



## **Adventure-Based Challenge Series with Rippleffect**

### **End-of-year Substance Use Prevention Grant Update**

**‘23-’24 School Year**

We have reached the end of the school year. Altitude students have engaged in a full year with the Altitude Rippleffect partnership. We recently embarked on our culminating trip to Cow Island. On the island students faced many challenges. Overnight camping, island stewardship, whale watch team balance board, zip-lining, and an escape from Cow Island team initiative. We saw growth in students this year and they used their new knowledge to be in the moment on the island. They faced challenges as a team, each filling in roles we had worked on all year long. They encouraged, communicated, and saw each other as team members. The grant money was used to allow this partnership to happen. Thank you.

Below are student testimonials and pictures from Altitude's time with Rippleffect this year.

#### **Student Testimonials** about Rippleffect and Cow Island

GV:

Rippleffect's effect on the school year: "Positively, it was a place where I could be free from school and it was more hands-on and fun! All the teachers and Rippleffect guides were positive and helpful. I appreciate everything both Altitude and Rippleffect has done."

Challenge faced and overcame: "Climbing, sometimes I got nervous to climb or felt awkward but I ended up climbing anyways in the end."

JJ:

One challenge I overcame this year with Rippleffect is the climbing wall. The first time I did the climbing wall was in 7<sup>th</sup> grade where I didn't make it all the way to the top but the next time I did it I made it all the way to the top.

MF:

Rippleffect made school more fun over the years.

ID:

I was encouraging to my team/community members. I was encouraging them because they were doing the same for me and I wanted to be nice. I was able to encourage my friend to get wet in the ocean spray.

CM:

My high points from this year with Rippleffect is hanging out with my friends and having fun not being in school sitting down for 7 hours straight doing school work.

