



RISE Week Program Summary Report

Overview

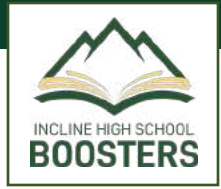
RISE Week was held August 22-26, 2022 and was designed as an effort to help mitigate the social and emotional effects of the COVID pandemic interruption to the lives of our student community by using an established program called [Super Camp](#) that focuses on extensive team building, goal setting, and breaking barriers with the goal of creating a supportive school community through [daily activities & curriculum](#).

The success of the RISE Week program is challenging to measure as many of the goals listed above are intangible and often manifest incrementally as time passes. The IHS administration sent out surveys to students, parents and teachers. Responses from [teachers](#) were predominantly positive, particularly from the new teachers. Initial survey results reflected that some students enjoyed the activities and made new friends and others reported that they felt the week was too long and they would have preferred more of the games and team building activities. When students were asked to write their reflections about RISE Week the following month, the writings showed a more [lasting positive impact](#).

There are no plans to continue this program in coming years as it was planned as a “reset to normalcy” for the student community that was interrupted during the initial stages of the COVID pandemic.

Financially, the program was much less expensive than was originally estimated and the [remaining donated funds](#) are being used to support academics in the classroom with a goal of supporting more than one student for more than one year.

We have included some [photos](#) and [videos](#) taken throughout the week to give you a flavor of some of the daily activities.



Background

Since 2015 our Crab Feeds have raised over \$1M for enduring investments in academics, arts, athletics and supporting infrastructure. These investments help us overcome Nevada's low per-pupil spending, maintain a 5-star performance rating and rank among the top 5% of public high schools nationwide. In 2022, after 2+ long years of COVID pandemic disruption to the academic, social and emotional experience of our students and community, and with many adolescents experiencing continued mental health impacts in the form of anxiety and depression, the Boosters and IHS Administration agreed to focus the Fund-A-Need portion of the 2022 Crab Feed toward the improving the social-emotional well-being of our students. The concept was to use the first week of school "Rise Week" to run a program called SuperCamp that focuses on creating a supportive school community. This goal aligns with the Booster motto to support "more than one child for more than one year".

Fundraising Results

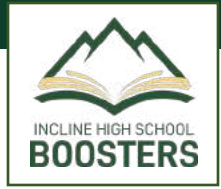
Crab Feed history teaches us that parents bid generously when their Fund-A-Need dollars are doubled. The 2022 Crab Feed fundraising results confirmed this trend. The \$100,000 Dave and Cheryl Duffield Foundation matching commitment doubled the Fund-A-Need donations for a total of \$200,000.

The Event Planning

RISE Week was originally envisioned to be held offsite, with students either being transported daily to and from the camp location, with a possibility for some overnight off-site stays. During planning, IHS administration came up against some significant obstacles:

- A survey of IHS teachers in the late spring of 2022 revealed no teachers were willing to chaperone overnight.
- The daily transportation of 375+ students and staff would cost approximately \$75,000 and would take away many hours of program and activities time.
- Given the last two years of smoke closures during the first few weeks of school, cancellation of an event due to smoke from potential wildfires was a real possibility and the deposits for transportation and the event location would be forfeited or held for rescheduling.
- Teachers also complained that this would add an undue burden to their already long commutes from: Dayton, Carson, Spanish Springs, Reno, and Truckee. Asking teachers to work outside of contract time, 7:30 am – 3:15 pm would require paying them \$30 an hour IF they agreed, and none of them did.
- Fall coaches were concerned that the students would be late getting back to school for afternoon practice. There was not a place for them to manage practices at the Conference Center.

In the end, it was determined that IHS has a lovely facility and grounds which would meet the needs of the program, the teachers, the coaches, and save time and money.



The Program

RISE Week was led by experienced Super Camp facilitator Andrew Protz, who is a teacher in WCSD and has been a program facilitator since 2009. Mr. Protz has facilitated in Hong Kong, Singapore, Malaysia, Thailand, Stanford, Cornell, Mississippi, San Marcos School District, Bali Indonesia, and Houston Public Schools. He took the second week of school off from his school to come here and facilitate the IHS Rise Week.

The 8 Keys of Excellence are the foundation on which Super Camp is built. These are modeled by staff, and woven into each day's activities. They create a feeling of community and trust, and a sense of belonging in an open, friendly environment.

- **Integrity** – match behavior with values
- **Failure leads to success**
- **Speak with good** purpose – honestly and kindly
- **This is It** – make the most of every moment
- **Commitment** – make your dreams happen
- **Ownership** – take responsibility for actions
- **Flexibility** – be willing to do things differently
- **Balance** – live your best life

Daily Activities & Curriculum

Daily activities focused on the 8 Keys of Excellence. Some examples are below.

Keys of Excellence	Sample Daily Activities
<p>Integrity Match behavior with values</p>	<ul style="list-style-type: none"> • Living with integrity is a process. • Discuss/Journal about a value you hold that is often a challenge to live. • Discuss/Journal about your personal code: matching values with actions.
<p>Speak with Good Purpose Speak honestly and kindly</p>	<ul style="list-style-type: none"> • Partner activity asking: <ul style="list-style-type: none"> • Tell me something I don't know about you. • Tell me something you like about me. • Tell me something we may have in common. <p>When both partners have asked all three questions and have responded to all three, continue on with a second round of the same questions.</p> <p>Students practice in pairs active listening skills. Demonstrate how to indicate your attentiveness while your partner is speaking.</p>

	<p>Speaking with Good Purpose means stopping to think about what we are saying and why we are saying it. We ask ourselves, “Is the reason we are talking about this beneficial for everyone?” We have the option to choose to say something, or to let it go.</p> <ul style="list-style-type: none"> •
<p>This is it Make the most of every moment</p>	<ul style="list-style-type: none"> • Discussion Group & Sharing around the idea of not waiting for things to happen or feeling “this is NOT <i>IT</i>” • Journaling. Recognizing thought patterns and identifying methods to make the most of every moment. • Consider this question: What would we do, if we knew we couldn’t fail? What do you think holds us back from going for these? • Our own thoughts hold us back, the voice in our heads telling us “this is not it.” Removing this block is a simple yet powerful key to taking more risks—going for it more.
<p>Commitment Make your dreams happen</p>	<ul style="list-style-type: none"> • Barrier Breaking: Set a goal and identify a barrier to achieve that goal. Write that on a wooden board. Physically “breakthrough” by breaking the board.
<p>Ownership Take responsibility for actions</p>	<ul style="list-style-type: none"> • Simon Says/Living Above the Line Activity: How you approach anything is how you approach everything. Discuss how we all have the ability to choose our response to any situation – choices give us power and freedom. Taking ownership makes us more trustworthy and more worthy of freedom in the eyes of our parents. People who live below the line give their power away
<p>Flexibility Be willing to do things differently</p>	<ul style="list-style-type: none"> • Understanding and identifying comfort zones – create a large circle and identify what is in and out of your comfort zone. Discuss how learning and “stretching” occurs outside of our comfort zone. • Introduction of “Fimage” - Fear of our image and out it stops us from progressing in life. making new friends, asking a question in school, trying out for a new sport.

<p>Balance Live your best life</p>	<ul style="list-style-type: none"> • Practice changing mental state through guided meditation practice. Using technique to quiet and calm the mind during stressful times or to reorient to the moment. •
<p>Orientation to School Programs</p>	<ul style="list-style-type: none"> • Academic Rotations - Students rotated through their scheduled courses. Allowed for introduction to the course teacher and brief description of the class expectations. • Learning Through Interest/Internship Program - Introduction to the upcoming Internship program. Reviewed program overall goal and structure. • Advisory - Students introduced to all staff that will be leading Advisories. Each student was able to rank their choice of Advisors for their grade level. (Note: Team time activities and other full staff/student activities allowed time for students and staff interaction. Provided students a chance to get to know staff prior to ranking their choices for Advisory)
<p>Team Building Activities</p>	<ul style="list-style-type: none"> • Bring it to Me - Set-up: In a field, teams spread out equal distances from the center of the field. In the middle of the field stands a facilitator. This is a type of relay race that emphasizes teamwork. • Team Interviews - Team time where Team Leaders ask low risk questions of team members. “Getting to know you questions” • Team Trivia - Team based competitions answering trivia questions. Teams compete against each other for highest scores each round. • Team Time “Who Are You?” - Team interviews with a “featured speaker” - one at a time, for 3 minutes each. During that three minutes the other members of the team ask questions ... open-ended questions. Our answers will allow them to get to know us better. • Shrinking Ships - Teams work together to solve the problem of their “raft” sinking. Requires thinking creatively and cooperatively. • Paired Trust Falls - Partners work together to practice trust falls using Call & Response techniques to build trust. • Body Pass (Zipper) - Teams work together using cooperation along with Call & Response techniques to move member across other team members. Focus is on team work, communication, and trust. “What did you learn about your team and about yourself? ”How do you feel?”

	<p>How can you apply this to school, and other parts of your life?”</p> <ul style="list-style-type: none"> • Team Time Goals/Barriers - Team time for identifying goals and uncovering barrier(s) to attaining those goals. Precursor to “Barrier Breaking” activity.
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Videos

DAY 1 - Theme

<https://www.facebook.com/inclinehs/posts/pfbid0dttkRFuvJRfFnVnHiseDEKKRTYZverD1xtg1XtY5GPjnwnwoZCStQnDW5rsAej4l>

DAY 2 - integrity

<https://www.facebook.com/inclinehs/posts/pfbid0iYCRR369fHpU8i92Aj1kwQDQL1Kef5WZGb2rKLsJ4QeLeznh6xEWyVJBzAcfQnJl>

DAY 3 - Building Trust & This is It!

- <https://www.facebook.com/tierneycahill/posts/pfbid02C2tD8PjFiB96NFP9GsNbyCckvKBSsuZdrDR1MqjV42ih1CX2Hs3M64DER9jecFu8l>
- <https://www.facebook.com/tierneycahill/posts/pfbid0YfPbAos8XJEspZdFnyR1wDb86WaS4yvpkPH2PiDw283HGZKie3dKx5n98S6Stgukl>
- <https://www.facebook.com/tierneycahill/posts/pfbid02K3oPTXsWpEw9ey2bNiuhmFFZjW3YjjGAepMmuJ4pLR1FMdYBp5dHnwyLUQBnacs6l>

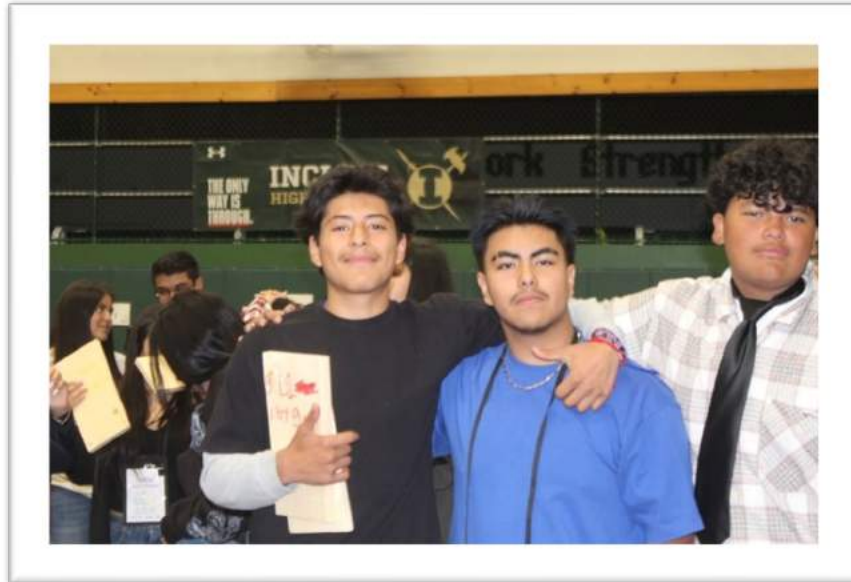
DAY 4 – Ownership

<https://www.facebook.com/tierneycahill/posts/pfbid028ZcJcskcj1WYoh7zbtXR21H5H5YBXE98mDH5z8apdrdU8dAW5TXwbfTWG443K7pul>

DAY 5 – Commitment, Goal Setting and Barrier Breaking

- <https://www.facebook.com/tierneycahill/posts/pfbid0fBoa2HfKAFM1xLGEKgJpyei8SgUjioBibyXV3xChznRvNTUYKdHwzBgCGXkv5tvLI>
- <https://www.facebook.com/inclinehs/posts/pfbid02sojE7LzhfJPmmWjNtjvMFXiEF3GDdKy3jZWxhy4cQJ7oEvGnAYLtmwaU7GeDuc5l>

Photos















Testimonials:

Students

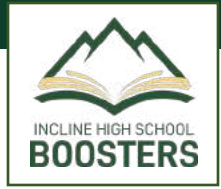
- *I would like to share that rise week was kinda boring but I liked it because it helped me to meet new friends and to be more positive with the new challenges that will come in my life.*
- *I think rise week was beneficial to some and if modified a bit could be an annual activity everyone loves*
- *Great program, although it can have major improvements such as more outdoor activities*
- *The band that played the guitar was cool*
- *I like that I got to choose my advisor*
- *Not enough food*
- *Fun but should be 3 days.*
- *I meet a lot more people and laughed really hard all days. I was excited for school and had great time.*
- *I did not expect to be saying this, but thinking about rise week after having gone through two weeks of regular school already, I wish it was back. Although I wrote otherwise in some of my previous entries, I really did enjoy being able to connect with everyone in all the different activities. After thinking about it for a longer period, the first week of school was a great way for kids to be able to meet and interact with each other in a safe environment where they wouldn't get judged.*
- *Something that was interesting to me during rise week was how much I got to bond with my group. In the beginning, it was very weird and something completely new, because I didn't know anyone in my group. As the week progressed and we did more activities together, I got much more familiar with everyone and actually learned a lot of them have many things in common with me. The activity that "stretched" me the most was when everyone was in their groups and each person had to talk about something important in their life. This was definitely something out of my comfort zone because I was sharing things to people that I had never told anyone before. However, I felt great after and it was also cool to hear the things other people said. Overall rise week was a pretty fu experience, and if possible, should be done next year.*

- *Rise week was a good experience. At the beginning, everyone thought that it was pointless and like, it was just boring, but I even felt that way always in the morning, but throughout the activities that we started doing, like the one where it was about trusting on the people around you when the person with the microphone was climbing stairs and the stairs were being held by people, or like the activities that I liked the most was on the first day when we had to be with out groups in the big gym and the guy with the microphone would say to bring some object, and everyone had to go bring it quick. I felt like that was the funnest for me because it made everyone work as a team and it was funny because there was one time where the guy asked for a piece of gum and there was literally a guy who gave Mr.Kivo and actual piece of gum already chewed which was really disgusting even for me but it was funny to watch Mr. Kivos' face. Lastly one amazing thing that I loved was when we were in little groups and we were doing little activities like ask questions to each other or have each other share private things that had happened in our lives and I got the change to share a little bit about my background, which I usually never share with anyone unless I actually trust the and I only trust one person, but this group made me feel acceptable and welcomed to I shared my thoughts and my background with them. In other words, rise week should have been better for 3 days but it was still good the fact that we had activities every day.*

Testimonials:

Teachers

- *I made connections with students that are not in any of my classes; however, they now come and see me to discuss topics we talked about during the week.*
- *I though that the activities with our small group/team in classrooms were powerful. The most powerful was "talk about yourself for 3 minutes". Students were able to be really vulnerable and senior boys were great role models to the rest of the group. Whenever I see the students in my group I the halls, I feel a special connection with them.*
- *I am a new teacher at HIS and It was interesting to see some of the dynamics between teachers and students. I got to know some of my students during Rise Week and that helps to create a positive energy from the beginning in my classrooms since they already feel comfortable with me during our first classes.*



Financial Summary

In general, this was an inexpensive event to run for students and staff for a full week once we decided to use IHS as the venue. We were able to eliminate venue, transportation, and overtime costs. Please see the following financial summary organized by Supplies/Tangible Goods, Event Operations, and Food.

Rise Week Spending

Supplies	\$25,119.31
Operations	\$19,857.08
Food	\$10,325.55
Total	\$55,301.94

Plan for Remaining Donated Funds

Remaining donated funds will be used to support academics in the classroom. IHS Administration identified the need to have consistency across classrooms for a better teaching experience and, ultimately, a better learning environment for the students. If teachers can work with updated equipment that is reliable, they are able to focus on the actual teaching. Currently, there is a lot of fixing and working with antiquated, mismatched equipment that becomes burdensome to the teaching process.

Specifically, there are 22 classrooms that could benefit greatly from using Smart Boards to aid in teaching. We purchased 6 new Smart Boards last year with a directed donation, expect possibly 5-8 to be supplied by WCSD in the next few coming years, and propose purchasing 9-10 new with reallocated funds from the remaining Rise Week funds. As mentioned, many classrooms will need retrofitting to ensure Smart Board capabilities are able to be fully utilized. We are currently working with IHS Administration to identify classrooms that are equipped and subjects that have the biggest immediate need and will impact the most students to prioritize the distribution. As of 8/19/22, WCSD quoted \$6-\$7K each for a Smart Board.

The Incline Boosters are grateful for the generous donations from parents and community members as well as Dave & Cheryl Duffield Foundation. RISE Week provided students an opportunity to learn life lessons, create friendships, and connect students and teachers. And with the remaining funds, the Boosters can continue enhancing the school community by installing critical classroom tools with the goal of supporting more than one student for more than one year.

Prepared on 9/30/22 By:
Incline Boosters Club
499 Village Blvd
Incline Village, NV 89451
501(c3) Tax ID# 88-0232960
website: www.inclineboosters.com
email: president@inclineboosters.com