



**DR. PLAXTON**  
ELEMENTARY SCHOOL

4510 Fairmont Gate South Lethbridge, AB T1K-8J3 Phone: (825) 399-0620 Fax: (587) 486-0401

# CASTLE MOUNTAIN FIELD TRIP

*Dr. Robert Plaxton Parent and Guardian Field Trip Information Package*



*1Plaxton Ski Trip 2023*

**MARCH 11, 2025**  
**DR ROBERT PLAXTON**

*Updated: Monday, January 13, 2025*

Email: [drplaxton@lethsd.ab.ca](mailto:drplaxton@lethsd.ab.ca)  
Principal: Andy Tyslau

Website: <http://drp.lethsd.ab.ca/>  
Vice Principal: Lois van Roon



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## Purpose

The ski trip for Grade 4 and Grade 5 students serves as a dynamic educational opportunity that integrates core aspects of the curriculum in Social Studies, Physical Education, and Health and Wellness. This experiential learning activity is designed to provide students with a well-rounded understanding of their environment, foster physical and mental well-being, and enhance their interpersonal and problem-solving skills.

Additionally, this ski trip is to build memories and school culture. Established in the second school year (2022-2023) of Dr. Robert Plaxton, we hope this trip continues to be a tradition for many years. We appreciate your support to make this happen. Below you will find specific connections to curriculum, safety plans, and student considerations.

## Curriculum Connections

### Social Studies Connection

The ski trip ties into the Social Studies curriculum by offering students the chance to explore the relationship between people and their physical environment. As they experience the mountainous terrain and natural landscapes, students gain firsthand insights into geography, climate, and the impact of human activities on the environment. Through guided discussions, students will examine how communities in mountainous regions adapt to their surroundings, including the development of ski resorts as hubs for recreation and tourism. These connections deepen their understanding of resource use, environmental stewardship, and sustainable development.

The trip also fosters cultural awareness by introducing students to local Indigenous histories and traditions tied to the land. Learning about Indigenous perspectives on nature and respect for the environment enhances their ability to connect curriculum content to real-world contexts, enriching their overall learning experience. We have reached out to our Indigenous Lead Teacher to help provide resources.

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## Physical Education, Health, and Wellness Connection

Skiing provides an excellent platform for students to engage in physical activity while developing fundamental movement skills and fitness. The trip encourages students to build strength, balance, and coordination in a fun and challenging outdoor environment. Certified ski instructors will guide students in mastering skiing techniques, ensuring activities are appropriate to their skill levels and promote progression.

Beyond skill-building, the trip emphasizes active living and the importance of participating in outdoor recreational activities. Students will explore the benefits of endurance, flexibility, and agility as they navigate the slopes, contributing to their overall physical health. This aligns with the curriculum's focus on promoting lifelong habits of physical activity and fostering a positive attitude toward exercise.

The ski trip supports the Health and Wellness curriculum by addressing physical, mental, and social aspects of well-being. Students will practice resilience and adaptability as they learn to overcome challenges, such as mastering new skills or navigating unfamiliar environments. These experiences contribute to the development of self-confidence and a growth mindset.

The trip also provides a platform for building teamwork and communication skills. Students will work together in groups, follow safety protocols, and support one another on the slopes. These interactions promote empathy, cooperation, and the ability to build strong interpersonal relationships—key components of emotional and social well-being.

The trip incorporates lessons on safety and self-care in outdoor settings. Students will learn about dressing appropriately for cold weather, staying hydrated, and recognizing signs of fatigue or discomfort. These practical lessons foster independence and self-awareness, aligning with health education goals.

## Interdisciplinary Benefits

By combining elements of Social Studies, Physical Education, and Health and Wellness, the ski trip offers an interdisciplinary approach to learning that emphasizes real-world application of knowledge and skills. Students gain a deeper appreciation for their local environment, understand the importance of maintaining physical health, and build critical

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social and emotional competencies. This enriching experience aligns with curriculum goals while creating lasting memories and fostering a sense of curiosity and adventure.

## Itinerary

**6:15 – 6:25:** Students arrive at Dr. Robert Plaxton and check-in with their classroom teachers.

**6:30 – 8:30:** Bus leaves at 6:30 AM and arrives at Castle Mountain at 8:00 AM.

**8:30 – 9:10:** Students are greeted and briefed about the day by Castle Mountain staff members. School organizes themselves in the Lodge and students prepare for their day of skiing.

**9:10 – 9:30:** Students and Ski/Board Instructors meet and begin their lessons. Students must participate in lessons.

**9:30 – 11:30:** Students participate in lessons.

**11:30 – 12:15:** Instructors bring their group to the lodge for lunch.

**12:15 – 3:30:** Students and Ski/Board Instructors meet and continue their lessons. Students must participate in their lessons.

**3:30 – 4:00:** Students, Staff, and Volunteers clean up space. Meet the bus and return to Dr. Robert Plaxton. A message will be sent to families from the classroom teacher when bus departs.

**4:00 – 6:00:** Bus leaves Castle no later than 4:00 PM and return to Dr. Robert Plaxton.

**6:00 – 6:10:** Parents and Guardians check-out their children with classroom teacher.

## Safety

Teachers and students will engage in many lessons and conversations leading up to the ski trip. Together, they will establish clothing and equipment needed, rules to stay safe on the hill, and how to make good choices when participating in outdoor activities. Teacher's and students will also co-create a check-list on items they will need for the trip. We hope this helps foster independence and ownership

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## Student Check List

- Mask and/or buff
- Layered clothing is best for all outdoor recreation
- Sunscreen and lip protection are important even on overcast days
- Knee-high socks are preferable over ankle socks which will slide off and get bunched up in boots
- Pants go outside the boots – only long-johns and socks should be inside your boots
- Jeans are not appropriate, instead wear waterproof pants or snow pants
- Weatherproof mitts or gloves – thin wool, cotton or polyester gloves will not keep your hands warm
- An extra pair of socks and mitts are always a good idea
- A light toque, balaclava, or kerchief will fit under your helmet to keep you warm
- Goggles or sunglasses

## Cost

### Fundraising and Donations

Our grade 4 and 5 team and Leadership team continue to find initiatives to support the financials of this trip. Our vision is to make this trip accessible, equitable, and affordable for all, so every student can participate and be part of the memories and experience. In addition to collecting juice boxes and bottles from the school, our team also organizes concessions for both our Volleyball and Basketball tournaments.

We continue to find fundraising opportunities and sponsors to support this trip. If you or anyone you know would like to support this trip, please let your classroom teacher know.

Donations and Fundraising will go towards buses and then rentals for students who otherwise would not be able to participate. Additional fundraising money will go towards lessons and day passes.

Currently, we have fundraised roughly \$2,000 dollars.

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## Break Down Per Student

Cost per student will vary depending on if the student owns equipment and has a *Season Pass to Castle*.

Item	Cost
*Bus	\$21.00
Lesson	\$59.00
**Day Pass	\$15.00
**Rentals	\$26.00
**Lunch	\$18.00

*\*Bus cost is an estimate based on number of students participating*

*\*\*Prices that could be optional*

## Volunteers

Please indicate in the Microsoft Form (emailed and QR code below) if you would like to volunteer. We have two different roles for volunteers for our day Lodge and Hill. Please review the roles associated with both roles.

### Lodge:

Responsible for supporting students in the morning to find their classroom teacher, stay organized, and get on the bus. While at Castle, these volunteers will help students keep the lodge organized and tidy and get ready for the day. Throughout the day, volunteers can help students locate bathrooms, engage in alternative activities if needed, and supervise students during lunch. At the end of day, parents will help students gather their belongings, find their classroom teacher, and get on the bus.

### Hill:

Responsible for supporting students in the morning to find their classroom teacher, stay organized, and get on the bus. While at Castle, these volunteers are asked to enjoy their day on the hill and find the best snow possible! Please check in at lunch to help support students eat, tidy, and get ready for the next part of the lesson. At the end of day,

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volunteers will help students gather their belongings, find their classroom teacher, and get on the bus.

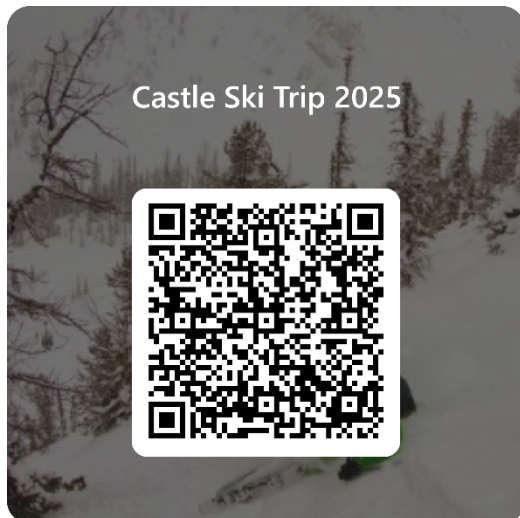
*Hill Volunteers* could potentially have a fee associated with volunteering for this trip. Castle Mountain is giving us 1 free day pass for every 10 children. Depending on the number of volunteers, a draw will determine volunteers to have a pass. If you do have a season pass, please indicate so on the Microsoft Form. That way, we can distribute the free tickets to those volunteers who do not have a season pass. We can still accept volunteers beyond our complimentary passes, but volunteers will have to pay for a day pass at a discounted rate (\$59.00).

## Forms

Please complete and return the attached consent form. Also, complete the following *Skier Information Microsoft Form* so we can send the appropriate information to Castle Mountain.

Link: <https://forms.office.com/r/rRkkwFb0Ck>

QR Code:



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