



Dear Parents,

On Wednesday, October 24, the entire middle school will begin a three-day visit to the Pali Institute. The Pali Institute is an outdoor education and science camp facility situated in the San Bernardino Mountains, just minutes from Lake Arrowhead. The students will be accompanied by Valley School staff members, and will return to school on Friday, October 26.

The mission of the Pali institute is to introduce experiential education to young people by providing progressive learning experiences that extend far beyond classroom walls. Through an innovative curriculum and professional staff, our students will experience the thrill of touching, seeing, and learning about the world around them. The teachers will choose exciting classes from three different learning components: [Outdoor Education](#) (6th grade), [Explorations in Science](#) (7th grade), and [Leadership](#) (8th grade). Consequently, our students will engage in a planned curriculum designed especially for their individual scholastic needs. A description of the modules in which the students may participate has been attached for your convenience.

The total cost of the trip is \$450. In order to secure our reservation, we must make pay for the trip by September 8. If you wish for your child to attend, please return the consent form and a check of \$450 to Mr. Haddad by September 7. If you do not wish for your student to attend, indicate such on the consent form below.

If you have any questions, please feel free to call.

Sincerely,

Mr. Haddad

PALI INSTITUTE

Student's Name _____ Grade _____

____ Yes, my child will attend ____ No, my child will not attend

\$ _____ Amount of enclosed Check or Cash

Parent Signature _____ Date _____

6th Grade Program

Outdoor Education



Students gain a greater understanding of the world around them through the wonders of outdoor education, with activities such as exploring trails, shooting arrows, cooking over an open fire and weightlessly flying through the air. Students also make a deeper connection with the natural world by meeting and feeding four-legged friends at the Pali Nature Center.

Bird Brains (Ornithology) - 1 Class Session

This module is for the birds... literally! Students learn about their feathered friends in a most unusual way. After studying the physiological design of birds, students will match beaks and feet to everyday utensils and attempt to perform tasks. Later, armed with binoculars, they will venture into the forest to observe various species of birds in their natural habitat. Through bird watching and games, students gain a better understanding of bioaccumulation and how it affects birds.

Outdoor Skills – 2 Class Sessions

Mixing nature's beauty with outdoor survival, students will learn the “ten essential hiking items” for any outdoor trip. Students learn how to build a fire and cook food in an outdoor setting. While in the forest, they will band together as a team and build emergency shelters. By the end of this class, students will understand the basic principles of exploring the great outdoors.

Forest Ecology - 2 Class Sessions

In this module, students hike through the forest to learn first-hand about the ecosystem. They will identify flora and fauna, study animals and play educational games such as the “web of life.” In this activity, each student takes a role – rain, chemicals, animals, tree or soil – to learn about the interconnectivity of nature. To better understand ecology, students will participate in a camouflage game of “hide and seek” to learn how different species survive. Through these educational activities, students will understand the history of the forest as the ecosystem comes alive before their eyes.

Animal Survivor - 1 Class Session

In this class, students are taught the importance and dynamics of the food chain, and how species depend on one another for survival. In a fast-paced forest game, students are assigned an identity: carnivores, herbivores or omnivores. They must find a home and search for food while avoiding predators (their peers). Each student begins the game with a certain number of lives and must have at least one life remaining at the end to be a “survivor.” Students will walk away with the knowledge of how the food chain can be impacted by just one species.

Orienteering - 1 Class Session

In this module, students find their sense of direction while engaging in one of our two orienteering courses to three orienteering courses. During their expedition, they will learn how to navigate through the forest by using compasses, topographic maps and other devices. By the conclusion of this course, students will master directional technology and understand the various skills involved in planning travel from point A to point B.

Day Hike - 1 Class Session

In this fun-filled introduction to modern hiking ethics, students will take an exciting excursion into the forest. During their jaunt, they will be introduced to eco-responsible philosophies such as “Leave No Trace”, which emphasizes the importance of enjoying the forest to the maximum while keeping human impact to a minimum. Students will also have the opportunity to enjoy the mountains' great views and build a survival shelter. They will conclude the module with a better respect for the environment and a working knowledge of ways to preserve it.

Archery - 1 Class Session

In this module, students will learn the history and finer points of archery, one of the oldest arts and means for survival, dating back some 20,000 years. Students are taught the physics of a bow and arrow, as well as the proper handling of this ancient device. Armed with this knowledge, they will participate in a target shooting competition at Pali Mountain. Students gain an understanding of the importance of archery and its influence on hunter-gatherer societies.

7th Grade Program

Science



Pali takes pride in providing hands-on field-based activities that bring classroom science to life. We introduce students to numerous scientific disciplines through archaeological explorations, rocket launchings, squid dissections and bungee jumping thirty-five feet in the air!

Kraken Squid Open - 1 Class Session

In this innovative module, students will learn about adaptation as they create their own “aquatic creature.” They will also engage in hands-on learning (literally) as they dissect a squid, locate its organs and appendages, and compare its structure to a human's physiological design. With this class, students will better understand the importance of their cephalopod friends and their relation to our planet.

It's Not Easy Being Green (Herpetology) - 1 Class Session

During a frog hunt, students will touch creatures and experience the science of herpetology up-close. Utilizing our Nature Center's many critters, looking for Herps on our campus, and playing games students will learn the difference between amphibians and reptiles. They will also play games designed to demonstrate lizard adaptations. In one game, youngsters play the roles of lizards whose tails have been cut off. Students will gain knowledge of reptiles and amphibians, and how they thrive in every ecosystem on earth.

The Energy Dilemma - 1 Class Session

Young scholars will learn about the energy dilemmas facing the 21st century, differentiate between renewable and non-renewable energy sources, and find ways to reduce their energy consumption. Weather depending, students will bake cookies in a solar-powered oven, and discuss alternative forms of energy while snacking on their treats. They will also test wind power, create time lines of manufactured goods and discover their ecological footprint. Students will complete this module with a realistic understanding of energy resources.

Aerodynamics - 2 Class Sessions

This fascinating and fun-filled class examines the science of flight as it applies to both airplanes and rockets. In a practical application of their studies, student groups will design, build and launch airplane gliders and rockets powered with water and air pressure fuel. Using basic trigonometry, students will calculate the altitude of their launches (rockets may launch to heights of 100 feet!). Students will leave with an understanding of the basic principals of aerodynamics and aeronautics.

Archaeology - 1 Class Session

Throughout time, past civilizations have left us clues as to how they lived. In this class, students will examine some of the clues left for us by past civilizations of the San Bernardino Mountains. As students focus on rock and cave paintings, they will see the legacies of past civilizations come to life. Finally, students will create their own paintings for future generations.

Geology/Engineering - 2 Class Sessions

How are rocks and minerals formed and classified? Students will find out as they learn about the geologic history of Southern California, different layers of the earth, plate tectonics and the causes of earthquakes. They are also taught basic engineering principles as they design their own model buildings and test them against our realistic earthquake simulator. Students will gain an understanding of geology principles and the ever-shifting landscape.

Freshwater Biology - 1 Class Session

In this class, students learn what percentage of the Earth is fresh water and how to conserve it. They will also venture outdoors and use scoop nets to find macro-invertebrates. Students will learn the characteristics of invertebrates – reproduction, nutrition, protection and locomotion – and discuss the importance of these creatures to the ecosystem. At the conclusion of this module, youngsters will leave with an understanding of an amazing, rarely seen world. This class can be teamed with Water Quality to gain a greater appreciation for one of the Earth's most important resources.

Water Quality - 1 Class Session

Water, water, everywhere! Students will explore the hidden populations living within water, specifically microscopic organisms and how they affect water quality. Students will then chemically test the quality of the water using various techniques and determine if the water supply at Pali is polluted. Students conclude the class by learning how water systems become polluted and how this can be prevented. This class can be teamed with Freshwater Biology.

CSI Pali - 1 Class Session

Someone at Pali is a thief! In this fascinating class, students will study the popular field of forensic science. Upon entering a crime scene, students work to solve a mystery by taking fingerprints, comparing fingerprint patterns, analyzing evidence, learning about blood types and studying handwriting samples. They will create a data table and employ deductive reasoning to rule out suspects. Students gain a working knowledge of the field of forensics and its importance in criminal justice.

Zero Gravity - 1 Class Session

Euro Bungee is a multi-station super trampoline system that enables students to jump as high as two stories while accomplishing gravity-defying maneuvers. Students will learn the laws of motion first-hand as they twist and spin while securely fastened to a harness. At the conclusion of this module, they'll bounce away with a greater understanding of gravity and other forces.

8th Grade Program

Leadership



By engaging in group cooperation, teambuilding activities and goal setting, students will forge strong friendships, learn mutual respect, appreciate diversity, deal with peer pressure, practice advanced methods of leadership and gain essential interpersonal skills to help them throughout their lives.

Ethical Leadership - 1 Class Session

Through role-play and discussion, students explore the concepts of morals and ethics, and how both apply to individuals and society. Students learn moral and ethical leadership in various scenarios, including an opportunity to steal cookies and candy. They also learn how an individual's personal experiences can affect ideals and decision-making. They will expand their understanding of world views and the factors that shape them.

Balloon Rescue - 1 Class Session

Students will learn about physics and engineering in this fun module involving a water balloon. Teams of students will answer science related questions, earn money and then purchase materials to create a protective contraption for a water balloon to be dropped from a balcony three stories high. Materials will include: foam, straws, air balloons, rope, plastic shells, blow-up shoes and many more unusual items. Students will discuss the scientific principles of the water balloon drop and the teamwork involved.

Community Puzzle - 1 Class Session

In this teambuilding activity, students create a dynamic puzzle by adding pieces with their personal thoughts on what it means to work as a team. Students will also document their personal growth during their time at Pali. This is a great activity that can be taken back to the school and the classroom as a learning and development tool for the rest of the year. Community Puzzle is a wonderful evening or closing leadership class.

Ground Based Initiatives - 1 or 2 Class Sessions

In this module, students work together and take the initiative to solve a task as a group. Left to their own devices, they learn how to collect information, analyze a situation, create a plan and follow it through. Activities include a field maze game, jump rope and an obstacle course. This module is often used as a prerequisite for the Ropes Course and is a valuable tool to increase leadership and confidence within a group.

Low Ropes Course - 1 or 2 Class Sessions

In this step of our group building classes, students will continue on their journey to advanced communication skills. Our group activities include balancing on a huge seesaw, moving through a huge spider web and swinging from one platform to another. With these exercises, students will learn how to work through a series of tasks that require proper spotting and support. By teaching students interpersonal skills that will last a lifetime, this module is an excellent choice to promote group dynamics.

High Ropes Course - 2 Class Sessions

Our most popular activity, the Pali High Ropes Course is a terrific confidence builder. Students challenge themselves and each other as they work to master the Catwalk, Vertical Playpen, Leap of Faith, Giant's Ladder and many other activities offered on our two unique high ropes courses. Students will strengthen their abilities in coordination, balance and teamwork.

Rock Wall - 1 Class Session

Another favorite, the Pali Rock Wall challenges students to problem-solve as they achieve heights not thought possible on our climbing tower. Students are encouraged to push themselves to their physical limits and complete several exercises of varying degrees of difficulty. This module teaches students self reliance and independence.

Quad Zip Lines - 2 Class Sessions

Experience Pali Institute like never before. Soar over Lost Cabin Canyon on Pali's 700 foot quad zip lines. Start off your experience by climbing our 30 foot cargo net to the take-off platform. From the take-off platform, zip over 700 feet and enjoy the exhilarating ride, ending at the landing platform. This is one activity you will not forget, leaving you saying WOW!