

Maude Clifford Public School

9206 Lakeland Drive Grande Prairie Alberta T8X 0J4
Phone: 780.357.3500 / Fax: 780.357.0031
Facebook: www.facebook.com/maudeclifford



Hello Families!

On **Thursday, March 14th** our grade 4-6 students will be going to Nitehawk Ski Hill. As the day's activities fit Alberta Education's Daily Physical Activity (DPA) requirement, it is our hope that all students will be able to attend. The activities the students can select and participate in are skiing, snowboarding, or tubing.

Costs associated with activities chosen are as follows:

Tubing:	Full Package	\$17.59
Skiing/Snowboarding:		
	Full Package (ski or snowboard)	\$48.90
	Lesson & Lift Ticket	\$35.94



Registration and all payments will be made directly to Nitehawk.

It is mandatory for all students to wear CSA approved ski or snowboard helmet for **ALL** the above activities. Helmets are included in the rental packages and will be available for all participants.

Our day at Nitehawk requires parent volunteers to meet our supervision guidelines. The number of volunteers needed will be determined by the number of students who attend. We would appreciate any volunteers who would be willing to come to Nitehawk to supervise and help children. We expect to have a wide range of abilities so any assistance would be fantastic! If you can volunteer, please complete the pink Volunteer form, return it with your child by **February 15th** and we will contact you shortly.

Online registration and payment must be completed by February 29th

<https://gonitehawk.com/maude-clifford-school/>

We look forward to a great day at the hill!

Sincerely,

Teresa Rawlyk
Principal

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Schedule

- 8:35 a.m. Students get on the bus to Nitehawk (all students must ride the bus)
- 9:15 a.m. Students arrive at the hill. Get equipment and lesson times.
- 2:15 p.m. Students get on the bus to return to the school
- 2:55 p.m. Students arrive back to school for dismissal (all students must ride the bus)

Weather Cancellations

Early morning weather confirmations are arranged between Administration and Nitehawk staff for go/no go decisions. This may be a last-minute decision. A notice will be posted on our Facebook page if the weather forces us to cancel the trip. Our Facebook page is located at: Maude Clifford Public School

<https://www.facebook.com/435515399943386>

Lessons

ALL students (regardless of ability) **must** take a lesson. This is mandated by Alberta Education and GPPSD. The students' lessons will be 1 hour long from the time when their skis or snowboards are on the snow. Certified instructors of the Canadian Ski Instructors Alliance (C.S.I.A.) and the Canadian Association of Snowboard Instructors (C.A.S.I) administer the lessons. Level One students may be asked to continue their lesson after lunch with guided practice in a designated area.

Equipment

For rental equipment, it is very important that the shoe size is correct as the equipment is prepared in advance. If students must change to a different size boot, then they are sent to the back of the line as they must also have their skis adjusted accordingly. This makes for a frustrating wait for the student and holds up the entire group. If you are bringing your own equipment for the day, a designated truck will be parked at the front of the school and will transport the equipment to the hill.

Lunch

Students have the option of purchasing food at the canteen or packing a lunch. Please note that skiers/snowboarders will have a different area for lunch than the tubers. This allows for quicker and easier access to canteen food if they choose that option, as well as more space to eat.

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What to Wear

Skiers/Riders/Tubers must be prepared for all types of weather when on the slopes, from mild spring days to blustery, winter cold. When dressing for your Nitehawk trip, keep the following in mind:

- Cold weather clothing should keep the wearer dry and warm, not hot. In other words, keep the heat in, and the snow and wind out.
- Layering works best, either a few thick, warm layers, or many thin layers. The outside layer should always be water/wind proof.
- An example of suitable clothing would be a turtleneck, a wool/fleece sweater, and a conventional ski jacket. An alternative would be to add more inside layers and wear a lightweight shell as the outside layer. Suitable outside layers include breathable nylon jackets and pants, running suits, ski suits, and powder suits. These options cut the wind and allow snow to be easily brushed off.
- Ski/snowboard boots should be worn with a **single** pair of good fitting, comfortable wool or synthetic socks that are not too thick. Ankle socks are not recommended! Too many socks can cut off the circulation and increase the chance of cold feet.
- Sweatpants and long underwear can be layered under a water/wind proof outer layer. Jeans, sweatpants or cotton worn as an outer layer will pick up snow and leave the skier/rider wet and cold. Dress according to the temperature!
- Helmets are mandatory. Some may also prefer to wear hats or tuques with their helmets, as most body heat is lost through the head. Avoid anything with long tassels or pompoms that could get caught in the moving parts of a ski lift.
- Neck tubes are preferred over scarves as they are worn inside clothing therefore avoiding any chance of catching on the ski lift. If a scarf is worn, it should always be tucked inside clothing.
- Students will not be allowed in lessons without a warm pair of gloves or mittens. In general, mittens keep hands warmer than gloves, however either one should always have a synthetic or leather outer shell for protection from sticky snow and abrasions. Dress according to the temperature!
- Goggles or sunglasses protect the eyes from sun, wind, and blowing snow. Be aware of the conditions when choosing appropriate eyewear. Goggles are the best choice in blowing, winter conditions.
- **Finally, ENJOY YOUR DAY AT NITEHAWK RECREATION AREA & KEEP WARM!**

Nitehawk Volunteers Needed – March 14, 2024

Parent Name: _____

Phone Number: _____

Email Address: _____

Please indicate below the area you wish to volunteer:

_____ skiing

_____ tubing (circle - participating or supervising)

_____ snowboarding

_____ general volunteer (non-participatory role)

Please circle:

My child _____ in grade _____ will be (circle - skiing, snowboarding or tubing) for the day.

My child _____ in grade _____ will be (circle - skiing, snowboarding or tubing) for the day.

My child _____ in grade _____ will be (circle - skiing, snowboarding or tubing) for the day.

Parents will be responsible for the cost of their rental equipment if they require one.

Please indicate your equipment and lift ticket needs:

_____ I have my own equipment and do not need rentals

_____ I do not have my own equipment and will need rentals

_____ I do not need equipment or a lift pass as I will be acting as a supervisor and not participating



The number of volunteers we require will be determined by the number of students who attend. Once we have a student count, we will then be able to organize our volunteers. **You will be contacted by Friday, February 23rd regarding volunteering.**

Thank you for supporting our outdoor adventure!

A handwritten signature in black ink, appearing to be 'TR' or similar initials, written in a cursive style.

Teresa Rawlyk
Principal

Volunteer form due– Thursday, February 15th