ward

Come explore the world of wooden boats and art in the Victorian seaport of Port Townsend, Washington.

Our maritime experience concerns two boats. One is a pulling boat, the *Townsend*, which is a replica of a 26' longboat similar to what Captain Vancouver used to explore Puget Sound. The second boat is the schooner *Martha*, a sailing ship. The *Townsend* relies on crew muscle and cooperation to move through the water, while the *Martha* is a more modern schooner that relies on both sail and auxiliary power.

The NW Maritime Center will teach us how to row (lots of rowing), sail, and become a real crew. We will be staying at the Victorian Officers quarters at Fort Warden State Park. We cook, sing, and create art together, while making new middle school friends. Maritime Center standards require that students be twelve years old to be part of the crew.

This trip is a four-day trip to Port Townsend, Washington.

\$425

18 students

#### **Make a Knife, Carve a Spoon** – Kit Camp and Lindsay Babbitt

Students will be building their own carving knives, sewing sheaths, then harvesting wood outdoors to carve other wooden implements. This experience will involve two intense days on campus and two adventurous days in the woods (one overnight of camping.) The goal of this Breakaway is to learn carving skills and to gain an appreciation for handmade objects as well as connecting students to the outdoors, woodworking, and adventure.

\$125  
12 students

This is two days on campus and two days off.

**Let's Go Canada** – Larry Hurst, Mark Pritchard and Lynn Silbernagel

We will travel on school bus via the Blackball ferry from Port Angeles, WA directly into beautiful downtown Victoria, BC and enjoy four days and three nights exploring this quaint harbor town – the *most British city outside of England*. Our group will stay in a centrally located youth hostel and visit a museum, parliament buildings, and other local attractions. Our group will enjoy the scenic splendor of Victoria and environs including plenty of walking.

Valid passports will be needed for this trip, as well as a notarized Travel Consent Form.

This trip is a four-day trip to Victoria, B.C., Canada

\$425  
16-18 students

**Sleepless in Seattle** – Lynda Douglas and Carol Ponganis

Learn the skills of an urban traveler as we utilize the train, light rail, monorail, charter bus, boat and our feet to experience Seattle! We will sleep in a youth hostel located near the Pike Street Market and use the Seattle CityPASS so that we can enjoy all that Seattle has to offer, from the Experience Music Project to the Seattle Aquarium to the Chihuly Glass Garden to the Space Needle and even a cruise of the harbor! And if we are not exhausted from running around town, we might even have time to watch *Sleepless in Seattle* while we are there!

This trip is a four-day trip to Seattle, Washington

\$400  
18 students

DAY TRIPS - NO OVERNIGHTS:

**Super Star Sports!** – Chris Dorough and Gina Wand

Four days of action packed sports, athletics, and adventure. Everything from soccer and hoops to archery, hiking, bowling, and ping pong are on the table. Potential visits to Nike, Trail Blazer training center, and Portland Timbers headquarters are possibilities. Options include some yoga, a spin class, Zumba anyone? Participants will be immersed in physically active, sporty endeavors and fun.

\$350  
16 students

**Wilderness Rush** – Spencer White and Jesse Lowes

Days one through three find students learning the basics of whitewater rafting including teamwork, paddling, and river-reading, while enjoying the excitement of whitewater and the beauty of the wilderness under the guidance of Blue Sky Rafting Company <http://www.blueskyrafting.com>. Depending on water levels, we will raft the Clackamas, Molalla and Wilson Rivers. Each raft will include a professional guide from Blue Sky Rafting. No previous rafting experience is necessary, but an adventurous spirit is required! A hot lunch plus wet suits will be provided each day on the river. Our final day takes us to Tree to Tree Adventure Park near Hagg Lake for some aerial obstacles and plenty of exciting zip-lining .

\$375  
20 students

### **Supernatural Portland** – Christa Kaainoa and Brendan Gill

Psychics. Palm Readers. Astrology. Tarot Cards. Ghosts. Auras. What's the deal with all this metaphysical stuff and can any of it actually tell us anything about ourselves or our lives? We'll try to find out in this Breakaway!

We will:

- Visit an astrologer and learn about our own personalized astrological charts.
- Learn about symbology and tarot cards and have a personal tarot card reading.
- Learn to recognize auras and have a personal session with a palm and aura reader.
- Attend a "ghost workshop" to hear stories of real ghost encounters, see photos of ghosts, and learn how to recognize ghosts.
- Tour the supposedly haunted underground Shanghai Tunnels beneath the city streets of downtown Portland.
- Learn to develop our own intuitive psychic abilities from a professional psychic.

Most days, we'll finish up by 3:15 pm, with the exception of one day (TBD), when we tour the Shanghai Tunnels and have dinner together in downtown Portland.

\$350

16 students

### **Free Your Mind, Body & Soul** – Chris Skrapits, Holly Walsh, and Kristin Ogard

Join us for four days of getting our bodies fit, communing with nature, and meditating on the nature of life. Monday we will start with a guided meditation, make our way to Leif Erikson trail for an out and back run, have lunch and then return to school for yoga and a session of meditative coloring. Tuesday we will travel to Saddle Mountain for an exhilarating climb. At the top we will have lunch and do some contemplative work. Wednesday we will head to Mt. Hood for some snowshoeing and/or XC skiing. Friday is our urban hike day; we will try to get over all the bridges in the downtown area by foot, we will have lunch at the food carts, and then round off the afternoon with free choice play. As time allows, we will view *The Karate Kid* at school to see how one adolescent was able to bring his heart and mind into balance. Our goal is to have a fun, healthy experience everyday with keeping the cost to a minimum.

\$70

16 students

### **Tinkering Studio: Interactive Stories** – Rob van Nood

Are you a designer, dreamer, storyteller, tinkerer, maker? In this Breakaway we will develop and build interactive creations through the lens of a story or game. This four-day project has several facets: storytelling, physical modeling (going from a sketch to a handmade landscape), and Scratch programming. The idea is to imagine a real or fictitious landscape as the setting for a simple story about what an explorer might see. An explorer (in the form of a game piece avatar) moves through the created landscape according to rules established by the maker. Along the way the explorer can focus in on details if they stop on interactive spaces that are connected to a Makey Makey. These spaces trigger a Scratch program with animation, artwork, sounds, or even mini games. In addition we will explore the use of a variety of other sensors and interactive tools.

\$175

This is offered to students 3<sup>rd</sup> grade through 8<sup>th</sup> grade and limited to only 4-6 MS students

### **Dance Around the World** – Deirdre Atkinson and Natalie Dickinson

Join us on an in-town global adventure as we explore different cultures through dance and food. We will spend four days taking dance classes from around the world including Bollywood, African, Hip Hop, and Salsa. Each day we will embark into the great city of Portland to learn these dances and eat the delicious foods associated with each culture. We may also visit a dance rehearsal and create our own flash mob to perform in Pioneer Courthouse Square. Come dance with us!

\$200  
16 students

**CGS Food Network** – Ann Fyfield and Katie Gunderson

For all those adventurous students who want to learn new culinary techniques, this is the Breakaway for you! Our group will spend two days at Sur La Table, learning important cooking techniques while we make both French and Italian menus. We will also learn the art of baking the perfect cupcake and then artistically decorate it at Blake's Decorette shop. Each day we'll have "weird food" taste testing and participate in cooking challenges to find out who can make the best (fill in the blank). Our final day will be the biggest challenge of all: an unknown basket filled with goodies for you to come up with your own dish, using all the techniques you've learned during the week. Special guests will be on hand to help crown the winners. No cooking experience required, but an adventurous palate and a willingness to try new foods is a must. Come, learn, and be inspired. Note: we will be using cream and gluten.

\$350  
12 students

**Middle School Breakaway Financial Aid Form**  
**Due to Financial Aid Office by Wednesday, January 6**

Our hope is to offer many and varied engaging opportunities for students during our experiential learning week. We realize the cost of these options vary as well. Catlin Gabel School is committed to making its educational opportunities affordable to all families. Need-based financial aid is available to families who qualify to offset the difference between the family's resources and these expenses.

If your child would like to choose an activity for Breakaway that stretches beyond your family's resources, we invite you to apply for financial aid by, January 6, 2016. The completed financial aid form should be turned into Mary Jacob in Toad Hall. All families will know if and what level of aid the school can provide by Monday, January 11, allowing families to choose a Breakaway activity by the deadline.

Please complete the requested information as part of the process of determining eligibility for 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. In addition to assisting with required activities such as the experiential learning, it is our goal to support families by providing funds for additional opportunities for students to engage in our community, including exploring outdoor education activities, enabling students to participate in international trips, and providing any support to help them be academically successful. Also note that families must be current on their tuition payment plan for a family to be considered for financial aid.

**CATLIN GABEL FINANCIAL AID FORM**  
**PLEASE TURN IN COMPLETED FORM TO MARY YACOB, ADMISSION OFFICE**

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

II. Parents/Guardian: \_\_\_\_\_

III. Activity: \_\_\_\_\_

IV. Cost of Activity: \_\_\_\_\_

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

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

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

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

In addition to the above information, if you have not already completed the School and Student Service Parent Financial Statement as part of the financial aid tuition award process, you may be requested to do so. You may also be requested to submit a copy of your most recent tax return. Please contact Mary Yacob in the Admission Office with any questions.

Parent/Guardian Signature: \_\_\_\_\_

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

Parent/Guardian Signature: \_\_\_\_\_

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

**Middle School Breakaway 2016**  
**Please Return Sign-Up Form to your C&C Advisor by January 11**

GRADE (Circle): 6      7      8

**Student Name:** \_\_\_\_\_ **C&C Advisors:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**When completing this form, please remember:**

- 1) Choose Breakaway experiences you have not previously done.
- 2) Provide a different choice for each of the five spaces.
- 3) If you need to stay in-town, rank your choices between the in-town offerings.

List in order of preference your top five Breakaway choices. (Example: 1 = top choice)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**\*\*My child, \_\_\_\_\_, must remain in town during Breakaway.\*\***

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