

## **ITINERARY**

### **Out-of-State Trip to Washington D.C.**

SCHOOL: Buffalo High

PRINCIPAL: Mark Mischke

GROUP: Inclusive (Unified) PE/Bison Connection Pair: 2 students - Mya Tiernan (senior) and Aubrey Sands (freshman)

PERSON IN CHARGE: Jen Heebink, Inclusive (Unified) PE/DAPE Teacher

DESTINATION: Washington D.C.

DATES OF TRIP: 2/9/2020-12/12/2020

NUMBER OF SCHOOL DAYS MISSED: 3

HOTEL ROOMS: Mya and Aubrey have a room together. Jen has her own room. Jen will be separate from the girls for hotel rooms.

MEDICAL INSURANCE: Parents may need to have a copy of insurance card for Jen (working through that detail...TBA), but no other travel/medical insurance is needed.

#### **COMMUNICATION ITEMS:**

- Nick Cedergren called Jen Heebink on 12/16 or 17th to announce BHS has been selected for Capitol Hill Day 2020.
- Jen immediately told Admin and met with admin to get details rolling from District before Winter Break.
- 12/20/2019 Aubrey and Mya's parents were notified that they had been selected for the trip. Both sets of parents were extremely supportive, emotional, and excited to hear that their daughters have the opportunity. Later that same day, both girls were notified.
- A parent meeting will take place from 3:30-4pm on January 13th (or if that does not happen, I will email them information and talk through on the phone that day OR reschedule to a later date.
- Parents have been notified of the board meetings on January 13th and 27th. Students will have the opportunity to present to the board.
- A second parent meeting will be scheduled for the last week in January or 1 week prior to the trip.
- Mya and Aubrey will work together to gather information and prepare for their speeches/Capitol Hill homework.
- If more meetings are needed, we will schedule them as we receive information.

## HOTEL:

Washington Plaza Hotel 10

Thomas Circle NW

Washington D.C. 20005

Washington Plaza Phone Number: (202) 842-1300

## SCHEDULE

Sunday Evening 2/9/2020

- Students meet Jen Heebink at airport
- Meet up with Melissa Holmes (Special Olympics Representative)
- Arrive in DC and transport to Hotel via
- Settle into Hotel and have dinner or a snack if needed.
  - Jen has her own room
  - Unified Pair have a room together

Monday 2/10/2020

- Breakfast- 7-9 am
- Sightseeing around Washington D.C. area near the hotel (or whatever Special Olympics allows/has on the agenda)
- Workshop 1-4pm- Unified pair and Jen Heebink will gather with other Unified pairs and Unified staff in a 2-3 hour workshop to learn how to share their Champion Unified School stories and what Unified has done in their lives. They will learn how to write a 1-2 minute speech and learn how to speak with United States Senators in preparation for Capitol Hill Day 2020 in advocating for the continued support for the Eunice Kennedy Shriver Bill which not only supports Special Olympics but also continues to help Adapted Physical Education/Physical Education teachers start Unified Physical Education across the United States.
- 4pm-7pm- Unified Pair and Jen will go to dinner with Melissa and continue homework for the next day. This will be time to practice speeches, reminders for the next day.
- 7pm-10pm Hotel and Lights out

Tuesday 2/11/2020

- Breakfast 7am-8am (?)
- At given appropriate time, transport with the group via (transportation) go to Capitol Hill to start making appointments with Senators.
- 11am-12 pm (??) Lunch Break
- 12-4pm (??) finish meeting with Senators.
- 5:30pm-7:30pm Reception with all Unified/Special Olympics Representatives
- 7:30-10pm- Hotel and Lights out

Wednesday 2/12/2020

- 7am-8am Breakfast
- 8am-11am(??) sight see around Washington D.C. (memorials and Museums)
- 11am-12pm (??) Return to the airport
- Board airplane
- Arrive at Minneapolis Terminal

**TIMES AND SCHEDULE SUBJECT TO CHANGE- AT THIS TIME WE ARE WAITING ON FLIGHT INFORMATION AND SOLID TIMES FOR AGENDA EACH DAY.**