



Hosting an ASB Summer Retreat in Middle School

(but High School will get something from this too!)

By:

Adam L. Erickson, M.Ed., M.A.

aerickson@rioschools.org

Activities Director / ASB Leadership Class Advisor (5th Year)

Rio Vista Middle School, Oxnard, CA

Rio School District



Introduction- What IS a Summer Retreat?

- An opportunity for an ASB class to come together BEFORE the school year starts
- My reasoning:
 - So that my ASB kids' first day of school is **NOT** their first day of the ASB experience
- Who is Involved? Consider:
 - Entire class(es), or just your ASB Cabinet?
 - Ask Administrators to join, especially in fun activities



Decide on your Preferred Scale

- How long do you need / want to plan for?
- A morning or afternoon:
 - **Pro:** Probably don't need to feed them; **Con:** can't get as much done
- All Day:
 - **Pro:** Get more done; **Con:** Need to factor in a meal
- Two+ Days:
 - **Pros:** Get TONS done, kids will get to know each other well; **Cons:** Have to feed them multiple times, and either have to figure out sleepover plans or have kids get brought to school/picked up each day



What Do You Want (need...) to Accomplish?

- Consider a few things:
 - Establishing class routines and procedures
 - Training in Parliamentary Procedure for meetings
 - What your ASB kids' roles are in beginning-of-year school activities
 - Calendaring Fall / Winter events (or entire school year...?)
 - Teambuilders and getting-to-know-you activities
 - Leadership skill development
 - Specific role training (peer mediators, WEB mentors, tutors, etc.)



Get Rolling Early: "ASB Lives in the Future..."

- Rio Vista's Timeline for the Summer Retreat:
 - **March-April** = ASB applications for next year available and due
 - Have Summer Retreat scheduled, facilities requested, etc.
 - **May**: Initial meeting with next year's class- distribute materials (class syllabus, permission slips for Retreat, parent information)
 - Also: ASB Cabinet Elections for next year
 - **June**: Collect permission slips for Retreat, parent signatures, etc.
 - Also, get students' summer contact information (usually addresses and email)
 - **July**: Send paper letters home with Retreat information (day, time, place)
 - **August** (two weeks before school starts): ***Summer Retreat!!***



Nuts and Bolts (Funding, Locale, Food)

- Who will pay?
 - At Rio Vista, ASB uses its own funds (costs about \$500- 20-25 kids)
- Where will it be?
 - We have it on campus- my classroom, the ASB Workroom, and Quad
- What will you do for food?
 - We walk over to the local shopping center and eat at a restaurant
- Other:
 - Supervision, Facilities, keys, etc.



Nuts and Bolts (Agenda, Teambuilders)

- Sample Agendas: [2021](#), [2022](#)
 - I make sure the kids have printed copies so they can take notes
- Teambuilders:
 - I split the business side of things with fun leadership lessons:
 - **Human Knots:** pulls shy kids out of comfort zones, face no-win scenario
 - **Two Truths and a Lie:** Lets kids get to know each other, learn new things
 - **Colorful Stories:** Public speaking, all eyes on them, improv
 - Small, officer-led discussion groups help quieter kids



Questions and Discussion Time!!

Contact Info *Redux*:

Adam L. Erickson, M.Ed., M.A.

aerickson@rioschools.org

Activities Director / ASB Leadership Class Advisor

Rio Vista Middle School, Oxnard, CA

Rio School District