

Summer Boot Camp

8 - 13 year olds



Dear Parents,

St. Catherine's High School's Management Team has come up with another adventure-based experience for our 8 to 13 year olds this Summer!!

Considering the usually sedentary style of living of many of our young students and their long hours spent in front of the computer, chatting with friends, or playing games, our Management Team has thought of creating a "Summer Boot Camp" to provide an alternative to their free time and an informal opportunity to be with friends and teachers and learn about life outdoors.

Our Summer Boot Camp will be held in conjunction with Kamaja Outdoor Activities and will offer our children a 2-day (one-night sleepover) outdoor experience which will be based on the following activities:

- **Physical training and coordination**
- **Orienteering and compass work**
- **Team building tasks**
- **Escape and evasion**
- **Aerial ropeway**
- **Night trekking**
- **Water Games**
- **Abseiling**

The main aims of this Boot Camp are to help your child build a sense of community and contribute to his/her development in:-

- **a sense of teamwork and cooperation;**
- **self confidence and self esteem;**
- **an appreciation of the outdoors; and,**
- **new recreational skills.**

The Boot Camp will take place between Saturday 7th and Sunday 8th August and it will take place in the historical Madalena Fortress in Madliena. The children will sleep on lilos or sleeping bags (which they are to provide) in the fortress and all activities will take

place within the compound of the fortress. The cost for this camp (all inclusive – activities, meals, supervision) per child (ages between 8-13 years) is of €75. Only students of our School can attend. The group will be composed of 20-30 students (booking on a first come first served basis) and will be accompanied by Ms. Sue Mifsud Midolo, Ms. Lorraine Zammit and Mr. Brian Gauci.

Thus, if you want your son/daughter to participate in this fun, yet learning adventure this Summer, you are kindly requested to fill in the form hereunder and send it via email to sue.mifsud.midolo@stcatherines.eu or by post to St. Catherine's High School, 11, Suffolk Road, Pembroke PBK 1901, addressable to Ms. Sue Mifsud Midolo, together with the payment for the camp (cheques to be made addressable to St. Catherine's High School) by not later than Tuesday 20th July.

Let's make this Summer Boot Camp a success!

Ms. Sue Mifsud Midolo, Ms. Lorraine Zammit and Mr. Brian Gauci

Registration Form for the Summer Boot Camp

I/We, parent/s of of Junior/Senior (please put the class as per next scholastic year) would like my/our son/daughter to participate in the Summer Boot Camp to be held between the 7th and 8th August. I/We are enclosing a cheque / cash for the amount of €75 as payment for the Summer Boot Camp.

Signature of Parent/s

Date

Summary:

Name: St Catherine's High School 1st Summer Boot Camp
Date: 07th – 08th August 2010
Venue: Madalena Fort, Madliena.
Max no. 30 Students
Age: 8 to 13 years.
Price: €75.00

Note:

Should you decide to send your son/daughter, we would then send you the list of items to be brought to the camp (clothes, sleeping things etc) and we would hold a meeting with the parents and children prior to the camp start.

Summer Boot Camp 2010 Programme

Saturday 07th August 2010

Time	Activity
10.00 – 10.30	Arrival and Settling In
10.30 – 12.00	Team Building Activities
12.00 – 13.00	Lunch and Cleaning Up
13.00 – 14.30	Treasure Hunt
14.30 – 16.00	Escape and Evasion
16.00 – 16.15	Fruit Break
16.15 – 17.30	Volley Big Ball In The Rain
17.30 – 19.00	Orienteering and Compass Work
19.00 – 20.30	Dinner and Cleaning Up
20.30 – 23.00	Night Hike
23.00 – 23.30	Showers and Debriefing
23.30	Lights Out

Sunday 08th August 2010

Time	Activity
08.00 – 08.30	Physical Training and Coordination
08.30 – 09.00	Breakfast
09.00 – 10.30	Abseiling
10.30 – 10.45	Fruit Break
10.45 – 12.00	Flying Fox
12.00 – 13.00	Lunch
13.00 – 14.30	Water Games
14.30 – 15.00	Packing Up and Departure

Note: Visit www.kamajaoutdoors.com for other students' and teachers' comments on most of these activities. Please note that this programme is tailor made for the Boot Camp and will be co-ordinated by the School's Management Team and Kamaja Outdoors Group of Leaders.