

# **TrekNorth Junior and Senior High School Outdoor Adventure Program and Service Learning Program Course Catalog 2009-2010**

## **JUNIOR TRIP LEADER: SLP/OAP**

**BY APPLICATION ONLY** Students who wish to serve as Junior Trip Leaders must submit a cover letter and resume to Mark Larson or Erica Harmsen by May 1 of the previous school year.

*Pre-requisites:* Currently have a GPA of 3.0 or higher; submit two letters of recommendations from teachers with application

### **APPLICATION DUE DATE:**

*Age Requirement:* 9-12 grades

*Group Size:* 6

*SLP/OAP Credit:* 1.5

*Cost:* \$0

*Duration of Service:* To be determined- monthly or bi-monthly

### **Lake Bemidji State Park Outreach Program**

*Responsibilities include:* This is a pilot project between TrekNorth and Lake Bemidji State Park. Students will work closely with park naturalists to create and present presentations to area elementary students.

Service will take place at both the park and area schools. Students must complete a volunteer application and pass a BCA background check.

### **TrekNorth In-House**

*Responsibilities include:* Assisting trip leaders with pre-post trip preparation; assisting trip leaders with beginner level skills courses; promoting trip participation within the student body; organizing recycling effort; create presentations for promotion of trips; write a monthly update for the TrekNorth newsletter. The in-house job descriptions may change with the needs and the development of the program.

**Service to Community:** Students must be willing and able to volunteer at various community functions, and to recruit peers for volunteering as well.

**Leave No Trace Seminar:** Students accepted into the program must attend a one-day Leave No Trace Seminar for youth at Lake Bemidji State Park. Students will also conduct Leave No Trace seminars to peers at TrekNorth

**Social Justice Seminar:** Students will host awareness seminars for various social justice issues that affect the Bemidji Community. Seminars will be directed toward fellow peers and be focused towards finding avenues of change.

## **SERVICE LEARNING AND OUTDOOR ADVENTURE PROGRAM COMBOS**

### **Service Project: Adopt-A-River Clean-Up**

*Pre-requisite:* None

*Age Requirements:* None

*Group Size:* 6

*SLP/OAP Credit:* .25

*Cost:* \$0

*Duration of Service:* One Day

*Responsibilities include:* Students will clean the Mississippi River from two different stretches: Fern Lake Road Bridge to Lake Bemidji, and Lake Bemidji to the Power Dam portage. Students will be paddling one of these stretches and cleaning up the shoreline and riverbeds.

### **Service Project/OAP: TNEPAT- TrekNorth's Environmental Protection Action Team**

*Pre-requisite:* None

*Age Requirements:* None

*Group Size:* 12

*SLP/OAP Credit:* .25

*Cost:* \$0

*Duration of Service:* One Day

*Responsibilities include:* Students will travel to various local public outdoor recreation areas and clean-up trash, brush, other debris.

### **Service Project/OAP: North Country Trail**

*Pre-requisite:* None

*Age Requirements:* None

*Group Size:* 12

*SLP/OAP Credit:* .25

*Cost:* \$0

*Duration of Service:* One Day

*Responsibilities include:* Students will help to clean and clear the North Country Trail.

### **Service Project: Disaster Relief**

*Pre-requisite:* None

*Age Requirements:* 10-11<sup>th</sup> grades, academics must be in good standing

*Group Size:* as needed

*SLP/OAP Credit:* .25

*Cost:* \$0

*Duration of Service:* as needed: STUDENTS DO NOT REGISTER FOR THIS ACTIVITY

*Responsibilities:* as needed- flood control, post-tornado clean-up, fire damage clean-up, to name a few

## **OUTDOOR ADVENTURE PROGRAM OPTIONS**

### **Adventure: Extended Climbing Trip**

*Pre-requisites:* None

*Age Requirement:* None

*Group size:* 8-12

*OAP Credit:* 1-1.5 (Length of trip dependent)

*Cost:* \$50

*Length of trip:* Minimum of 5 days

### **Adventure: Extended Winter Cabin Trip**

*Pre-requisites:* None

*Age Requirement:* None

*Group size:* 20

*SLP Credit:* 1.5

*Cost:* \$50

*Length of trip:* Minimum of 5 days

### **Adventure: Extended Winter Camping Trip**

*Pre-requisites:* Previously attended Extended Winter Cabin Trip (Grand Marais)

*Age Requirement:* None

*Group size:* 20

*SLP Credit:* 1.5

*Cost:* \$50

*Length of trip:* Minimum of 5 days

### **Adventure: Extended Backpacking Trip**

*Pre-requisites:* None

*Age Requirement:* None

*Group size:* 12

*SLP Credit:* 1-1.5

*Cost:* \$50

*Length of trip:* Minimum of 5 days

### **Adventure: Extended Paddling Trip**

*Pre-requisites:* None

*Age Requirement:* None

*Group size:* 6

*SLP Credit:* 1.5

*Cost:* \$50

*Length of trip:* Minimum of 5 days

### **Adventure: Backpacking Skills Seminar**

*Pre-requisites:* None

*Age Requirement:* None

*Group size:* 6

*SLP Credit:* .25

*Cost:* \$0

*Length of trip:* One day

**Adventure: Paddling Skills Seminar**

*Pre-requisites:* None

*Age Requirement:* Jr. High

*Group size:* College Prep Class

*OAP Credit:* .25

*Cost:* \$0

*Length of trip:* One day

**Adventure: Climbing and Winter Skills Seminar**

*Pre-requisites:* None

*Age Requirement:* Jr. High

*Group size:* College Prep Class

*OAP Credit:* .25

*Cost:* \$5

*Length of trip:* One day

**Adventure: Backpacking Skills Seminar**

*Pre-requisites:* None

*Age Requirement:* Jr. High

*Group size:* College Prep Class

*OAP Credit:* .25

*Cost:* \$0

*Length of trip:* One day

**SERVICE LEARNING PROGRAM SEMESTER OPTIONS****Service Project: Neilson Place Karaoke**

*Pre-requisites:* Enrolled in Choir or Varsity Choir for the school year 2009-2010

*Age Requirement:* None

*Group size:* 5

*SLP Credit:* .5

*Cost:* \$0

*Duration of Service:* Monthly for one semester, 2 hour shift

*Responsibilities include:* Assisting the residents to the neighborhood hosting the karaoke and returning them to their own neighborhood; choosing songs the audience (ages 70 and up) will enjoy and performing them to the best of your ability; set up and break down of the karaoke equipment.

**Service Project: Neilson Place Holiday Party or Bingo**

*Pre-requisites:* None

*Age Requirement:* None

*Group size:* 4

*SLP Credit:* .5

*Cost:* \$0

*Duration of Service:* Monthly for one semester, 2 hour shifts, mornings, some after school hours

*Responsibilities include:* Holiday Party: Assisting residents to and from the recreation room, assisting Neilson Place staff set-up and break-down the holiday party, entertaining and participating in activities with residents; Bingo: Assisting residents to the neighborhood hosting bingo and then returning them to their own neighborhood, assisting residents to play bingo.

**Service Project: Neilson Place Senior Shopping**

*Pre-requisites:* None

*Age Requirement:* None

*Group size:* 5

*SLP Credit:* .5

*Cost:* \$0

*Duration of Service:* Monthly for one semester, 10-12 p.m.

*Responsibilities include:* Assisting residents to the Paul Bunyan Mall, assisting residents to navigate the mall, assisting residents while making purchases, assisting residents to return to Neilson Place.

**Service Project: Itasca State Park Bud-Capping and Removal**

*Pre-requisites:* None

*Age Requirement:* None

*Group size:* 12

*SLP Credit:* .5

*Cost:* \$0

*Duration of Service:* Two one-day trips in one semester

*Responsibilities include:* Stapling small pieces of paper over the buds on trees in the fall, removing the paper in the spring; pulling weeds; clean-up of garbage; various odd jobs. Students work for two hours, break for lunch, and work for one more hour before returning to school. Students must pack a bag lunch, and be prepared to be working outdoors.

**Service Project: LSS Senior Nutrition Senior Dining**

*Pre-requisites:* None

*Age Requirements:* None

*Group size:* 4

*SLP Credit:* .5

*Cost:* \$0

*Duration of Service:* Monthly for one semester, Tuesday or Thursday mornings, 10:45- 1 p.m.

*Responsibilities include:* Set tables, serve food and beverages, wait tables, clean and put away dishes at the Bemidji Senior Center.

**Service Project: HeadStart Reading Volunteer Program**

*Pre-requisites:* Have taken an AP course in one of the humanities: Social Studies or English

*Age Requirements:* 8.5- 12 grades

*Group Size:* 6

*SLP Credit:* .5

*Cost:* \$0

*Duration of Service:* Weekly for one semester (Tuesdays or Thursdays) for 30 minutes; every other Friday for one hour

*Responsibilities include:* Tuesday/Thursday: Reading children's books to children, ages 3-5, enrolled in the Bemidji HeadStart Program. Friday: Teacher's Assistant- students will assist HeadStart teachers with various teacher-prep duties. Students will also assist HeadStart teachers throughout the year during on and off site field trips.

Students who register for 2009-2010 school year also have the option to volunteer during the summer in preparation for the school year: Thursdays (9:15-12:30 p.m.) for off-site field trips and also for fun water/cleaning activities (10-11:15 a.m. or 2:15-4:45 p.m.) with students during the weeks of June 8- August 11, 2009.

Students must pass a BCA background check and sign confidentiality forms.

**Service Project: HeadWaters Science Center Tots-n-Science Program**

*Pre-requisites:* Have taken a science course and have teacher recommendation

*Age Requirements:* 8.5-12 grades

*Group Size:* 3

*SLP Credit:* .5

*Cost:* \$0

*Duration of Service:* Bi-Monthly for one semester, Wednesday Morning, 9:45- 11:30 a.m.

*Responsibilities include:* Create and conduct science presentation for toddlers (children ages 2-5), set-up and clean-up presentation.

**Service Project: Bemidji Housing and Redevelopment Authority Board**

*Pre-requisites:* None

*Age Requirements:* 11-12 grades

*Group Size:* 2

*SLP Credit:* .5

*Cost:* \$0

*Duration of Service:* Bi-monthly for one semester, rotating morning and afternoon, 2 hour shifts

*Responsibilities include:* Various office activities, which include but are not limited to: copying, shredding files, creating new files, filing, organizing, and cleaning. Students must sign confidentiality forms.

**Service Project: Bemidji Soup Kitchen- Location: Mt. Zion Church**

*Pre-requisite:* None

*Age Requirements:* 16 years of age and older

*Group Size:* 3

*SLP Credit:* .5

*Cost:* \$0

*Duration of Service:* Monthly on Monday or Tuesday, one full semester, 2:30- 7 P.M.

*Responsibilities include:* Preparing food, setting up to serve, serving food, clean-up and doing dishes after meal is served; meal is served from 4:30- 6:30, prep is from 2:30-4:30, and clean-up after until finished.

**Chicago Urban Immersion Social Justice Service-Learning Trip**

*Pre-requisites:* None

*Age Requirements:* 9-12 grades

*Group Size:* 12

*SLP Credit:* 1.5

*Cost:* \$150

*Duration of Service:* May 16-22, 2010

*Description:* Students interested in the Chicago trip must submit a cover letter and resume to Erica Harmsen by October 15, 2009. Interview process will be conducted in the month of November.

**Pine Ridge Reservation Cultural Service-Learning Trip**

*Pre-requisite:* Have taken or currently enrolled in *Neither Wolf Nor Dog* or Multicultural Literature

*Age Requirements:* 9-12

*Group Size:* 12

*SLP Credit:* 1.5

*Cost:* \$150

*Duration of Service:* Depart Bemidji early on a Saturday and return the following Friday evening: October 2009; <http://www.re-member.org/bookatrip.shtml>

*Description:* Students interested in the Pine Ridge trip must submit a cover letter and resume to Erica Harmsen by May 2009 of the previous year. Interviews will be conducted the first week of September 2009.