

## All U NEED 2 KNOW

Trip dates:	February 20-22, 2020
Registration deadline:	November 01, 2019
Destination:	Mont Ste. Anne (Feb. 20 and 22) and Le Massif (Feb. 21)
Lodging:	Chateau Mont Ste. Anne Hotel (418-827-5211)
Bus departure from:	St. Mark Catholic High School
Bus transportation:	By Deluxe Coach
Departure time:	06h45 (Feb. 20)
Return to Ottawa:	21h00 (9.00 p.m.) approx. (Feb. 22)
Cost:	\$409.00 (+ equipment rentals if needed)
Payment:	Please make your cheque payable to St. Mark Catholic High School and return your cheque with your completed Registration Form to Student Services. Please write your name, phone # & home room on the back of your cheque.
Payment Schedule:	November 01, 2019      \$409.00 (+ equipment rental if required)



A \$15 service charge will be assessed for any cheques returned by your financial institution.

**Refund.** There is a minimum \$250.00 penalty on all refunds. There is no refund for cancellations less than 45 days prior to departure.

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**To sign up, you must submit the following  
before the deadline.  
It is not 1st come - 1st serve.**

Please return only the following:

**Form1:** APPLICATION FORM

**Form 2:** FIELD TRIP AUTHORIZATION FORM (STUDENT) FOR OVERNIGHT TRIPS

**Form 3:** WINTER SKI EXCURSION FORM/PARENT CONSENT

**Form 4:** PARENT/SIGNATURE PERMISSION FORM/STUDENT MEDICATIONS, ... part 1

**Form 5:** PARENT/SIGNATURE PERMISSION FORM/STUDENT MEDICATIONS, ... part 2

**Cheque/ cash:** \$409 trip fee (plus any rentals)

**Cheque/ cash:** \$30 room deposit (separate from trip fee)



St. Mark High School  
1040 Dozois Road  
Manotick, Ontario K4M 1B2  
Phone: 613-692-2551  
Fax: 613-692-2447  
Email: Mark.High@ocsb.ca  
**mrh.ocsb.ca**

## High School Ski and Snowboard Trip to Mt Ste Anne and Le Massif 2020

Dear Parent(s)/Guardian(s);

This excursion is being organized for students in grades 9-12 to Mt Ste Anne and Le Massif ski resorts in Quebec. This initiative supports the curriculum expectations that promote a healthy and active lifestyle for all students.

The dates of this trip are Thursday, February 20, 2020, to Saturday, February 22, 2020. We will depart from St Mark High School at 7:00 am and travel by Coach Canada coach bus to the Château Mont-Sainte-Anne. Once there, students will enjoy 3 days and 1 night of skiing and snowboarding at Mt Ste Anne and Le Massif. During the trip, the students will enjoy a tour walking tour of Old Quebec City. On Saturday, after a day of skiing, we will return to St Mark High School at approximately 9:00 pm.

Students will enjoy 4-star accommodations at the Château Mont-Sainte-Anne. If requested, students may register for a ski or snowboard skills session from certified instructors at Mt Ste Anne.

In accordance with OPHEA guidelines, this trip meets or exceeds the recommendations for this type of activity. All students are required to wear a properly fitting certified snowsport helmet. Snowboarders are also encouraged to wear wrist guards. If a student does not have any of the required equipment, any/all of the gear can be rented from the ski hill. If students wish to gain access to the Terrain Park, a signed permission form from Mt Ste Anne must be completed and brought to the ski resort. Students will be outside for a prolonged period of time so they must dress accordingly in proper clothes for the ski hill and the walking tour of old Quebec City. In the event of an emergency situation, teacher supervisors will be contacted by ski patrol and the Ski Evolution Tour Director via pagers and/ or cell phones. If a student requires any equipment, it can be rented from the hill, at an additional cost. As well, students will participate in an information session regarding concussion awareness and prevention prior to this excursion. Students who are not able to attend will **NOT** be allowed to participate.

The base cost of the trip, \$409.00, includes 3 days and 1 night of skiing/ snowboarding, plus 2 breakfasts and 1 dinner. All other meals/ snacks/ drinks can be purchased on the hills. As well, each hotel room has a kitchenette, so students may bring their own snacks/ meals/ drinks for the morning or in the evening. Please note, there is no access to the room during the day.

Please review and sign all necessary permission forms. If you have any questions or concerns, please contact Mrs. Wilson at the school.

Sincerely,

Mr. Andre Potvin - Principal

Mrs. Tanya E Wilson – Trip Supervisor  
613-692-2551, ext. 287



# St. Mark Catholic High School Ski & Snowboard Trip (February 20-22, 2020)

starting at  
**\$409**

  
Mont-Sainte-Anne

  
**LE MASSIF**

**Includes:**

*Ski Pass (3 days).*

*Deluxe Bus Transportation.*

*Hotel accommodation (2 nights).*

*Ski and snowboard instruction*

*3 meals (2 breakfasts, 1 supper)*

*All taxes.*

Students attending the "St. Mark Catholic High School Ski Trip" will be staying at Hotel Chateau Mont Ste. Anne, a 4-star property situated at the base of Mont Ste. Anne.

Each room has two queen beds to accommodate 4 persons, and a small kitchenette.

All students can receive a 90 minute skill improvement session the first day of the trip (must pre-register).

Students are expected to bring food from home for Lunch on Day #1. Supper will be provided on Saturday night, as well as breakfast on Saturday and Sunday morning. Both ski resorts have well established cafeterias and restaurants for additional meal requirements.

Bus transportation is by deluxe coach bus.

All students **MUST** wear helmets while skiing and riding. Experienced students can gain access to the Ste. Anne Snow Park provided certain forms are completed in advance and signed by the parent or guardian. Snow Park passes cost \$23 extra. Forms can be found on the Mont Sainte Anne web site. St. Mark Catholic HS is not responsible for arranging Snow Park passes.

EAT. SLEEP. SKI!

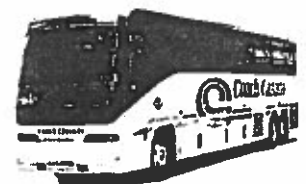
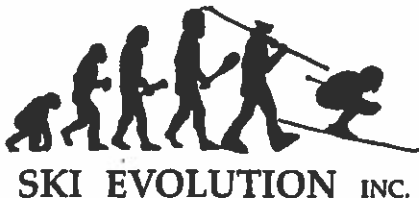
**Limited Space Available !!**

Registration deadline: November 01

For additional information please contact:

**Mrs. Wilson**

[www.stmarkski.com](http://www.stmarkski.com)





# Sign up for important updates from Mrs. Wilson.

Get information for Mt Ste Anne 2020 right on your phone—not on handouts.


Pick a way to receive messages for Mt Ste Anne 2020:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/steanne20](http://rmd.at/steanne20)


Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message @steanne20 to the number (431) 800-1531.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/steanne20](http://rmd.at/steanne20) on a desktop computer to sign up for email notifications.



# St. Mark Catholic High School

## SKI & SNOWBOARD TRIP ITINERARY

February 20-22, 2020

### Thurs. February 20

- 06h30 Bus arrives at St. Mark Catholic High School.
- 06h45 Departure from St. Mark Catholic High School.
- 09h45 Use Hwy 30 south of Montreal. Stop at St. Liboire Exit 145 for a break.
- 12h00 Arrival at *Chateau Mont Sainte Anne*. Luggage into storage.
- 12h30 Skiing at **Mont Ste. Anne** (12h30-21h00)
- 13h00 Beginners and persons requiring ski rentals will go to Sports Alpains with Rep.
- 13h30 Ski and snowboard lessons available to all levels. Students must register in advance for these lessons.
- 18h00 Dinner in the cafeteria at the **base** of Mont Saint-Anne (student's responsibility).
- 18h30 Night skiing.
- 20h30 Return to the hotel. Check-in.
- 23h00 No noise after 11:00 p.m.



### Fri. February 21

- 08h15 Coach bus to **Le Massif** (meet the bus in front of the main reception).
- 09h00 Arrival at Le Massif.
- 09h15 Breakfast in the cafeteria (provided).
- 09h30 Skiing!! Snowboarding !! Skiing!!
- 16h00 Coach bus back to *Chateau Mont Ste. Anne*
- 17h45 Departure for Quebec City
- 18h30 Dinner – *Buffet des Continents* (Quebec City) (incl.)
- 19h30 Transfer by coach bus to Old Quebec City
- 21h30 Return to the hotel
- 22h00 Students in their respective rooms
- 23h00 No noise after 11:00 p.m.



### Sat. February 22

- 08h45 Load bags into storage room. Rooms to be cleaned and checked by one of the teachers. Return room keys to the teachers.
- 09h00 Breakfast in the cafeteria at Mont Ste. Anne (provided)
- 09h15 Skiing and snowboarding at **Mont Ste. Anne**
- 14h30 Return rental equipment to Sports Alpains.
- 14h45 Meet the coach bus at the hotel. Remove your bags from storage and load them onto the bus.
- 15h00 Departure for St. Mark's Catholic High School.
- 17h30 Stop en-route for a quick snack at Berthierville (Exit 144 off Hwy.40W).  
Choice of McDonalds, Tim Horton's, Harvey's, Subway.
- 21h00 Approximate arrival time in Ottawa.

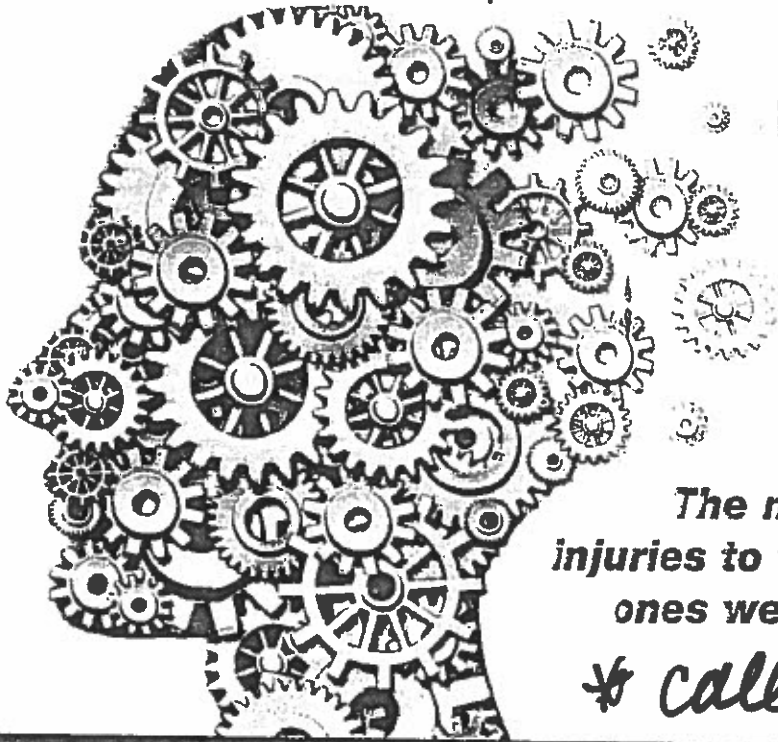


Phone Number at **Chateau Mont Ste. Anne** (418) 827-5211



# Concussion Protocol

Information for parents and students



## Do you think you have a concussion?

Don't hide it. Tell someone.

Seek medical attention.

Take time to recover.

All concussions are serious.

FOR  
YOUR RECORDS

*The most difficult  
injuries to treat are the  
ones we cannot see.*

*\* call home*



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SCHOOL BOARD

## What is a concussion?

A concussion is a serious injury that changes the way the brain works. It can happen from a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A person can fall and hit their head on the ground, but a blow to the body could also result in a brain injury. It can happen at any time, even when not playing sports.

### Signs and symptoms

- Headaches or pressure in the head
- Nausea or vomiting
- Difficulty concentrating or remembering
- Dizziness or balance problems
- Loss of vision or blurry vision
- Confusion or changes in mood
- Sluggish, hazy or groggy behaviour
- Sensitivity to light or noise
- Slurred speech or memory loss
- Drowsiness

## If it happens outside of school

If you suspect a concussion has happened outside of school, or have a confirmed medical diagnosis of one, tell your school immediately. Together, we can develop a plan to monitor the injury and move past it. Regardless of where an injury happens, school staff, parents and doctors are all crucial to recovery.

## The facts can be surprising:

- active children have a higher risk of getting a concussion
- athletes who have had a concussion before are more likely to suffer another one
- concussions can have a serious impact on the way a child develops
- trying to concentrate can actually make a concussion worse
- symptoms may not appear right away and can last for weeks

## Time out periods and returning to learn

There are very specific steps to be followed by school staff, students and parents when concussions are involved.

We move through detailed steps to assess the signs and symptoms when someone suspects an injury. A careful checklist shows us which steps to follow next. When a student is medically diagnosed, we document every stage of their time out periods, so that they can safely return to learn and return to physical activity.

The Ontario Ministry of  
Education requires all  
school boards to have  
a Concussion Protocol  
in place. For more  
information, visit  
[ocsb.ca/concussions](http://ocsb.ca/concussions)



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