

Intertidal Insights

Grade 4 to Grade 12

Teacher Information Package



Contact Us

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Visit the Lumberman's Arch beach at low tide and explore the incredibly diverse and abundant life in the intertidal zone.

Students will investigate the unique adaptations of plants and animals that thrive in both marine and terrestrial environments. From hunting for crabs to identifying seaweeds, this hands-on exploration offers a close look at intertidal organisms.

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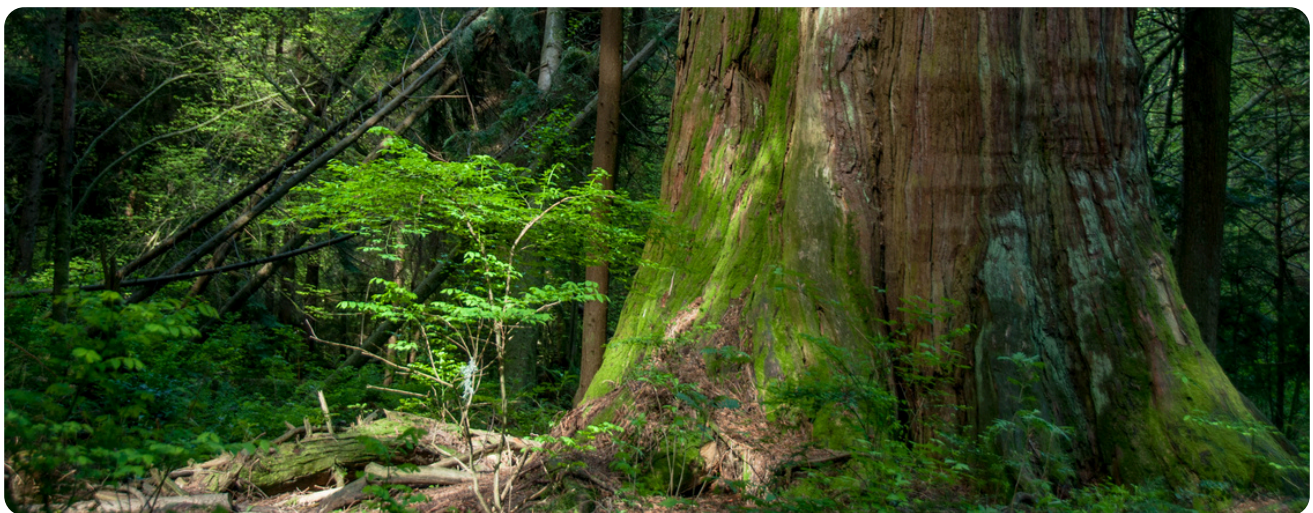
Photo: Frank Lin

Land Acknowledgement

"Stanley Park" is on the ancestral and unceded lands of the xʷməθkʷə́yəm (Musqueam), Skwxwú7mesh (Squamish), and səliwətał (Tsleil-Waututh). These Nations have actively been the stewards of this land for thousands of years, before being forcibly removed by European settlers during colonization, who named this land "Stanley Park" just over a hundred years ago.

Through colonization, many parts of this land have changed. Stanley Park was once an island at high tide, before the Stanley Park Causeway was built. There were also many communities and villages that lived amongst these lands. Where Lumberman's Arch now stands, there was once a thriving Squamish community known as Xwáyxway, with roots that go back over 700 generations and span thousands of years. The name Xwáyxway means "a place for making masks" in Skwxwú7mesh Snichim, the Squamish language, and this land holds deep cultural importance. Other village sites throughout the area included Chaythoos and Kanaka Ranch.

As you visit us for a School Program, we invite you to reflect on the many ways that settler colonialism has impacted this land, and to consider what you can do to acknowledge this history. We also ask that, during your visit, you respect and take care of this land.



Program Checklist

To do before your visit:

- Read this Teacher Information Package carefully
- Arrange transportation to arrive 15 minutes before your program start time
- Send Essential Parent/Guardian Information home (Page 12)
- Review Park Etiquette with students (Page 9)
- Review "What to Wear" with students (Page 12)
- Send payment a minimum of four weeks prior to your program



Photo: Devon Yu

Accessibility

At Stanley Park Ecology, we want to ensure your students feel supported and comfortable during their field trip. Below, you will find information about what's included in our Sensory Support Kits, what the trail conditions are like, and where you can access washrooms and water while in the park.

Support Staff & Additional Adults

We welcome additional support staff, caregivers, or aides who may be accompanying students requiring extra assistance. These adults do not count toward the standard adult-to-student ratio, which is a minimum of 2 and maximum of 4 adults.

Pre-book our Sensory Support Kits

Our Sensory Support Kits are free to borrow, and include items such as noise-canceling earmuffs, fidgets, and sunglasses. You can request a kit when booking your field trip by selecting 'yes' on the booking form and indicating how many (maximum of 5) are needed, or by emailing school@stanleyparkecology.ca.

Trail Conditions and Mobility Considerations

This program requires moving at a slow-moderate pace with minimal inclines along the seawall and on a rocky beach. The route includes surfaces such as pavement, uneven grass, and a rocky/sandy beach. If any students require frequent rest breaks, please let us know in advance. There are limited benches along the route, so we recommend bringing a lightweight portable seat if needed. If any students require modifications, such as a shorter route or a stationary activity, please contact us in advance. We are happy to explore ways to ensure all students can fully participate.

Washrooms and Water

Washrooms are available at Lumbermans Arch or the Castle Playground. These are all wheelchair accessible washrooms. A water fountain is located near Lumbermans Arch but they are turned off during the winter months.

Curriculum Connections

Intertidal Insights is a place-based program that directly relates to the Grade 4-12 science curricula. Below, you'll find some Big Ideas and Curricular Competencies that will be addressed. You may contact us for a more detailed list for your grade if you wish.

Big Ideas

Grade 4

- All living things sense and respond to their environment

Grade 5

- Multicellular organisms have organ systems that enable them to survive and interact within their environment

Grade 6

- Multicellular organisms rely on internal systems to survive, reproduce, and interact with their environment

Grade 7

- Evolution by natural selection provides an explanation for the diversity and survival of living things

Grade 8

- Life processes are performed at the cellular level

Grade 9

- The biosphere, geosphere, hydrosphere, and atmosphere are interconnected, as matter cycles and energy flows through them

Grade 10

- DNA is the basis for the diversity of living things.

Grade 11

- Complex roles and relationships contribute to diversity of ecosystems.

Grade 12

- Human actions affect the quality of water and its ability to sustain life.



Photo: Devon Yu

Curricular Competencies

Grade 4 - Grade 12

- Demonstrate a sustained intellectual curiosity about a scientific topic or problem of personal interest
- Experience and interpret the local environment
- Express and reflect on personal experiences of place
- Make observations aimed at identifying their own questions, including increasingly complex ones, about the natural world
- Observe, measure, and record data (qualitative and quantitative), using equipment, including digital technologies, with accuracy and precision

Essential Teacher Information

Payment

Payment is due a minimum of four weeks prior to your program date. We accept credit card, cash, or cheque. Please make cheques payable to Stanley Park Ecology Society and mark them with your invoice number, school name and program date. A \$25 fee will be charged for all cheques returned NSF.

Cancellation Policy

Our programs are popular and space is limited. Cancellations made more than four weeks before the program date will receive a 50% refund. No refunds will be provided for cancellations within four weeks of the program date.

Be Prepared

Our programs run rain or shine and are held entirely outside. Students will be learning through hands-on activities, getting a bit dirty and possibly wet (especially shoes). Please review the enclosed 'what to wear' list with your students prior to their park visit (see page 12). Due to the variable walking terrain, appropriate footwear is required.

Adult Assistance

We require the assistance of a minimum of two and a maximum of four adults. These adults are invited to participate in all activities and asked to help maintain discipline in the group. Please ensure adults turn off cell phones and refrain from having distracting conversations.

Arriving for the Program

Please arrive 15 minutes before the program time in order to have a washroom break, snacks and division into groups. Programs do not stop for washroom and snack breaks as there is no access to facilities during the program. SPE educators will greet you at the meeting location at the designated start time. If you are running late, please call the School Programs cell phone at 236-867-1564 to let us know.

Essential Teacher Information

Transportation and Meeting Site

The meeting site for this program is at the Miniature Railway parking lot (see map on Page 6). This site is easily accessed by the #19 Stanley Park public bus, school buses, or private vehicles.

Photography

We recognize that photos are a great way for classes to document their fieldtrips, and so we allow photos during our programs; however it is our policy at SPE School Programs that no videos are to be taken of/during our programs.



Photo: Tatiana Fisher

Pay Parking

Pay parking is in effect at all times in Stanley Park. The rates from April 1 - September 30 are \$4.25 per hour or \$15.50 per day, and from October 1 - March 31 are \$4.00 per hour or \$12 per day. Bus Parking rates range from \$22.75 - \$58.00 depending on bus size. Visit www.easypark.ca for specific pricing.

Rates are set by the Park Board and are subject to change. Cash and credit cards are accepted at the ticket machines.

Inclement Weather

Programs run rain or shine in Stanley Park, however during dangerous weather we occasionally have to cancel programs for safety reasons. Extreme weather events can be dangerous in the park due to falling trees, slippery conditions, etc.

Government-issued weather advisories are also monitored for important recommendations. We will notify you by email if the program needs to be rescheduled. If rescheduling is not possible, refunds will be offered, subject to a 20% administration fee.

Etiquette for all visitors

As students join for their field trip here in “Stanley Park”, it is important to think about the ways we engage with the land. Our goal is to connect learners to the land to help them build relationship and foster kinship, while also being respectful and safe for themselves and others. Below are some considerations to pre-load learners with as we are on our field trip.

1. Bring an open mind and your curiosity

In our outdoor classroom, we'll engage all of our senses while exploring nature. There will be times for listening to instructions and stories, and students will be invited to ask questions. There will also be times when students are given challenges to complete while exploring.

2. Take only photos and memories.

Every single leaf, flower, shell, stone, and berry is an important part of the web of life in the park. If we remove items from Stanley Park, we are removing potential shelter and food for living things. Students should leave everything as they find it.

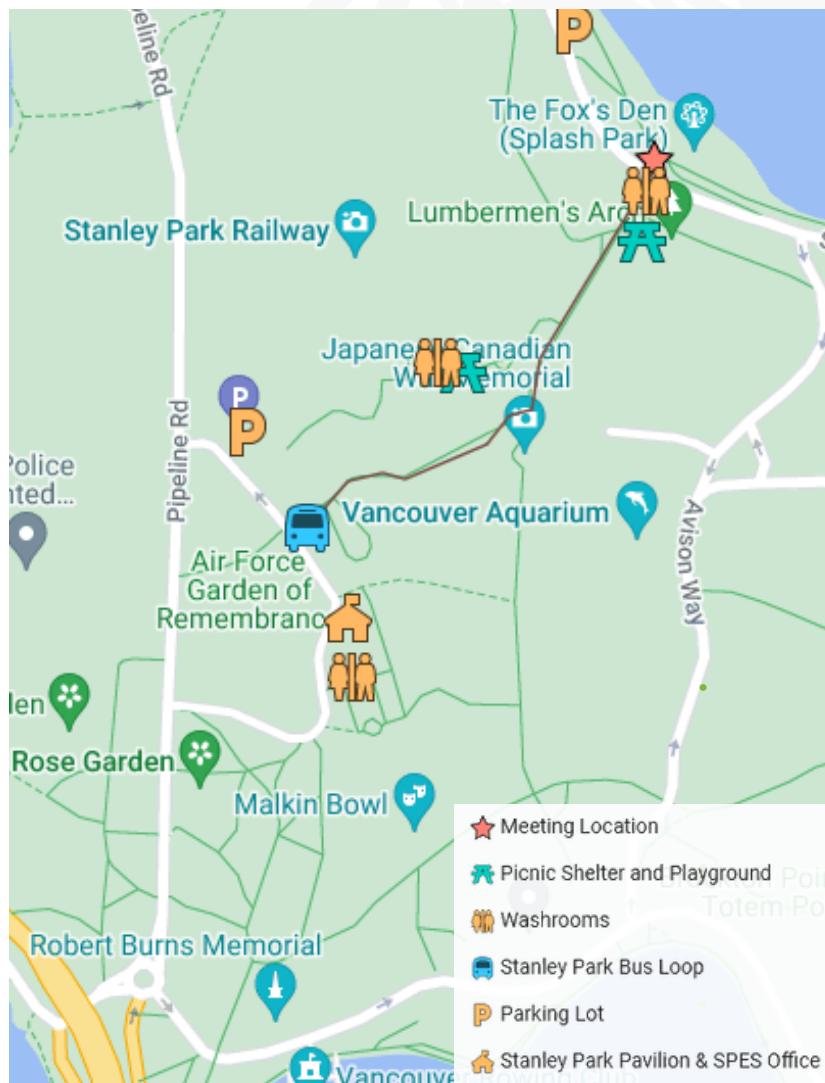
3. Leave only soft footprints (not garbage).

The animals of the Park have all the food they need. Human food can make them sick, create dependence on the humans, and lead to aggressive behaviour or overpopulation. Please ask students to ensure all garbage is disposed of properly. Even small crumbs shouldn't be left for animals to find.

4. Explore with respect.

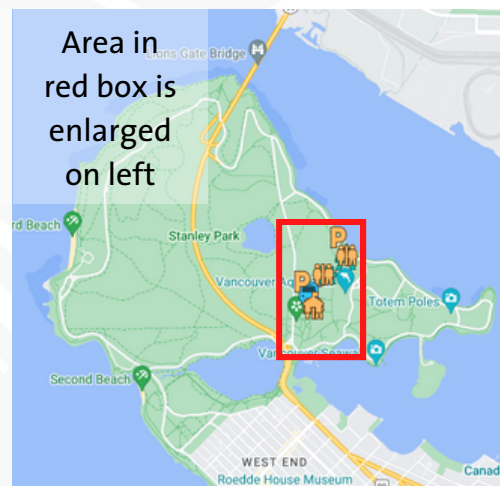
Let us lead your adventure on and off trail in the park; students should not be ahead of their leader. There will be opportunities to gently touch safe plants in the park. You might be hugging trees, smelling leaves, or just moving them to get a look from a different angle. However, birds and mammals like raccoons and squirrels – while cute and often accustomed to humans – should not be touched. These are still wild animals, and we want them to stay that way.

Map and Directions



Public Transit Directions

- The walking path from the #19 bus loop is outlined on the map: follow the signs to the Aquarium, but when you see the ocean on your left (to the north), turn towards it. Follow this path to Lumberman's Arch beach via the tunnel under the roadway.



Driving Directions from Vancouver

- Travel northeast on Georgia St. past Denman St.
- Take the right lane exit into Stanley Park.
- Turn right at the roundabout, and go under the stone pedestrian bridge.
- Follow Stanley Park Drive to continue along the Seawall.
- After you cross the bridge near the concession, angle parking will appear on the right for buses and cars. Simply walk back the way you came along the sidewalk to the meeting location.

For interactive directions, this map is also available at

<http://ow.ly/pUTTS>

Essential Caregiver Information

Field Trip Date: _____

Your child will be visiting Stanley Park for the *Intertidal Insights* program led by Stanley Park Ecology.

During the *Intertidal Insights* program your child will get an introduction to beach ecology in Stanley Park, where we will explore seashore life through interactive, hands-on activities. **The entire program will be held outside, rain or shine.** To help make this an exciting and memorable experience for your child, we strongly recommend that they wear the following items listed below. We will be walking on a rocky intertidal shore, so sturdy footwear is essential. Your child should be prepared to get a bit dirty and possibly wet, especially their shoes! If it is raining on the day of the program, it is especially important to dress then well to keep the field trip fun.

What to wear and bring to the *Intertidal Insights* program:

- T-shirt, long sleeved shirt, and sweater.
- Long pants - no dresses please!
- Good walking shoes that you don't mind getting wet or muddy. NO flip flops or sandals!
- If sunny: sunscreen and hat.
- If raining: rain pants and waterproof jacket with hood or hat.
- If cold: warm gloves and hat.
- Refillable water bottle.
- Please, no umbrellas! In a large group, umbrellas can block the view for your child's classmates and can accidentally poke someone in the eye.
- Avoid clothes made of cotton on rainy days. Cotton can be very cold when wet. Wear wool or synthetic clothes whenever possible.

In addition to school programs, the Stanley Park Ecology also offers fun, interactive forest and wildlife walks as well as online programs for families and adults. Visit us at www.stanleyparkecology.ca for more information about the work of the Stanley Park Ecology Society and becoming a member.