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:

1. **They should appeal to students in all three grade levels. When groups are determined we try to ensure a mix of students.**

2. **They should rarely cost over $450, although there are some special offerings. Trip leaders have made affordable experiences a priority. Sleeping on gym floors, in hostels, or in donated homes - helping 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 16 through Thursday, March 19. 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 brochure includes a listing of all of the offerings with related details. Financial aid is available for Breakaway trips, and the forms are included as part of this packet. Financial aid requests are due to the financial aid office by January 8. Since financial aid forms are 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 13. Note that the sign-up sheet includes a place for student choices, as well as a line for parent/guardian signature. You will see that students must make more than one choice. While we do not guarantee a student's first pick of Breakaway trips, 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 23. 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.
Overnight trips:

**NYC Art Escape**  David Ellenberg, Dale Rawls and Natalie Dickinson

Come to the Big Apple and fall in love with some of the world's best art. This trip is for and about art, and will show off New York’s reputation as the art capital of the world. Taking on the Met and MoMA is just the start. With so much to choose from, we’ll be planning more about the best exhibits to attend in the months ahead. The trip leaves Sunday, March 15th and returns Friday, March 20th. We stay at a youth hostel on Manhattan’s Upper West Side and use our feet (a lot of walking) and the subways to get around. Your art guides will be Dale, David, and Natalie. A couple of fabulous Catlin Gabel Upper School seniors will also be with us. This trip is 5 nights away.

14 students
$960

**Shakespearience**  Carter Latendresse, Deirdre Atkinson and Barbara Ostos

What do gambling, Havana, disguises, and true love have in common? They are all part of this year’s Shakespearience. In route to Ashland on Monday morning, we will not resist the call of the wild from Wildlife Safari. Once in Ashland, we will enjoy physics fun at ScienceWorks, explore the beautiful town of Ashland, and see two plays at the Oregon Shakespeare Festival: Shakespeare’s *Much Ado about Nothing*, and the famous musical *Guys and Dolls*. We will stay overnight in a rented home within walking distance of the Festival. We will also attend prologue and workshop sessions for *Much Ado about Nothing*, led by company members, so that students will be prepared for the play. This trip is a three night overnight in Ashland.

Please note: Before signing up for this trip, be sure to note that *Much Ado about Nothing* has somewhat mature themes. The education department at the Festival feels the play is appropriate for mature middle school-age children. We highly recommend visiting the Oregon Shakespeare Festival website at [http://www.osfashland.org](http://www.osfashland.org) for age recommendations and other information.

15 students
$415

**Sleepless in Seattle**  Carol Woodbridge, Ann Fyfield and Evan Matsuda

Learn the skills of an urban traveler as we utilize the train, light rail, monorail, city bus, 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 Chihuly Glass Garden, the Seattle Aquarium, the Space Needle, a harbor cruise and more! 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 is three nights overnight in Seattle.

18-20 students
$425
**Discovery 2015**  Paul Monheimer, Brian Gant and Robyn Washburn

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 can also be settings for digital movies/trailers. We also swim, play golf, jump off rocks into snow up to our necks, skateboard, and just talk to each other. By night, we edit movies/pictures, add audio, and play some more. We will also gather to view films about young people confronting real life situations. Of course, we bring footballs, soccer balls, and frisbees. We use state of the art digital video cameras, computers, movie software, and digital audio equipment. No prior climbing, computer or camera experience necessary. Let your imagination go; almost anything is possible. This trip is two nights overnight at Eagle Crest in Central Oregon.

20-22 students
$325

**Sportstacular Seattle**  Paul Andrichuk, Ema Eldredge and Javier Duque

Ever wanted to experience everything related to sports in a major city? Want to sweep the rock on a sheet of ice like an Olympic athlete (that’s curling)? Sit in the dugouts at Safeco Field? Tour a Division I college athletic facility and run wide receiver routes at Husky Stadium? To top it all off we’ll sleep on the gym floor we play pick-up basketball games on. When we get tired, we’ll go bowling! Seriously, we’ll bowl once, too! This trip is three nights away in Seattle.

18-20 students
$425

**Let’s Go, Canada!**  Len Carr, Kristin Ogard and Mark Pritchard

We will travel via the Blackball ferry directly into downtown Victoria, BC and enjoy four days and three nights exploring this quaint harbor town – the most British city outside of England – and nearby, Sooke, BC. Our group will stay in a centrally located youth hostel and visit the museum, parliament buildings and other local attractions. We will also visit ancient petroglyphs at East Sooke Park and a special hand built log home on the water. Our group will enjoy the scenic splendor of Victoria and take some short hikes in nature. Valid passports will be needed for this trip. This outing is three nights away in Canada.

20-22 students
$450

**Art Attack**  Tom Tucker and Alison Ward

We will share a four day excursion of making art, from Manzanita to North Portland. We’ll spend two days at the beach making art with sand, stone, and driftwood, finding vistas to sketch, visiting sculptor MJ Anderson in Nehalem, Cart’M recycling center to see what they do with “Scrap.” We will also head out to “Vin Gogh” in Portland to learn how to paint a famous painting, take our sketch books to the “Castle,” and visit some very cool restaurants for lunch, and galleries with kinetic sculptures that “move in mysterious ways.” This experience will be two nights away in Manzanita - the rest of the time in Portland.

10-12 students
$250
**Body as Temple**  Holly Walsh and Katie Gunderson

Get ready to fuse your mind with your body in ways you have not yet explored! Together, your body and mind really do make a temple! For this Breakaway, you will work out doing cross-fit, yoga, ballet barre, and snowshoeing. You will also practice your zen by doing Chinese brush painting. The pinnacle of this amazing adventure will be sleeping at Silcox Hut, one night overnight on March 18, on the slopes of Mt Hood at 7,000 feet!

14 students  
$325

**In town options – no overnights:**

**Boot Camp: Getting Fit & Having Fun**  Chris Skrapits and Carrie Blank

Get in shape the fun way! We are going to focus on strength, cardio and endurance. We will meet at school at 8:15, travel to The Edge Training facility in North Portland and work with Fitness Guru Scott Young, Certified Personal Trainer, USA Cycling Coach and TRX® specialist from about 9:00-1:00. Activities we will do include: obstacle course (students participate in building a different one each day - often includes balance section with Nerf Blaster!), belayed rope climb, rope traverse, balance challenge, rollerboard tangle relay (fun!), freeze flag tag (combo of freeze tag and flag football), cone agility drills, dodgeball, tug of war, Twister (our own more exciting and challenging version with multiple boards) and more! Post workout we will cool down and eat a healthy lunch before returning to campus. Get ready! Get set!! Go!!!

12 students  
$280

**Glass Fusion**  Lynn Silbernagel and Greg Frye

We will cut glass, then fuse it in a kiln to make beautiful works of art such as jewelry, dishes, bowls, window hangings, and sun catchers. Learn to cut, tack, and fuse glass, working with different forms such as sheets, stringers, and frit. Design and make several pieces of your own. We will take field trips to view glass works created by artists.

10 students  
$350

**Kayak – O – Rama**  Renee Jenkinson and Michael Oreste

Have you been hiking or playing down by the river and wished you were playing in it? Dive on in with Next Adventure’s Youth Kayak and SUP River Camp as we spend four days learning about, and paddling in and around greater Portland’s awesome waterways. Over the course of the four days full of games, activities and immersive sessions, we cover how rivers flow, what causes rapids (our playground) and other river hydrology, and how to safely enjoy kayaking and stand up paddle boarding in both flat water and white water. We will also talk about the unique ecology surrounding our rivers and how to use our paddling skills to become advocates and stewards for our waterways. If you are ready to try a new sport and explore a new environment, then join this outdoor adventure!

10-12 students  
$350
**Things that Rhyme with Group**
Christa Kaainoa and Lynda Douglas

“Alone we can do so little; together we can do so much” — Helen Keller

**S/COOP:** Tour and sample ice cream from Salt & Straw, Ruby Jewel, Subzero, and Baskin Robins. Make ice cream from scratch, starting with milking a real cow! **COOP** — While we’re at the farm milking a cow, we might as well check out their free-range chicken operation, including some quality time holding adorable, fuzzy, cheeping chicks.

**HOOP:** Spend a day with the Lewis & Clark basketball team as they run us through a basketball clinic to hone our hoop skills (no prior experience necessary). We’ll end this day with dinner out, and taking in a local basketball game courtside (date, game, and location TBD depending on team schedules).

**TROUPE:** If your future career plans don’t work out, you could always join the circus... so start your training now in a workshop at Echo Theater (formerly Do Jump). We’ll play games, learn acrobatics, swing on the trapeze, and even try out the aerial silks.

**HOOP2:** Basketball is not the only hoop... Don’t forget its circular cousin the Hula Hoop! We’ll tour a hula hoop factory, customize our own hula hoops, then learn from a pro how to hoop it up on our neck, arms, waist, and more!

We’ll eat **SOUP** for lunch at least once. (Maybe we’ll even make it from scratch!) Other possibilities (time permitting) include: **SNOOP** – learn to spy like a professional detective! **LOOP** – walk or run a loop trail in Forest Park; learn to knit... **POOP** – well, it does rhyme with group... What do you want to learn about it? We can investigate! **WHAT ELSE RHYMES WITH GROUP??** If you can think it, maybe we can do it!

This Breakaway is in-town and has no overnights, but there will be at least one late night out for a group dinner and evening event.

12-14 students
$300
Middle School Breakaway Financial Aid Form
Due to Financial Aid Office by Thursday, January 8.

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. Although families bear the primary responsibility for financing their children’s education, limited 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 Thursday, January 8, 2015. The completed financial aid form should be turned into Mary Yacob in Toad Hall. All families will know if and what level of aid the school can provide by Monday, January 12, allowing families to choose a Breakaway activity by the January 13 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 2015
Please Return Sign-Up Form to your C&C Advisor by January 13

GRADE (Circle) 6 7 8

Student Name: ______________________  C&C Advisor: ____________

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 13.