



Alpha

Frosh Overnight Retreat

Fri. Sept. 27- Sat. Sept. 28

The *Alpha Retreat* welcomes Frosh students into the Carondelet Sisterhood. A variety of icebreakers, reflections, community builders, discussions, skits and prayers are led by older students and adults. The retreat is like one epic sleepover. The class of 2023 will be introduced to the Sisters of St. Joseph tradition as they begin their journey to become Women of Faith, Heart and Courage.

*** Deadline to Register: Thur. Sept. 5, 2019***

Important Information:

- Alpha is an ON CAMPUS event - all students and staff spend the night in the Inner Court. Students may not leave campus at any time, for any reason during the retreat.
- Alpha begins at 3:00 pm on Friday, Sept. 27 and ends at 10:00 am on Sat. Sept. 28.
- Students participating in Carondelet Athletics are excused from practice on Friday, Sept. 27, but are still responsible for communicating directly with their coaches that they are attending Alpha.
- Bring: sleeping bag, pillow, yoga mat or thin camping mat, comfortable clothes, overnight toiletries and musical instrument (optional).
- Please DO NOT BRING air mattresses or shower supplies (no showers will be available)
- **Cell Phones will be locked in student lockers for the duration of the retreat.**

Retreat experiences are central to the personal and spiritual growth of students at Carondelet High School. The safety of students and integrity of our retreat program is very important. Each activity during the retreat has an important role, just as each individual who attends adds something valuable and unique to the overall retreat experience. **Therefore, students who register for any Carondelet retreat, including ALPHA, are expected to *make every effort* to be present from start to finish. Please reach out to Ms. Payne or Mr. Grand-Lejano in Campus Ministry with any questions.**

**Turn in your registration and parent permission form and
keep this informational page.**

**Carondelet / De La Salle High School
Off-Campus Consent Form**

I, the parent of _____, a student at Carondelet H.S.
High School requests the school to allow my child to attend:

Event: Alpha Retreat Destination: Carondelet Date: 9/27-9/28/19

Please circle the method of transportation that will be used for this field trip:

Bus ~~BART~~ ~~Teacher driver~~ Student driver Chaperone driver

~~Parents: Please mark the boxes that apply for this field trip:~~

- ~~My child may ride the bus or BART~~
- ~~My child may drive themselves (please attach a copy of student's driver's license and insurance liability page)~~
- ~~My child may drive another student(s) (please attach a copy of student's driver's license and insurance liability page)~~
- ~~My child may ride with another student~~
- ~~My child may ride with the teacher~~
- ~~My child may ride with a parent/chaperone~~

I give permission for my child to go on the above-mentioned field trip. In consideration for securing the arrangements, I hereby release and save harmless the school and its agents from any and all liability for any injury that may occur during this trip.

* _____
Signature of Parent or Guardian

Our permission is hereby given to the school representative of CHS or DLS High School to authorize, by his/her signature, whatever medical or surgical treatment may be considered necessary or advisable by the physician or nurse in attendance in the event of an accident or medical emergency involving:

Student's Name

* _____ Date: _____
Parent or Guardian Signature

Home Address: _____ Home Phone: _____

Email Address: _____
City Zip

Business Phone: _____ Emergency Phone: (if other than above): _____

* Special health considerations, allergies; (drugs, food, insect bites, etc.) or limitations on physical activity: _____

Medications and dosage: _____

Age of Student: _____ Medical Insurance Carrier: _____

Medical Number: _____

Family Doctor: _____ Phone: _____

Teachers: Please give a duplicate copy of this completed form to the Attendance Office and the Assistant/Vice Principal. All drivers (students, teachers, and chaperones) must provide a copy of their driver's license and insurance liability form.