



At 'The Historic Y'
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A project of:
EL PUEBLO INTEGRAL
Teaching and Learning Collaborative
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Dear Parents and Guardians of Strong Girls!

We are so thrilled to be getting ready for our intersession with your daughters. Strong Girl is a mix of a backpacking trip and media literacy workshop, during which we will be asking your girls to think critically about what it means to be a strong girl in today's society. As part of connecting with nature and detaching ourselves from our daily lives to consider how girls and women are depicted, we will be keeping the items we bring on our trip to a minimum, leaving most technology behind and only taking what we need to clothe, feed, and shelter ourselves! We will have a checklist for your girls at our second meeting and ask you to work with them and us to make sure they are equipped.

We will spend the first day of Strong Girl (Monday, March 10) at PFFS taking part in a media awareness workshop and prepping our packs. We will be on the trail from March 11-13, camping for two nights and backpacking between campsites. We are currently planning on hiking a segment of the Arizona Trail between the Rincons and Catalina Mountains. We will pre-hike it and if there is not enough water for us, we will hike our alternate route in Sabino Canyon to Hutch's Pools.

We will need at least two parent drivers to drop us off and pick us up on either end of our backpacking trip. We will be leaving PFFS late morning on Tuesday, March 11 and need drivers to help get us to our trailhead. We will finish our hike late morning on Thursday, March 13 and need drivers to pick us up from our endpoint. The trailheads are from 30 minutes to an hour from PFFS. If you are available, your help would be SO appreciated, and you will get the reward of seeing your girl off on an adventure and/or picking her up, accomplished and satisfied at the completion of one!

Strong Girl will cost \$95/student. This includes meals and snacks for our three days and two nights, the media literacy workshop, and gear rental costs for those who might not have the necessary equipment. ***If we do not get enough drivers, we may need to charge an additional fee for a van rental to transport us to and from our trailheads.

Please help your daughter fill out the accompanying sheet and have your daughter return it to us as soon as possible. Having this information will help us plan and budget for our trip!

If you have any questions at all, please don't hesitate to get in touch with us.

Ariane & Carman
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To Know...

To Dream...

To Rise...

Student's Name: _____

Have you ever backpacked before? Y N
If yes, approximately how many backpacking trips have you been on? _____
On average, how many days long were your trips? _____ days
On average, how far did you hike each day? _____ miles

Do you have a backpacking backpack? Y N
Do you have extra packs to lend to other students? Y N If yes, how many? _____

Do you have a tent? Y N If yes, what size? _____ person
Do you have extra tents to lend to other students? Y N If yes, what size? _____ person

Do you have a sleeping bag? Y N
Do you have extra bags to lend to other students? Y N If yes, how many? _____

Do you have a sleeping pad? Y N
Do you have extra pads to lend to other students? Y N If yes, how many? _____

Do you have a small video camera or flip cam we could borrow? Y N

Please describe any special dietary concerns or preferences you have:

Please describe any medical conditions of which we should be aware (especially around physical activity or concerning medication you take on a regular basis):