

# Cheakamus Centre Outdoor School Program Parent Handbook



CHEAKAMUS  
CENTRE

nature is in session



# Cheakamus Centre and the Outdoor School Program

Our mission is to create a hub of innovative, authentic educational experiences in nature that inspire all learners to make informed, sustainable decisions through a deeper understanding and connection to the natural world. Since its inception in 1969, the Outdoor School (ODS) Program has provided experiential environmental programs to thousands of students from North Vancouver and beyond. This unique program including field studies, outdoor recreation, and other direct experiences in nature, instills in learners a sense of respect and appreciation for the natural world.

## About Cheakamus Centre

- The ODS program is housed at Cheakamus Centre, a North Vancouver School District owned environmental learning centre operating since 1969
- Cheakamus Centre is located approximately 45 minutes north of Horseshoe Bay, in Squamish, B.C. within minutes of all emergency services
- The 165 hectare (420 acre) site is a designated ecological reserve situated on the banks of the Cheakamus River with over 12 km of managed salmon stream habitat
- Each year, over 6000 students participate in day and multi-day cultural and environmental learning programs
- Cheakamus Centre's program buildings, cabins and trails are accessible to students and staff with diverse needs
- Unique environmental features include thousand-year old cedars, spawning habitat for five species of Pacific Salmon, and the largest recorded concentration of wintering bald eagles in North America

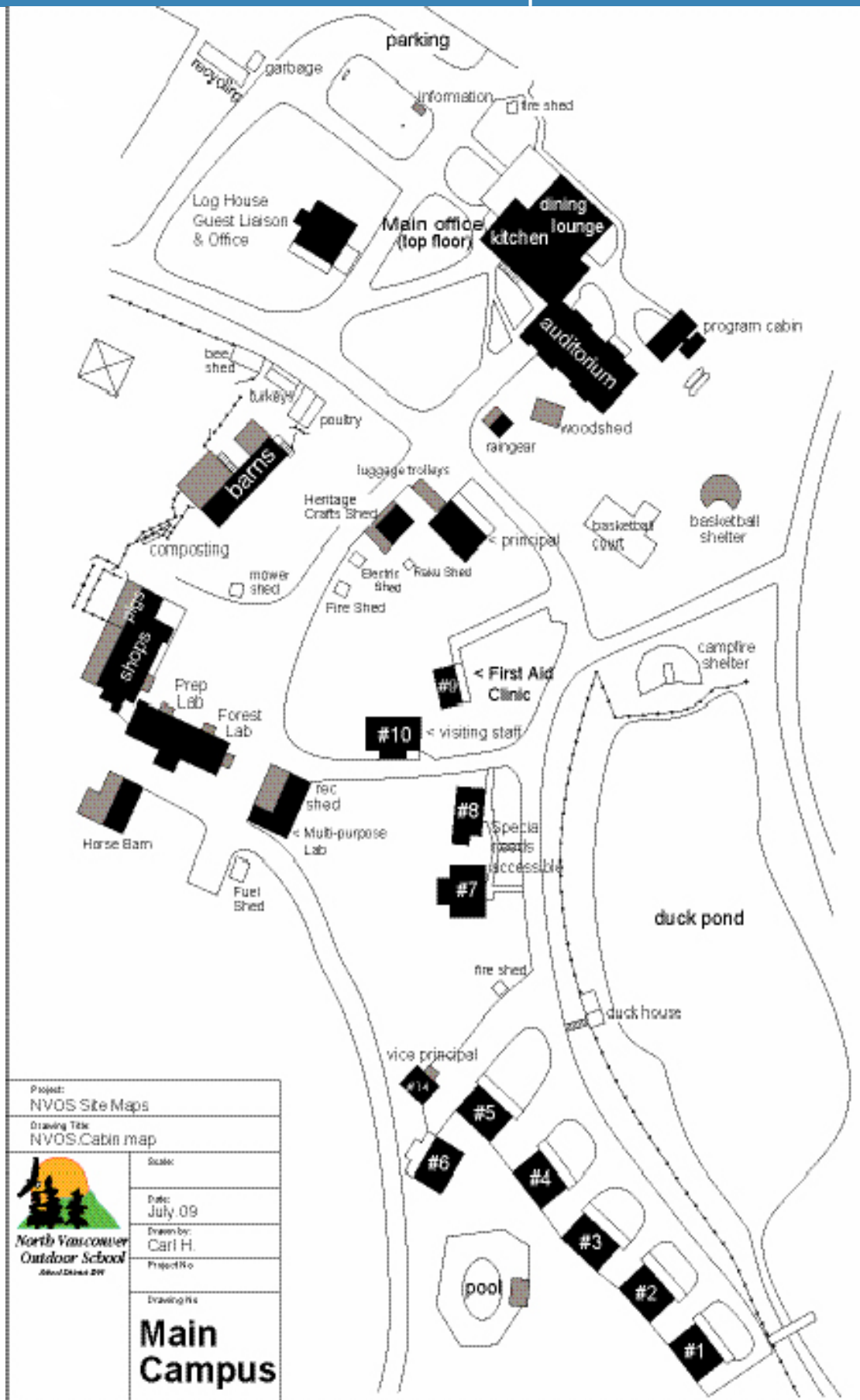


## About the Outdoor School Program

The ODS Program promotes awareness of community and environment, and provides opportunities to emphasize and enhance classroom curriculum and core competencies. Students take part in hands-on classes each day and learn about local ecology, wildlife, and food systems. They also get to participate in fun activities such as nature games, explorations on the farm, or evening campfire singing. With an emphasis on co-operation and consideration for fellow students, children are encouraged to build community and address issues in a constructive manner. Our facilities offer unique educational experiences:

- Salmon Hatchery supported by Fisheries and Oceans Canada involves children in hands-on study of the salmon life cycles and salmon enhancement practices;
- Biodiversity Farm allows children to observe and interact with animals such as goats, chickens, turkeys, ducks, pigs and bees;
- Forest Field Pavilions act as centres for studying forest ecology and wildlife;
- State of the art Environmental Learning Centre where students gather for meals, snacks and activities.

# Facilities Map





## CHEAKAMUS CENTRE

Cheakamus Centre  
PH: 1 (604) 898-5422  
[www.cheakamuscentre.ca](http://www.cheakamuscentre.ca)

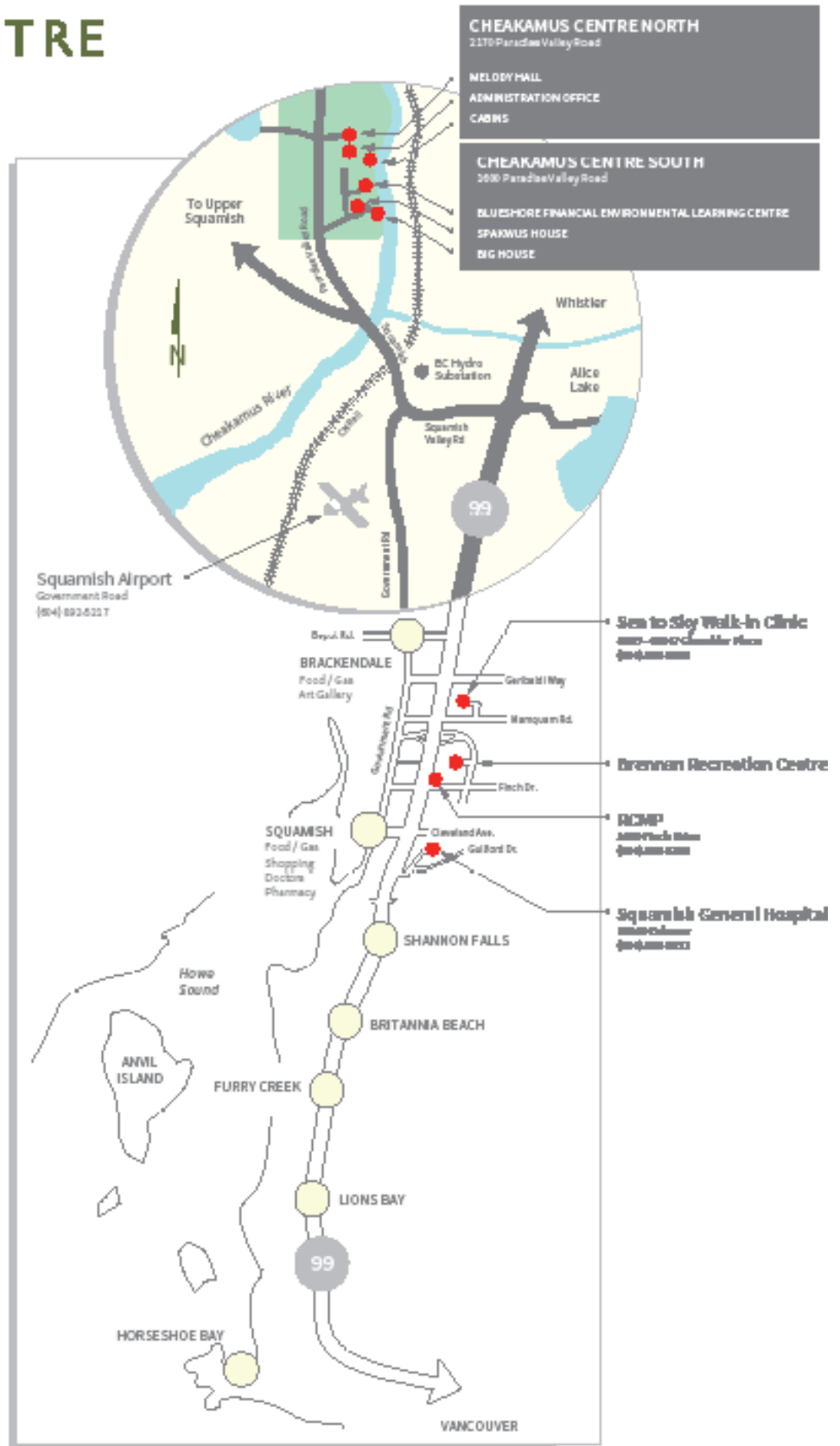
### DRIVING TO CHEAKAMUS CENTRE

Heading NORTH on #99

Drive 10km past downtown Squamish to the Alice Lake turnoff.

TURN LEFT (west) off highway 99 across from the Alice Lake turnoff on to Squamish Valley Road.

KEEP RIGHT over CN Rail tracks past Cheekye, over bridge and take the right fork on the Paradise Valley Road.



## Accommodation

Students are housed in comfortable, heated cabins. Students are organized in same-gender cabin groups by their teachers and are supervised by their assigned high school leadership counsellor. All of the cabins are equipped with two shared bathrooms and bunk style beds. There are two cabins (Cabins 7 & 8) that are wheelchair accessible and have separate bedrooms for students requiring additional supports.

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## Meals and Snacks

Cheakamus Centre is famous for its food! Chef Wade and his talented culinary team prepare simple, sustainable meals and snacks that are kid-friendly and nutritious, and keep our students healthy, happy and energized. Daily meals are served “family style” in the Environmental Learning Centre, and on occasion in the Fireside Dining Hall. Our kitchen is able to cater to a wide range of dietary needs and restrictions.

Returning your child’s Medical Form promptly, and noting any special dietary needs, will help the program staff and chef make necessary arrangements. (Please be specific: if a child is a vegetarian, are eggs and dairy products acceptable? If a child is lactose intolerant, is milk in baking okay? etc.) Please note that the Centre is a nut-restricted facility, including all meals served on-site.

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## Evening Supervision

Each evening of your child’s stay at Cheakamus Centre, high school counsellors will supervise students during the evening program and overnight in the cabins. Cheakamus Centre staff support the counsellors in their supervisory roles with assistance provided from visiting teachers as required. A Program Support Specialist, in addition to resident program staff are on-call 24 hours a day to deal with illness or other related needs.

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## Teachers

Well in advance of your child's program, Cheakamus Centre teachers are in contact with classroom teachers to assist in all aspects of the planning process. Your child's school teacher will generally be able to address questions that may come up regarding their participation in the program. If required, classroom teachers can direct parent questions to the Cheakamus Centre teachers and staff for clarification.

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## Personal Care and Rest

Adequate time is provided daily for children to maintain good health practices. While personal hygiene is your child’s own responsibility, counsellors will provide regular reminders during cabin time.

Getting enough sleep is important for children particularly given the many activities they’re involved in throughout the day. The program is scheduled to provide enough time for breaks, and students' bed times are closely supervised by their cabin counsellors.

## Sample Mid-Week Gr. 6 Day

7:00	Rise and Shine, prepare for the day
8:00	Breakfast in dining hall @ ELC
8:45	Chores or free time with counsellors
9:15	Field Study
11:15	Chores or free time with counsellors
11:40	Lunch in dining hall @ ELC
12:30	Field Study
2:30	Snack in dining hall @ ELC
3:00	Afternoon Activity (Recreation)
4:45	Film or presentation in auditorium
5:15	Chores or free time with counsellors
5:45	Dinner in dining hall @ ELC
7:00	Daily follow-up with classroom teachers
8:00	Snack & Evening Program
9:00	Off to cabins
9:45	Lights out! Counsellors are in cabins ODS staff supervising outside cabins

\*Note that Gr. 4 student bed times are slightly earlier



## Field Studies

Every morning from 9:15 to 11:15, and each afternoon from 12:30 to 2:30, children take part in integrated Field Studies. In these experiential study periods, children may learn about eagles, or salmon; life in the forest or in a pond; farm animals or any number of other nature-based topics. A focus on the out-of-doors does not mean that students' regular classroom subjects are set aside for their stay. Instead, they will use their new skills to discover the world around them, and make connections with what they are learning back at school.

## Afternoon and Evening Programs

"Integration" does not stop when field study time ends. During afternoon activity periods, children are given the opportunity to explore nature, and to exercise their senses by playing games which challenge them to learn about ecology, survival, or teamwork. During your child's stay, a selection of these activities will be offered.

After dinner, children spend time with their teacher discussing the day's events and highlights. This is an important time for teachers to check in with their students and provide support as needed. This is followed by a short night walk, campfire songs or other evening activities led by the counsellors and Cheakamus Program Staff. The evening program is often a highlight for both the students and the counsellors.

In an integrated salmon study students may watch fish and record observations (language arts); catch, measure and weigh salmon (math); fertilize salmon eggs (science); discuss impacts of pollution on salmon habitat, and discuss how salmon play a part in our economy (social studies)

# Supervision and Support

## Program Support Specialists & Resident Program Staff

A First Aid certified Program Support Specialist (PSS) and Resident Program Staff will be available to respond to all program related medical needs 24 hours a day. This includes:

- responding to health problems as they are noted on medical forms
- working with the chef on any special diets and food allergies
- informing and working with counsellors in supporting children's health concerns as reported on medical forms
- administering medication as instructed by parents/guardians
- assessing and providing First Aid for any reported illnesses or injuries

Additional resident staff are available to assist in the event of an emergency. In emergency situations, children will be transported to Squamish General Hospital and accompanied by their teacher and/or Cheakamus Centre staff. Parents will be contacted as soon as possible in this event.

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## Counsellors

Volunteer counsellors play an integral role in the ODS program. In many cases, student's strongest and fondest memories of ODS is time spent with their cabin counsellor(s). Counsellors support students in the following ways:

- sleep in the cabins, providing supervision, guidance and care;
- support students and teachers on field studies;
- provide instruction and supervision for Special Program and evening activities;
- help children perform their chores;
- supervise during meals and snacktime.

High school students in Gr. 10-12 as well as alumni are eligible to counsel, and this leadership experience is a core component of the ODS program. Prior to counselling, these volunteers take part in a weekend-long training workshop which prepares them for the responsibilities of the role. In addition, high school students volunteering to counsel must obtain written permission from their school teachers, parents and their high school administration.

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## Inclusion and Students Requiring Adaptations or Support

We are committed to providing opportunities for all students to attend and actively participate in the ODS Program. Our goal is to integrate students with complex needs as much as possible into our regular program schedule. Please contact your child's teacher and/or support staff well in-advance of your program date to inquire about planning requirements.

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## Phone calls & Calling home

Generally, students are not permitted to use the phone to call or receive calls from home as this often creates greater anxiety. Parents concerned about communicating with their child are requested to contact their child's teacher to discuss strategies to support them while they are away. A recommended resource for preparing your child for spending time away from home/family can be found [at the back of this handbook.](#)

In case of an emergency at home, parents may contact their school principal who will communicate with Cheakamus Centre administration. Alternatively, parents may contact Cheakamus Centre at 604 898 5422. Voicemails will be answered as promptly as possible.



# Helping Your Child Get Ready

A successful Outdoor School experience begins at home, long before your child arrives at the school. Please share parts of this handbook with your child and talk about the things to see and do at Outdoor School. You will also need to:

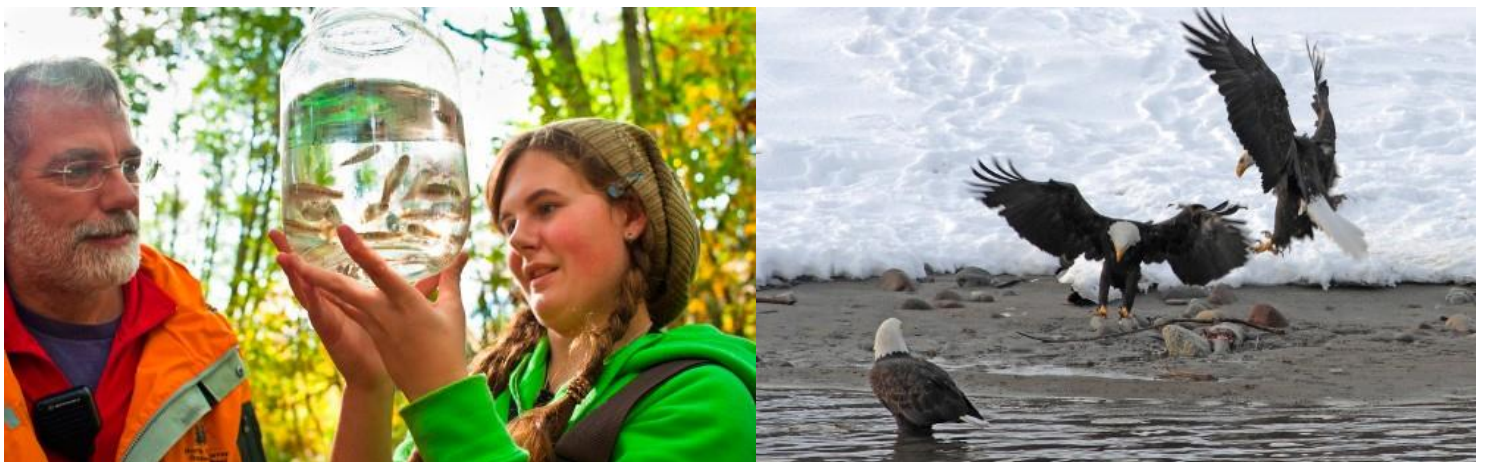
- ☐ Carefully read and review the information provided with the Informed Consent Form. Fill in this form and return it to your child's teacher by the deadline given.
- ☐ Fill in the Medical Form and return it to your child's teacher by the deadline given. Please remember to include the following:
  - child's Medical Service Plan number or Insurance Plan number
  - any required medications – including Gravol, Tylenol, etc.
  - any special dietary needs
  - comments about sleep disorders, bed-wetting, allergies, etc.
  - complete and sign the form in ink!
- ☐ Submit payment for the ODS Program fee. Cheques should be made payable to your child's school.
- ☐ Help your child pack their clothing and equipment. Children carry their own luggage: please pack accordingly.
- ☐ Mark all clothing and equipment for identification. Use a sew-in name tag or write your child's name and school with a laundry-marking felt pen.

Parents with medical or dietary related questions may contact program staff at 604 898 5422

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## Site Visits

We are excited to welcome families to our Annual Open House on the first Sunday in May. This is a wonderful opportunity to introduce children to the site and tours will be provided by program staff to help parents and students prepare for their program experience. If you are unable to attend, and your child is anxious about attending Outdoor School, please contact us at 604 898 5422 to discuss other possible options to see the site. Please note that drop-in visits by family members during program times are not permitted.



# Clothing and Equipment

Here is a checklist of suggested items for your child to bring to Outdoor School. Please remember: learning and playing outdoors can be wet and dirty. It is best to send older clothing and equipment you may already have at home. Remember, the weather at Cheakamus Centre is often colder and wetter than North Vancouver. Even on warm days, the weather may turn cold and wet in a matter of hours or rain may persist through an entire ODS program. **We strongly recommend packing waterproof gear and wool or synthetic items (e.g. pile, polyester, fleece, Polartec, Capilene, etc)** as cotton is uncomfortable and cold when wet. Some extra raingear and boots are available if required.

## Sleeping Gear

- ☐ Warm sleeping bag (extra blanket if sleeping bag is lightweight)
- ☐ Pillow and case

## Appropriate Clothing

- |  |   |
|--|---|
| <input type="checkbox"/> Warm shirts (3 or 4)                  | <input type="checkbox"/> PJs                                  |
| <input type="checkbox"/> Warm pants (2 or 3)                   | <input type="checkbox"/> Warm jacket                          |
| <input type="checkbox"/> Toque/warm hat                        | <input type="checkbox"/> Waterproof rain jacket (seam sealed) |
| <input type="checkbox"/> Mitts or gloves                       | <input type="checkbox"/> Waterproof rain pants (seam sealed)  |
| <input type="checkbox"/> Long-sleeved sweater/fleece (1 or 2)  | <input type="checkbox"/> Waterproof head covering             |
| <input type="checkbox"/> Warm socks (4 or 5)                   | <input type="checkbox"/> Warm waterproof boots                |
| <input type="checkbox"/> T-shirts and shorts (if warm weather) | <input type="checkbox"/> Sturdy walking shoes                 |
| <input type="checkbox"/> Underwear (4 or 5)                    | <input type="checkbox"/> Indoor shoes (to wear at meals)      |

## Personal Kit

- |  |   |
|--|---|
| <input type="checkbox"/> Day pack                  | <input type="checkbox"/> Shampoo and soap                       |
| <input type="checkbox"/> Water bottle              | <input type="checkbox"/> Lip salve (optional)                   |
| <input type="checkbox"/> Towel and Wash cloth      | <input type="checkbox"/> Sunscreen lotion                       |
| <input type="checkbox"/> Hairbrush or comb         | <input type="checkbox"/> Book for free time (optional)          |
| <input type="checkbox"/> Toothbrush and toothpaste | <input type="checkbox"/> Pencil / other teacher requested items |

### Please DO NOT SEND:

Phones or other electronic devices, money, knives, flashlights, candy or food – unless previously arranged with our kitchen staff for restrictive diets. All food items brought to site that are not previously arranged will be confiscated to minimize food attractants for wildlife. Digital cameras are not recommended as they may be damaged or lost and they can also be distracting on field studies and activities. Note that Cheakamus Centre assumes no responsibility for the loss or damage to personal items. Items not permitted will be held by children's teachers until they return to school. While children may reclaim electronic devices when they return to their school, food attracts mice and will not be returned.



## Expectations and Guidelines

As explained in the Informed Consent document, each child is expected to follow their school's Code of Conduct in addition to the guidelines provided to them on arrival. The large majority of students become very engaged in the hands-on programming, and there simply isn't time in the Outdoor School program schedule for getting into trouble.

Occasionally, children will choose to be uncooperative and this may result in them missing some of the opportunities available to their peers. In extreme disciplinary situations—when a child is reprimanded repeatedly, or is a danger to self or others—the Cheakamus Centre Administration and the child's classroom teacher(s) will contact the home school principal and the child's parents. While uncommon, parents are reminded that they may be asked to pick up their child and take them home in this event.

## ODS Program Fee

The program fee helps cover the cost of transportation (for SD44 groups only), accommodation, meals and snacks, and onsite program facilitation and support. Questions with regard to program fees can be directed to Cheakamus Centre. Please note, refunds are not provided for partial stays unless special arrangements have been made in advance with Cheakamus Centre.

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## Still have some questions?

We hope we have answered many of your questions regarding the Outdoor School Program. If there's something you're still wondering about, or if you have a comment about the program, please speak to your child's teacher or contact us at 604 898 5422. For further information about the ODS Program and Cheakamus Centre, please feel free to visit our website at

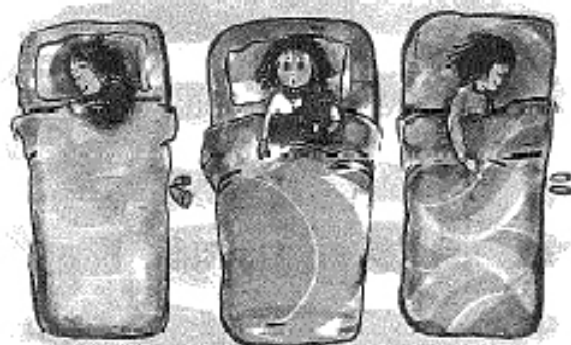
[www.cheakamuscentre.ca](http://www.cheakamuscentre.ca)

Cheakamus Centre values your support of this unique educational program, and we are committed to ensuring that your child's stay here is a positive experience, providing foundations for learning that will last a lifetime.



Join our nature community. Become a Friends of Cheakamus member today!  
<http://cheakamuscentre.ca/support/sponsorship-opportunities>





## Missing you

Helping your child manage her homesickness

BY BONNIE SCHIEDEL

**F**EELING HOMESICK IS ONE of those nearly universal human experiences, right up there with having a crush and learning to ride a bike. But the good news is that with a few simple strategies, you can often dial down the intensity of homesickness from incoherent sobbing over the phone to a short-lived pang at lights-out. Here's how you can help your child cope with those unsettling "I miss home" feelings, whether it's a first sleepover or a week at summer camp.

### heading off homesickness

"Nearly 70 percent of factors that predict homesickness can be addressed before the time away from home," says Dr. Christopher Thurber, a clinical psychologist in Exeter, New Hampshire, who co-authored a 2007 *Pediatrics* report on homesickness. His top techniques: be positive about the exciting and fun things your child will be doing; help your child feel in control and involved in the decision to spend time away from home by doing something like packing her bag together; and familiarize your child with her new environment by looking at website pictures of the camp or talking about the traffic noises (or lack of) at her friend's house.

If your child is off to camp, Mark Diamond, director of Camp Manitou in Ontario's Muskoka region, suggests scheduling a visit from a camp director at your home well before camp to answer any questions and concerns you, or your child, may have.

When Torontonians Darlene Wierski-Derve's son Ehren, 7, started sleeping over at his grandparents' house occasionally at age four, he was anxious about the change in routine. "We talked about it and decided to pick out a 'good dreams' pillowcase. Then we put his favourite stuffed animal and blanket inside, and that's what he uses as a pillow," says Wierski. "It helps to know he can just slip his hand inside the pillow and feel comforted."

### feel-better strategies

"Conventional wisdom says that homesickness just goes away, but research shows that it often doesn't," says Dr. Thurber. "However, kids as young as six and seven are totally capable of learning effective coping strategies, and it's important that you practice beforehand so your child has a repertoire of skills ready to go." If your child feels anxious about being away from home, have him

think about the good things about his time away from home, such as spending time with friends or trying something new.

Of course, it helps to have the other parents on board too. For example, Karen Dufault of Ignace, Ont., who has hosted many a first-time sleepover, finds that trying something novel (such as a cool sleeping fort that the kids make together) or something familiar (such as bedtime reading) are two tactics that can work well to stave off the homesick blues.

Bonnie Schiedel is an Ignace, Ont.-based freelance writer who favours chocolate to cure homesickness and whatever else ails you.

### the best part

Talking about homesickness doesn't cause homesickness, according to Dr. Thurber's report. It actually provides a way to educate and encourage a homesick person.

### don't do this!

#### What not to say

- ✦ Don't say "I'm going to miss you so much" or "I don't know what I'm going to do without you!" even if it's true. "Those are natural things to say and parents often think they have to say them to show their love," notes camp director Mark Diamond. "But all you have to say is 'I love you and I know you're going to have a great time.'"
- ✦ Don't tease by saying things like, "I sure hope I remember to feed the dog while you're gone" or "Watch out for that mystery meat they serve!" While this kind of joking may be completely fine in everyday family life, it may end up triggering needless anxiety while your child is away from home.
- ✦ Don't make a pick-up deal, where you promise to come and get your child if he or she is homesick. "This is a normal thing for kids to ask, but the subtext of the deal is that 'I don't have confidence in you, and the only solution is for me to rescue you,'" says Dr. Thurber. "A better response is, 'Everyone misses something about home and you're a normal kid to feel that way, but there are lots of things we can plan together to make you feel better while you're away.'"
- ✦ Don't send your child to camp with a contraband cell phone sewn into a teddy bear (this sounds apocryphal, but Dr. Thurber has heard about it from at least one camp director!).