



NEWSLETTER

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A group of RMISP students on snowshoes at Kimberley Nordic Club in January.

UPCOMING EVENTS

- Mar 13-15: Winter Camp Experience
- Mar 16: First day of Spring Break
- Mar 25-28: Optional Vancouver Trip*
- Mar 28-30: Easter Weekend
- Apr 1: Last day of Spring Break
- Apr 14-15: Calgary & Banff Trip

• Registration required. Extra fee applies.



Jeff, a host parent in Cranbrook, won a \$100 gift card at our February virtual discussion about connecting cultures with food

RMISP launches series of virtual discussions to support host parents

In February, RMISP hosted a free virtual event for host parents to come together to discuss the important role of food in connecting cultures. Participants shared favorite recipes, practical tips for menu planning and grocery shopping, and suggestions for satisfying big appetites as well as picky eaters. After the event, RMISP staff compiled and shared a booklet of recipes to help host families provide healthy, affordable and satisfying meals.

This was the second of three events scheduled this school year to support host parents. The series also includes *Tips for the Shoulder Season* (November) and *Avoiding Host Family Burnout* (May).



RMISP students access the best terrain in an advanced ski lesson at Revelstoke Mountain Resort.

Outdoor recreation an integral part of Rocky Mountain experience

Outdoor recreation is a renowned feature of the Rocky Mountain region, and RMISP ensures that students have easy access to it.

Through RMISP's schedule of included monthly activities, all students can try a variety of winter sports, including downhill skiing, snowboarding, cross-country skiing, and/or snowshoeing,

with day passes, lessons, and gear rentals provided at no extra charge.

RMISP schools also offer access to winter sports and wilderness activities through the popular elective course, Outdoor Education, and through extracurricular ski and snowboard teams, which compete regionally and provincially.