



# Regent Christian Academy

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September 4, 2012

Dear Parents/Guardians,

The date of our annual High School Kick-Off Retreat is nearly here! The retreat will be held at Charis Camp in Chilliwack, BC on the following dates:

The **Senior High Camp** (grades 11 & 12) will begin on Wednesday, September 12<sup>th</sup>, leaving the school via bus at 8:00AM sharp and returning to RCA at approximately 11:30 AM on Friday, September 14<sup>th</sup> and dismissed for the day at that time.

The **Junior High Camp** (grades 9 & 10) will begin on Thursday, September 13<sup>th</sup>, leaving the school via bus at 8:00 AM sharp and returning to RCA at approximately 3:00 PM on Friday, September 14<sup>th</sup>.

We have some great activities planned which include a heated outdoor swimming pool, ropes challenge course, climbing wall, gym with floor hockey and games room with foosball, air hockey and a pool table.

The cost for the retreat is already included in your monthly school activities fee. Please make sure that your child adheres to the attached list of what to bring and what *not* to bring; your assistance with this will help ensure an enjoyable retreat for all.

We are looking forward to a great time of with new and returning students. If you have any questions, please feel free to contact Gwen Thornburn at [gthornburn@regent.bc.ca](mailto:gthornburn@regent.bc.ca).



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Please cutoff & return by Friday, September 7<sup>th</sup> to your homeroom teacher. Thank you.

I have read this letter and the attached sheets and give permission for my child,

\_\_\_\_\_ to attend Regent Christian Academy's High School Kick-Off Retreat at Charis Camp in Chilliwack, BC on the dates below:

**Grade 11-12 – Wed, September 12<sup>th</sup> @ 8 AM - Fri, September 14<sup>th</sup> @ 11:30 AM**  
**Grade 9-10 – Thurs, September 13<sup>th</sup> @ 8 AM - Fri, September 14<sup>th</sup> @ 3:00 PM**

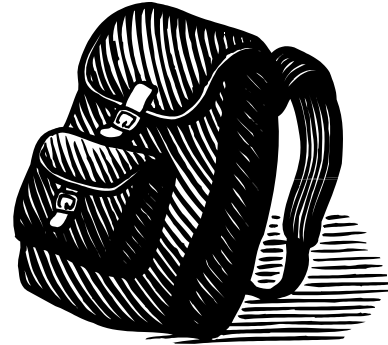
\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

**Please list any food allergies here:**

## WHAT TO BRING:

- Sleeping bag & pillow
- Bathing suit (*Ladies: modest 1-piece or a coloured t-shirt must be worn*)
- Towel
- Appropriate camp clothes
- Running shoes
- Warm clothing (including rain jacket/gear)
- Water bottle
- Bible
- Pen & Journal
- Camera
- Flashlight
- Slippers for lodge (no shoes inside)
- Plastic bag for wet clothes
- Money for canteen
- Please label everything!



## What NOT to BRING:

- NO electronic devices – no exceptions! **NO:** iPods, iPads, MP3 players, radios, DVD players, gameboys, psp, Nintendo DS, etc.
- NO magazines/literature
- NO inappropriate camp clothing ie. spaghetti straps on tank tops or short shorts (girls) or muscle shirts (boys). Refer to the High School Student Handbook for more details.
- NO candles
- NO paintball/bb/air-soft weapons
- NO camping/hunting/fishing knives
- NO ENERGY DRINKS

## KEYS TO A GREAT CAMP EXPERIENCE:

- ★ Make NEW friends
- ★ Bring your BEST attitude
- ★ Be a good example
- ★ RESPECT the camp rules; especially lights out! Quiet hours: 11pm-7am
- ★ PRAY for sunshine

## ACTIVITIES at CAMP

- ★ heated outdoor swimming pool
- ★ ropes challenge course
- ★ climbing wall
- ★ gym with floor hockey
- ★ games room with foosball, air hockey, ping pong and a pool table
- ★ board games
- ★ nail salon room (bring your nail polish, ladies)

# RCA HIGH SCHOOL KICK-OFF RETREAT 2012 ITINERARY

Charis Camp, Chilliwack, BC  
[www.chariscamp.com](http://www.chariscamp.com)

## GRADE 11/12 SCHEDULE

### WEDNESDAY, SEPT 12<sup>th</sup>

- Arrive & Load Bus 7:50 AM
- Bus Departs from RCA 8:00 AM
- Arrive @ Charis Camp 10:00 AM
  - Tour & Cabin assignments
- Wide Game 10:45-11:45
- Lunch 12:00 PM
- Camp Activities 1:00 – 5:00 PM
- Canteen Open 3 – 3:30 PM
- Supper 5:30 PM
- Evening Activity 6:30 PM
- Chapel 7:30 PM
- Snack / Campfire 9:30 PM
- Get Ready for Bed 10:30 PM
- Lights Out 11:00 PM

### THURSDAY, SEPT 13<sup>th</sup>

- Gr. 11/12 Wake Up 7:45 AM
- Gr. 11/12 Breakfast 8:30 AM
- Devotion (upstairs Lodge) 9:20 AM
- Special Activity 10AM-12PM
- Lunch 12:20 PM
- Camp Activities 1:00 PM
- Canteen Open 3 – 3:30
- “Homeroom Hunt” 3:30-5:15
- Supper 5:30 PM
- Move chairs to Gym 6:15 PM
- Evening Activity – Presentations 6:30 PM
- Chapel 7:30 PM
- Return chairs to Cafeteria 9:45 PM
- Snack / Campfire 9:50PM
- Get Ready for Bed 10:30 PM
- Lights Out 11:00 PM

### FRIDAY, SEPT 14<sup>th</sup>

- Wake Up & Pack Up 7:30 AM
- Breakfast 8:30 AM
- Grade 11/12’s Depart for RCA 9:30 AM
- Grade 11/12’s Approximate Arrival 11:30 AM  
Dismissed upon Arrival

## GRADE 9/10 SCHEDULE

### THURSDAY, SEPT 13<sup>th</sup>

- Arrive & Load Bus 7:50 AM
- Bus Departs from RCA 8:00 AM
- Arrive @ Charis Camp 10:00 AM
  - Tour & Cabin assignments
- Wide Game (ALL Grades 9-10) 10:45 – 12:00
- Lunch 12:00 PM
- Camp Activities 1:00 – 3:30 PM
- Canteen Open 3 – 3:30 PM
- “Homeroom Hunt” 3:45 – 5:15 PM
- Supper 5:50 PM
- Move chairs to Gym 6:15 PM
- Evening Activity - Presentations 6:30 PM
- Chapel 7:30 PM
- Return chairs to Cafeteria 9:45 PM
- Snack / Campfire 9:50 PM
- Get Ready for Bed 10:30 PM
- Lights Out 11:00 PM

### FRIDAY, SEPT 14<sup>th</sup>

- Wake Up & Pack Up 8:00 AM
- Breakfast 8:50 AM
- Chapel 9:30 AM
- Clean cabins & set out luggage 10:30 AM
- Wide Game 10:45-11:45
- Lunch 12:00 PM
- Depart for RCA 1:00 PM
- Approximate Arrival 3:00 PM  
Dismissed upon Arrival