

Dear Sophomore Students and Parents:

I hope this message finds you well! My name is Mrs. Lianni Castro Teets, and I am part of the Campus Ministry Team at Marin Catholic. It is my privilege to be of service to your students as they participate in the Sophomore Overnight Retreat this year. The Sophomore Overnight is a mandatory overnight experience that focuses on developing the spiritual and social life of our students. Our retreat theme is "Strengthening Your CORE." The students will devote time to physically strengthening their cores with fun games and exercises to mirror the time they will spend purifying and strengthening their inner cores with prayer, discussion, and reflection.

This email contains information that will help support your student through their retreat. Since this is an overnight retreat, we want to take every precaution to ensure the health and safety of all involved. We ask that if students exhibit any symptoms of illness, they should not attend the retreat.

February 9-10, 2023 Retreat

Arrival Time: Students will arrive at school on Thursday, 2/9, by 7:30am, place their bags in the gym, and attend their first class of the day (G Block). At break, all retreat participants will meet at the gym to load their belongings onto the bus and depart. The expected return time will be between 2:00-2:10pm on Friday, 2/10. There is a Turn About Rally scheduled from 2:15-2:55pm which they will attend when they return to school. All students must attend the rally.

Packing List: [What to bring](#)

Retreat Site: This retreat will be held at [Alliance Redwoods Conference Center](#) in Occidental.

Students will room with classmates of the same gender and will need to bring a sleeping bag and pillow.

Parental Permission Forms and Online Alliance Redwoods Registration: Each student must submit a completed and signed parental permission form. Please fill out [this permission slip](#) by Friday, January 27, 2022. Please return the permission slip to Campus Ministry and do the registration online ASAP (see below). Thank you.

Directions to Register on Alliance Website

Alliance Redwoods requires every guest to fill out an online Registration and send in an online signed Waiver. Please click on the following link to register:

<https://tinyurl.com/14851MarinCatholicSophomore>

The due date to complete this registration is Friday, Jan 27th.

1. Parents, click on the tinyurl link. Please create a Profile with YOUR INFORMATION on it. (Or sign in if you've already created an account)
2. After you create a Profile, an authentication/verification link will be sent to your email.
3. You can then sign in to register your son or daughter.
4. Please complete the required fields and sign electronically (paperless process).
5. The site will also send you an additional email to sign a Waiver for your son or daughter.

Food Allergies and Dietary Restrictions: Any food allergies or dietary restrictions need to be communicated to me via email by Friday, January 27th. Email reminders will be sent to students, but the sooner this information is received, the better our communication will be with the food service staff at each retreat.

Each student is asked to bring snacks to share (enough for 30 other people). Please bring **individually wrapped** snacks to lessen the spread of germs. NO NUTS or food products with NUTS or SESAME. (eg. Granola bars, cuties, individually packaged bags of chips or cookies, and fruit snacks are encouraged)

Retreats are often described by students as one of the highlights of their high school experiences. They make lasting memories and grow both personally and spirituality. I look forward to working with your students in creating a welcoming and comfortable environment for their retreat. Thank you for your support and should you have any questions, please do not hesitate to contact me.

In Christ's Peace,

Mrs. Lianni Castro Teets