

## Sprouts

**Who:**

- ✓ ALL Children ages 2-3 years and up
- ✓ Potty trained or almost there

**Where:** Roots & Branches Forest School – BBAC

**When:** Mondays

9:00am-12:00pm

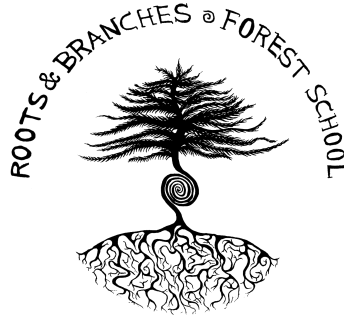
\*\*\* Sprouts can also attend Wednesdays Forest program in Lappe if they are 3.5 and potty trained\*\*\*

\*Tentative Dates

- Term 1 Fall starting week of September 16<sup>th</sup>-Dec 8<sup>th</sup>
- Term 2 Spring starting Feb3<sup>rd</sup> - June 15<sup>th</sup>

**What:** \*This program will be combined with our drop-in program\*.

Our teacher will run an exclusive program only for the students registered. Miss Jessica, teacher, ECE and child guru will be leading this program. This program is a great way to transition from play group into forest school while learning social skills! Roots & Branches Forest School is offering a community based educational forest school program that focuses on self-awareness and mindfulness all while embracing our natural environment. It aims to help children become confident and learn strategies to help themselves whenever needed. The program will include self-inquiry projects where students may use literacy, math, social studies and science skills. Forest School Canada embraces an emergent curriculum where students lead their own learning. They will participate in mindfulness activities, outdoor exploration, art projects and do meaningful chores to build on community togetherness and encourage a love for our environment. The program will look at building 8 life skills including self-esteem, positive visualization, big emotions (emotional and stress management), relaxation, happy healthy living, positive thinking, positive relationships and dreaming big (achieving and believing). Roots & Branches Forest School inspires to offer education where children can make strong connections with the earth, themselves and with others. We honour giving students adequate time to learn about themselves, creating confidence in order to be proud of who they are.

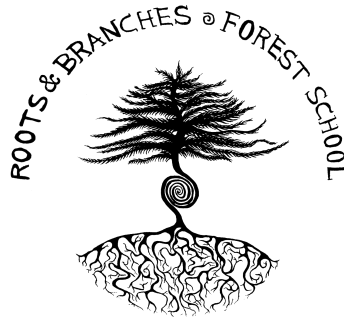


### The Objective

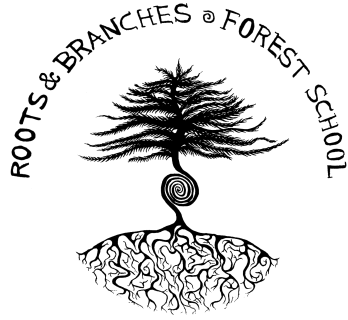
- Offer holistic education encompassing the head, heart and hands.
- Offer a natural, artistic, community based program
- Teach self-awareness and mindfulness to children
- Guide children to love education and their creative selves
- Use a natural play space in the forest and surrounding area for children to learn
- Incorporate math, literacy, science, social studies, music, drama through inquiry based and experiential learning
- Develop community, well-being and social engagement
- Guide children to feel connected to the earth and express gratitude

### Details:

- Small class sizes for students each day with two teachers. 1:5 ratio of adults or better.
- We use the Baggage Arts Building for our indoor classroom and the Marina for our outdoor play.
- Some resources/supplies for the program may be provided and some will be the responsibility of the parent (email or letter will be sent out if supplies needed). Parents will be responsible for appropriate clothing and maintaining a supply of extra clothes on site.
- We will be outside rain or shine. An Indoor space will be available under extreme weather conditions including inclement weather below -30 degrees or lightning storms.
- Natasha Pang Robertson, qualified elementary school teacher, a Forest school Canada practitioner, Sound Therapist, Forest Therapy Guide, soon to be certified children's relaxation expert and children's yoga instructor, will be organizing program along with other teachers and volunteers who will be helping to facilitate.

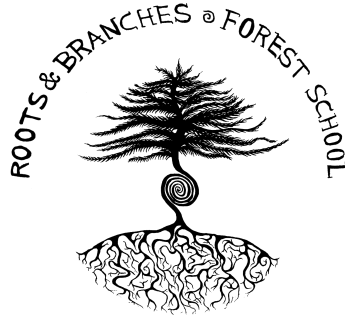


- A variety of guests may also help teach program (such as tracking experts, nature sound experts, Tibetan singing bowl master, local artists, authors, parents and other guests to inspire learning).
- Program will include things like mindfulness activities, self-awareness activities, math, language, science, social studies incorporated into learning, eco/re-cycled art, forest projects, survival, structures, life-cycles, respect for our environment, love for nature, awe of our world, empathy for others, animals and nature.
- Communal Snack – Each student will provide a shared nutritious snack for the group one day during each term. Snacks such as veggies, crackers and hummus or fruit are appropriate.. An extra snack may have to be packed on days we don't have a shared snack. Unless, there are families that would be willing to bring two shared snacks per term. This will be discussed with families registered.
- Students will spend time outside in rain, cold or shine. They should be dressed appropriately to ensure enjoyment of our time outside.
- Students will be allowed to engage in “Risky Play” such as climbing trees, building structures, taking off their jackets. There may be guidelines such as staying within sight of the educators, being kind to one another, respecting the environment, what could happen if you chose to \_\_\_\_? Etc. Educators will monitor a certain extent and may suggest that a certain action is making them uncomfortable. Research shows that students learn from “Risky Play”.
- Our program will mostly be an emergent curriculum. There will be some structure and tentative lesson plans/timelines.
- The program will include teaching life skills such as self-esteem, positive visualization, big emotions (emotional and stress management), relaxation, happy healthy living, positive thinking, positive relationships and dreaming big (achieving and believing). Activities will include painting, morning pages, meditation, relaxation, games, art, yoga and more.
- In Case of a Snow Day please check our facebook page.



- Snow days will be attempted to be made up on alternate days depending on space allowance. No refunds for snow days.
- Students can bring their own snacks if needed, water bottle and once or twice per term a snack to share with the class.
- We begin our day at 9:00 and end at 12:00. Please be on time as we may leave the location to go outdoors in our community to explore. If you will be late, please make prior arrangements in order to meet up with the group. No early drop off unless pre-booked.
- On Baggage Art Centre Days we will be inside playing at Nature Based Centres classroom style and participating in circle times. We will spend the time outside at the Marina.





- Sample Day Itinerary for program below. Please keep in mind all activities will be outside when possible:

**9:15 Morning Arrival - Outside Play**

**9:30 Mindfulness Activity - Done outside**

- Community circle
- Visioning and Gratitude
- Set our intentions for the day
- Breath of the Week

**9:45 SNACK**

**10:00 Sprouts Program**

**Outside Adventures**

- Inquiry/Purposeful Projects
- Discovery play
- Games

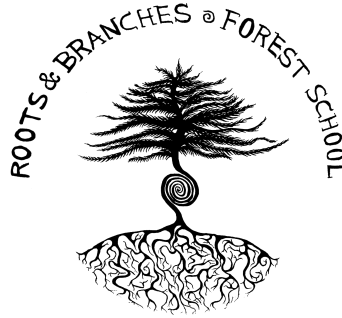
**10:30 Inside Nature Based Adventures**

- Discovery play
- Sensory Play
- art
- Circle time
- stories, songs, mindfulness activities and more!

**11:30 Songs, Movement and Meditation**

**11:45 Gratitude and closing Circle**

**12:00 Home**



**Sprouts Tuition for the entire 2019-2020 School Year**  
**September 16th -Dec 8th Feb 3rd -June 15th**  
**(No classes holidays and March Break)**  
**9:00-12:00**

*\*First Deposit is non-refundable. Late payments will be an additional \$20 per payment. \$10 per day will be added starting in January if not paid in full. Please know we cannot run our program without your payments on time. Our program makes just enough to pay our teachers, bus, insurance and materials at the moment. By registering your child, you are committing to sign a contract for the entire year. We need at least one month advance notice if you are deciding to leave the program. The yearly Tuition is still owed in full until we find a replacement for you even if you are NOT attending. \*IF YOU ARE USING PRO KIDS YOU MUST LET US KNOW IN ADVANCE.*

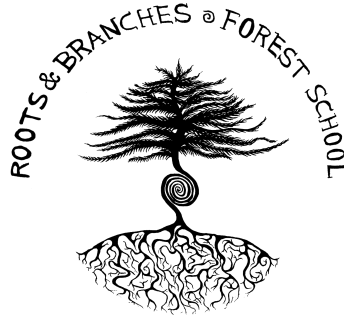
*Thank you in advance for respecting this contract.*

*\*There is additional Taxes this year.*

<b>Two payments:</b>	This includes administration, snack, tuition, material fees \$990	
June	\$400 Non-refundable	
By September	\$718.70	
<b>One Payment Total:</b>	<b>\$1118.70 (incl. tax)</b> <b>(Add 3% if using credit card)</b>	

**Payment Plan - Payments Due the 1st of every month. Valid Credit Card must be submitted.**

<b>6 Payments</b> includes Material fees, admin. fee, tuition, credit card and plan fee.	\$1120		
June 1st	\$400 non refundable		
July	\$250		
August	\$250		
September	\$100		

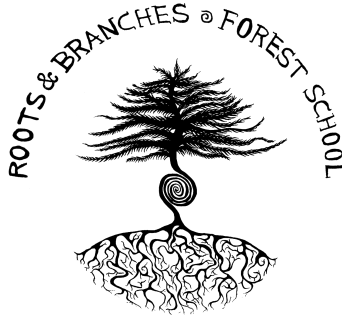


October	\$100		
November	\$100		
December	\$100		
<b>Total:</b>	<b>\$1300 (Incl.Tax/CCFee )</b>		

<b>Two Children:</b>	This includes administration, snack, tuition, material fees \$890 <b>per</b> child
June	\$600 Non-refundable
By September	\$1411.40
<b>One Payment Total:</b>	<b>\$2011.40 (incl. tax) (Add 3% if using credit card)</b>

**Payment Plan - Payments Due the 1st of every month. Valid Credit Card must be submitted.**

<b>Two Children Payment Plan</b> includes Material fees, admin. fee, tuition, credit card and plan fee.	\$1962		
June 1st	\$600 non refundable		
July	\$362		
August	\$200		
September	\$200		
October	\$200		
November	\$200		
December	\$200		
<b>Total:</b>	<b>\$1962 (Incl.Tax/CCFee )</b>		



## What is Forest & Nature School?

<http://www.wesleycloverparks.com/learn/forest-school-canada/what-is-forest-school>

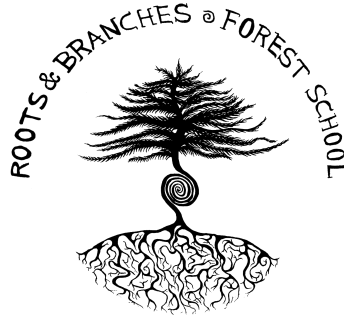
Forest School is an educational approach, and program of delivery, that has existed since the late 1950s, with thousands of programs expanding the world over, starting in Denmark and Sweden, moving through Scandinavia, onto Europe, China, Australia, New Zealand, the United States and now Canada. Although Forest School is called by many different names (e.g., Nature Kindergarten, Outdoor School, Waldkindergarten, Rain or Shine School, Bush School), in Canada two prominent names are taking hold: Forest School and Nature School (FNS).

In FNS, children spend anywhere from a half day to a full day outdoors in local woodlands and green spaces, in various urban and near-urban parks, natural spaces adjacent to or on school grounds, or natural playgrounds and outdoor classrooms. Children attending FNS have the opportunity to learn in a natural environment on a regular basis. Some programs are offered to students one half-day per week, whereas other schools and early years centers have embraced this approach on a more full time basis, with students spending the majority of their days outdoors. Despite variations, all Forest and Nature School programs adhere to the following: regular and repeated access to the same natural space, as well as emergent, experiential, inquiry-based, play-based, and place-based learning.

The activities that happen in Forest and Nature School vary, and can depend on the following circumstances: the season, the community context, climate, landscape, animals that have visited the night before, trees that have blown down in the wind, the kinds of provocations elicited by the educator, the kinds of tools and loose parts provided, the children who are in attendance, how long the group has been formed, and—most importantly—what interests the child(ren).

Forest and Nature School touches on all subjects and disciplines: in any given moment an experience can cut across math, science, art, literature, physical education, etc. Skilled educators in FNS will often plan their lessons at the end of a session, (also known as ‘backwards lesson planning’), and will know what curriculum standards they need to meet on any given day. The learning outcomes are based on real-time explorations and experiences, rather than pre-determined concepts in books or on screens, done within the four walls of a classroom.





## Benefits of Participating in Forest and Nature School

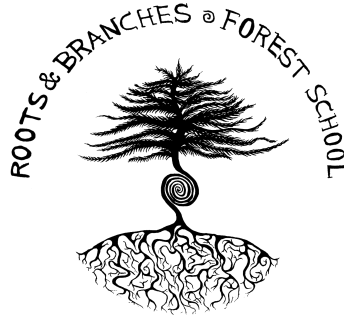
The following benefits have been demonstrated and acknowledged through various studies:

- Improved confidence, social skills, communication, motivation, and concentration
- Improved physical stamina, fine and gross motor skills
- Positive identity formation for individuals and communities
- Environmentally sustainable behaviours and ecological literacy
- Increased knowledge of environment, increased frequency of visiting nature within families
- Healthy and safe risk-taking
- Improved creativity and resilience
- Improved academic achievement and self-regulation
- Reduced stress and increased patience, self-discipline, capacity for attention, and recovery from mental fatigue
- Improved higher level cognitive skills
- Male inclusion in education

## Benefits of Mindfulness

<http://www.mindfulkidsandfamilies.com/mindfulness/>:

- **Body and Emotion regulation:** when our bodies and emotions are balanced and appropriate in our lives
- **Insight:** “self-knowing awareness” ...this is key to building positive social connections
- **Attunement with others, i.e. “resonance”.** This leads to the other person’s experience of “feeling felt”, of being understood. When children become more “tuned in” to themselves, they are more “tuned in” to others around them
- **Empathy:** allow us to see from the stance of another person’s experience, imagining others’ reality and perspective



- **Better Impulse Control/Response Flexibility:** the capacity to pause before taking action (this is key with children and teens!); being able to consider a variety of possible options and to choose among them.
- **Fear modulation:** our ability to calm and soothe, and even unlearn, our own fears
- **Intuition:** access to awareness of the wisdom of the body
- **Increased Attention Span:** practice of paying attention can build our attention muscles in our brains
- **Morality:** taking into consideration the larger picture, imagining and acting on what's best for the larger group rather than just ourselves

**We hope to have you as part of our Forest School Family! Please come join our Wolf Pack!**