

## Field School Planning Form

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<b>School or Group Name:</b>	
<b>Program Dates:</b>	
<b>Grade(s):</b>	
<b>Planning Coordinator / Attending Lead Teacher:</b>	

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](mailto: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. student council, youth group, grade level, relevant group dynamics), and your main reason for visiting the Cheakamus Centre:

**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:

- |  |  |
|--|--|
| <input type="checkbox"/> Connection to Nature<br><input type="checkbox"/> Environmental Knowledge<br><input type="checkbox"/> First Peoples Perspectives<br><input type="checkbox"/> Respect<br><input type="checkbox"/> Leadership<br><input type="checkbox"/> Community Building<br><input type="checkbox"/> Communication | <input type="checkbox"/> Teamwork<br><input type="checkbox"/> Personal Connections<br><input type="checkbox"/> Problem Solving<br><input type="checkbox"/> Play/Fun<br><input type="checkbox"/> Other: <div style="border: 1px solid black; display: inline-block; width: 150px; height: 25px; vertical-align: middle;"></div> |
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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. If you would prefer that we select activities based on your program goals, let us know in the notes below. Also 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.

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 ( <i>weather dependent</i> )
	Forest Study: Ecology & Sensory Exploration		Cave Exploration
	Forest Study: Indigenous Perspectives		Canoeing
	Nature Art Study		<b>Self-Directed Time</b> ( <i>if you'd like to lead your own activity rotation</i> )
Community, Leadership & Team Building			
	Challenge Games/Challenge Course		Stewardship Project
	Mini Raft Build Challenge		Leadership Workshop

Please select one evening program for each night of your stay:

Evening Programs			
	Campfire		Night Walk
	Skit Night		Evening Games

Choose how you would prefer to wrap up your experience on your 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? Etc.*):

Thank you for taking the time to complete this planning document. This information will help us cater the program to your group and help achieve the goals of your visit! Once we receive this document, we will create a draft schedule and send it to you to review.

**Program Activity Descriptions:**

<b>Outdoor Environmental Learning</b>	<b>Season</b>	<b>Grade</b>
<p><b>Birds and Wildlife Study</b> 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.</p>	All Year	3-12
<p><b>Farm Study</b> 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.</p>	All Year	3-12
<p><b>Salmon Study</b> 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.</p>	All Year	3-12
<p><b>Pond Study</b> 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.</p>	Spring and Fall	3-12
<p><b>Forest Study – Ecology and Sensory Exploration</b> 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.</p>	All Year	3-12
<p><b>Forest Study – Indigenous Perspective</b> 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.</p>	All Year	3-12
<p><b>Nature Art Study</b> 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.</p>	All Year	3-12
<b>Outdoor Skills and Recreation</b>	<b>Season</b>	<b>Grade</b>
<p><b>Archery</b> 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.</p>	All Year	4-12
<p><b>Wilderness Skills – Shelters and/or Fires</b> 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.</p>	All Year	3-12
<p><b>Orienteering</b> 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.</p>	All Year	4-12
<p><b>Bluff Hike</b> 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.</p>	Spring and Fall	6-12
<p><b>Cave Exploration</b> This safety centered, guided experience is a great introduction to caving. Our small, naturally occurring boulder caves build confidence and allow for self-discovery and growth.</p>	Spring and Fall	3-12
<p><b>Canoeing</b> 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.</p>	Spring and Fall	4-12

<b>Community, Leadership and Team Building</b>	<b>Season</b>	<b>Grade</b>
<p><b>Challenge Games or Course</b> 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.</p>	All Year	3-12
<p><b>Mini Raft Build Challenge</b> In this group wide activity, small groups complete a scavenger hunt to find and collect specific materials to build a model raft. Rafts are then raced down a small creek or towed behind a canoe. Students learn teamwork, leadership and how to establish roles and divide tasks in this fast paced challenge.</p>	Spring and Fall	6-12
<p><b>Stewardship Project</b> 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.</p>	All Year	6-12
<p><b>Leadership Workshop</b> 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.</p>	All Year	6-12

<b>Evening Programs</b>	<b>Season</b>	<b>Grade</b>
<p><b>Campfire</b> Enjoy an evening around the campfire singing songs and/or performing skits. An outdoor centre classic!</p>	All Year	3-12
<p><b>Skit Night</b> 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.</p>	All Year	3-12
<p><b>Night Walk</b> 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.</p>	All Year	3-12
<p><b>Evening Games</b> 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.</p>	All Year	3-12