

WESTWOOD LAKE FIELD TRIP

MR RANGER AND MRS BERNAQUEZ CLASSES



Date:	Thursday 30th November, 2017.
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Location:	Westwood Lake Park, Nanaimo.
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Learning Intentions:
During the field trip learners will explore concepts of human needs as they are related to varying environments. There will be five different learning stations where students will have the opportunity to investigate navigation, bear awareness, shelter building, archaeology, and plant identification.

Field Trip Preparation:
The weather forecast is calling for rain and so it is very important that students come prepared with the right clothing and other gear for spending a full day outside in the elements. Although they will have access to large tents to keep their backpacks dry, students should have suitable clothing to keep them warm throughout the day. Additionally, they should have a good packed lunch that will provide them the calories necessary to keep their bodies warm. Some dry spare clothes in a sealed plastic bag is also advisable should the student get unexpectedly wet. Please see below for a more detailed list.

To Bring:	<p>Food: It is important to eat well before and during field trips. Fatty foods such as cheese, butter and nuts will provide long lasting calories to keep bodies warm.</p> <p>Hydration: Being adequately hydrated helps bodies regulate their temperatures. Students are encouraged to bring water bottles and/or thermos of hot drinks.</p> <p>Clothing: It is highly recommended that students dress in layers, with preference given to wool. Cotton should be avoided. An effective layering system would include a base layer of long underwear, a mid layer of fleece or insulated clothing that will trap body heat, and an outer layer of waterproof jacket and pants. Another essential item is a toque, as a lot of body heat is lost through the head.</p> <p>Footwear: Rubber boots, hiking boots, or other waterproof shoes.</p>
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Not to Bring:	Cell Phones: Please leave cell phones at home. There is a good chance they could get wet or lost while in the forest. Teachers and volunteers will have their own phones in case of emergencies.
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Group 5 (Wolverines)		Stations (order)
Mr Ranger's Class	Mrs. Bernaquez' Class	
CXXXX	BXXXX	5 → 1 → 2 → 3 → 4
TXXXX	FXXXX	
NXXXX	JXXXX	
DXXXX	NXXXX	
KXXXX	SXXXX	
JXXXX		

