

# 9th Grade Parent Meeting & Odyssey Gear Check





**SEATTLE ACADEMY IS**

**A DYNAMIC COMMUNITY THAT CHALLENGES STUDENTS TO**

**QUESTION, IMAGINE, AND CREATE**

**IN ORDER TO**

**CONTRIBUTE**

**BOLDLY TO A CHANGING WORLD.**

# Welcome, Luna!!!

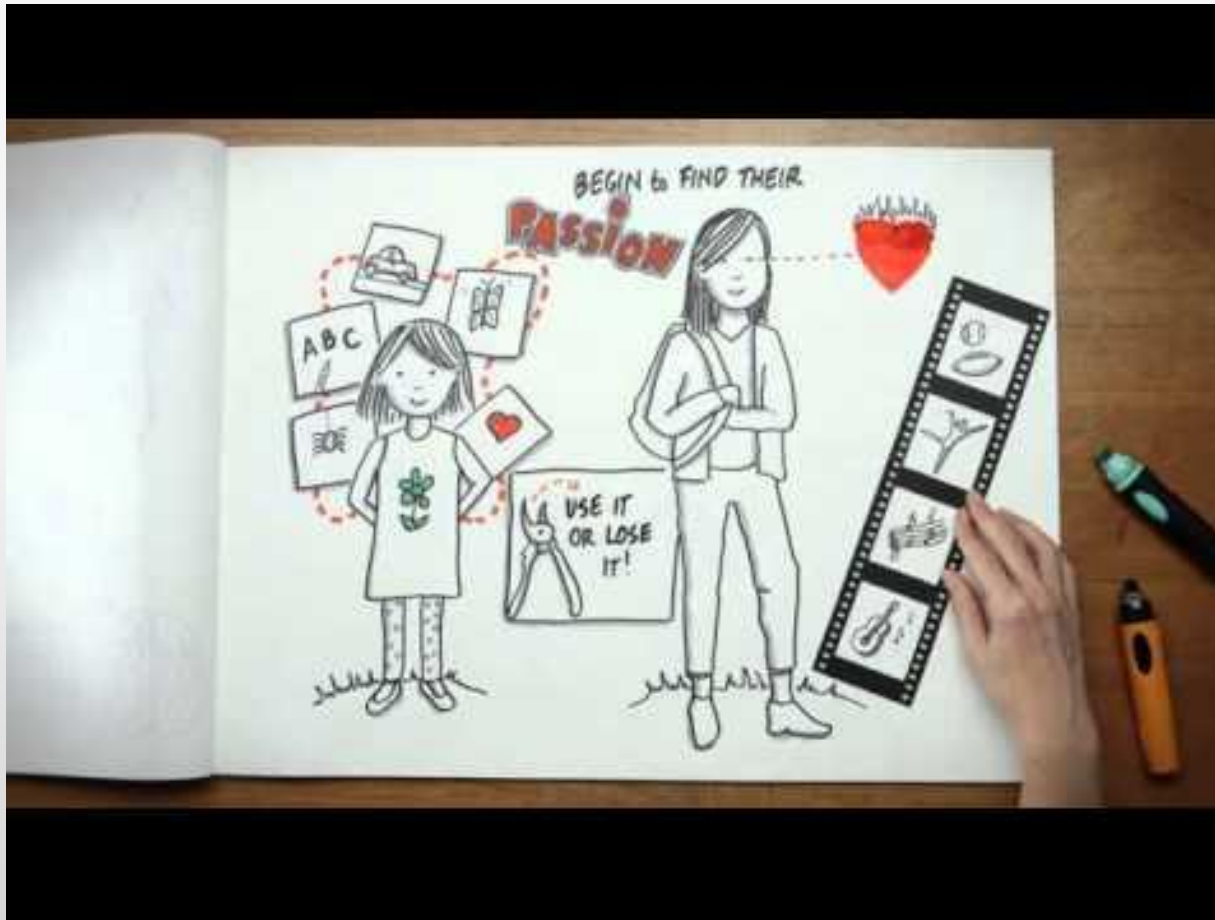


# High School: A Complex Transition





# Adolescent Brain Video



# A Complex Transition

- Transitioning into more demanding levels of stress
- New freedoms and responsibilities create more ‘balls to juggle at once’, and add to stress
  - *Eustress vs. Distress*
- Recognize that stress, fatigue, or challenge can cause misfires in the brain at this age
- They are building a workable toolbox of skills; approaching mastery
- Connections take time

# Academics and the Brain

Content courses emphasize:

- Structure
- Organization
- Preparation
- All disciplines emphasizes reading and writing development.

Overarching Goal:

*To develop **self-confidence** and the tools of **self-advocacy** through experiencing small successes.*



# Academic Development

- **Practice** skills and **Acquire** new competencies
- **Take** small bites
- **Scaffold** material
- **Develop** mastery of skills
- Later in the year → **Build** toward mastery

# The Teenage Brain



# Are you seeing changes in...?

- Attendance patterns
- Engagement: social life, extracurricular interests
- Academic habits
- Health/Hygiene
- Eating habits
- Sleep patterns

# Practice Balance



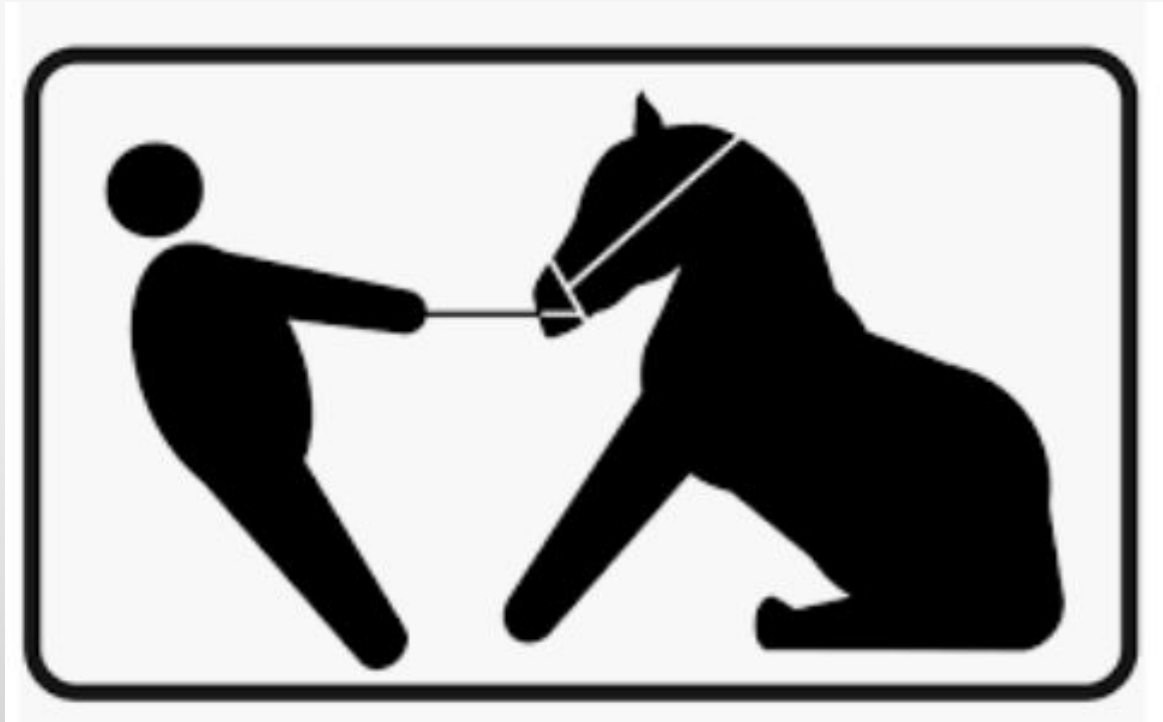
# CEO vs. Consultant

- Celebrate! Right now you are the “CEO of the family company” -- your structure and communication is irreplaceable.
- Hope that when you are ‘fired’ from CEO, that they use you as a Consultant in their own developing lives 😊

# Control vs. Influence

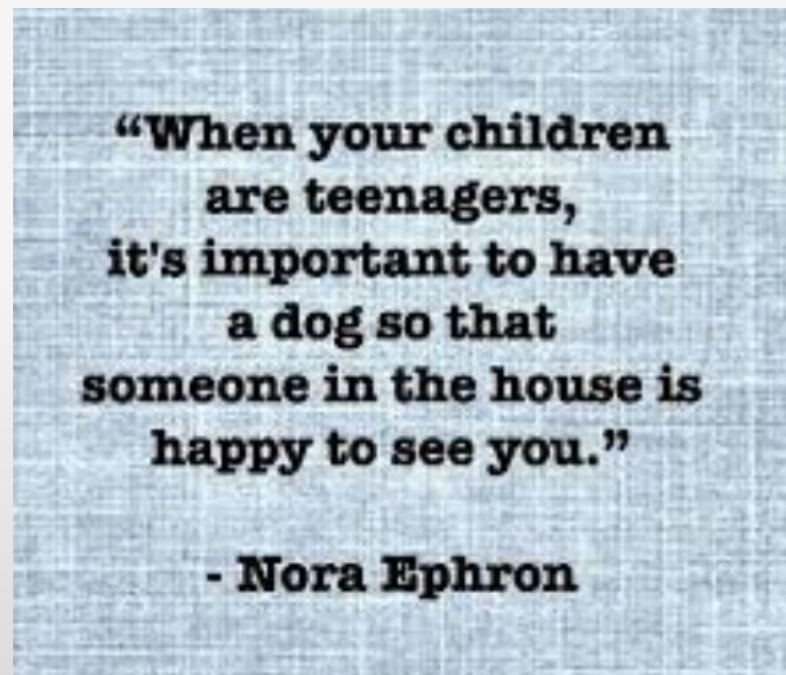
*Exercising independence and responsibility is a skill and, like any other skill, needs to be practiced.*

# Resistance vs. Reluctance



# May we make some suggestions...

1. Don't take it personally...even when they make it personal
2. Don't assume
3. Don't wait too long to communicate





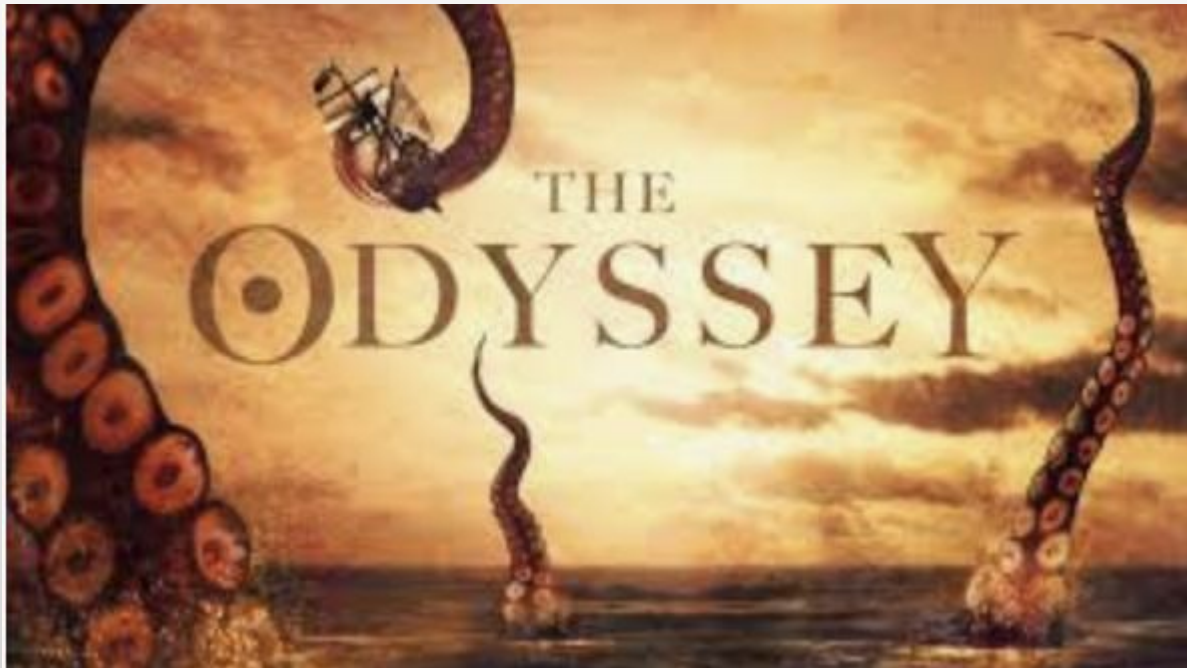
# More Importantly, **Do:**

- Enjoy them in the present
- See the positives – *They are there!* – and let them know it
- Remember, they are likely to come back around to you after a year or two at college
- Talk to us & Talk to each other

# Most importantly...



What questions do you have about the 9th grade journey?



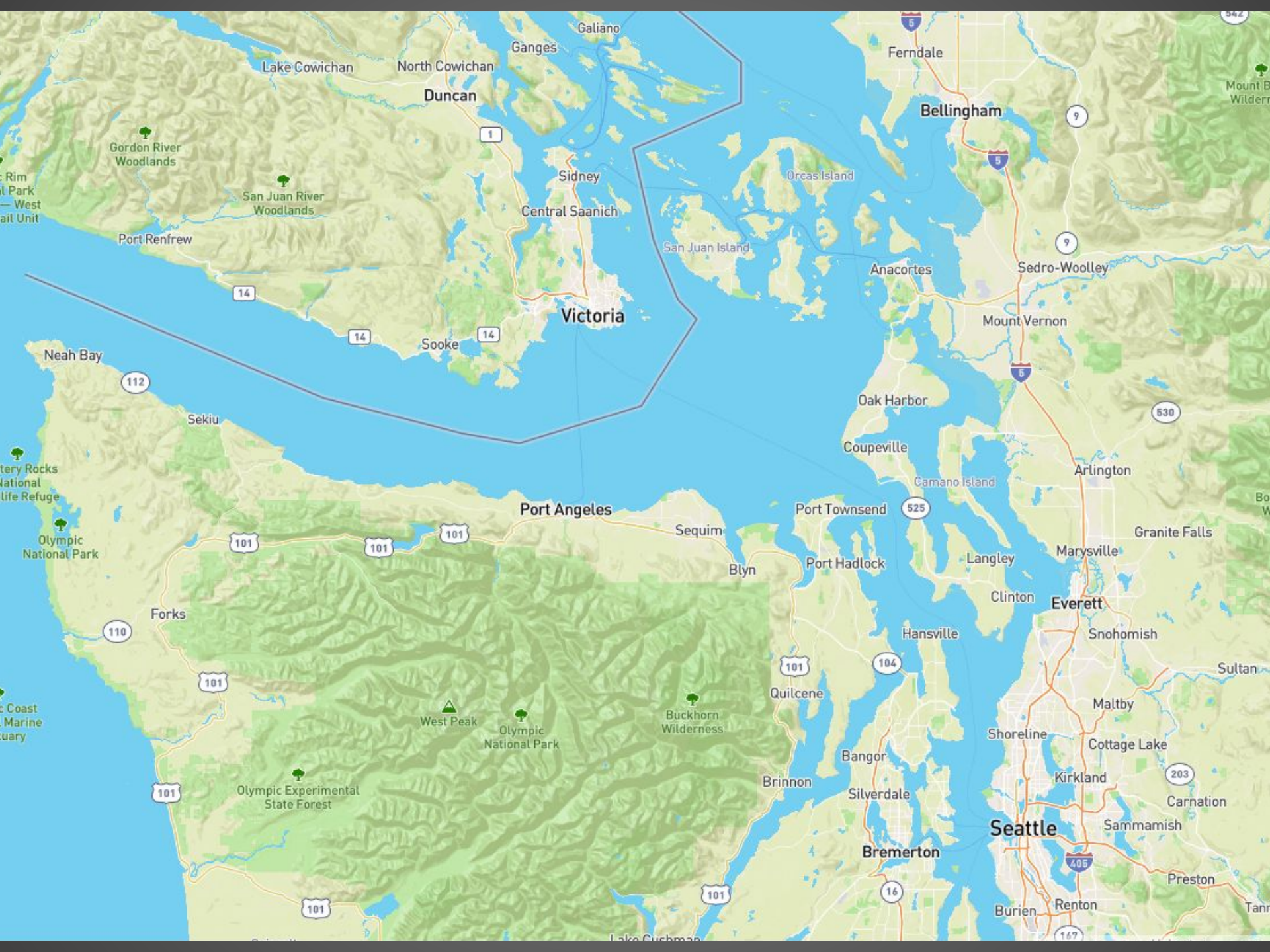
**Take a moment to stretch  
and find your child's Gear  
Check location!**

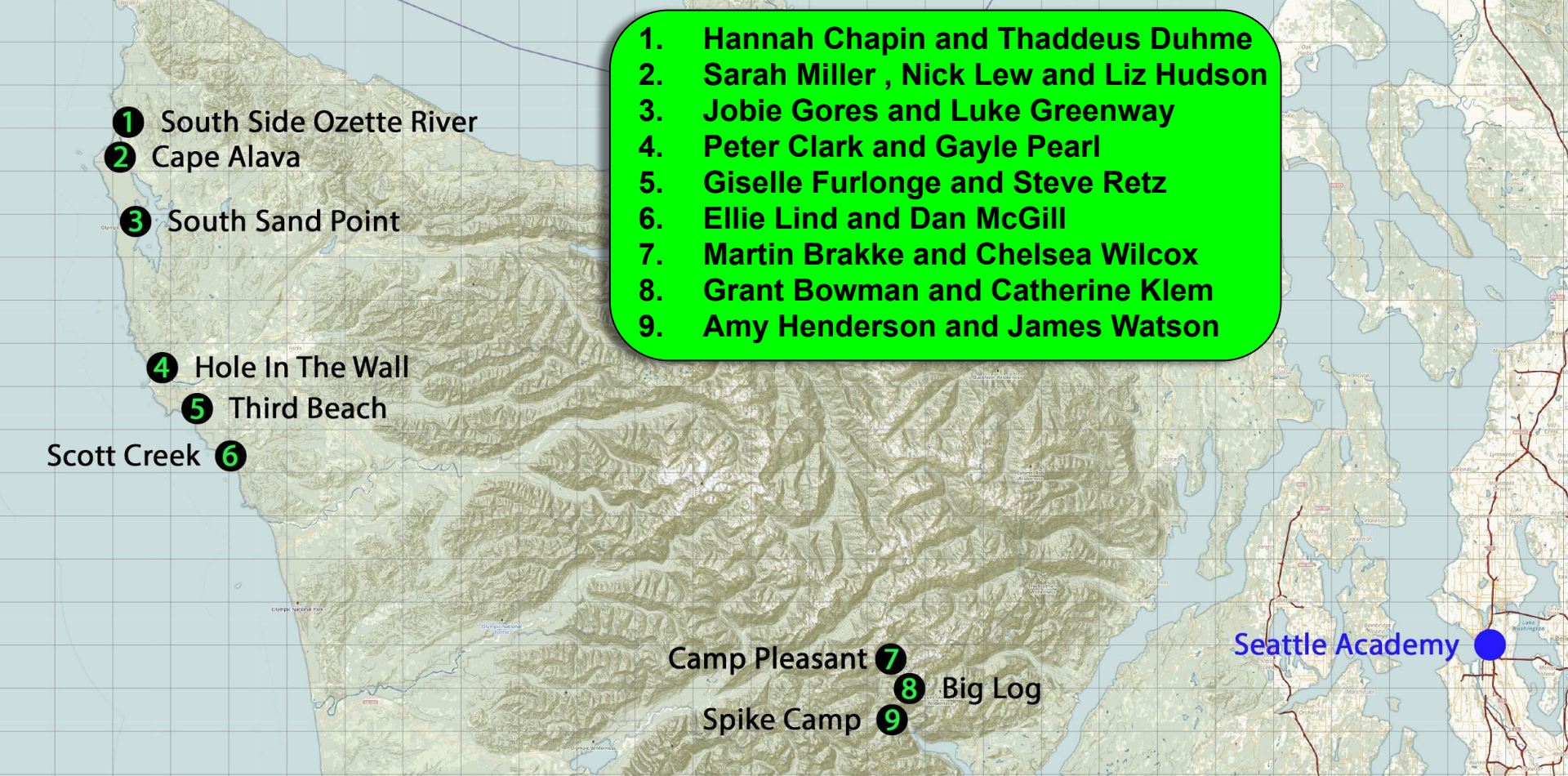
## Odyssey Gear Check Locations

Advisor	Gear Night Meeting Space
Ali Stewart-Ito	Multi Purpose Room (MPR)
Alicia Iannucci	STREAM 001
Amy Henderson	Vanderbilt 8
Annalise Olson/Bailey Zahniser	Arts Center 204
Cheyenne Gordon	Arts Center 106
Ellie Lind	Arts Center 108
Giselle Furlonge	Arts Center 205
Grant Bowman	STREAM 501
Hannah Chapin	STREAM 403
Jobie Gores	STREAM 301
Kaitlin Webster	Arts Center 213
Magda Buikema	Vanderbilt S1
Mark Wensnahan	STREAM 503
Martin Brakke	STREAM 303
Peter Clark	STREAM 401
Rachel Edelman	Vanderbilt 4
Sarah Miller	Vanderbilt S2
Zac Townsend	Arts Center 105

# Odyssey Trip







1. Hannah Chapin and Thaddeus Duhme
2. Sarah Miller , Nick Lew and Liz Hudson
3. Jobie Gores and Luke Greenway
4. Peter Clark and Gayle Pearl
5. Giselle Furlonge and Steve Retz
6. Ellie Lind and Dan McGill
7. Martin Brakke and Chelsea Wilcox
8. Grant Bowman and Catherine Klem
9. Amy Henderson and James Watson

- 1 South Side Ozette River
- 2 Cape Alava
- 3 South Sand Point
- 4 Hole In The Wall
- 5 Third Beach
- 6 Scott Creek
- 7 Camp Pleasant
- 8 Big Log
- 9 Spike Camp

Seattle Academy

**Wed 9/25**

5:45am – 7:30am  
 Olympic: 16<sup>th</sup> lot and depart  
 Sucia: 12<sup>th</sup> Ave Block  
 (specific times will be emailed)

10am – 1pm  
 Arrive at Trailhead and begin hiking

**Thurs 9/26**

Day Hikes/Exploring

**Fri 9/27**

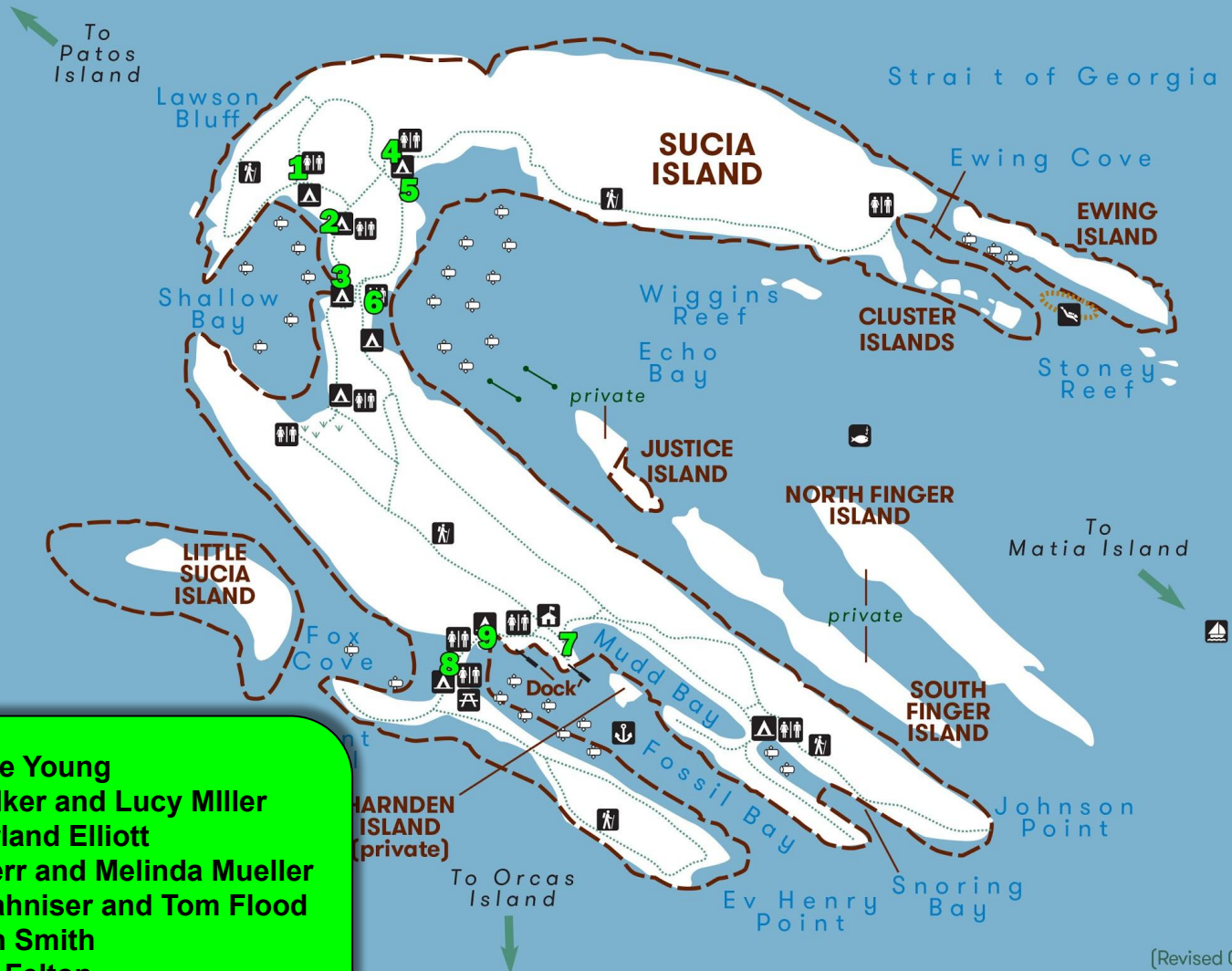
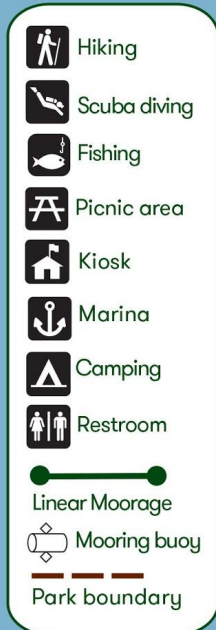
6:00am – 9:00am  
 break camp for hike out

3:30pm – 6:00pm  
 Arrive back at SAAS 16<sup>th</sup> Lot





# Sucia Island State Park



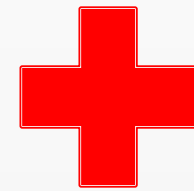
1. Ali Stewart-Ito and Margie Young
2. Alicia Iannucci, Joey Walker and Lucy Miller
3. Rachel Edelman and Gerland Elliott
4. Magda Buikema, Kate Kerr and Melinda Mueller
5. Annalise Olson/Bailey Zahniser and Tom Flood
6. Zac Townsend and Sarah Smith
7. Kaitlin Webster and Willy Felton
8. Cheyenne Gordon and Allison Nishitani
9. Mark Wensnehan and Lysie Taylor

# Food

- Allergies? Communicate with your leader!
- Leaders provide food for camping and on trip back
- You provide a lunch for Wednesday



# First Aid



We have kits, but bring what you think your student will need

## Emergency

- Iodine tablets
- Lighter
- First Aid Book
- SOAP Note
- Pen
- Firestarter

## Bandages

- Band-aids (non-latex) assorted
- Telfas (3x4 non-stick pads for burns) (x4)
- 2x2 Gauze Pads (x4)
- Feminine (Trauma) pads (x2)
- Steri-Strips (x1)
- NOLS Wound Packs (x2)
- Tegaderm (x3)

## Coverings

- 1 inch Tape
- Athletic Tape
- 2 inch ace wrap
- 4 inch ace wrap
- Gauze Wrap
- Mole skin
- 2nd Skin

## Drugs / Medication

- Thermometer
- Ibuprofen
- Acetaminophen (Tylenol)
- NyQuil
- Diphenhydramine (Bennadryl)
- Loperamide (Immodium – Anti-diarrheal)
- Pepto Bismal
- Laxative
- Sunscreen

## Protection

- Non-latex gloves (x3)
- CPR Mask (x1)

## Cleaning Supplies

- Hydrocortisone (tube or 6 packets)
- Tribiotic Ointment (Neosporin) (tube or 6 packets)
- Betadine Swabsticks (x6)
- Antiseptic Wipes (x6)
- Irrigation Syringe
- Tweezers
- Compound Benzoin Tincture (to seal bandages) (x2)

# Technology



# Departure and Return

- Depart Wednesday 9/25
  - Between 6:00am and 7:30am\*
  - Olympic: 16<sup>th</sup> lot
  - Sucia: 12<sup>th</sup> Ave Block

(\*times will be emailed to you tomorrow)
  
- Return Friday 9/27
  - Return in 16<sup>th</sup> lot between 3:30pm – 6:00pm
  - Expect an update from Sheila on timing

What questions do you have about the Odyssey Trip?



**Find your Students in their  
Gear Check Night Locations!**

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