

TTUSD School-Sponsored Field Trip Request

[Board Policy 6153/Administrative Regulation 6153](#) - School Sponsored Trips

Principals: Please review the interactive [Activity Matrix](#) to determine which color category this field trip falls under.

School: Alder Creek Middle School Submission Date: 08/26/2023

Name of Staff Member Requesting School Trip: Hien Larson

Email of Staff Member Requesting School Trip: Hien Larson

Name and Address of Trip Destination and/or Organization:

Rotary
5900 Grizzly Rd, Portola, CA 96122

Trip Date/Time Start: 09/22/2023 10:00 AM Trip Date/Time End: 09/24/2023 3:00 PM

Transportation Method: Personal Vehicle(s) Staff/Parent Drivers: Staff & Parent

If using parent drivers, are current insurance certificates on file at the school office? Yes

For Principal Use Only: Color Category of Field Trip: Yellow

Educational Value:

The purpose of REGL is to provide high quality leadership training with a strong emphasis on ethics to selected 8th grade students who have demonstrated leadership skills. Our aim is to provide these selected students with tools for the difficult choices that they face as they move into high school.

Trip Itinerary (list the trip itinerary and student activities):

Color Category of Field Trip-Yellow
Lower Ropes Course...see below

Friday September 15 or 22, 2023 Saturday September 16 or 23, 2023 Sunday September 17 or 24, 2023
Grizzly Creek Ranch 11:30 AM Arrive – Check-In, Lunch Grizzly Creek Ranch 8:00 AM Breakfast Grizzly
Creek Ranch 8:00 AM Breakfast 1:00 - 5:00 PM Opening Activities 9:00 AM – 5 PM Ropes Course (Lunch on
Course) Group Activities 9:00 AM – 12 PM School and Community Project Group Activities 5:30 PM Dinner
5:30 PM Dinner 12:00 PM Lunch with Rotarians 6:00 – 9:00 PM Team Development Group Activities 6:00 –
9:00 PM Team Development Ethics & Leadership Program Group Activities 1:00 – 3:00 PM Leadership
Program Group Activities 9:00 PM In Cabins Lights Out – 10 PM 9:00 PM In Cabins Lights Out – 10 PM 3:00 –
4:00 PM Graduation !

See attached

Will students miss academic instruction? Yes

Please list the classes below:

Period 3-7-ELA/SS/Math/Science/PE

Classroom Instruction Follow-Up/Assessment:

Follow up with leadership teacher, Mrs. Blaylock. Meet with Mrs. Larson.

Students Attending (attach roster if additional space is needed):

Layla Alden
Eloise Curry
Sydney Helm
Sophia Rivera
Allison Mortimeyer

Do any of your students have medical or physical conditions, medication information, allergies, severe behavior challenges, or any special education needs? No

Please list the name of the student(s) and needs below:

Names of Chaperones in Attendance:

NA
Rotary coordinator-
Karen Shimamoto, Alturas Rotary, karen@shima.us, 530-640-0649

Principal Approval: Hien Larson

Date: 08/26/2023

Business Services Approval: Todd Rivera

Date: 08/30/2023

Superintendent Approval: _____

Date: _____

District Office Notes:



**Rotary Eighth Grade Leadership
(REGL) Program
Residential Camp Overview
Rotary District 5190**

**Executive Summary for Middle
School Principals - 2023**

The Overview:

The Rotary Eighth Grade Leadership (REGL)

Program's Residential Camps are offered through Rotary District 5190. Its purpose is to offer professional leadership training to selected 8th grade students as they prepare for their high school experience.

Attendance is by scholarship only. Student selection is by the principals of middle schools that are sponsored by Rotary Clubs. There is no cost to the student or to the school for this training.

The History:

Rotary Clubs in District 5190 have for years been offering high quality, professional leadership training for high school juniors who have demonstrated leadership talent during their high school years. That training, known as Rotary Youth Leadership Awakening, or "Rotary Camp RYLA", is widely considered the finest youth leadership training of its kind. Campers use that experience in taking leadership positions in high school, college and in their professional life. A comment commonly heard from RYLA campers is "RYLA changed my life". (Please visit the RYLA web site at www.Camp-Ryla.org.)

To give younger students an opportunity to experience leadership training and self-awareness, the Rotary Clubs in Sparks and Reno began offering this training to over 15 middle schools in 2010. In 2012, Rotary District 5190 offered our first three-day overnight residential camp experience at Grizzly Creek Ranch in Portola, CA, just north of Reno, NV and thereby filling the need to make this program available to a wider geographic area. Since 2017 we have continued to offer two residential camp sessions each year to Rotary Clubs in District 5190 and provide an amazing opportunity to 40 middle schools and their students. We sadly took a break in 2020, but regained momentum in 2021. Our 2023 sessions are:

2022 Residential Program Offerings:

- 1. September 15 – 17, 2023 (REGL I)**
- 2. September 22 – 24, 2023 (REGL II)**

Both residential camps are open to all District 5190 Rotary Clubs and their sponsored schools. Transportation to (and from, if needed) camp will be provided by the sponsoring Rotary Club.

REGL I - Our three-day weekend residential camp at Grizzly Creek Ranch will begin at noon on Friday, September 15th and conclude with graduation on Sunday, September 17th, beginning at 3 pm.

REGL II - Our three-day weekend residential camp at Grizzly Creek Ranch will begin at noon on Friday, September 22nd and conclude with graduation on Sunday, September 24th beginning at 3 pm.

Professionals skilled in interfacing with this age group will conduct the actual exercises with trained former RYLA campers in the role of counselors and role models. One day will include the Grizzly Creek Ranch ropes course. www.sierranevadajourneys.org

Structured work sessions on making choices, self-understanding, teamwork, resolving conflicts and ethical behavior will be conducted each day. A school or community service project will be developed by the students to strengthen the importance and benefits that come from helping others. A graduation ceremony (school representatives, parents and siblings are invited) will be conducted on the last day.

The People:

All sessions will be conducted under the direction of Dean and Rochelle Whellams, who are also the program directors for the Rotary District 5190 RYLA camps. The Adventure Challenge Program will be directed by Sierra Nevada Journeys. All sessions are under the supervision of District 5190 Rotary Clubs.

The Expected Outcomes:

The highly selective process of choosing students for this program will allow us to focus on students who have already demonstrated leadership skills. We will further develop and refine those skills and add tools to help them make choices, understand themselves and be effective in team situations.

Our graduates will be equipped to be more effective communicators, to know themselves well, and to make sound, ethical decisions in the coming years.

REGL Residential Camp Directors:

Karen Shimamoto	(530) 640-0649	karen@shima.us
Paula Dolliver	(775) 741-6523	pdolliver58@gmail.com

CHECKLIST for Middle School Principals:

- Choose 5 participants, plus 1 girl and 1 boy alternates, based on demonstrated leadership talent. Our aim is to make this experience available to students who are already viewed as leaders. High GPA is not required. We are looking for student leaders – see selection guidelines below.
- Instruct selected students to register on the Rotary Eighth Grade Leadership website (www.rotaryegl.com). Click on “Approved Students Register for Residential Program”.
 - **Target Date for registration is prior to the end of school in May/June 2023.**
- Function as primary interface with participants and parents.
- Ensure that parents/ guardians sign required release forms (they will be provided after students register on line) **before the end of school in May/June 2023.**
- Ensure students (with their parent’s knowledge and support) are committed to participate in REGL and will show up and stay **for all 3 days.**
- The local sponsoring Rotary Club will provide transportation to and from Camp Grizzly Ranch.
- Participate on graduation day (**September 17 or 24**, depending on the session).
- Plan time following the program with your students for a community or school service project.

Rotary Eighth Grade Leadership Student Selection Guidelines

For maximum impact, Rotary Eighth Grade Leadership has proven most successful when the following formula for student selection is followed. We cite Positive Behavior Support (www.pbis.org) as our resource for this formula.

- ❖ 80% of the students attending REGL should be considered the “movers and shakers” on campus. Ideally the students are self-motivated, ambitious, confident, and possess a greater understanding of the world around them as well as an intrinsic awareness of how their choices impact other students.
- ❖ Studies have shown that as little as 10% of a student body can drive the culture on campus (what is cool, what is not; what to say; how to act). REGL strives to put the “Caring Majority” in power, encouraging these students to take active roles in creating positive school culture.
- ❖ 15% may be those students who struggle in their daily school or home life. REGL provides opportunities to make new contacts, connect with other students and spark a sense of belonging with students outside their normal day-to-day life. Students will develop a mutual awareness of themselves and others, realizing they are not alone. By reinforcing positive behavior, REGL will encourage students to focus on what is good. Becoming a part of the “Caring Majority” means connecting

with positive influences and finding those people who make you feel good about yourself.

- ❖ 5% of students attending REGL may come from the population of students who create conflict with and around other students, lack understanding of their word choice or undermine positive behavior. REGL strives to expose this behavior, redirecting negative behavior into a more positive direction.



2023 Rotary Eighth Grade Leadership Program – Informational Overview of Our Program

District 5190 is pleased to offer our 12th Residential Rotary Eighth Grade Leadership Program (REGL), a special youth leadership program at Grizzly Creek Ranch in Portola, CA on **September 15 – 17, 2023 (REGL I)**, and on **September 22 – 24, 2023 (REGL II)**.

Background:

REGL was started in 2009 as a day program by the Rotary Clubs of Sparks and Sparks Centennial Sunrise, and four middle schools in Sparks. In 2011-2016 the Rotary Clubs of Alturas, Portola and several clubs in the Grass Valley/Auburn area expanded REGL to include a 3-day residential program to serve middle school students throughout our large District. Beginning in 2017, District 5190 offered two residential REGL sessions open to all District 5190 Rotary Clubs and their sponsored schools. Sadly, we took a break in 2020 and did not have our REGL camps due to Covid 19, but we reopened REGL in 2021. Please join us in 2023!

Purpose:

The purpose of REGL is to provide high quality leadership training with a strong emphasis on ethics to selected 8th grade students who have demonstrated leadership skills. Our aim is to provide these selected students with tools for the difficult choices that they face as they move into high school and beyond. **Our Theme for 2023 is “Create Hope in the World.”**

Through our experience from Rotary Youth Leadership Awakening (RYLA) for students entering their senior year of high school, along with the Ethics Initiative materials developed for Rotary by the Josephson Institute, we benefit from the expertise and energy of **Dean and Rochelle Whellams**. They are the program directors at RYLA, and along with the staff of Grizzly Creek Ranch (Sierra Nevada Journeys), we are most fortunate to offer an amazing program for our 8th grade students.

2023 Program Offering:

REGL I - Our three-day weekend residential camp at Grizzly Creek Ranch will begin at noon on Friday, September 15th and conclude with graduation on Sunday, September 17th, beginning at 3 pm.

REGL II - Our three-day weekend residential camp at Grizzly Creek Ranch will begin at noon on Friday, September 22nd and conclude with graduation on Sunday, September 24th beginning at 3 pm.

District 5190 Rotary clubs play an integral part by sponsoring middle schools (\$1,700 for 5 students per school) and assigning one or more Rotary REGL coordinators to work closely with the school principals and the REGL operations committee. The clubs therefore maintain a good relationship with the middle schools in their community and provide support for the students in their continued growth as ethical leaders.

The middle school principals choose five student participants (and one girl and one boy alternate) based

on demonstrated leadership traits. In this way we hope to capitalize on those natural leadership abilities to produce positive leadership skills. We engage recent RYLA graduates to function as Counselors, small group facilitators and role models for the program.

During these three days, the students become acquainted with each other, the program directors (Dean and Rochelle Whellams) and the RYLA Counselors. Topics covered in the training include respect, truth and trustworthiness, communication, and teamwork.

The weekend includes a ropes course day, with further work on effective communications, teambuilding, leadership, and confidence. The ropes course is conducted by Sierra Nevada Journeys, the same group that the RYLA camp uses.

On Sunday, the students work on goal setting, breaking through obstacles, and service. They will begin to design a service project for their school or community that will be completed in collaboration with their principals and Rotary Clubs by the end of the school year.

We end the program with a graduation attended by family members, friends and faculty members. Each student takes a turn on stage to speak about what insights they each are taking away from the training. Each school group also describes the service project they will undertake at their school upon their return.

Outcomes of the program include:

- Increased confidence and communication skills, as we will see during the graduation ceremony.
- Service projects that will be completed by students for each school. The projects focus on such things as reducing bullying, creating a better atmosphere of respect and good will within the middle school, and mentoring 7th graders to be positive leaders in the school next year.
- Focus on ethical values of respect, truth, character, responsibility and service as evidenced by the conversation, comments and behavior of the students.
- Increased leadership skills as evidenced by greater success in meeting challenges presented in the sessions.
- Increased communications skills as evidenced by improved success in accomplishing group tasks presented in the sessions.
- Increased self-knowledge and understanding of individual thinking and behavioral attributes.
- Greater appreciation of the value of diversity in a team based on experiences and insights gained during the sessions.
- Increased understanding of how their attitude can affect their lives — “get to,” instead of “have to”— as evidenced by comments from the principals.
- Longer term, we expect the program to help the middle school students become “positive” leaders and agents of change in a positive way in their school and community. It is our hope that being able to see how to use their influence for good, and increasing their confidence in making positive changes, will help them make good decisions in their lives.

For all the students, the training will be a benefit as they transition to high school and life beyond.

- They now have a peer group for positive support and a greater sense of self-confidence.
- All the students become more aware of, and understand, problems that others may have in their lives.

- This sympathy and empathy will lead to less bullying and destructive criticism with other students.
- The students will have increased respect—for others and for themselves—with a long-term benefit for us all.
- The students will consider their goals, and the obstacles to their goals. We expect this process to have a positive impact on achieving those goals, including staying in school and going to college.
- All the students will participate in a service project of their own design at their school. We expect that this experience will empower the students to make changes on their own and to learn the joys of giving back.

A further benefit of the program is the experience gained by the Counselors, the high school seniors who volunteer to work with us. These RYLA graduates are able to expand and improve their own leadership and communication abilities through their work with the eighth graders. Each come away with a renewed sense of the joy of giving back and for making a positive difference.

Lastly, the exposure to Rotary is a long-term benefit to be considered. The students gain awareness of other youth programs offered by Rotary, such as Interact, RYLA and Rotary Youth Exchange (RYE), and became acquainted with Rotarians in their community, as well as hearing about other projects in which Rotarians are involved. The family and friends of the students also gain some awareness and exposure to Rotary and its presence and impact within the community.

We hope your club will sponsor a middle school in your community and participate in the Rotary Eighth Grade Leadership Program. If a presentation or discussion with your Club would be of value, please contact us. We look forward to hearing from you.

Your District 5190 Rotary Eighth Grade Leadership Camp Directors,

Karen and Paula

Karen Shimamoto, Alturas Rotary, karen@shima.us, 530-640-0649

Paula Dolliver, Sparks Rotary, pdolliver58@gmail.com, (775) 741-6523



September 15, 16, & 17, 2023 – REGL I
September 22, 23, & 24, 2023 - REGL II

Dear REGL Student and Parents,

[Welcome to Rotary District 5190's Eighth Grade Leadership Program!](#)

Congratulations on your selection as a student leader who will participate in Rotary District 5190's Eighth Grade Leadership Program (REGL) at Grizzly Greek Ranch. Your local Rotary Club (please know their name!) is sponsoring your attendance at REGL Camp because of their belief in your leadership potential for your school and community.

Rotary District 5190 has many years of experience offering leadership training to middle school and high school students. This will be our 11th year to offer REGL Camp at Grizzly Greek Ranch in Portola, CA (www.sierranevadajourneys.org). REGL will reach eighth graders from across our large Rotary District and provide high quality leadership training, including a strong emphasis on ethics. Our aim is to provide eighth graders with the tools for the difficult choices that they face as they finish their middle school/junior high school years and move into high school.

Here is some additional information to questions you may have about REGL www.rotaryegl.com

Who Supervises the REGL Camp?

REGL Camp Directors Karen Shimamoto of the Rotary Club of Alturas and Paula Dolliver of the Rotary Club of Sparks supervise the 2023 REGL Camps. They bring Rotary Youth Program experience to the REGL program. A staff of volunteer Rotarian and non-Rotarian Adult Mentors and Counselors, who will be this year's RYLA graduates, assists them. The District Governor from District 5190 and a Board of Directors oversees all of the staff.

What is the ratio of students to counselors and adults?

There will be 85 - 90 eighth-grade students in our program, depending on the session. At each session, there will be 10 – 12 RYLA graduates who will be the Counselors, and we are recruiting for 10 Adult Mentors that will be in same gender cabins with the students and Counselors. There will be about 8 - 10 REGL staff, including our instructors, Dean and Rochelle Whellams. The Sierra Nevada Journeys staff at Grizzly Creek Ranch also has adult staff managing the camp and the Ropes Challenge Course. On average the ratio of eighth graders to all staff is 1:3, and the ratio of eighth graders to adult staff is 1:4.

Are Medical Services available?

Emergency medical services are available and will be provided when needed. Eastern Plumas District Hospital with 24-hour emergency room is located in Portola, CA, about 2.5 miles away. We will also have a registered nurse on staff and available 24 hours.

How long is the REGL camp?

The 2½-day residential camp begins at Noon on Sept. 15 or 22 (depending on your session) and ends at 4 pm on Sept. 17 or 24 (depending on your session).

How do the Eighth Graders get to and from REGL Camp?

Your sponsoring Rotary Club is responsible for arranging your transportation to and from REGL Camp. All students should plan to arrive at Grizzly Creek Ranch by 11:30 am on September 15 or 22 (depending on your session).

After graduation on Sunday, students may return home with their parents or guardians. A security checkout system is used to ensure students leave REGL with only authorized adults.

What if I have a conflicting date or time with REGL?

It is mandatory that students attend the full session of REGL – September 15 - 17 or September 22 - 24 (depending on your session). Early leavers or late arrivals are disruptive to the entire Camp and we must pass on your selection if there is a time conflict.

Where will I be staying?

You will be assigned to a cabin with 8-10 other students of the same gender all from different schools. The better to make new friends! You will have an Adult Mentor and at least one Counselor also of the same gender. Each cabin has a fully functioning restroom. Showers are in neighboring buildings. The cabins are equipped with bunk beds and twin mattresses. So, don't forget your sleeping bag, pillow and other appropriate bedding!

What may I bring to REGL Camp?

Here is a recommended list of items needed for REGL Camp. Keep it light and simple and remember the weather; the camp is at 5300 ft. elevation. It will be late September and the weather will possibly be warm to cool. Come with layered clothing. Buildings are cooled and heated for basic comfort.

Check www.sierranevadajourneys.org or weather conditions as you pack for the weekend. In September, we may have sun or rain, and it could be very warm, but also cool! Please come prepared.

- Shirts – Long and Short Sleeved
- Shorts, Long Pants & Sweats
- Pajamas
- Undergarments and Socks
- Jacket, Fleece, and/or Sweatshirts
- Athletic Shoes
- Flip Flops for showers
- Sleeping Bag & Pillow
- Sunscreen
- Body Soap, Shampoo / Conditioner
- Bath Towel
- Flashlight
- Toiletries (brush, comb, toothbrush/paste, Chapstick, lotion, etc.)
- Medications *
- Musical instrument and your camera, if you wish. Please identify these items so they can be returned if lost.
- Water Bottle

Note: Your child will receive a camp T-shirt, which they will wear for the majority of their time at camp.

*All medications will be turned over to our on-site medical personnel who will distribute the medications each day. The medications will be given back to the student on Sunday. This includes all prescription and over-the-counter medications.

WE STRONGLY RECOMMEND that you leave cell phones, tablet computers, MP3 players, ear buds, etc. at home. These are 3 incredible days when you will have an opportunity to invest in your future without distractions. If you do bring them, you will be asked to give them to your adult mentor.

You cannot bring alcohol, marijuana, cigarettes, or illegal drugs. Anyone bringing such items will be asked to leave the camp at their parent's expense.

What will I be doing at REGL Camp?

You will meet many new students and be instructed by Dean and Rochelle Whellams (REGL instructors) in leadership, communication, teamwork, Rotary and the Four Way Test, ethics, and the values of respect, truth and trustworthiness. You will enjoy a Ropes Challenge Course with instructors from Sierra Nevada Journeys, the same group that RYLA uses. Students will also work on goal setting, breaking through obstacles, and service-learning. They will work on designing a service project for their school or community that will be completed in collaboration with their principals.

Our Theme for 2023 is "Create Hope in the World."

Graduation on Sunday is a special event. We invite family members, principals, and Rotary members to enjoy each student taking a turn on stage to speak about what insights they each are taking away from training.

How do I maintain contact with the Rotary Club that sent me?

Your Rotary Club has a REGL Coordinator who will be in contact with your Principal on a regular basis. If a parents meeting is held, the Rotary REGL coordinator can provide you with his or her name and telephone number for future reference.

What about an emergency contact at REGL Camp?

The telephone number for a REGL staff member is 530-640-0649. The telephone number for Grizzly Creek Camp is 530-832-1085. Please leave a message for one of the REGL staff to return your call.

What are the Basic REGL Camp Rules?

- All medication (prescription and over-the-counter) must be in the possession of the REGL medical personnel and dispensed as required.
- No food in the cabins; adult mentors will have snacks but not left out for the wildlife!
- Camp T-shirt is worn at all times except for free time.
- No alcohol, marijuana, cigarettes or illegal drugs allowed on the premises.
- REGL students are not permitted off-site at any time without approved adult escorts.
- REGL students must be present and ready to participate fully in all REGL activities.
- Lights out at 10 pm

We look forward to meeting you!

Karen Shimamoto and Paula Dolliver
District 5190 REGL Camp Directors