

April 9, 2021

Dear 8th Grade Lurgio Families,

Last fall, I wrote to you to share that the 8th Grade Mount Cardigan Trip would be postponed until the Spring. I am happy to report that at this time, we are planning an extended day trip to the mountain with our eighth grade students. The Mount Cardigan trip has been a cornerstone of the eighth grade experience over the past 47 years. It is important to me that we are able to offer this year's 8th grade class an opportunity to take part in this tradition, especially given the events of the past year.

Now more than ever, it is important for our children to unplug and be active. At the very least, Cardigan provides that for our students. At its best, this eighth grade tradition can be a transformative experience. I want to share with you the following information about how we are adapting the trip to fit the circumstances of the COVID-19 pandemic. We are excited for our students and staff to take part in this adventure and we hope that everyone who is able will join us on the mountain.

As we continue to plan the Mt. Cardigan experience for our current 8th graders, it is important to get a better understanding of how many students are interested in attending the extended day Mount Cardigan experience. This survey is non-binding, but will be used for planning purposes as we finalize the details for those wishing to attend. [Please click here to let us know if your student is interested in attending.](#)

Best,

Ed Joyce

Mount Cardigan Trip Spring 2021

Goal:

To provide a fun experience outside of the building with a focus on team building and social, emotional, and physical wellness

Participants:

All students (in-person, remote) are invited to participate in the trip. While we hope everyone is able to attend, the trip is *optional* and students do not have to attend. Students who don't attend the trip will stay at school to do alternate activities or may stay home at their parents' discretion.

Format/Schedule:

Week of May 24-28, 2021, each homeroom will participate in one extended day experience. There is no tenting, camping, or sleeping overnight.

Students will take bus transportation to Mount Cardigan, leaving from school at approximately 9:15AM, stay at the mountain to hike, eat lunch, explore, spend time with their campgroup, and eat dinner. Buses will depart the mountain after dinner and arrive back at Lurgio by 9:00PM.

Chaperones/Supervision:

Students will be accompanied on the trip by a lead and/or homeroom teacher as well as other school staff members. In addition, main office and health office staff, as well as community first responders will be stationed around the mountain and at the lodge for support. At this time, parent volunteers are not needed.

Supplies/Gear:

Due to the format of this year's trip, students will not need as many supplies as they typically do. However, students are asked to bring the following items in order to be prepared for a day at the mountain:

- Day pack (school backpack with space to carry water)
- Bag lunch and snacks
- Boots (athletic shoes are also okay!)
- Hiking socks (2 pr) (wool, not cotton)
- Wicking clothing
 - wear short sleeve, bring long sleeve
 - wear shorts, bring pants
- Extra layer for summit (fleece pullover, quarter-zip, etc.)
- Rain gear (coat/pants)
- 1 Liter water bottles (3) (think: Nalgene)
- Headlamp or flashlight
- Hand sanitizer
- Toilet paper
- 1 gallon Ziploc bags (3)
- Sunscreen, bug spray, lip balm
- Face covering (mask, gaiter, etc. bring backups!)
- epipens/inhalers (if needed)

Any family who needs assistance acquiring these items should contact the student's guidance counselor.

Mitigation Strategies:

We plan to utilize many of the strategies we do within the school day in order to decrease the risk of spreading COVID-19. All participants will be expected to wear a face covering on the bus and when they are within 6 feet of others. Frequent hand hygiene and use of sanitizers will be encouraged. Students will spend their day in homeroom cohorts (the same students they currently attend classes with).

Cost:

The cost of this year's trip is \$35.00 and includes transportation, facility rental fees, and dinner.

Registration:

More information about registration for the trip will be shared prior to April vacation.