



IDAHO BASECAMP 2023 Final Report

SAHM 5th Grade Adventure Program

Grant Amount: \$20,000

Grant Program in Review

The Foundation's financial support has been essential in facilitating IBC's Sahm 5th Grade Outdoor Adventure Program in Fall 2023 and Spring 2024, allowing IBC to support the dedicated staff that brings our programming to life, makes lasting connections and positive impacts on students, and equips teachers to integrate IBC's teachings in the classroom. Our overall goal is to improve students' mental, physical, social, and emotional health by teaching them the values of personal responsibility, courage, and respect for all through outdoor experiences and STEM-based lessons. We impacted 500 5th graders through Wood River Valley in 2023-2024 in the following ways:

1. Students learned about the importance of self-care, stress management, and positive thinking.
2. Students learned about the importance of exercise, healthy eating, and getting enough sleep.
3. Students learned about the importance of communication, conflict resolution, and teamwork. They also learn how to build positive relationships with others.
4. Students learned about the importance of self-awareness, empathy, and resilience. They also learned how to cope with difficult emotions.

Objectives & Outcomes

IBC is working toward the following long-term impacts on the lives of 5th graders:

- Students become ambassadors for environmental stewardship and responsible living when they return to their classrooms, homes, and communities
- Studies show that outdoor education can lead to higher academic achievement, increased critical thinking skills, and improved social-emotional development. Students who participate in our program are likely to experience these benefits.

- By building confidence, resilience, and environmental awareness, students are equipped with the skills and values they need to become responsible citizens and future leaders who advocate for positive change in their communities and the world.

In the 2023-2024 school year, the 5th Grade Program reported:

- 78% of students learned new skills to care for themselves and the environment, like building campfires, identifying animal tracks, and navigating with a compass.
- 66% felt a newfound sense of courage after tackling challenges like rock climbing and rappelling, building confidence and resilience.
- 40% discovered the power of mindfulness, with the morning mindfulness activity becoming a favorite for many, teaching them to be present in the moment and manage their emotions.





Budget

Expenses	Amount Requested from WRWCF	Actual Expenditures
Food	1,800	1,800
Insurance	1,700	1,700
Materials	2,280	2,280
Payroll	9,060	9,060
Site Cost	4,800	4,800
Transportation	360	360
Total	20,000	20,000