



Summit School Program Guide





The Summit School

Colorado Outdoor Education

Our Mission

Through scientific exploration and adventure activities in the great outdoor, Summit School invites young people into active and positive relationships with themselves, others, and the environment.

Our Program

The Summit School is a three-day outdoor experiential education program for 6th-8th grade public school students offered September through May. Through our program, students are led to grow in a deeper appreciation and respect for themselves, others, and the environment. Students will also develop valuable leadership skills, so they are better equipped to serve their communities and families upon returning home.

During the program, students participate in inquiry-based lessons, exploratory day hikes, small-group discussions, fun campfire activities, stargazing, night hikes and more. Located at the base of Longs Peak, the Summit School is a program of Annunciation Heights in Estes Park, Colorado, two miles north of historic Camp Saint Malo. Our programs enjoy using both beautiful properties, nearby Rocky Mountain National Park trails, and National Forest trails.

Your 3-Day Program Includes Choice of One Track Option

Every program includes:

- Lodging & Meals
- Field Instructor for each small group of 10-12 students
- Lessons/Activities
 - Hike (with snowshoes in winter) at Camp Saint Malo or Rocky Mountain National Park
 - Evening Programming (Campfire & *night lesson according to track)
- **Optional Sub:** Human Wilderness Survival or Low Ropes for any lesson in any track

Lesson Track Options:

Earth Sciences (suggested for 6th grade)

Human Wilderness Survival (3 hour)
Colors of Creation with JP II
Geology & Mining
Mountain Meteorology
*Astronomy

Life Sciences (suggested for 7th grade)

Forestry
Elk Ecology & Environmental Stewardship
Animal Signs & Survival
Botany & Pollination
Life in the Water
*Nocturnal Hunters

Physical Sciences (suggested for 8th grade)

Archery & Motion Mechanics (3 hour)
Low Ropes & Leadership (3 hour)
Orienteering
*Night Hike



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Summit School Sample Schedule

| Time | Activity |
|--------------|--|
| Day 1 | |
| 11:00 | Arrival, Settle into Cabins |
| 11:15 | Group Welcome, Sack Lunch, 5 Senses |
| 12:15 | Small Group Lesson // Chaperone Meeting |
| 1:30 | Lesson |
| 3:00 | Lesson (<i>new lesson or previous lesson continued</i>) |
| 4:30 | Choice Time - <i>Camp Store, Activity Shed, & Mt. Tabor Open</i> |
| 5:30 | <i>Dinner in Dining Hall</i> |
| 7:00 | Night Lesson/Activity |
| 8:30 | Small Groups |
| Day 2 | |
| 8:30 | <i>Breakfast in Dining Hall</i> |
| 9:30 | Lesson |
| 11:00 | Lesson (<i>new lesson or previous lesson continued</i>) |
| 12:30 | <i>Lunch in Dining Hall</i> |
| 1:30 | Hike |
| 4:00 | Rest Time in Lodges |
| 4:30 | Choice Time - <i>Camp Store, Activity Shed, & Mt. Tabor Open</i> |
| 5:30 | <i>Dinner in Dining Hall</i> |
| 7:00 | Campfire & S'mores |
| 8:30 | Small Groups |
| Day 3 | |
| 8:00 | Luggage Pack Up and Drop |
| 8:15 | T-Shirts & Group Photos |
| 8:30 | <i>Breakfast in Dining Hall</i> |
| 9:00 | Lesson // Team Lead Meeting with OL Director |
| 10:45 | Final Small Group, Evals |
| 11:15 | Group Team Building Activity |
| 12:00 | Sack Lunch |
| 12:30 | Departure |

► Earth Sciences Track

The “Earth Sciences” track is designed with 6th graders in mind. Each lesson invites students to observe and interact with the environment in a new and unique way, invoking wonder and discovery. In the Earth Sciences track, students will build forts and fires, create watercolor art, models of the earth’s layers and explore the weather patterns of the mountains.



Human Wilderness Survival (3 hour)

Students will learn how to calmly and methodically assess an emergency situation in the wilderness. Through hands-on activities, students will gain skills for keeping themselves warm and dry, building a shelter, and using available resources to get water and food. This knowledge and these skills are essential for learning and playing in the outdoors while deepening our respect for the wilderness in the process.



Nature Journaling

It is easy to get caught up in the busyness of the world and miss important details that are often right in front of us. In this lesson, students will be asked to engage in the world around them, using observational techniques. Students will use sketching and watercolors to document their discoveries and develop new creative skills.

► Earth Sciences Track (Continued)

Geology and Mining

This. Lesson. Rocks. In this lesson, students will learn to identify igneous, sedimentary, and metamorphic rocks and through interactive activities, demonstrate how they are formed and related to one another.

Mountain Meteorology

After a yearlong hiatus, Mountain Meteorology is back! Through a series of experiments, students will explore air density and pressure to reveal how the weather around us is formed. Students will then become detectives and figure out what different types of clouds can tell us about the weather to come.



Night Lesson: Astronomy

With a scavenger hunt of the night sky, this lesson is out of this world! This content will inspire wonder and curiosity about the universe, as students discover the phases of the moon and other cosmic objects through exploration and discussion. Plus some stargazing to end the night!

► Life Sciences Track

The “Life Sciences” track is designed primarily for 7th grade students. During this track, students will explore the environment and connections with the world around them. Throughout these lessons students will learn about various plants, animals, and the ecosystems that shape our environment. Students will also have a chance to spend a day exploring the ecosystems within Rocky Mountain National Park. Upon leaving Summit School, students will discuss how they can make a difference and take better care of the environment.

Forestry

Forests are important for a variety of human and ecological needs. How do we sustain a healthy forest over the long term? In this lesson, students learn to identify the important roles each part of a tree plays in our lives and in the life of a forest. Students will also learn how to identify various kinds of trees. This leads to a discussion about land management issues and how to meet the human need for resources while caring for the forest ecosystem.



Elk Ecology and Environmental Leadership

We have a significant role to play in taking care of the environment! In this lesson, students learn about the characteristics and behavior of elk and the interplay between food resources and reproduction. By combining their knowledge of elk with their classmates’ and their own unique leadership styles, students will engage in the process of learning how to solve environmental issues in the Rocky Mountains!

► Life Sciences Track (Continued)

Animal Signs and Survival

By investigating various Colorado animal species, students will view nature with new eyes! Skulls, hides, and bones facilitate discovery of local animals' abilities to survive harsh climates. Learning about predators and prey will spark discussion about our human role in the circle of life.



Botany and Pollination

Students' knowledge will bloom as they investigate the inner workings of plants. Students will explore the role of pollination as well as the life cycle and reproduction of plants.

Life in the Water (Fall/Spring only)

Water is a limited and life-giving resource on our planet. Students will learn about water availability, water sources, and water treatment systems through a variety of hands-on and critical thinking activities. Students will come away with an understanding of the characteristics of water and how to be good caretakers of this resource.

Night Lesson: Nocturnal Hunters

Have you ever wondered what it is like to be an owl prowling through the night? Or a tiny mouse hiding in the snow? Take this lesson to learn about Colorado raptors and the adaptations they possess. We will talk about owls and their special abilities to hunt in the dark. We will finish off with a game of "Owl and Mouse" hide and go seek, in the dark!

► Physical Sciences Track

In combination with longer, more technical lessons and the undertone theme of leadership, the “Physical Sciences” track is suggested for 8th grade students. While students participate in this track, they will enjoy some of our most popular lessons offered. Students will have the chance to shoot a bow and arrow, navigate through the woods with a compass, and work together as a team to complete a series of challenges, all while learning their own leadership style.

Archery and Motion Mechanics

(3 hour)

In this lesson, students will enjoy learning physics alongside learning how to shoot a bow and arrow. By investigating the fundamental laws that govern our physical world and applying knowledge to Archery, students will gain a greater understanding of what this ancient sport can teach us about, both, physics and virtue. We concentrate on introducing the sport to beginners while helping refine archery skills in those students with more background.

Science of Sledding (3 hour)

(This lesson replaces Archery & Motion Mechanics during the snowy months). Everyone knows the best part about snow is sledding! We use creativity and Newton’s Laws of Motion to explore the science of sledding. Students will get a chance to share stories, build their own sleds, and do a deep dive into motion mechanics!



► Physical Sciences Track (Continued)



Low Ropes and Leadership (3 hour)

With our unique gifts and abilities, each of us are called to be leaders in this world! Through team building activities, students will be challenged to develop their own leadership style. This lesson will teach group dynamics and communication skills. Watch your students increase in self-knowledge and in the service of others.

Orienteering

Lacking direction? In orienteering, students will learn how to navigate the land around them using a map and compass. This lesson sparks an illuminating discussion about how to navigate the twists and turns of life.

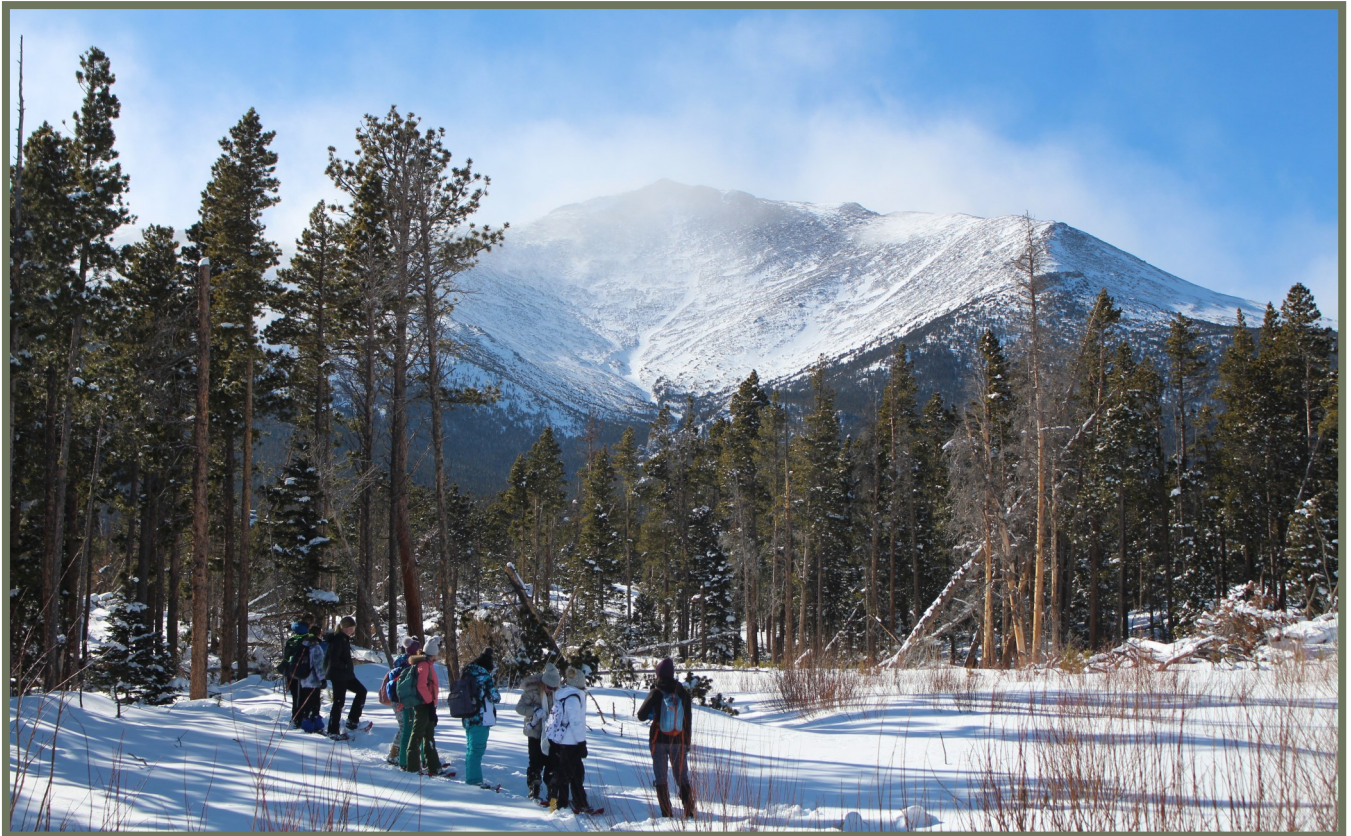
Night Lesson: Night Hike and Stargazing

The night hike is the perfect opportunity to challenge students to disconnect from the distractions of the world and spend some time reflecting on the beauty and goodness found in nature. Students will complete a 1 mile silent night hike and finish off the night with some stargazing in the beautiful dark skies of the Rocky Mountains.

► Registration

To register, submit an online Inquiry Form at:
<https://annunciationheights.org/outdoor-lab/inquiry-form/>

For more information, contact Faith Brake, Director of JPPI Outdoor Lab, via email faith.brake@annunciationheights.org or via phone (970) 586-5689.



“Everyday that passes, I fall more desperately in love with the mountains...I am ever more determined to climb the mountains, to scale the mighty peaks, to feel that pure joy which can only be felt in the mountains.”

Blessed Pier Giorgio Frassati

