



BARRHEAD COMPOSITE HIGH SCHOOL

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February 21, 2019

Dear Grade Eight Parents/Guardians;

Re: COOL Camp

At Barrhead Composite High School, the human sexuality portion of the grade eight health program is covered through presentations by guest speakers and senior high students in the form of a two-day workshop. This workshop takes place in a camp setting, away from the school environment, where students are encouraged to discuss and participate in activities around the topic of human sexuality.

As coordinator of the program, I train senior high students to become teen leaders. They are responsible for leading many of the sessions. Topics range from assertiveness skills to risk taking, birth control and many more (see attached descriptions). An Aspen Health Nurse trains the leaders on STI's and Birth Control to ensure accurate and up-to-date information is given.

The cost of the Camp is \$110/student. While the school covers most of this expense we do require, as in the past, **parents to pay \$30** to offset some of these costs.

In the information package given to your child please find the following:

Parent Cover Letter	this sheet
Session Descriptions	Information about each session covered at the workshop
Parent Info Letter	Letter informing about workshop, time and location, required materials and rules
Pertinent Info Form	
Form 6-20 (2 pages)	Informed Consent related to content of the workshop (note that if you want your child to attend Cool Camp that you only sign the bottom of this form)
Form 6-6 (1 page)	Informed Consent for co-curricular trips

Please read the information, **sign and return the white forms**. **\$30 fee** can either be paid to your child's LA teacher or through the PHRD on-line system **March 4th**. The **blue sheets** are for you to keep.

I hope you find this information helpful. If you should have any questions or need further clarification, please feel free to call myself or Associate Principal Greg Ferguson at 780 674 8522.

Sincerely,

Kelsey Hutchinson
Lead Teacher

2019 COOL CAMP SESSIONS

Heads or Tails: Deciding About Sex

The decision whether or not to have sex is an important one which many teens face at some point. Students participate in activities designed to get them thinking about the responsibilities and decisions that come with becoming sexually active.

You've Got Mail

This popular fun session gives students the chance to ask members of the opposite sex questions they may be too shy to ask in person. Questions are screened for appropriateness.

Tell It Like It Is/Anatomy

Teens are faced with a barrage of slang terms depicting various aspects of sexuality. This session encourages students to be aware of what they are really saying when they use slang and profanity and encourages them to use appropriate terminology. Students are then taught reproductive anatomy, hygienic practices, and the reproductive system.

Birth Control

Students are shown a video, do activities and have the opportunity to view different birth control methods. Aspen Health trains the teen leaders in advance and attends this session to ensure accurate information is given.

Famous Lines

Students have fun learning how to resist peer pressure and "famous lines". This popular session uses role-play to practice assertiveness skills.

Assertiveness Skills

Students are taught the difference between assertive, aggressive, and passive responses. Role-play is used to reinforce using assertive messages.

Personal Safety

An RCMP presenter will give a brief overview on how to stay safe if someone finds themselves in an unsafe situation.

Reshaping Body Image

This session is run by the teen leaders to open up a discussion and have activities on how society and media give messages on body image.

Risk Taking

An Addictions and Mental Health counsellor put students through activities and discussions that help youth think about the consequences of taking risks.

2019 COOL CAMP SESSIONS

Sexually Transmitted Infections

Students are shown a series of overheads debunking the myths about STIs. They also play a game which educates students on the various STIs and their symptoms. Aspen Health trains the teen leaders in advance and attends this session to ensure accurate information is given.

Your On-Line Life: What You Need to Know

A presenter teaches students, through the use of a slide presentation, the dangers of chat rooms on the internet and discusses ways of being safer online.

Resources

Students generate a list of supports and resources in the community and are given contact numbers.

Physical Intimacy Funnel

Teens will increase their understanding of relationships, particularly levels of physically expressing affection in relationships.

Healthy Relationships

Students will learn what a healthy relationship is comprised of and look at the risks involved leading to date rape with a presenter.

Compass Centre

Through activities, guest speakers will lead students through activities that examine the risks and consequences of having sex. The presenters will touch on STIs and birth control in relationship to making sexual decisions.

7th Step

We will be bringing in a guest speaker from the 7th Step Society. Our presenter has been involved with the criminal justice system and gives a candid talk on the dangers of heading down this path.

The After Party

This is a video that is shown and discussed by the leaders on the risks involved in combining alcohol and sexual activity.

Teen Mom

The students will have an opportunity to hear directly from a teen mom on her experiences.

LGBTQ

This session will explore student's gender identity, gender expression, physical attraction, and sexual attraction. Students will explore how this may be different for everyone.

IT'S COOL TO KNOW YOUR WAY IN A RELATIONSHIP

As you know, young teens are under continual pressure to make important decisions regarding such things as drugs, alcohol and sexual behavior. The decisions they make today may have lifelong effects for them and our community. We, as parents and community members, cannot make these decisions for our children, but we can do our best to prepare them and teach them the skills necessary to make these choices.

Each year we organize a workshop called "It's Cool To Know Your Way In A Relationship". This program is based on abstinence being the best choice for teens. Students discuss such topics as assertiveness training, self esteem, social influences and peer pressures. They learn how to say **NO** and learn how to improve family communication.

Studies show that the peer group is the number one influence on young teen's attitudes and values. For this reason, this program uses a peer counseling concept. Trained High School teen leaders act as role models while leading the activities. The latest statistics also show that programs based on abstinence presented by parents and teenagers have the best long term positive effects on young people.

The COOL program has been successfully presented over the last thirty years and we plan to continue to run the program as part of the grade 8 Health curriculum. This truly is a community project with many volunteers from community agencies giving their time.

TIME AND LOCATION

The teen sessions will be held at Camp Nakamun in the Lac La Nonne area. Students will be bussed to and from the camp. Cool Camp will be on **March 13 & 14**. A bus will depart from the school at 9:00 a.m. on the first day and return at approximately 4:00 p.m. the second day.

Please note they will not be back in time to catch their bus after school on Thursday.

REQUIREMENTS

Participants are required to bring personal items including:

- sleeping bag and pillow
- towel, face cloth, soap, toothbrush, etc.
- inside and outside shoes (MANDATORY!)
- Optional item : loonies for pop machine (no place to get change at camp)
- swim wear and/or gym wear
- **two** pencils
- clothing appropriate for the weather

RULES

As this is a school event it goes without saying that school rules are in effect; this includes no non-prescription drugs, alcohol or weapons. We must emphasize that there is **no smoking or vaping** anywhere or any time at the camp. We must also warn students that all bags and containers are subject to inspection if a concern arises. **No electronics larger than a tablet will be allowed at Cool Camp.** If they are brought, they will be confiscated and put into a teacher's room. All items brought to camp are not supervisor's responsibility if lost or stolen so be cautious what you chose to bring. Also the *Camp Nakamun rules* state that there are to be **no hats worn at the camp.**

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

Sincerely,

Kelsey Hutchinson

Lead Teacher

Greg Ferguson

Associate Principal

PERTINENT INFORMATION FORM

My child _____ will will not be attending the
(Please print)
Grade 8 'IT'S COOL TO KNOW YOUR WAY IN A RELATIONSHIP' Camp.

Dated this day, _____ . _____
(parent or guardian signature)

If you checked that your child will be attending, please **complete the information below** as well as the attached **Informed Consent/Permission for Education Trips form, \$30 cash, cheque made out to Barrhead Composite High or on-line and return prior to March 4, 2019.**

Name of student _____

Name of parent/guardian _____

Home Phone Number _____

Work Phone Number _____

Emergency Contact (if neither of above is available) _____

*Student's Alberta Personal Health Care Number _____

Necessary Medical Information: (Allergies, diabetic, medications, etc.)

Necessary Dietary Information: (If a special diet is required, please list below. We will try to accommodate the diet. However, you may have to provide the food if it is something that is not easily acquired.)

*Optional