

# Learning In Action

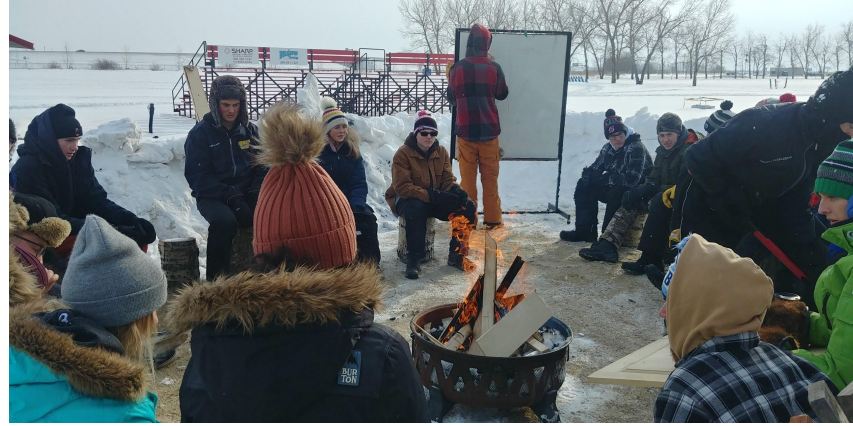
WHS • Outdoor Education

# Our Story So Far





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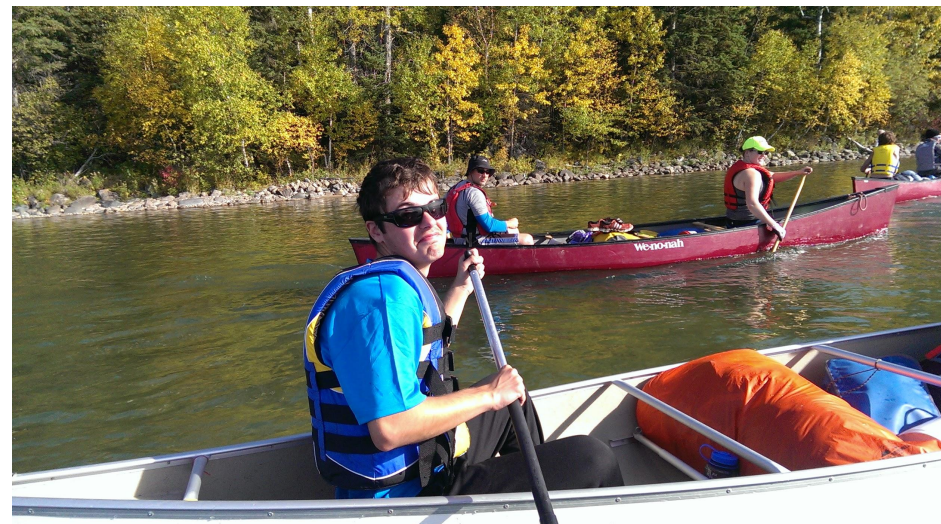






*“In every walk with nature, one receives far more than they seek.”*

*-John Muir*





“The woods were my ritalin.  
Nature calmed me. Focused  
me. And yet, excited my  
senses.”

Richard Louv, [The Last Child In the Woods: Saving our children from Nature Deficit Disorder](#)

**“Education is not  
the filling of a pail,  
but the lighting of a  
fire”**

William Butler Yeats







Sunrise Hike- An annual tradition

SRB







**“Winter is coming...”**











Thank you to the  
Prairie Spirit  
School Foundation  
for their continued  
support.



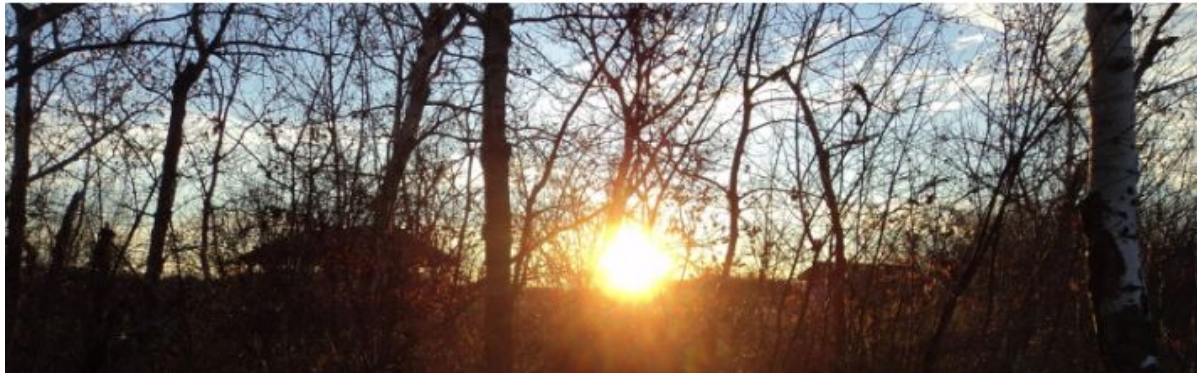
Course Credits  
Schedule  
Gear List

*Term 2, 2020*

# Warman Outdoor School

February 3, 2020

## Learning, in Action





Our goal is to help you earn four credits this semester:

**Native Studies 30:** This class will focus on pre and post contact land claims, treaty rights, governance and economic and social development of Canada and its indigenous peoples. When possible we will learn from local Elders and visit Wanuskewin heritage park.

**English 20:** The theme of ELA 20 is "Relationships." We will explore our individual relationships with nature, but also a broader view of humanity's relationship to the earth and each other. Students will be asked to compose, create and share poetry and prose throughout the term and also complete a novel study.

**Environmental Science 20:** we will explore climate & atmospheric science, sustainability, soils, terrestrial ecosystems, and aquatic ecosystems.

**Physical Education 20:** The focus is on developing life-long outdoor skills including: snowshoeing, cross-country skiing, downhill skiing or snowboarding, ice skating hiking, survival skills, orienteering mountain biking, and canoeing.



**Tuesday/Wed Feb 11/12: Winter Camp @ Redberry Camp**

Thursday Feb 27: XC Ski day @ Eb's Trails

Wednesday March 4th: Beaver Creek Snowshoe and Snow drift study

**Friday March 13th: Night Skiing/Snowboarding @ Table Mountain**

Tuesday March 17th: Wanuskewin Elder teachings

Thursday March 26th: Linklater Family Community Sweatlodge

**\*\*Tuesday April 7th: Day trip off-campus**

Friday April 24th: Survival Training @ Nisbet Forest

**Monday May 11th- Thursday May 14th: Hiking Trip- Kananaskis, AB**

Thursday May 21st: Tree Farm and Greenhouse tour, U of S

Tuesday May 26th: Kamyic Site Visit

**Monday June 15th- Wednesday June 17th: Kingsmere/ Greyowls Canoe Trip**

## Equipment List

### Daily

- 30 L Daypack (large school backpack)
- hat
- sunglasses,
- water bottle
- watch(not a cellphone),
- whistle,
- camera (old cellphones work great) .



**Outdoor Clothes – clothes that can get dirty, that dry quickly, and are rugged.**

-Wind pants

-quick dry long sleeve shirts

-quick dry t shirt are a good idea

-Long underwear – top and bottom – good base layer that wicks moisture away (ie. Helly Hansen, Under Armour, Merino Wool, Costco brand, etc...)

-**Tall** winter boots

·Winter jacket & snow pants

·Toque

-winter mitts

-neck warmer

·Ice Skates and helmet (can be a bike or ski helmet)

## Hiking & Canoeing

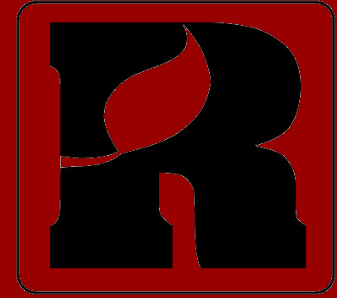
- Good solid pair of hiking boots with ankle support (not running shoes)
- Breathable Waterproof Rain Jacket and Pants
- Hiking Backpack – good quality , approx. 50-80 L ·
- A good quality 4 person tent (students will be sharing tents so not everyone needs to have one)
- Camping dish wear (no glass)
- Warm sleeping bag (rated to 0 0C or below)
- Thin sleeping mattress (Therma-Rest, self-inflating)
- A waterproof duffle bag (this is not a necessity but is very nice for canoeing)
- A modest swim suit
  
- Mountain Bike** (26" or larger wheels and in good working conditions)
  
- Biking helmet



## Approximate Redberry Itinerary

10:00 Leave WHS  
11:00 Arrive @ Redberry  
11:00-12:30 Begin guilding Quinzhees  
12:30-1:00 Lunch  
1:15-3:30 XC Ski  
3:30-4:30 Hollow out quinzhees  
4:30-7:00 Supper & clean  
7:00-8:00 Free time  
8:00-9:00 Night Hike  
9:00-10:00 campfire program

7:00- Breakfast  
7:45- Sunrise Hike  
9:30- Skate/Hockey/XC Ski  
11:30- Lunch  
12:00 Clean & Pack  
1:30 Bus



### Winter Activities Available

- Tobogganing Hill & Tubes
- Snowshoeing (6 pairs)
- Gym Games
- Nature Hike
- Outdoor Cooking
- Wilderness Survival
- Team Building Activities
- Outdoor Ball Hockey
- Crafts (Bracelet Making)

“EDUCATION IS A CARBON OFFSET”

–Geoff Green