

SHSM Program Offerings:

Leadership - This interactive and outdoor program will help students develop leadership skills and experiences to help prepare students to flourish in their prospective sectors and careers.

ICE - Using Innovation, Creativity and Entrepreneurship, students examine the issue of climate change and look for pathways towards a sustainable future. Students will put their skills to work by pitching potential solutions.

GIS - Using ARCGIS, Survey 123, and the Don River as the focus of study, students explore how GIS and spatial communication can be used as tools to help protect our local watersheds.

GPS - Students explore the landscape of Forest Valley to develop navigation skills using GPS units, while expanding knowledge of Toronto's natural history and their ability to read the land.

WILDERNESS SURVIVAL - Students work cooperatively to approach learning outdoor survival skills and techniques. They will develop collaboration, problem solving and critical thinking skills through this engaging and realistic survival training.

INDIGENOUS ART - Students explore traditions that influence Indigenous art and processes that are inspired by nature. They will use their experience in the forest as inspiration to create a work of art that expresses their point of view.

NATURE PHOTOGRAPHY - Students practice photography and examine the principles of light and perspective, while exploring how nature photography can be used as a storytelling tool to protect local environments.

ENVIRONMENTAL ART - Students collaborate with nature to create environmental art inspired by their surroundings and renowned artist, Andy Goldsworthy. They will have the opportunity to create a work of art outdoors.

WATERSHED MANAGEMENT - Students explore the geology, flora and fauna of the Don River and conduct a series of water tests. The results will prompt students to

develop a management plan for the City of Toronto to improve or maintain the watershed.

WEED AND PEST IDENTIFICATION AND MANAGEMENT - Students explore the importance of biodiversity and concepts of ecological change by learning to identify native plant species. They will discuss the characteristics of invasive species and become stewards to protect the area.

SOIL TESTING TECHNIQUES - Students engage with the power of soil by collecting samples from a variety of locations around the Forest Valley property and test for pH and the building blocks of life - Nitrogen (N), Phosphorous (P) and Potassium (K).

SPECIES IDENTIFICATION: Students tour Forest Valley and develop an understanding of biological classification and skills in identifying a variety of flora and fauna commonly found in the City of Toronto, such as trees, flowers, birds and insects.

PROJECT WILD - Students participate in a variety of activities designed by the Canadian Wildlife Federation for their Project WILD guides. They gain experience using the guides and adapt them to specific needs of their learning community.

BELOW ZERO - Students participate in a variety of activities designed by the Canadian Wildlife Federation for their Below Zero guides. They gain experience using the guides and adapt them to specific needs of their learning community.

HABITAT RESTORATION - Students explore diverse perspectives on the importance of biodiversity by exploring human impacts at Forest Valley. They apply ecological expertise by planting trees, shrubs or wildflowers, and remove invasive species.

TREE PLANTING - Students learn how to identify trees that grow in Toronto and their ecological and social importance. They apply forestry expertise while planting trees to improve biodiversity and the forest's ability to store carbon.

SEED SAVING - Students explore the connection between food production and biodiversity through an inquiry into the source of life - seeds. They investigate the process and impact of saving seeds in this hands-on program.

PLANT LAYOUT - Students learn the principles of permaculture by observing patterns in nature and creating environmentally sustainable garden bed designs. They apply the learning by designing their own space.

STRESS MANAGEMENT TECHNIQUES - TREELAXATION - Students enjoy the benefits that a forest offers through the exploration of Shinrin Yoku, or Forest Bathing, and mindfulness. They learn how to carry these lessons from the forest into their daily lives.

FITNESS- YOGA - Students partake in a gentle Vinyasa Yoga practice outdoors with a focus on connecting the mind, body and breath while inviting gratitude for the environment.

FITNESS - RUNNING - Students take running to the next level by gaining endurance as a gift from the forest. They end their session by completing a three kilometer trail race and cool down with a series of stretches in the great outdoors.

SPORT PROGRAM DESIGN - TRAIL RUNNING - Students explore the trails and get to know the landscape and topography. They plan a route for an adventure, then complete the route in a timed race. Roles and opportunities will be available for all abilities.

ENVIRONMENTAL AWARENESS: Discover the natural beauty in the City of Toronto and understand the various impacts that certain human activities can have on local systems and environments. Become motivated to make a difference in your community.

ETHICAL CONSIDERATIONS Explore a variety of perspectives on determining the moral principles that govern a person's behaviour as students approach an environmental issue and decision making strategies from differing points of view.

GROUP DYNAMICS Students develop Global Competencies as they navigate a series of challenges designed to help them identify various group dynamics. They reflect on their collaboration with group members, and set goals for improvement.

HERITAGE INTERPRETER: MAPLE SYRUP: Investigate the science and origins of maple sap use in Canada and the evolution of production into an industry. Students explore how to lead a tour to educate others on this cultural practice.

*Spring Only