

EXPERIENTIAL LEARNING WEEK

Experiential Learning Week is happening across Palliser Regional High Schools from May 8-10. In an effort to engage the interests of our students and to build capacity in new skill areas, the staff & students at Calgary Christian High will be participating in a variety of activities. The new Alberta High School Design initiative offers schools the space to seek out authentic learning experiences so we are looking forward to offering our students an opportunity to learn new skills and add to their learning resumé. Attendance is mandatory and only the first four options below are at SAIT. More specific details will come when student groups are formed.

Read through the experiences offered below to learn more about what you can learn, and the specific requirements of each opportunity.



Palliser Regional Schools has partnered with SAIT to not only offer our students dual credit options this fall, but also four awesome experiences that our students can take part in during experiential learning week.

Each of the options has a cost of \$30.00 and requires the student to take responsibility for their own transportation to and from SAIT each day. Each option has a max of 4 students and will be filled on a first-come, first-serve basis.

Here is what's possible:

Carpentry - students will experience learning in a carpentry shop. They will learn the basics of tool and shop safety and have the chance to build two projects out of wood.

Welding - students will learn about the trade of welding, have a chance to do some welding in the shop, and be able to take home a project at the end of the three days.

Cost: \$30.00

Transportation: not provided

Sports Nutrition & Conditioning - students will spend half of the day learning about nutrition, including making recipes in one of SAIT's residential kitchen labs. The second half of the day will be spent engaging in strength and conditioning activities.

Credits Available: yes

Student Limit: 4 per option

3D Printing - Students will have the opportunity to learn the basics of 3DS max and 3D print an object to take home.



Create using Adobe. Adobe has many powerful products available but two of the most used platforms across many creative disciplines are Adobe Illustrator & Adobe Premiere. Illustrator is used to build vector graphics and Premiere is used to edit and create

videos.

Come learn how to use one or both of these platforms as you look to build skills that will separate you from the crowd. Both skills are great resumé builders that will provide you with an outlet for your creative skills!

Cost: Free

Transportation: not required

Credits Available: yes

Student Limit: 20



Backcountry Camping. Come on an adventure to Upper Kananaskis lakes. We will hike in to Point campground and spend two nights with nature **[no technology]**.

Students will experience the outdoors as they cook meals and maintain camp. Day hikes, fishing, survival skills, photography, and other

outdoor pursuits will be explored. A stop in Banff will conclude our trip.

Proper footwear is required and camping/backpacking gear is preferred. Students will preplan their own meals alongside their tent mates.

This will also be a time to leave your technology behind as we engage in discussions on being present and habit development.

Cost: \$20.00

Transportation: provided

Credits Available: yes

Student Limit: 20



Cycling. Come learn about one of the best lifelong fitness pursuits out there!

Learn how to maintain your bike to optimize performance. Learn about what it takes to ride safely and efficiently. Students will spend time planning routes and

will participate in group cycling trips. Separate day trips through Calgary and a culminating trip down legacy trail between Canmore & Banff will be adventures you won't want to miss!

Proper footwear is required and access to a road bike is preferred. Students will gather prior to experiential learning week to ensure that they have sufficient gear.

Get outside and get in shape!

Cost: \$20.00

Transportation: provided

Credits Available: yes

Student Limit: 10



A Day In The Life. Do you have a heart for the various forms of poverty present in our city and our world? Our deep hope for this session is that our students would understand the story of one homeless person, connect that story to the biblical story and be compelled to use their gifts to help. Come find out how the Mustard Seed is working with poverty & homelessness right here in Calgary.

Through conversations and first-hand experiences, students will gain knowledge and insight into Calgary’s homeless that will equip them with the empathy to make a difference.

Cost: Free

Transportation: provided

Credits Available: yes

Student Limit: 5



Calgary Urban Exploration. Get to know your city! Spend three days as a tourist in your own city on foot, pounding around 10 km of pavement each day. Explore four of Calgary’s historic urban neighbourhoods

(Bridgeland, Inglewood, Kensington and East Village) from historic, cultural, culinary, transportation and urban planning perspectives.

Enjoy amazing foods and coffees from some of Calgary’s best eateries. Get a guided tour at St. Vladimir’s Orthodox Church, visit Phil and Sebastian’s coffee roastery, volunteer at the Drop-In Centre, sample sausages at Rocky’s Sausage Haus, and 30 more sites in these three jam-packed days!

Students will experience the richness offered by this world class city from a new perspective. We’ll discuss connections to biblical cities of old and how we can make this city even greater. Come enjoy what this city has to offer! Transit and Tour costs will be covered.

Cost: \$20/day (for lunch)

Transportation: public transit

Credits Available: yes

Student Limit: 12



Be a Chef. Join our resident chef to learn about the process of meal preparation, various cooking techniques, and meal service. This unique opportunity will give students the experience of working alongside a chef and a chance to learn about the culinary arts.

Students will be part of the lunch service that we offer here at the high school. They will engage in all parts of the process through active participation.

Lunch will be provided.

Cost: Free

Transportation: not required

Credits Available: yes

Student Limit: 5



Fitness & Skill Development. Come explore some new and exciting ways to achieve new skills and new pathways to building a habit of lifelong fitness. Students will engage in archery, racket sports, paddle ball, and sailing as they develop new skills and learn about ways to stay active for the rest of their lives.

Cost: \$20

Transportation: provided

Credits Available: yes

Student Limit: 12

Students will be exposed to the necessary techniques, strategies, and rules in order to enable lifelong participation. A healthy lifestyle is essential to living well and learning about new possibilities for fitness and outdoor appreciation are crucial.



Paint A Mural. Come create, map out, and paint a wall mural. Public art is all around us so why not be part of it yourself? Join the team, select a piece, a get painting.

Cost: Free

Transportation: not required

Credits Available: yes

Student Limit: 20

Students will responsible for choosing a piece and forming a completion plan. Time will be spent working together to paint a wall mural on Calgary Christian School grounds.

Come on out for three days of beauty creating and fun.



Scheduled Out Trips. Students participating in outdoor education or our music programs will be off to exciting trips out of province. The outdoor education students will be heading to the Pacific Rim National Park Reserve to embark on a 7 day, 75km backpacking trip. Students will pack all of their gear and carry for the duration of the trip.

Cost: Free

Transportation: provided

Credits Available: yes

Student Limit: full

Our musicians will be heading north to the Yukon Territory to play great music and to experience another beautiful corner of our country. We look forward to hearing those great stories as well!