

Dear Parents and Guardians:

Starting this month and going until the end of the school year our class will be participating in **Nature Walks and activities** **at Dogwood** **Park** beside Bill Moore Park. We will be walking to the park using the City Rail Trail, leaving every **Monday** at 10 am- till 11:15 am (*please see attached map & schedule*).

A variety of lessons and activities will be conducted in the class room and out-of-doors to support these walks. These lessons demonstrate that we are connected to nature and will promote a sense of place and appreciation for what is in our back yards and the Comox Valley. We will be observing what is in our forests and findings ways to connect these experiences to each other and the bigger concept of interconnectedness. They are designed to motivate youth to make choices for both themselves and the environment while helping them understand the value nature has in our daily lives.

These activities and experiences align with the BC Curriculum touching upon many aspects of the Core Competences and other core curriculum. There are many reasons we should be connecting students to nature outside; they already have an innate curiosity about the natural world around them. More time in nature helps recall memory, problem solving, and creativity. Children (and adults) who spend more time outside are physically healthier and less stressed.

The walks will be an hour long. Both students and teachers will be part of the planning and preparedness of rules and safety while on our outings. You can help prepare your child by sending them to school with appropriate outdoor clothing, and a change of clothes ready ‘just in case’. Proper footwear for the walks is important, rubber boots with warm socks on rainy days and outdoor runners for dry days are the best for this time of year. Layers are key for our climate as the weather can change multiple times a day.

**We always appreciate parent involvement**. If you would like to participate in these nature walks and activities, please feel free to contact me and we can discuss how you can be the most helpful.

**Please fill out the attached forms so your child can join us on these nature based outings.**

**SIGNATURE and CONTACT**