



LPS School Programs: Teacher Prep Information

Who We Are: The Lake Park Society (LPS, formerly the Cumberland Lake Wilderness Society) is a nonprofit society that aims to nurture wonder and connection through outdoor experiences. We operate the campground facility as a social enterprise in support of this mission, enabling the highly subsidized outdoor education programs that we are excited to share with you and your class.

Teaching Approach and Curricular Ties: Aligning with the BC Curriculum, we will explore Big Ideas through concept-based and competency-driven stories, games, and awareness activities. Our approach is rooted in experiential, place-based learning, and guided by the First Peoples Principles of Learning. While our programs are designed for curricular ties in both Science and Social Science, our focus is not on specific content. It is our goal that this day of programming can foster deep, transferable learning back into the classroom; and inspire further inquiry and stewardship.

Program Options: We are continuing to offer two options for the program: Forest Friends and Water Keepers, this year with a focus on Grade 3 classes. In both options, classes will be paired with two LPS educators who will facilitate activities, and make final judgement calls for activities/travel routes based on safety considerations, weather, and group dynamics.

Please note that both of our programs are physically active. Typical programming involves travel over uneven terrain, and requires that students are aware of their surroundings. *Please let us know in advance if this would create a barrier for any students or staff.* There is some flexibility in choice of forest trails and activities. We will make every effort to include students/adults of diverse ability and mobility.

- 1) **Forest Friends Program:** In the forest around the lake, students will engage their senses while exploring the mature second growth forest and lakeshore at Cumberland Lake Park. Lessons and discussion will be woven into stories, games and sensory awareness activities. We will meet some of the local trees, plants, and animals that make their home in the forest, and observe how they interact with one another. In this way, we will learn about our local forest ecology, interconnectedness, and biodiversity first-hand. The practice of gratitude and respect, place-based learning, and the First People Principles of Learning will be central pillars that guide our day. **Maximum group size for this program is 30 people (including adults).**



- 2) **Water Keepers Program:** We will be spending the first part of the day on land, building connections with the Comox Lake Watershed and each other; then we will get ready to be off in the two big canoes! The canoes are lashed together, so the entire class will be paddling as one big group. On the water, we will share stories, discussion, and fun activities; and if weather permits, we will get out of the canoes for a lunch break before paddling back for our closing circle. LPS educators are trained and certified by Paddle Canada to skipper these Big Canoes. Our route will be highly dependent on weather / winds. Be prepared to be flexible in planning, so we can all have a safe and fun day! Please note that participants' feet **will** get a bit wet upon entering / exiting the canoes. We encourage everyone to choose sturdy and safe footwear - we will be walking on uneven terrain, and playing games in addition to sitting in the canoes! Please also note that **we will not be swimming** in the lake. Due to limited canoe space, **our maximum group size is 26 people (including adults).**

We also recommend this great resource for lesson plans, inquiry questions, and curricular ties to the Comox Lake Watershed - it weaves nicely into classroom learning before and/or after our program: [CVRD Connected by Water - Curriculum-Linked Resources for Educators](#)

Notes on Weather: Programs will run rain or shine; however, **if weather conditions create a safety concern, programs will be adjusted or rescheduled accordingly.** Safety is our first priority. If necessary, your Water Keeper program will be switched to a Forest Friends program. In the case of an extreme weather forecast, you will be contacted by one of our educators the evening before the program to cancel, and we will do our best to reschedule your class for another day. Please ensure that you are available to be contacted the evening before and morning of your scheduled program. We will give as much notice as possible, but in some circumstances, this may happen on the evening before or morning of your program.

Arrival and Pick-Up: Please aim to have your students arrive **ready to start the program at 9:15am.** We will **meet at the grassy field** in the Cumberland Lake Campground parking lot (driving past the boat launch, you will see it on the far left of the parking lot). Our educators will be on site to welcome and guide the group from there. **The program will end at 2:00pm** and students can be picked up after this. If you need to end earlier for bus pick-up, please let the educators know *at the beginning of the day.* This will help them plan out timing and route for the day. Pick up will be at the same place as the drop off. *If your class is being dropped off earlier than 9:15, or being picked up later than 2:00, please have a plan for supervision and class management outside of program hours.* Also note that during



the day, we will be on the move (through forest and/or on the lake), which means that *it will be difficult for any one to meet us part-way through the day without prior arrangements**

What to bring

Please have students come prepared to spend the full day outside, carrying backpacks along the way. Educators will have safety equipment and group gear, but **each student must have**:

- Rain jackets / rain pants
- Hat (as well as sunscreen and sunglasses for sunny days in canoes)
- Warm layers
- **Full** water bottle
- Lunch and snacks
- Suitable footwear for terrain, expected activities, and weather
- Fully completed consent form for each participant

Informed Consent: We must get a fully completed consent form / waiver for each participant before the start of the program. Any students who arrive without consent forms will not be able to take part in the program. Youth and adult consent forms are attached. They **MUST BE SIGNED BY A WITNESS TOO**. Please reinforce these notes on how to properly complete informed consent / waivers:

- print the form **double sided if possible**
- initials in **ALL** boxes
- have someone **WITNESS** your signature (e.g. another parent or friend)

Safety: Our staff are trained in first aid and will act as first responders on site. In the rare case of an incident that needs further treatment (but no ambulance), it will be the responsibility of the teacher to take students off site to seek further treatment. We will be following the same COVID safety measures as the school district, and all of our programming is outside. CLWS educators will be wearing masks when physical distancing is not possible.

As you get to know your class more this fall, **please let us know if there is any additional medical or behavioral info that comes to light**. We will pass the information on to the educators that will be working with your class.

Thank you for taking the time to read this info, and prepare your class! We look forward to welcoming you and your class, and sharing a fun day together outside. Please contact me with any further questions at programs@clws.ca.