



Adventure-Based Challenge Series with Rippleffect

End-of-year Substance Use Prevention Grant Update

'24-'25 School Year

Altitude students have the opportunity to participate in a series of adventure-based learning experiences with Rippleffect field guides. The goal of these experiences is to help students develop healthy coping skills, build conflict-resolution strategies, improve self-confidence, and gain a greater understanding of the role of endorphins in feeling good. Rippleffect trips so far have included high ropes challenge course days at the Rippleffect Outdoor Community Center, a visit to Mackworth Island, Kettle Cove, and a day trip to Cow Island. These trips were focused on individual and community legacy. For 8th grade it included a legacy piece of art installed in the WMS classroom where Altitude resides.

With Rippleffect students learn about teamwork, communication, conflict-resolution, positive-decision making, and self-discipline. They put these skills into action throughout the school year and during field days with Rippleffect. While in the field, trained guides bring students together to highlight community moments. These moments may involve evaluating our own mental status or the group's status, bringing attention to a potential danger, or simply letting the group know the water is ready for hot chocolate. Many of these moments offer a challenge to overcome, self-discipline to recognize, validating positive decision making, a conflict resolved, and a team working together. All of these adventures are meant to highlight students' skills, abilities, and community contributions to show how students can do hard things.

Pictures

