



The Valley Voice



Nestled along the bank of the West Don River, Forest Valley Outdoor Education Centre is your school for the day. The forest classroom helps learning come alive! We look to learn in every natural corner of our amazing outdoor learning space to connect students with the Ontario Curriculum in unique and hands-on ways. Programs are planned with the visiting classroom teacher and based on student inquiry ensuring that no two visits are ever the same.

Wouldn't it be great to learn outside everyday? Did you know May is Get Outside Month in the TDSB? This year, the Outdoor Education Department has collaborated with the English Literacy Department to create and publish a lesson that supports teachers in taking students outside everyday during the month of May. The lessons all have a literacy focus and provide strategies for teachers to deliver the Ontario Curriculum outdoors. Each week has a different theme. This year's themes are learning in, about, for and sharing the environment. This year's lessons, and our archive of lessons from previous years, can be found in the Outdoor Education section of TDSB's Academic Workspace. Ask your teacher to take you outside!



Thank You!
 Our wonderful students, teachers, friends, family and community members made this year's **Maple Syrup Open House** another tremendous success. We hope to see you next year!

Save the Planet, Save Yourself:
Ride a Bicycle!
 Riding a bicycle is the most efficient way to move a human being: it saves money, keeps you and your planet healthy. Spring is here! Ride with your kids not just for fun, but as THE best way to get to school.

May 26, 2015 is Bike to School Day at TDSB and across the City and it launches Toronto **Bike Month**. Ask your **Eco Team** about how you can help plan the day and you could help your school win a new bike rack!



You can now follow us on Twitter!
<https://twitter.com/forestvalleyoec>

"Mud Between The T.O.E.S."

Toronto Outdoor Education Schools
 Forest Valley Outdoor Education Centre is one of ten outdoor education centres within the Toronto District School Board where students have the opportunity to engage and connect with the natural world. Overall, more than 17,000 students from 173 schools visit Forest Valley O.E.C. every year for experiential outdoor education learning in action!



Where hearts and minds connect with nature



Maple Mousse– a Forest Valley Staff Favourite!

1 TBSP gelatin
 2 TBSP cold water
 1 1/2 cups maple syrup
 2 cups whipped cream

Soften gelatin in cold water. Heat syrup to boiling and pour into gelatin. Stir and chill, stirring occasionally. When partly set, beat until foamy. Fold in whipped cream. Turn into mold and freeze for 4 hours. Top with some maple syrup just before serving.

**Sun Safety**

Most of us like to work, play, and relax outside on a sunny day. The warm rays of the sun can feel good on our skin. But too much sun and heat can be harmful, so be careful!

You can protect your family and still have fun under the sun.

Cover up. Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.

Limit your time in the sun. When your shadow is shorter than you (usually mid-day), the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.

Use the UV Index forecast. Tune into local radio and TV stations or check online for the UV index forecast in your area. When the UV index is 3 or higher, wear protective clothing, sunglasses and sunscreen.

Use sunscreen. Put sunscreen on when the UV index is 3 + or more.

Drink plenty of cool liquids (especially water) before you feel thirsty. If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.

Healthycanadians.gc.ca

Look Who's Come to Ontario!

It's been a very difficult winter so when the temperature rose well above zero, everyone went out to enjoy it...including Virginia opossums!

Many Ontario residents were surprised and/or concerned to find an opossum in their yard enjoying the sun.

Did you know that that Virginia opossums are now common in Southern Ontario? North America's only marsupial has been moving slowly north from the southeastern United States for years; but are most active at night and are rarely seen.

Because they come from the south, Virginia opossums are prone to frostbite. If you see an opossum with signs of frostbite (the tips of their ears and tails looking black or red and raw) or that appears to be sick or injured, please call Toronto Wildlife Centre. Otherwise, enjoy the rare glimpse of your elusive wild neighbour!

Opossums are scavengers, and eat the animals you might not want in your garden, like insects, snails and slugs. They don't dig up plants or lawns and are so wary of people, you'll probably never even see your garden helper.

Toronto Wildlife Centre 2015

**What did you do as a follow up to your visit with us? We want to know!**

Please share your post-trip follow up activities with us so we can highlight great things classes do after their outdoor education experience. This could include art, stories, poems, recounts...etc. We may use your submission in a future Valley Voice, for display at Forest Valley or as a resource for visiting teachers.

60 Blue Forest Dr., Toronto, Ontario M3H 4W5

TDSB Courier Route NW11

forestvalleyoutdooredcentre@tdsb.on.ca



Taking action to make our world a better place

