

2024 Upper Valley Youth Wellness Retreat



Rivendell
Interstate School District

We R H.O.P.E.
Preparing The People Of Today For The Anxieties Of Tomorrow

We're thrilled to announce our collaboration with We R H.O.P.E. this year to present The Upper Valley Youth Wellness Retreat tailored to Rivendell Students grades 1-6. Spanning three weeks in July, this retreat is dedicated to promoting youth wellness and life-coping skills. This retreat incorporates equine wellness to foster self-awareness and empathy, alongside engaging and fun activities like yoga, mindfulness, hiking, swimming, singing, dancing, and educational sessions for enjoyment and socialization. It's a fantastic opportunity for students to forge new friendships and connect with supportive adults.

The retreat is structured into three weeks, with a minimum sign-up requirement of one week. Each week revolves around three core themes: Connect, Empower, and Revitalize.

STUDENTS ENTERING GRADES 1-6 WILL ENJOY AN EXTENDED PROGRAM:

Daily lunch provision, Transportation from SME > WES in the morning and WES > SME in the afternoon, and a Monday-Friday schedule from 8:00-4:30.



Westshire Elementary School

(744 VT-113 West Fairlee, VT 05083)



The cost per week is \$200.



Week 1: July 8-12

Week 2: July 15-19

Week 3: July 22-26

Tickets are limited.
Click [HERE](#) to sign up!

For more information, contact Leslie Berger: lberger@rivendellschool.org