



VERMONT COMMONS SCHOOL

MOVING OUT OF THE CLASSROOM AND INTO THE WORLD

Press Release

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**Contact: Chance Cardamone Knewstubb
Phone: 865-8084**

Spring Encounter Week Takes VCS Students Out of the Classroom and Into the World

Vermont Commons School students will embark on their third and final Encounter Week of the school year May 24th – 28th. According to Wendy McArdle, Marketing Director at Vermont Commons School, “Encounter Week is what VCS is all about -- moving students out of the classroom and into the world. It’s an incredible opportunity for our students to explore new areas, expand their comfort zone, and add some adventure to their educational experience.” VCS offers Encounter Weeks three times a year, and the offerings are constantly changing to reflect the talents, interests and passions of the faculty and students. Below is a brief summary of the offerings this spring. A more detailed description of each Encounter Week can be found in the NEWS section of the VCS website:

www.vermontcommons.org/news.

CHAMPLAIN VALLEY ADVENTURING

This Encounter Week will include a mixture of cycling and hiking day trips. The objective is to expose students to some of the exceptional opportunities for outdoor adventures right in our own backyard. To add to the fun, most days will be structured something like an adventure race, with teams, clues, maps, etc.

CHICAS WEEK

This Encounter Week (open to girls only) is designed to provide the girls of Vermont Commons an opportunity to explore their personal ability to be leaders, sound their voices, and show their strength as women. The group will address a host of “girl issues” in a comfortable way through writing exercises and group activities. They will also explore their physical strength through daily bike rides and hikes.



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WILDERNESS SURVIVAL

This Encounter Week may save your life. And if you ever end up on Survivor, it could help you win \$1 million! Over the course of the week, students will learn survival skills such as building a shelter, finding food (including foraging and trapping) and water, starting a fire without matches, using a compass, tying knots, as well as some basic wilderness first aid. Most of all, students will learn to keep a level head, the most important skill for any survivalist!

DAY HIKES IN VERMONT

This Encounter Week will consist of day hikes in the Green Mountains including four of Vermont's five peaks over 4,000 feet: Mt. Abe, Mt. Ellen, Camel's Hump, and Mt. Mansfield.

OUTDOOR LEADERSHIP COURSE AND WILDERNESS FIRST AID

This Encounter Week will take place in the White Mountains of New Hampshire. It is designed to prepare students to work in wilderness leadership positions including co-leading future VCS wilderness Encounter Weeks. Students will develop their own leadership styles through discussion and hands-on activities in the field. In addition, they will become certified in Wilderness First Aid.

NEW YORK CITY ENCOUNTER

This is an art intensive Encounter Week with a focus on the fine arts. Students will visit the Met, the Guggenheim, the MoMA, PS1, the Frick and the Chelsea galleries to study art history, sketch and discuss how NYC became (and still is) the art capital of the world. The group will also visit Coney Island for a hot dog, a ride on the Cyclone, catch a few movies at the film forum, and go to the planetarium show at the Natural History Museum.

NEW ENGLAND RAFTING

This Encounter Week will take a hearty group of fearless VCS adventurers into the wilds of Maine to brave the waters of the Kennebec and Penobscot rivers. The group will be tackling Class 4 and 5 rapids on this trip – wish us luck!

About Vermont Commons School: *Vermont Commons School is an independent day school for students in grades 7 – 12. The school offers a rigorous, college-preparatory curriculum that includes a focus on*



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community service and experiential education. Vermont Commons School students experience a unique blend of academics and global emersion, master fundamental academic disciplines, grasp the profound interdependence of the natural and human systems they inhabit, and graduate with the values, knowledge, skills and commitment necessary to become ethical and engaged ecological citizens. For more information, please visit www.vermontcommons.org.

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