

# Campus Ministry

Saint Mary's College high School

Dear Parents and Sophomore Students,

Thank you for signing up for the Sophomore Overnight Retreat! The theme of this retreat is "Strengthening My Core." During this retreat, sophomores will examine how their inner cores are supported or weakened by their relationships with others. Through prayer, group activities, and personal reflection activities, retreat participants will be invited to a deeper relationship with their selves, God, one another, and the greater community.

The dates of the retreat are Tuesday, February 19 through Wednesday, February 20. Students must arrive at school by 7:45 am on Tuesday, and the bus will return no later than 3:30 pm on Wednesday.

Attached to this letter you will find a permission slip and a list of things to pack for the retreat. This letter, the permission form, and the packing list can also be found online at [www.saintmaryschs.org](http://www.saintmaryschs.org). I encourage you to bring back the signed forms as soon as possible, for we will decide who can attend on a first come, first serve basis.

The signed forms are due to the Campus Ministry Center by Thursday, February 7. However, I advise you to turn them in as soon as possible.

If you have any questions, please do not hesitate to contact the Campus Ministry Center or Ms. Ferris.

Sincerely,

Ms. Ferris  
Campus Minister

## Contact Information

- Campus Ministry Center: #510-559-6248
- Ms. Ferris: [mferris@stmchs.org](mailto:mferris@stmchs.org)

# Packing List



## *Things to Bring (checklist):*

- \_\_\_\_\_ Sleeping Bag
- \_\_\_\_\_ Pillow
- \_\_\_\_\_ Towel
- \_\_\_\_\_ Toiletries (toothbrush, toothpaste, shampoo, deodorant, etc.)
- \_\_\_\_\_ Comfortable Clothes – Bring clothes that you can move in with ease and prepare for warm days and cool evenings.
- \_\_\_\_\_ Tennis/Running shoes (you will be running around and working out!)
- \_\_\_\_\_ Pajamas! (not to be worn during sessions/meals)
- \_\_\_\_\_ A windbreaker/raincoat, if weather is stormy
- \_\_\_\_\_ **A snack to share (should feed about 20)**

## What NOT to bring

Homework

Cell phones



# Saint Mary's College High School

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## Parent/Guardian Request for Student Participation in an Activity

I hereby request permission for:

\_\_\_\_\_ *(Please Print Student Name)*

to attend:  
on:

**Spring Sophomore Overnight Retreat**  
February 19-20, 2008

at:

Alliance Redwoods Conference Grounds  
Occidental, CA

Faculty/Adult Prefect(s):

Mr. Fulay, Ms. Ferris

Transportation:

School Bus and/or Van

Cost:

\$100.00 – billed to student account  
Scholarships available

School Approval:

Ms. Cathy Molinelli  
Assistant Principal for Academics

It is understood that my son/daughter is still under school supervision and all reasonable caution will be taken by those in charge to prevent injuries. With this knowledge, I hereby release and discharge Saint Mary's College High School, each, and all of the school's agents and employees, from any liability whatsoever, resulting from or in any manner arising out of any injury or damage, which may be sustained because of my son/daughter's participation in this activity or the transportation in connection herewith. Personal items and equipment are the responsibility of the student and neither the persons in charge nor the school will be liable for any loss incurred.

In an emergency, I (we) hereby give the faculty/adult prefect permission to have my son/daughter treated by a health professional and to use the closest available medical facility.

Medical I.D. # \_\_\_\_\_ Medical Insurance Provider: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_  
Home phone: \_\_\_\_\_  
Work Phone: \_\_\_\_\_  
Cell Phone or emergency contact #: \_\_\_\_\_

Health Concerns (conditions/illness, severe allergies, etc.) \_\_\_\_\_  
\_\_\_\_\_

Signed: \_\_\_\_\_ Date \_\_\_\_\_  
(Parent/Guardian)

# **Sophomore Retreat**

## **Parent Authorization**

Please bill our student account in the amount of \$100.00 for the Sophomore Retreat.

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Signature of parent/guardian

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Please PRINT name of student

The retreat fee of \$100.00 covers transportation, 4 meals, lodging, and supplies. Due to the commitments we have made with the retreat center and the bus company, after February 14, we cannot refund the fee for any student who does not participate on the retreat.

The cost of the retreat will never prevent a student from participating on retreats at Saint Mary's. There are scholarships and other possible schedules for payments available to assist students and their families. If you would like to request a scholarship or schedule a different payment, please contact the Campus Ministry Center at (510) 559-6248. Do not sign this form but please print out the name of the student.

If you would like to support another student to go on retreats by contributing to the scholarship, please contact Campus Ministry Center.