



The Valley Voice

Forest Valley Outdoor Education Centre's Newsletter

Forest Valley Facts



- One of 10 TDSB Outdoor Education Centres
- Collective goal: to deliver curriculum-based programs which connect students to the natural world
- Welcomed 898 classes or 18 800+ students in 2016 / 2017
- 1 000 TDSB staff work together to plan visits
- 1 600+ volunteers help visiting classes each year

FVOEC Spring Bingo

See how many signs of spring you can find

			
American Beech Leaf	Banded Snail	Bird's Nest	Blue Jay
			
Eastern Chipmunk	Grey Squirrel	Monarch Butterfly	Moss on a Log
			
Mourning Cloak Butterfly	Red Oak Leaf	Red-Winged Blackbird	Sugar Maple Leaf
			
Tree Cavity	Trout Lily	White Birch Bark	Woodpecker Holes

Magnet Contest

Our **thank you magnets** help us appreciate all our visiting teachers and volunteers each year.

Congratulations to Nikolas (grade 4) from Kingslake P.S., whose design was chosen from hundreds of wonderful entries as the 2017/2018 winner!

Visit our website in September 2018 for details about how to enter next year's contest.



Take Action

Forest Valley is a Platinum EcoSchool

Thank you to all of our visiting classes for helping us show respect to nature every day.

Now try these environmental actions at home:

- Bring a waste-free lunch to school every day
- Turn off the tap when you brush your teeth
- Turn off the lights when you leave a room
- Walk or bike to school
- Get outside and spend time in nature
- Share your nature knowledge with others

ecoSCHOOLS



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schoolweb.tdsb.on.ca/forestvalley



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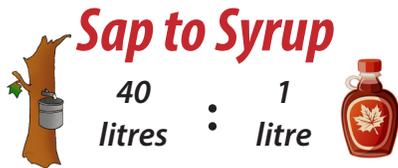
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Celebrate Maple Syrup

Forest Valley's 2018 Maple Syrup Open House welcomed over 1 000 visitors and was a huge success thanks to 50+ volunteers!

Join us next year on **Saturday, April 6, 2019** to hike the trails, visit the sugar shack, explore the displays, and taste maple goodness!



This maple syrup season, visiting students collected **4 520 litres** of sap to make **113 litres** of syrup!

We share our syrup with visiting classes and at our Open House.

Thank you to all the students in 2018 who took part in this great Canadian Tradition.

Forest Valley Inquiry

"Inquiry-based learning ... builds on students' natural curiosity about the world in which they live." (Natural Curiosity, OISE, p. 7)

Why Inquiry-Based Learning?

- places students at the centre of learning
- increases motivation & understanding
- leads to deeper questions & critical thinking

What We Do to Support Inquiry-Based Learning?

- allow student questions to direct learning
- create opportunities for free exploration
- collaboratively and creatively solve problems

What You Can Do to Support Inquiry-Based Learning?

- become detectives and carefully observe nature
- encourage questions about the natural world
- brainstorm creative ways to find answers & solutions
- communicate discoveries in various ways

Get Outside

Evidence shows that spending time in nature has many benefits for health and well-being. (Louv, 2005)

Psychological: well-being, self esteem, positive mood, and increased vitality

Physiological: better general & perceived health, reduced mortality rates, faster healing from trauma

Social: increased social interaction & empowerment (V.Swami et al. Body Image24, 2018)

Now, Get Outside!

Check out TDSB's "Get Outside" lesson plans for great ideas to help you get children learning outdoors.

<http://schoolweb.tdsb.on.ca/toes/Get-Outside-Lessons>

Valley Vignettes

Snapshots of visiting students learning outdoors.



Students apply their learning by spreading woodchips on our trails as an Earth Stewardship Project.



Students inquire into the effects of melting ice (glaciers) and then observe the evidence of glacial activity at Forest Valley.



Students use HP's Reveal App to inquire about Indigenous uses of plants including how they are used today.



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