



2022-2023

Program Guide





The Summit School Colorado Outdoor Education

► Our Mission

Through scientific exploration and adventure activities in the great outdoors, 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 education program for Colorado's 6th -8th grade public school students offered September through May. Students participate in inquiry-based lessons, exploratory day hikes, small-group discussions, campfire activities, stargazing, and solo night hikes.

The Summit School is a program of Annunciation Heights Catholic Youth and Family Camp in Estes Park, Colorado, two miles north of historic Camp Saint Malo. Our programs regularly make use of both beautiful properties as well as nearby Rocky Mountain National Park and National Forest trails.

Program and Pricing

Your 3-Day Program Includes Three Optional 2.5-hour Lessons and 1 Hike | \$225/student

Every program includes:

Lodging & Meals
Field Instructor for each group of 10-12 kids
Lessons/Activities
Hike at Camp Saint Malo or
on a Rocky Mountain National
Park or National Forest trail
Astronomy* & Night Hike
*when available, includes Estes
Park Memorial Observatory visit

Optional 2.5-hour Lessons:

Animal Survival
Botany & Pollination
Elk Ecology & Environmental Stewardship
Forestry
Geology & Mining
Home Sweet Home - Ecosystems (fall only)
Human Wilderness Survival
Low Ropes & Leadership
Orienteering
Water Conservation & Dynamics

For more information and to register, contact the Director at (970) 586-5689



Sample Schedule: Summit School

Time	Activity
Day 1	
10:30	Arrival, Outdoor Games, Settle into Cabins
11:00	Group Welcome / Group Game / Chaperone Meeting
11:45	Sack Lunch in Small Group, Intro & Observation Lesson & Break
2:00	Lesson 1
4:30	Free Time
5:30	<i>Dinner in Dining Hall</i>
6:30	Evening Activities
7:30	Campfire
8:45	Small Group Reflections & Discussion
Day 2	
8:00	<i>Breakfast in Dining Hall</i>
8:45	Hike
12:00	BOB Time
12:30	<i>Lunch in Dining Hall</i>
1:15	Lesson 2
3:45	Free Time
5:30	<i>Dinner in Dining Hall</i>
6:30	Astronomy / Possible Observatory Visit
8:30	Solo Night Hike and Small Group Reflections & Discussion
Day 3	
8:00	<i>Breakfast in Dining Hall, Pick Up Sack Lunch</i>
8:45	Lesson 3
11:15	Closing Games and Activities
11:45	T-shirts, Group Photos
12:30	Departure with Sack Lunches

► Curriculum Guide

Low Ropes and Leadership

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 identify and develop their particular style of leadership. This lesson will teach group dynamics and communication skills. Watch your students increase in self-knowledge and in the service of others.

Mountain Meteorology

No matter where you live, weather and climate play an essential role in your day-to-day life. Students will study the components of weather systems and climate patterns in the Rocky Mountain region.



Botany and Pollination

Students' knowledge will bloom as they investigate the inner workings of plants. While dissecting flowers, students will explore the role of pollination and the life cycle and reproduction of plants. In an activity called "BBQ to Bees", students will plan an unlimited BBQ, but their food shopping will be a challenge because bees are being threatened by extinction. Without bees, will there be any food left to eat?



Water Conservation and Dynamics

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.

Elk Ecology and Environmental Leadership

We have an important role to play in taking care of the environment! In this lesson, students learn about the characteristics and behaviors of elk and the interplay between food resources and reproduction. Students participate in an activity where they discover their leadership style and how they can use their natural gifts to positively impact groups to which they belong. By combining their knowledge of elk with their understanding of their classmates' and their own unique leadership styles, students will engage in the process of learning how to solve environmental issues in the Rocky Mountain region.

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 also learn how to identify different kinds of trees. This leads to an activity about land management issues and how to meet the human need for resources while caring for the forest ecosystem.

Geology and Mining

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

Human Wilderness Survival

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.

Orienteering

Lacking direction? In orienteering, students 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.



Guided Hike or Nature Walk

Our Field Instructors lead an educational hike or walk through various ecosystems. Students learn about the ecology and adaptations of the flora and fauna in the area and discuss and discover new ways to enjoy and take care of the environment.

Evening Program: 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.