**Field School Planning Form**

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| **School or Group Name:** |  |
| **Program Date(s):** |  |
| **Grade(s):** |  |
| **Planning Coordinator:** |  | Cell phone #: |
| **Attending Lead Teacher:** |  | Cell phone #: |

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| **Estimated Numbers:** |
| # Adults: |  |
| # Students: |  |

We look forward to planning your group’s program at the Cheakamus Centre! To assist us in building a customized schedule for your program, please complete this form and email it to **office@cheakamuscentre.ca** at your earliest convenience (at the latest, 4 weeks prior to your program). We will do our best to include your preferred choices. We thank you in advance for your understanding that some activities have limited capacity and are dependent on factors such as season, weather and grade level.

**Group Information:**

Please take a moment to describe your group composition (i.e. grade level, class split, relevant group dynamics), and your main reason for visiting the Cheakamus Centre:

Are there any complex needs in your group that would be helpful for us to know about in the planning process?

(i.e. students with mobility challenges, complex medical or behavioural conditions, accessibility requirements, etc.)

***Note:*** *It is the responsibility of the school/organization to have a Care Plan for students with complex medical or behavioural needs.*

**Program Goals**

Understanding the specific goals of your program will help our staff deliver the most effective program possible.

Please select **two** overarching programs goals that are most important to your group

[ ]  Connection to Nature

[ ]  Environmental Knowledge

[ ]  First Peoples Perspectives

[ ]  Respect

[ ]  Leadership

[ ]  Community Building

[ ]  Communication

[ ]  Teamwork

[ ]  Personal Connections

[ ]  Problem Solving

[ ]  Play/Fun

[ ]  Other:

Additional notes on program goals:

**Program Activities:**

Please select and rank your top 10 preferred activities below, from 1-10. Activities are structured based on the goals of your program and we recommend keeping them in mind when making selections. In the notes below, let us know if there are specific curriculum links you would like to incorporate into activities. *Please refer to the next pages for activity descriptions.*

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| **Outdoor Environmental Learning** | **Outdoor Skills & Recreation** |
|  |  Birds & Wildlife Study |  |  Archery |
|  |  Farm Study |  |  Wilderness Skills – Shelters and/or Fires |
|  |  Salmon Study |  |  Orienteering |
|  |  Pond Study |  |  Bluff Hike (*weather dependent)* |
|  |  Forest Study: Ecology & Sensory Exploration |  | Canoeing |
|  |  Forest Study: Indigenous Perspectives  |   |   |
|  |  Nature Art Study |   |  **Self-Directed Time** (*if you’d like to lead your own activity rotation)* |
| **Community, Leadership & Team Building** |
|  |  Challenge Games/Challenge Course |  |  Stewardship Project |
|  |  |  |  Leadership Workshop |

*Overnight Programs Only -* Please select one evening program for each night of your stay:

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| **Evening Programs** |
|  | Campfire |  | Night Walk |
|  | Skit Night |  | Evening Games |

*Overnight Programs Only -* Choose how you would prefer to wrap up your experience on departure morning

(check one box):

[ ]  Whole group wide game (i.e. Predator Prey)

[ ]  An additional activity rotation

Notes on activities and preferences (i.e. *Notes on requested self-directed times? Does your group have experience with certain activities? Do you have any concerns about student participation for any listed activities? Etc.)*:

**Outside Food Policy:**

Please do not bring any outside food or snacks unless pre-arranged with Cheakamus Centre. If parents are wishing to send food with their child, this must be facilitated through the school planning lead and Cheakamus administration. Please contact office@cheakamuscentre.ca and, if necessary, you will be connected to our kitchen staff.

**Program Activity Descriptions:**

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| **Outdoor Environmental Learning** | **Season** | **Grade** |
| **Birds and Wildlife Study**Observe seasonal and migratory birds and wildlife; explore adaptations, physiology and interactions of wildlife. Adaptations of different animals are compared through the use of binoculars and other tools and technology. Students closely examine our taxidermy collection of local birds. | All Year | All grades |
| **Farm Study**A sensory exploration of the connection between farms, kitchen gardens, domesticated animals and humans. Students may collect chicken eggs, check the progress of recently hatched chicks or engage with adult chickens and other farm fowl. Visiting with the 200kg+ pigs and their offspring and grooming and examining goats provide the opportunity to learn about farming practices. Older grades may focus on topics such as sustainability in farming and understanding where food comes from. | All Year | All grades |
| **Salmon Study**Explore the extraordinary life cycle of salmon in extensive onsite spawning and rearing habitat, including our own teaching hatchery. Depending on the season, students may catch and release salmon fry from streams, examine different life stages of salmon and their habitat, or assist with salmon hatchery work. Students also may investigate the dynamics of salmon streams and spawning channels. | All Year  | All grades |
| **Pond Study**Sample and examine the organisms that live in an aquatic ecosystem using dip nets, microscopes, viewing trays and other tools. Students will explore the different features of active pond systems. After sampling the pond, organisms are identified and examined for adaptations and how they contribute to the health and diversity of the pond ecosystem. | Spring, Summer, and Fall | All grades |
| **Forest Study – Ecology and Sensory Exploration**Investigate the biodiversity and interconnectedness of a temperate rainforest ecosystem using our extensive trail network. Students will view an ancient cedar tree and use their senses to explore a range of forest features.  | All Year | All grades |
| **Forest Study – Indigenous Perspective**Draw on First Nations teachings and local knowledge and explore the forest to learn about traditional medicines, food and resources. Students will explore our extensive trail network through the lens of First Peoples.  | All Year | All grades |
| **Nature Art Study**Students explore different ways that art and nature are integrated, through exploring various artists, finding art in nature, or using their creativity and inspiration from their surroundings to create temporary natural works of art.  | All Year | All grades |
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| **Outdoor Skills and Recreation** | **Season** | **Grade** |
| **Archery**Put your hand-to-eye coordination to the test in this fun, safety centered environment. Step-by-step instruction and supervision is offered in a covered archery range, making this an enjoyable year-round activity. | All Year | 4-12 |
| **Wilderness Skills – Shelters and/or Fires**This cooperative activity introduces students to some of the key elements of wilderness survival and trip preparation. Experiential elements include constructing shelters and learning what to do if lost. Depending on the season, student may also learn about and practice different ways of starting a matchless fire. Fire safety and best practices for minimizing campfire impact are central to this lesson.  | All Year | All grades |
| **Orienteering**Learn navigation skills practical to everyday life. Younger students learn how to identify map features and complete our map based orienteering course. Older students go a step further and use compasses and bearings to complete our compass orienteering course.  | All Year | 4-12 |
| **Bluff Hike**A guided hike with big payoff. Be sure to wear proper footwear for the steep climb. Soak in the views from a sunny rock face overlooking Paradise Valley before descending into a lush fern grotto, and back down through a moss-covered forest. | Spring, Summer, and Fall | 6-12 |
| **Canoeing**Take a paddle in our canoe pond and show off your strokes during a game of ball tag, or raft up in star formation. Program includes pfd fitting, basic paddle strokes, safety orientation and guided activities. | Spring, Summer, and Fall | 4-12 |
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| **Community, Leadership and Team Building** | **Season** | **Grade** |
| **Challenge Games or Course**Build teamwork, communication and problem-solving skills while students work together to encourage and support each other through a series of course elements or portable initiatives. Use of our challenge course is seasonal, based on current environmental conditions at the site.  | All Year | All grades |
| **Stewardship Project**Cheakamus Centre is located on 165 ha of ecological reserve. There are several tasks that groups can complete and contribute to maintaining and improving this beautiful area. Tasks such as trail work, apple picking or tending to the gardens are a great ways to contribute to the community and learn about conservation.  | All Year | 6-12 |
| **Leadership Workshop**In this full group activity, students learn about different leadership styles and decision making processes. Hands on activities make this a fun, engaging and informative session.  | All Year | 6-12 |

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| **Evening Programs**  | **Season** | **Grade** |
| **Campfire** Enjoy an evening around the campfire singing songs and/or performing skits. An outdoor centre classic!  | All Year | All grades |
| **Skit Night**In smaller groups, students practice and perform skits for their classmates. A fun way to unwind at the end of a full day of outdoor learning. | All Year | All grades |
| **Night Walk**Take a sensory walk around the site and explore how animals adapt to low light conditions. Visiting teachers and/or group staff may be required to assist with leading small group activities.  | All Year | All grades |
| **Evening Games**A group wide game is a great way to finish a busy day of outdoor learning. Our staff will facilitate a high or low energy game based on the group.  | All Year | All grades |