

Auburn School Committee Meeting Agenda
99 Auburn Street, Auburn, Massachusetts 01501
Guidance Conference Room

May 3, 2022 - 5:30 p.m.

Call to Order:

Pledge:

CITIZENS' COMMENTS:

SPECIAL RECOGNITIONS: None

MINUTES: None

STUDENT REPRESENTATIVES REPORT: None

SUPERINTENDENT'S REPORT: None

UNFINISHED BUSINESS: None

NEW BUSINESS:

AHS Ski & Snowboard Club Field Trip Proposal

Action

In your packet you will find the field trip proposal for the Auburn High School Ski and Snowboard Club. They are requesting permission to travel to Park City, Utah on Tuesday, March 14, 2023 through Sunday, March 19, 2023.

Recommended Motion....to approve the Auburn High School Ski and Snowboard Club Field Trip to Park City, Utah.

Team Chair Job Description Revision

Action

In your packet you will find a revised job description for the AHS Team Chair position at Auburn High School. The position will now be titled Team Chair/School Psychologist. This change will allow the new person to not only serve as the Special Education Team Chair, but will also allow the person to complete some of the psychological testing of students.

Recommended Motion....to approve the revised Team Chair/School Psychologist Job Description.

TEACHING AND LEARNING REPORT: None

BUSINESS/FINANCIAL REPORT: None

Adjournment

Roll Call Vote:

AUBURN PUBLIC SCHOOLS - FIELD TRIP REQUEST FORM

School: Auburn High School
 Teacher: Michael Young

Principal: Daniel Delongchamp
 Date of Request: 3/24/2022

RE: FIELD TRIP PROPOSAL

Title of Field Trip: Park City Ski and Snowboard Club Trip 2023

Class or Grade Participating: 9-12 Number of Students: approx. 20 to 40

Date(s): 3/14/2023-3/19/2023 Times: Leave at: 11:00 AM 3/14/23 Return at: 11:00 PM 3/19/23

Place: Park City Mountain Resort with lodging at Best Western Plus Landmark Inn 6560 N Landmark Drive Park City, Utah 84098

If this day field trip is out-of-state, has it ever been approved by the School Committee: YES ☒ NO ☐

This field trip will accomplish curriculum enhancement in the following areas (please check all that apply):

- | | | |
|--|--|--|
| <input type="checkbox"/> Mathematics | <input checked="" type="checkbox"/> Science | <input type="checkbox"/> English Language Arts |
| <input checked="" type="checkbox"/> History/Social Studies | <input checked="" type="checkbox"/> Physical Education | <input type="checkbox"/> The Arts |
| <input type="checkbox"/> Technology | <input checked="" type="checkbox"/> Other (please explain on the reverse side) | |

Please list the specific standards this trip will address:

Curriculum Area/Standard: Civic and Social Expectations

Curriculum Area/Standard: Encouragement and knowledge of a life long activity to promote a healthy life style.
Improved cardiovascular and physical endurance

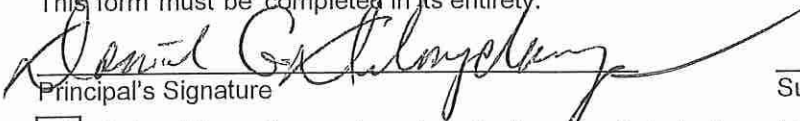
Curriculum Area/Standard: Learning the history and impact of the ski and snowbaord industry.
Learning about snow pack and avalanche prevention and safety.

Please note both pre and post trip activities that will be conducted to ensure curriculum integration:

Pre-trip Activities: Meeting with parents and to discuss details and expectations of the students. Which include
proper etiquette and protocol on the trip and how to be safe while on the mountain in the varying weather
conditions and snow conditions. How to prepare physically for higher elevations. Avalanche awareness training.

Post-trip Activities: Debriefing with students and an end of trip survey and question period.

Signature of the building principal signifies his/her approval of the trip and its integration into the curriculum.
 This form must be completed in its entirety.


 Principal's Signature

Superintendent's Signature

☒ School Nurse has reviewed medical needs of students and is coordinating nursing coverage and/or providing training for the administration of medication to those individuals responsible.

Date: _____

School Committee Chairperson for overnight and out-of-state day trips

Cost of Trip: \$1500 - \$2200/student Funding Source: Studnet funded and possibly fundraising

Transportation by: Bus and plane Name of Carrier: AA, Southwest, Le Bus, Park City Transit

Adults participating (min. 10-1 ratio required; 6-1at Elementary level): Mike Young, Erik Berg, Greg Pratt, Amy Berg

All Chaperones have been CORI checked: ☒

***Form must be approved by the Superintendent AT LEAST SIX weeks prior to the event. For overnight and out-of-state trips, approval must be sought from the School Committee at least three months in advance.**

Please attach a copy of the notice to parents, permission slip and any other pertinent accompanying documentation.

Cancellation Policy: The Superintendent reserves the right to cancel an approved field trip up until the time of departure. In the event of a cancellation, the school system is not responsible for any expenses incurred. The individuals coordinating the trip need to ensure that all parties are aware of this policy.



AUBURN HIGH SCHOOL

"Home of the Rockets"

Daniel Delongchamp, M.Ed.
Principal

Tess C. Jarvis, C.A.G.S.
Director of School Counseling

99 Auburn Street
Auburn, Massachusetts 01501
Phone: (508) 832-7711
Fax: (508) 832-7710
www.auburn.k12.ma.us

Bileen E. Donahue, M.Ed.
Assistant Principal

Brian Davis, B.A.
Director of Athletics

April 2022

To School Committee Members and Superintendent of Auburn Public Schools:

I am requesting permission for a field trip to Park City, Utah, for the Auburn High School Ski and Snowboard Club. The trip will take place on Tuesday, March 14, 2023, through Sunday, March 19, 2023. I chose these dates because it will have only a minimal effect on the students' learning. Depending on the airline's schedule, the students will miss 1½ to 2½ days of school, because the students have a half-day of school on Thursday and no school on Friday. The cost per student will be between \$1500 and \$2200 per person with the most likely cost being \$1800/person. The estimated cost is based on quotes from the various vendors and an increase of 10%. The exact cost will not be determined until the airline and Park City Resort release their prices for next March. However, to achieve the lowest cost possible especially for the airline tickets, we need approval far in advance to begin collecting deposits. The chaperones' expenses are covered by every eight student packages paid.

Based on this year's flight schedules, we anticipate that will depart Tuesday, March 14, 2023, around lunch time on a shuttle to Logan Airport in Boston. The students will attend school in the morning. We plan to use Southwest Airlines, which has a flight that departs around 2:30 PM and arrives in Salt Lake City. The return flight will depart Salt Lake City airport at 2:00 PM local time and arrive at Logan Airport around 10:00 PM. Southwest Airlines has not released their flight schedules and prices for March 2023 yet. The current price for our dates in 2020 was approximately \$500, but I estimate the price will be less than \$500 when purchased many months in advance. The current price of airline tickets with another carrier for March 2023 is \$357/person; however, those airlines charge additional bag fees. Each student will have three (3) bags which could add up to \$225/person. Southwest Airlines allows ski and boot bags count as one bag despite their irregular size, whereas many airlines charge an extra fee for irregular-sized bags.

The hotel has offered both the rooms and a hot breakfast for \$199/night plus taxes for 5 nights, if we reserve our space by the end of the May 2022. The town has a free shuttle service to and from the Park City and Canyons Resort with a stop next to the hotel. We have budgeted money to provide dinner every evening.

Park City Mountain and the Canyons Resort release their lift ticket prices for the 2022/23 recently. If we purchase early before the sale ends, this year's cost for a 4-day pass at Park City and the Canyons is about \$350 with advance purchase. I estimate the cost to increase about 20% before the season starts in November. The cost of the shuttle to and from Auburn to Logan

Airport is approximately \$650 each way, as quoted by AA Limousine service, and the shuttle to and from the Salt Lake City Airport and the hotel is approximately \$800 each way as quoted by Le Bus. The tour of the Olympic Park Museum and Olympic training facility will cost about \$15-20/person plus any additional activities a student may wish to do.

The students have the option to purchase travel insurance. The estimates for travel insurance are between \$50 and \$150 which will depend on the final cost of the trip and the insurance plan chosen.

I have been running an overnight ski and snowboard trip since 2014, and the trips have run smoothly without incidents, including a trip to Park City, UT in 2019. The timing for a trip like this could not be more perfect, because of the configuration of next year's calendar. Such confluence has not happened in four years. I would very much like to provide the students with this impressive opportunity. For many students, such an opportunity to ski in the Western United States, experience the beauty of the mountain, and tour the Olympic training facilities is rare.

This is an opportunity of a lifetime.

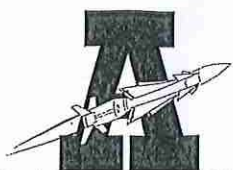
Thank You,

The image shows two handwritten signatures in black ink. The first signature, on the left, is 'M Young' and the second, on the right, is 'Erik Berg'. Both are written in a cursive, flowing style.

Michael Young

Erik Berg

Ski and Snowboard Club Advisors



Daniel Delongchamp, M.Ed.
Principal

Tess C. Jarvis, C.A.G.S.
Director of School Counseling

AUBURN HIGH SCHOOL

"Home of the Rockets"

Established 1935

99 Auburn Street
Auburn, Massachusetts 01501
Phone: (508) 832-7711
Fax: (508) 832-7710
www.auburn.k12.ma.us

Eileen E. Donahue, M.Ed.
Assistant Principal

Brian Davis, B.A.
Director of Athletics

April 2022,

Dear Parent(s)/Guardian(s):

As the Park City Ski and Snowboard Trip coordinator, I have acquired consent from the Auburn School Committee for a ski and snowboard trip to Park City Mountain Resort at 1345 Lowell Ave, Park City, UT 84060. Due to the limitations of the lodging accommodations at Park City, the Park City Ski and Snowboard Trip can only accommodate up to 40 students. The first forty students to submit all their completed forms with the \$300 deposit will be accepted. Students who submit their completed forms and a \$300 deposit after the first forty accepted students will be placed on a waiting list in the order that the forms and deposit were received. If a student is placed on the waiting list and he/she is not accepted to participate in the Park City Ski and Snowboard Trip, all monies will be refunded. If the Park City Ski and Snowboard Trip is cancelled prior to the required deposit paid to any Park City vendor, due to the lack of interest, all monies including the deposit will be refunded to ALL the students that had paid. **If the trip is cancelled after the initial deposit to a Park City vendor is delivered, then all refunds, if any, will be subject to the Park City Mountain Resort, the airline company, the hotel, and the travel insurance company cancellation policies.**

I believe that this trip will help the students exhibit their full comprehension of the Social Expectations that are put forth by our faculty and staff in the Auburn High School Core Values. They will be asked to act in accordance with the Auburn High School Student Handbook and represent Auburn High School in a way that would make the Auburn community proud.

The cost of the trip will be between \$1500 and \$2200 per student (best reasonable estimate \$1800/person). The price includes transportation to and from Auburn High School and Park City Mountain Resort; roundtrip airline ticket, a four-day lift ticket; a one-day pass to Olympic Park, daily breakfast, and dinner, five (5) nights of lodging, and optional travel insurance. There is an additional fee of (TBD) for the rental of ski or snowboard equipment for the four (4) days, if necessary. The bus will depart Auburn High School at approximately 12:30 PM on Tuesday, March 14, 2023, and return to AHS at approximately 11:00 PM on Sunday, March 19, 2023 (depending on the flight schedules). There will be a Park City Trip informational meeting on **Thursday, May 5, 2022**, in the Auburn High School presentation room at 6:30 PM for all interested students and their parents. **An initial \$300 DEPOSIT is due on or before Wednesday, June 1, 2022, the balance to be paid in five (4) installments of approximately \$375 (depending on the final cost) on the 1st of each month from September through December. NOTE: THE INITIAL DEPOSIT WILL BECOME NON-REFUNDABLE ONCE ANY PAYMENT IS SUBMITTED TO ANY PARK CITY VENDOR TALLING \$300 OR MORE UNLESS THE TRAVEL INSURANCE WILL COVER YOUR CLAIM.**

Cancellation Policy: The Superintendent reserves the right to cancel an approved field trip up until the time of departure. In the event of a cancellation, the school system is not responsible for any expenses incurred.

Auburn High School has adopted a set of rules and policies for the students to follow to make this trip safe and enjoyable for everyone. Listed below are the policies and regulations, followed by a name and signature line for students and parent(s)/guardian(s) to sign to acknowledge their understanding and willingness to abide by these rules. If a student disobeys any of the following rules, a parent will be called, and the student may be sent home immediately, or confined to the lodge with a chaperone until our departure from Park City and the student will not be allowed to participate in any future AHS Ski and Snowboard Club activities. No monies will be refunded either! This will be strictly enforced!

All school rules will apply for this trip, including but not limited to: no fighting, no smoking, no vaping, and no alcohol/drug use and at no time are students to be with anyone other than a chaperone or their classmates.

Any student who violates school rules stipulated in the student handbook or the specific rules for this trip may be sent home immediately or confined to the lodge with a chaperone until our departure from Park City. The student will not be allowed to participate in any future AHS Ski and Snowboard Club activities. If a student is sent home, a parent/guardian must arrange for transportation from Park City Resort at the parent/guardian expense. No monies will be refunded.

Sincerely,

Michael Young
Park City Ski and Snowboard Trip Coordinator

Attachments: Rules and Regulation; Safety Precautions; Permission notices; Emergency/Health Form; Hotel information, Trail Map; Alcohol, Drug, Tobacco, and Weapons Policy

Park City Ski and Snowboard Trip

Rules and Regulations 2023

- Per school committee policy, IJOA-1 approved 5/2/05, the principal has the right to exclude a student from any field trip if a student's prior demonstrated behavior, in school or out of school, is deemed to pose a risk to the success of a safe field trip or if the student and parent/guardian are not willing to sign a discipline contract or permission slip. In addition, the Ski and Snowboard Trip coordinator has the option to exclude any student from participating on the Park City Ski and Snowboard Trip, if in the Ski and Snowboard Trip Coordinator's opinion the student deemed to pose a risk to the success of a safe field trip, and/or the student will not cooperate with chaperones; and/or act in an appropriate manner on the ski trip. No monies will be refunded!
- It is the school policy and practice that any student who has accumulated 5 office/Saturday detentions or has been suspended from school is not permitted to participate in the Park City Ski and Snowboard Trip. This includes detentions for excessive tardiness. No monies will be refunded!
- Room checks will be performed on a nightly basis. All students must be in their assigned room by 11:00 PM. A student who misses curfew will have violated this agreement. Any student out of his/her room after 11:00 PM will be confined to the lodge until our departure or the student will be sent home at their expense, and the student will not be allowed to participate any future AHS Ski and Snowboard Club activities. No monies will be refunded!
- There will be times that students will be traveling independently of chaperones at Park City Mountain Resort. However, they are expected to and responsible for checking in with their chaperone on a regular basis. Any student that does not check in with their chaperone at designated times will be confined to the lodge until our departure or the student will be sent home at their expense, and the student will not be allowed to participate any future AHS Ski and Snowboard Club activities. No monies will be refunded!
- Park City enforces extremely strict rules of behavior on the mountain and within the lodges. Any student that does not adhere to these rules will not only be subject to revocation of their lift ticket but will also be in violation of this agreement may be sent home immediately or confined to the lodge with a chaperone until our departure from Park City and the student will not be allowed to participate in any future AHS Ski and Snowboard Club activities. No monies will be refunded!
- Auburn High School students on this trip are **NOT** permitted to leave the Park City Mountain Resort for any reason unless medical attention is required. If medical attention is required, the student will be escorted by a chaperone. Any student that leaves the Park City Resort, may be sent home immediately, or confined to the lodge with a chaperone until our departure from Park City, and the student will not be allowed to participate in any future AHS Ski and Snowboard Club activities. No monies will be refunded!
- The Best Western Plus Landmark Inn at Park City is a smoke-free building; there will be a \$150 fine, payable the Best Western Plus Landmark Inn at Park City, for any student caught smoking in the dormitory.
- Any student that loses a room key is subject to a lost key fee of \$25, payable to the Best Western Plus Landmark Inn at Park City.
- Each student is responsible for his/her own spending money on this trip.
- If a student that has paid in full is unable to participate in the Park City Ski and Snowboard Trip, the student **may** be eligible for a partial or full refund if both of the following conditions are met.
 1. The student has notified the Park City Ski and Snowboard Trip coordinator in writing on or before December 20, 2022; and
 2. A fully paid student on the waiting list agrees to participate in place of the student that is unable to attend.
- All the student's necessary information will be handed out before the day of the trip. All lift tickets to Park City will be handed out upon arrival the Park City Resort. If a student(s) loses his/her vouchers or tickets, they are responsible for the purchase of new tickets.
- **All students must leave their luggage and equipment at Auburn High School on March 13, 2023. All bags and student belongings will be searched prior to departure from Auburn High School to Park City Mountain Resort. If any illegal items (i.e., alcohol, drugs, tobacco products, weapons, etc.) are found, the student will **NOT** be allowed to go on the trip. No monies will be refunded!**

- Any carry-on bags and students' belongings will be checked prior to embarking on the bus at Auburn High School. If any illegal items (i.e., alcohol, drugs, tobacco products, weapons, and etc.) are found, the student will not be allowed to go on the trip. No monies will be refunded!
- Rooms, luggage, and personal belongings are also subject to search **at anytime** while on this trip. Any student found with illegal items (i.e., alcohol, drugs, cigarettes, weapons, and etc.) will be sent home immediately. No monies will be refunded!
- Any student found with illegal items (i.e., alcohol, drugs, cigarettes, weapons, and etc.) during the trip may be sent home immediately or confined to the lodge with a chaperone until our departure from Park City and the student will not be allowed to participate in any future AHS Ski and Snowboard Club activities. A parent/guardian will be called. No monies will be refunded!
- If a student violates a trip policy that also comes into conflict with local laws, their parent(s)/guardian(s) will be notified immediately, and the student will be responsible for answering to any legal action taken by local authorities. Any action taken by authorities will be the legal and financial responsibility of the student and his/her parent(s)/guardian(s). No monies will be refunded!
- Any student who does not arrive at the Auburn High School by the designated departure time **WILL** be left behind and no monies will be refunded!
- Any student who does not arrive at the Park City Resort designated departure location on or before the appropriate time may be subject to additional expenses. The student(s) and/or parent(s)/guardian(s) will be responsible for any extra cost that Auburn High School incurs from the transportation company because of a late departure.

Any student who violates school rules stipulated in the student handbook or the specific rules for this trip may be sent home immediately or confined to the lodge with a chaperone until our departure from Park City. The student will not be allowed to participate in any future AHS Ski and Snowboard Club activities. If a student is sent home, a parent/guardian must arrange for transportation from Park City Resort at the parent/guardian expense. No monies will be refunded.

Park City Ski and Snowboard Trip

Safety Precautions 2023

- Mr. Young will provide each chaperone with a master list of the chaperone's groups, student emergency information, and student and chaperones cell phone numbers.
- Every student will have an emergency cell phone number for emergency situations to contact Mr. Young and any other chaperones on the trip.
- Each chaperone will be responsible for up to 10 students for the entire day.
- Each chaperone is responsible for their group of students at times when attendance is taken.
- All students should be in groups of at least three when on the mountain. At no time should a student be by him/herself.
- If a student is missing from attendance for more than a half hour without any contact, all students and chaperones will be notified by a cell phone call immediately. All students and chaperones will meet at a designated site to take full attendance. Students within the missing person's group will be questioned. Park City authorities will also be informed and an announcement over the PA system will be made throughout the Park City Resort for that student to meet at the designated site.
- A chaperone will accompany any student to a medical facility if there is a need for medical treatment.
- If an emergency should arise, either an ambulance, Uber, Lyft, or taxi, depending on the severity of the injury, will bring the student and a chaperone to a medical facility.
- There will be at least two (2) male and two (2) female chaperones, which is subject to change based on the male to female ratio.
- Student must abide by any COVID-19 safety protocols put in place by Auburn Public Schools, Park City and Canyons Resort, the State of Massachusetts, the State of Utah, and any local rules that are in effect.

PARK CITY MOUNTAIN RESORT

AMERICA'S LARGEST SINGLE SKI & SNOWBOARD RESORT

Located in the heart of Park City, Utah, only a 35-minute drive from Salt Lake City International Airport, Park City is home to over 7,300 skiable acres with a variable mix of beginner, intermediate, and advanced terrain.

During summer 2015, the Resort undertook the largest resort improvement project in the history of American skiing, one that linked it with neighbor Canyons Resort to create the United States' largest ski area. Park City bustles with activities year-round with three distinct base areas, nine hotels, thrilling family adventures, and more than two dozen restaurants.

Park City is the largest ski area in the United States. With over 7,300 acres, 348 trails, 41 lifts, eight terrain parks, 13 bowls, one super pipe and one mini pipe, Park City is an easily accessible, world-class mountain destination located in an authentic & historic western town.

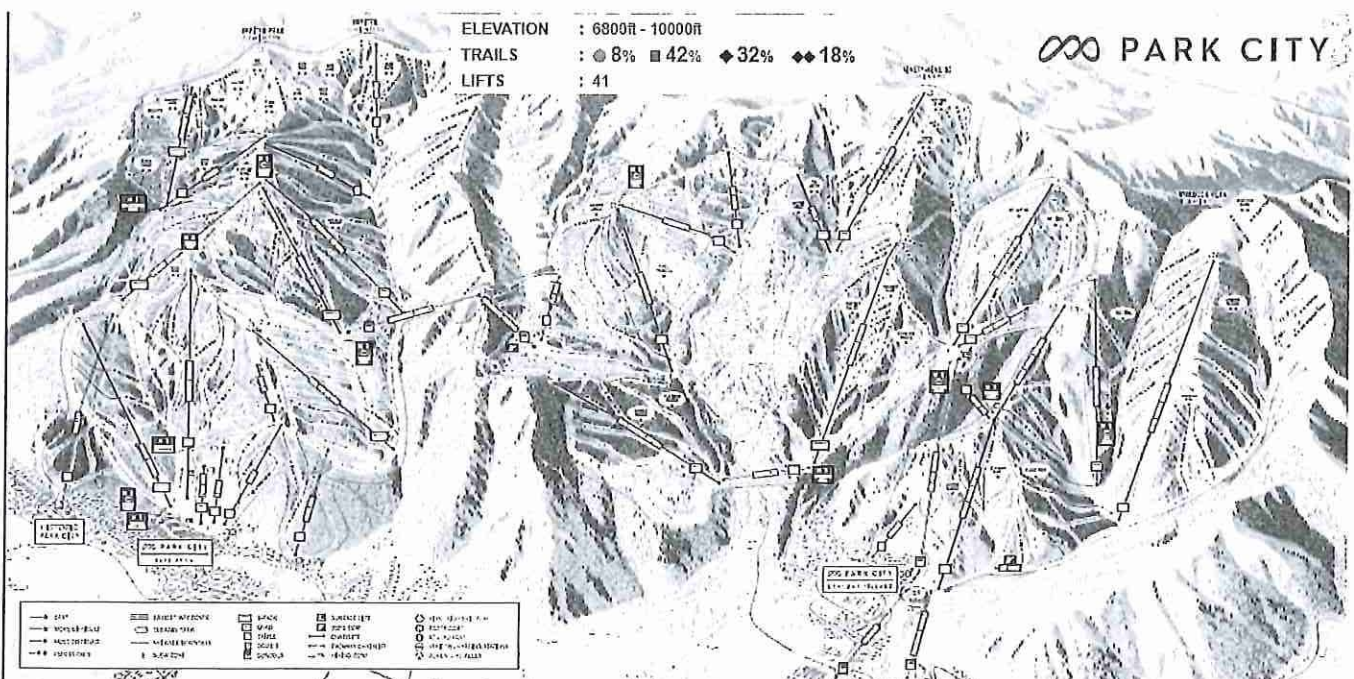
The mountain itself is broad and steep and offers some of the most varied terrain in the Wasatch Range. Beginners do not despair, as there is an area located just for those learning to make carved turns. Whether you are looking for long and gentle groomers, big and bold powder lines, or steep and deep in the glades, there is terrain for skiers and riders of all levels and abilities.

Families and would-be park rats can get their jibbing feet wet in the beginner Little Kings Park at the Park City Base or Pinedraw Park at the Canyons Village base.

Emerging intermediates will have a blast in our Pick Axe Park — a park set-up that pays homage to Park City's mining history. On the Canyons Village side, cruise through Transitions terrain park for all over your smaller to medium terrain park needs.

Once you're ready to take it to the big leagues, head over to 3 Kings where we offer a variety of medium and large jumps, rails, wallrides, boxes, and bonks.

Our 22' Eagle Superpipe has played host to the 2002 Winter Games in addition to multiple Grand Prix and Olympic Qualifying events. If you're looking for a more mellow transition-based experience, make your way over to the 13' Merill Minipipe.



Best Western Plus Landmark Inn
6560 N Landmark Drive
Park City, Utah 84098
(Possible Hotel)

Hotel Amenities

Exercise facilities

- Wireless internet connection in public areas and all guest rooms. All guest rooms are hardwired for Internet access.
- 100% smoke-free hotel
- Complimentary full breakfast, choice of breads, cereal, fruit, hot eggs, hot breakfast meat, other hot items, yogurt, juice, and coffee
- Indoor heated pool
- Extra-large hydro-spa hot tub
- Sunbathing with volleyball, badminton, horseshoe pit, ping pong, pool table foosball and air hockey
- Convenience store/Sundry open 24-hours
- 24-hour front desk
- Guest laundry
- Baggage hold
- Concierge, see front desk
- Complimentary shuttle bus that runs each hour to all world-famous ski areas, historic Main Street, and the factory stores at Park City during the winter ski season only
- Steam room
- Exercise facility 24 Hour
- Treadmill
- Elevator
- Interior corridor
- Children's activities video arcade, horseshoe pit, volleyball/badminton net, and basketball
- Coffee shop 24-hour coffee/tea bar located by the front desk.
- Air-conditioning
- Ice/vending machines
- Outdoor barbecue available for rent
- Spacious lobby and fireplace
- Complimentary 24-hour hot beverage bar
- Daily house cleaner service
- Many restaurants and shops within walking distance.

Park City Ski and Snowboard Trip Itinerary *(All times are approximate)*

TUESDAY

- 11:30 AM EST Depart Auburn High School for the airport.
- 11:30 PM MST Arrive at Best Western Plus Landmark Inn
6560 N Landmark Drive Park City, Utah 84098.
- 11:45 PM Room Check

WEDNESDAY

- 7:00 AM Breakfast (included in the cost of the trip).
- 8:00 AM Depart for the Mountain.
- 8:45 AM SKI!! (Student check-in times and places to be determined)
- 12:00 PM Lunch (Cost not included).
- 4:15 PM Return to the Best Western Plus Landmark Inn at Park City.
- 6:00 PM Dinner (Included in the cost of the trip).
- 7:00 PM Group Activities (Games, Swimming, Shopping, Movies, and etc.)
- 11:00 PM Room Check

THURSDAY

- 7:00 AM Breakfast (included in the cost of the trip).
- 8:00 AM Depart for the Mountain.
- 8:45 AM SKI!! (Student check-in times and places to be determined)
- 12:00 PM Lunch (Cost not included).
- 4:15 PM Return to the Best Western Plus Landmark Inn at Park City.
- 6:00 PM Dinner (Included in the cost of the trip).
- 7:00 PM Group Activities (Games, Swimming, Shopping, Movies, and etc.)
- 11:00 PM Room Check

FRIDAY

- 7:00 AM Breakfast (included in the cost of the trip).
- 8:00 AM Depart for the Mountain.
- 8:45 AM SKI!! (Student check-in times and places to be determined)
- 12:00 PM Lunch (Cost not included).
- 4:15 PM Return to the Best Western Plus Landmark Inn at Park City.
- 6:00 PM Dinner (Included in the cost of the trip).
- 7:00 PM Group Activities (Games, Swimming, Shopping, Movies, and etc.)
- 11:00 PM Room Check

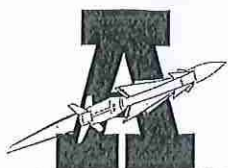
SATURDAY

7:00 AM	Breakfast (included in the cost of the trip).
8:00 AM	Depart for the Mountain.
8:45 AM	SKI!! (Student check-in times and places to be determined)
12:00 PM	Lunch (Cost not included).
4:15 PM	Return to the Best Western Plus Landmark Inn at Park City.
6:00 PM	Dinner (Included in the cost of the trip).
7:00 PM	Group Activities (Games, Swimming, Shopping, Movies, and etc.)
11:00 PM	Room Check

SUNDAY

7:00 AM	Breakfast (included in the cost of the trip).
8:00 AM	Prepare for departure and store luggage in designated area.
8:30 AM	Depart for Olympic Park Museum and Olympic training facility.
11:00 AM	Depart Best Western Landmark for Salt Lake City Airport
12:30 PM MST	Lunch
10:00 PM EST	Arrive at Logan Airport
11:30 PM	Arrive at Auburn High School

<u>Park City Ski and Snowboard Trip Payment Schedule</u>	
<u>Parent Meeting</u>	
May 4, 2022, at 6:30 PM	AHS Presentation Room
<u>First Payment</u>	
Due on or before June 1, 2022	\$300
<u>Four (4) Installment Payments</u>	
Due on or before the 1 st of each month for September through December	≈\$375 depending on the final cost
Prices subject to change and based on a total cost of \$1800/student.	



Daniel Delongchamp, M.Ed.
Principal

Tess C. Jarvis, C.A.G.S.
Director of School Counseling

AUBURN HIGH SCHOOL

"Home of the Rockets"

Established 1935

99 Auburn Street
Auburn, Massachusetts 01501
Phone: (508) 832-7711
Fax: (508) 832-7710
www.auburn.k12.ma.us

Eileen E. Donahue, M.Ed.
Assistant Principal

Brian Davis, B.A.
Director of Athletics

Parent / Student / Faculty Understanding of Expectations

A \$300 deposit and this permission form are due by Friday June 1, 2022. Please make checks payable to Auburn High School. Please take careful consideration before making your commitment.

These rules and policies are set to achieve the greatest enjoyment for everyone on the trip. If a student violates any of the rules and policies set forth in this agreement, it will be the student and parent(s)/guardian(s)'s financial responsibility to make the necessary arrangements for an immediate ride home, if necessary.

I acknowledge that skiing/snowboarding can be hazardous and that there are inherent risks in these sports, including but not limited to variations in terrain, surface and subsurface snow, ice conditions, moguls, bare spots, forest growth, rocks, and debris, lift towers and other obstacles and hazards. For parents/guardians of participants of minority age (under Age 18 at time of registration) this is to certify that I, as parent/Guardian with legal responsibility for the minor children named on this application, do consent and agree to his/her use of the ski area and, for myself, the minor children and our heirs, assigns, personal representatives and next of kin, release Auburn Public Schools, its officers, officials, agents, representatives, affiliated companies and/or employees, with respect to any and all liability, loss, damage, costs, claims, and/or causes of action, including but not limited to injury, disability, death, or loss or damage to person or property related in any way to the minor child's use of the ski area to the fullest extent permitted by law. I further agree to indemnify and hold harmless Auburn Public Schools, its officers, officials, agents, representatives, affiliated companies and/or employees from any and all liabilities incident to the minor child's use of the ski area as provided above to the fullest extent permitted by Law.

Cancellation Policy: The Superintendent reserves the right to cancel an approved field trip up until the time of departure. In the event of a cancellation, the school system is not responsible for any expenses incurred.

I, _____, understand and agree to all the rules and policies set forth
(Print Name)
for this trip.

Signature of Student: _____ Date: _____

I, _____, the parent(s)/guardian(s) of the above-mentioned student, also
(Print Name)
understand and agree to all the rules and policies set forth for this trip.

Signature of parent/guardian: _____ Date: _____

Attached to this letter is an informational packet with a planned itinerary. If there are any questions, I will be happy to field them at **the Park City Informational Meeting on Thursday, May 5, 2022, at 6:30 PM.**

Please return this sheet with all signatures along with the \$300 **deposit** by Friday June 1, 2022. Please make checks payable to **Auburn High School**.

Sincerely,


Michael Young
Park City Ski and Snowboard Trip
Coordinator


Erik Berg
Ski and Snowboard Club Advisor

EMERGENCY AND HEALTH INFORMATION FOR OVERNIGHT AND OUT-OF-STATE FIELD TRIPS

Student's Name: _____ Student Cell Phone Number: _____

Address: _____ Grade: _____

Town: _____ State: _____ Zip: _____

Home Telephone Number: _____ Date of Birth: _____

Parent/Guardian #1:	Parent/Guardian #2:
Name: _____	Name: _____
Home Phone Number: _____	Home Phone Number: _____
Cell Phone Number: _____	Cell Phone Number: _____
Email: _____	Email: _____

HEALTH INFORMATION

Family Physician Name: _____

Physician Telephone Number: _____

Insurance Provider: _____

Insurance Number: _____

Please list any health problems that we should be made aware of **including** whether you are currently taking any medications, if you have any allergies to medications, and any special food diet.

If not taking any medications and the student has no allergies, write none.

On rare occasions, a medical emergency arises when we are unable to contact the parents. Most hospitals frown upon administering any medical care without the consent of the parent/guardian. In order that no delay occur that might cause discomfort to your son/daughter, or endanger his/her life, we request the following permission slips to be signed by the parent/guardian.

I give permission for the nurse, or another individual trained by the nurse to administer my son/daughter's medication, if required, during the field trip.

I hereby grant permission to the field trip leader, or his/her designee, Michael Young, to hospitalize, and secure proper treatment for my son/daughter in case of a medical emergency, provided he/she is unable to contact me, and according to his/her best professional judgment, further delay would cause severe discomfort or jeopardize the life of my son/daughter.

Date: _____ Student Signature: _____

Parent/Guardian Signature: _____



Daniel Delongchamp, M.Ed.
Principal

Tess C. Jarvis, C.A.G.S.
Director of School Counseling

AUBURN HIGH SCHOOL

"Home of the Rockets"

Established 1935

99 Auburn Street
Auburn, Massachusetts 01501
Phone: (508) 832-7711
Fax: (508) 832-7710
www.auburn.k12.ma.us

Eileen E. Donahue, M.Ed.
Assistant Principal

Brian Davis, B.A.
Director of Athletics

Alcohol, Drug, Tobacco, and Weapons Policy

April 2023

Dear Parent(s)/Guardian(s):

Please read, sign, and return this letter signifying that both you and your student are aware of the school's policy regarding the use or possession of alcohol, drugs, tobacco, and/or weapons. This letter is to remind you that an infraction of these rules during the class trip will result in your child being sent home on the next available flight at your expense.

Alcohol – possession, consumption, being under the influence, sale, and/or distribution of alcoholic beverages is prohibited in school buildings, on school grounds, on school buses, and while attending school-related events. The Park City Ski and Snowboard Trip is considered a school function and therefore, students violating this rule will be subject to the same harsh consequences as stated in the Student Handbook on page 37 (*Substance Abuse of Alcohol*).

Drugs – possession, use, being under the influence, sale, and/or distribution of harmful or illegal drugs is prohibited in school buildings, on school grounds, on school buses, and while attending school-related events. The Park City Ski and Snowboard Trip is considered a school function and therefore, students violating this rule will be subject to the same harsh consequences as stated in the Student Handbook on page 37 (*Substance Abuse of Illegal Drugs*).

Tobacco – possession, use, being under the influence, sale, and/or distribution of any tobacco products is prohibited in school buildings, on school grounds, on school buses, and while attending school-related events. The Park City Ski and Snowboard Trip is considered a school function and therefore, students violating this rule will be subject to the same harsh consequences as stated in the Student Handbook on page 36 (*Smoking, Tobacco Use, or playing with lighters*).

Weapons – possession, use, sale, and/or distribution of any object that could be used to injure another person is prohibited in school buildings, on school grounds, on school buses, and while attending school-related events. The Park City Ski and Snowboard Trip is considered a school function and therefore, students violating this rule will be subject to the same harsh consequences as stated in the Student Handbook on page 36 (*Weapons*).

Any student who violates school rules stipulated in the Auburn High School Student Handbook or the specific rules of this Park City trip may be sent home immediately and will not be able to participate in any future AHS Ski and Snowboard Club activities including the weekly visits to Wachusett Mountain. No monies will be refunded.

Student Name: _____


Student Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

Sincerely,


Michal Young
Park City Ski and Snowboard Trip Coordinator


Erik Berg
Ski and Snowboard Club Advisor

time.com

Why Skiing Is a Ridiculously Good Workout

Markham Heid

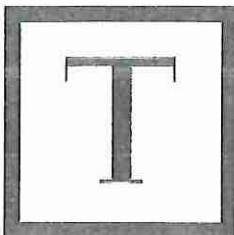
6-7 minutes

The bracing air on your face and the rush of snow beneath your skis: Not many activities intuitively feel as healthful and invigorating as downhill skiing. But is it actually any good for you?

The answer, unequivocally, is “yes”—although how good skiing is for you depends in part on your skill level, how hard you push yourself and the types of terrain you tackle on the slopes.

“Alpine skiing is a mix of endurance and resistance training,” says Dr. Josef Niebauer, a professor of sports medicine and cardiology and director of the Institute for Molecular Sports and Rehabilitation Medicine at Paracelsus Medical University in Salzburg, Austria. “It has positive effects on the heart and circulation, as well as peripheral muscles—predominately the legs.”

In terms of working your heart, Niebauer’s research has shown that downhill skiing roughly equates to cycling or rowing workouts. Of course, hopping through deep powder will push your heart rate higher than a leisurely slalom down a groomed run. But he says that all types of downhill skiing (and cross-country, too) offer cardio-metabolic benefits, including improved insulin resistance, body composition and glucose metabolism, as well as a drop in blood pressure, blood lipids and heart rate. Skiing also seems to reinvigorate blood vessels and cell health. “We saw positive effects on arterial stiffness, which is a sign of rejuvenating arteries,” Niebauer says. (Arterial stiffness is also a risk factor for heart disease and Alzheimer’s.)



TIME Health Newsletter

Get the latest health and science news, plus: burning questions and expert tips. [View Sample](#)

Skiing is also a form of interval training, which has lately become one of the hottest fads in the fitness world. After pushing yourself for anywhere from 20 seconds to 15 minutes during a run, you get a nice break as you ride back up the hill. A growing body of evidence suggests this on-off style of training—working hard for a few minutes, then taking a breather—can provide a range of benefits, from extending your life to improving your fitness levels.

But skiing really distinguishes itself from other fitness activities when it comes to firing up and training the muscles of your lower body. “The mix of highly coordinated movements with different types of exercise modes”—carving, skidding, quick turns, jumping—“and the mix of eccentric, isometric and concentric muscle work might be seen as quite unique when compared with other types of physical activity,” says Thomas Stöggl, a skiing researcher and associate professor of sports science and kinesiology at the University of Salzburg.

The subtle (and not so subtle) knee and hip movements and exertions that take place during downhill skiing challenges a much wider range of lower-body muscles than do most other forms of exercise. From the large muscles in your thighs to much smaller support muscles around your knees, skiing is a complete lower-body workout, shows a recent study in the *Journal of Sports Science and Medicine*.

Why is this important? Research on trail hiking and running suggests that activating and training more of these support muscles can improve balance and stability, and may cut down on your risk for overuse or repetitive-motion injuries. While the scientific literature on downhill skiing is less robust, studies show that it too improves balance and range of motion.

Last but not least for outdoor enthusiasts, the spectacular natural settings that tend to accompany skiing shouldn't be discounted. Lots of research suggests that spending time outdoors and in nature is great for your mental and physical health. And a little cold exposure could also provide fat-burning benefits.

“Being active in a beautiful outdoor environment can't be topped,” Niebauer says. “Skiing is more than just a sport—it comes with lots of positive effects on the skier's wellbeing and quality of life.” (If you doubt this, walk into any ski lodge and observe all the happy, rosy cheeked faces.) Research on elderly adults also shows skiing improves mood.

But while downhill skiing offers a number of health benefits, the risks can't be discounted. Take on trails or terrain that exceed your abilities, and you expose yourself to serious injury—from broken bones and concussion to death. Even if you're staying away from trees and moguls, Niebauer points out that heart attacks are the number-one cause of death on the slopes. “This is mainly due to the fact that a considerable number of skiers go skiing despite poor fitness and a mix of cardiovascular risk factors that makes them prone to cardiac events,” he says.

Any activity that pushes your heart can also imperil your heart. That's true for running, cycling and swimming. And skiing is no different.

But assuming your heart is in good enough shape to handle exercise, the benefits of skiing "far outweigh" the risks, Niebauer says.

Contact us at editors@time.com.

AUBURN PUBLIC SCHOOLS

JOB DESCRIPTION

SCHOOL PSYCHOLOGIST/ TEAM CHAIR

Reports to: Director of Pupil Services and Building Principals

Responsibilities:

Under the direction of the Director of Pupil Services and Building Principals, serves as psychologist/ team chair to students in the schools to which he/she has been assigned. Evaluates needs of recommended students within the school and helps to plan and carry out programs to enable students to attain maximum achievement and adjustment by performing the following duties.

Essential Functions:

- Conduct psychological and educational evaluations and write thorough evaluation reports including educationally relevant findings and recommendations
- Facilitate IEP Team meetings including initial evaluations, re-evaluations, annual reviews and other meeting types
- Ensure compliance with all relevant timelines for evaluations, meeting, and document completion according to state and federal regulations
- Author relevant sections of IEPs
- Clearly communicate and adhere to state and federal laws and regulations related to special education process and procedures
- Create and maintain a Team atmosphere that focuses on students' strengths and promotes collaboration among all Team members
- Assure that parents/ guardians are informed and comfortable throughout the Team process
- As part of the Team process, monitor and evaluate students' academic, social, and behavioral progress in relation to IEP goals and objectives and Common Core standards
- Lead the Team in documenting Transition Planning activities to support students in preparation for transition from school to college and career as required by state and federal regulations
- Maintain effective communication with administrators, parents, counselors, and related service providers
- Provides individual and/or group counseling to specified students to achieve personal, social and emotional adjustment
- Performs risk/ threat assessments on students, as needed
- Performs other duties, as assigned

Ability to:

- maintain open lines of communication with the building administration, guidance counselors, teachers and parents regarding special education and pupil personnel services and issues
- plan, organize and coordinate programs
- establish and maintain positive working relationships
- apply principles of logical or scientific thinking to a wide range of problems
- utilize collaborative leadership style
- manage multiple tasks

Knowledge of:

- student testing, interpretation of results and counseling procedures
- state and federal laws relating to special education and pupil personnel services
- District policies, rules and regulations
- current education theories and practices

- curriculum and instruction, safety procedures, education code, local policies

Qualifications:

- evidence of ability to perform each essential function satisfactorily. The requirements listed above are representative of the knowledge, skill and /or ability required
- five years experience in public school education or at least three years of successful experience as a school psychologist preferred

Education:

- Master's Degree from an accredited college or university
- Appropriate Massachusetts Department of Education certification

Approved by Auburn School Committee:

Auburn Public Schools