

# Winter Birding

Grade 1 to Grade 7

Teacher Information Package



Photo: Frank Lin



## Contact Us

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# Lost Lagoon hosts a wide variety of over-wintering bird species in the park

Flock to Stanley Park with your students to explore the birds of this land! Use binoculars, learn how to identify winter bird species, and discover their many adaptations to survive the winters!

For Grades 1-3, Winter Birding is a one-and-a-half-hour program.  
For Grades 4-7, Winter Birding is a two-hour program.

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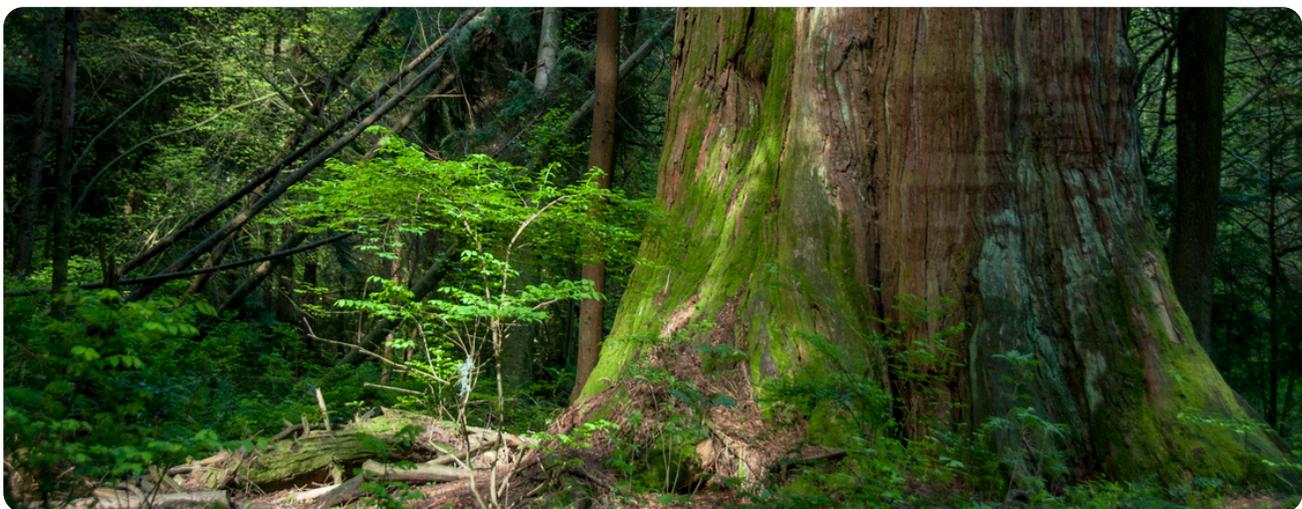
Photo: Frank Lin

# Land Acknowledgement

"Stanley Park" is on the ancestral and unceded lands of the x̣ẉṃə̣θ̣ḳẉə̣ỵə̣m (Musqueam), Ṣḳẉx̣ẉụ́7̣mesh (Squamish), and ṣə̣ḷiḷẉə̣ṭə̣ł̣ (Tseil-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 ̣x̣ẉạ́ỵx̣way, with roots that go back over 700 generations and span thousands of years. The name ̣x̣ẉạ́ỵx̣way means "a place for making masks" in Ṣḳẉx̣ẉụ́7̣mesh 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 (*please plan to use the washroom and have a snack break BEFORE the start time of the program*)
- 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

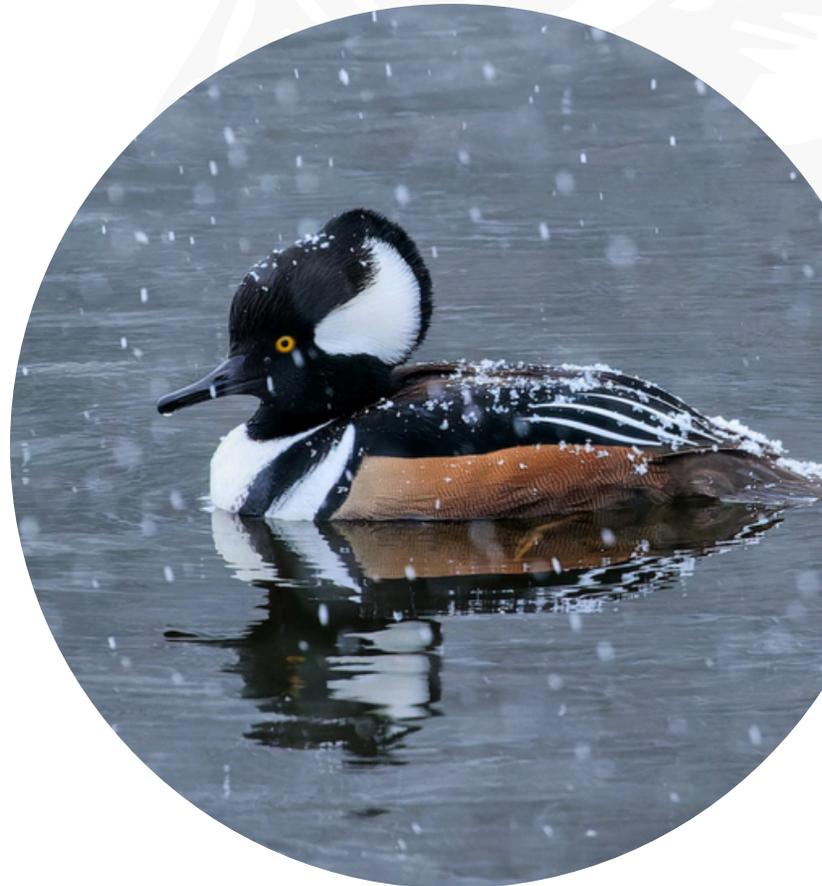


Photo: Frank Lin

## 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](mailto:school@stanleyparkecology.ca).

### Trail Conditions and Mobility Considerations

This program requires moving at a slow-moderate pace with minimal inclines on Lost Lagoon Trail for up to 1.5 hours for K-3, and 2 hours for Grades 4-7. The route includes surfaces such as gravel, pavement, and uneven grass. We will also be entering the Nature House for a portion of the trip, which is accessible to enter by wheelchair if needed. 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 the Nature House and public ones near the Nature House. Drinking water is available in the Nature House to refill water bottles.

# Curriculum Connections

Winter Birding is a place-based program that directly relates to the Grade K-7 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 1

- Living things have features and behaviours that help them survive in their environment
- Observable patterns and cycles occur in the local sky and landscape

### Grade 2

- Living things have life cycles adapted to their environment
- Water is essential to all living things, and it cycles through the environment

### Grade 3

- Living things are diverse, can be grouped, and interact in their ecosystems

### 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

## Curricular Competencies

### Grade 1 to Grade 7

- Demonstrate curiosity and a sense of wonder about the world
- Make observations in familiar or unfamiliar contexts
- Experience and interpret the local environment
- Express and reflect on personal experiences of place

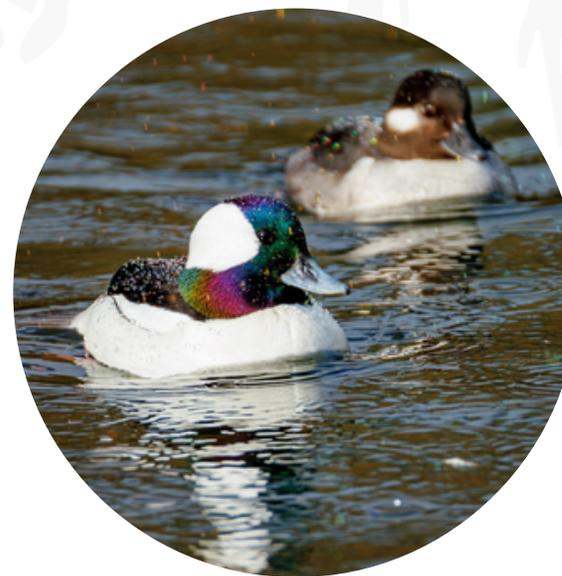


Photo: Frank Lin

# 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. SPES 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: Frank Lin*

## 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](http://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.

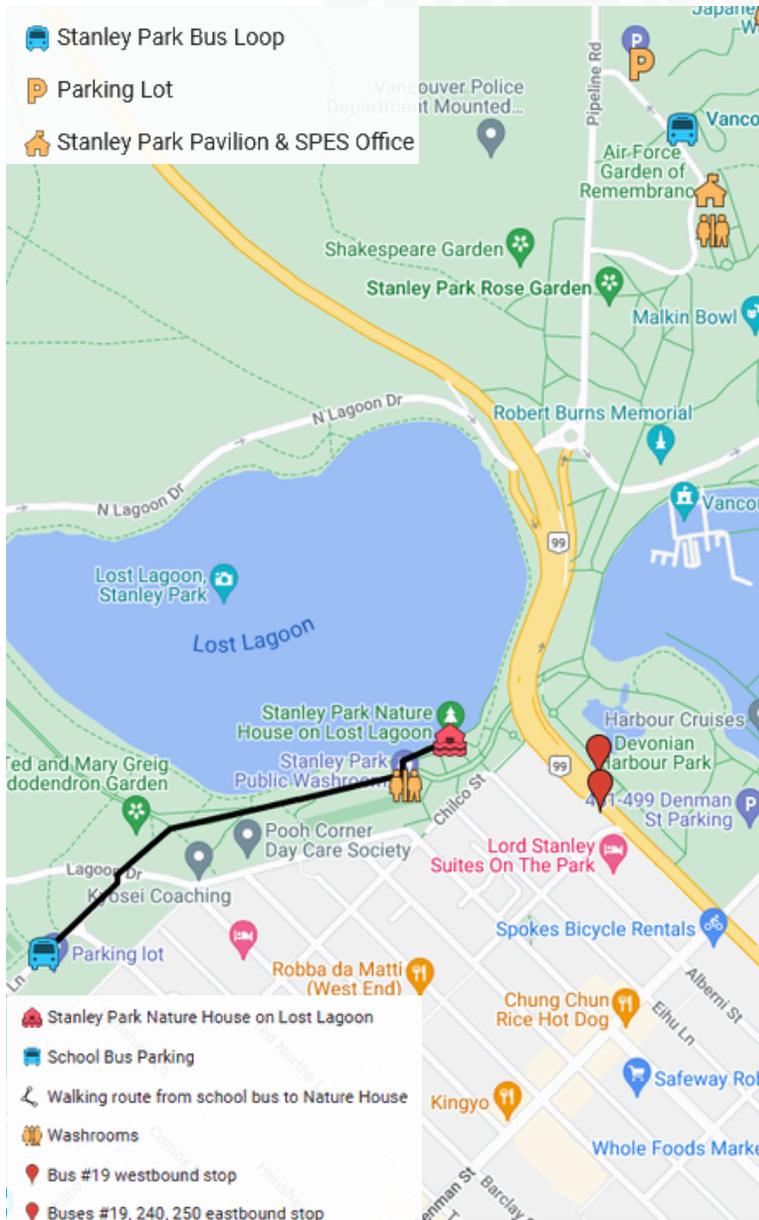
## 3. Leave only soft footprints (not garbage).

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.

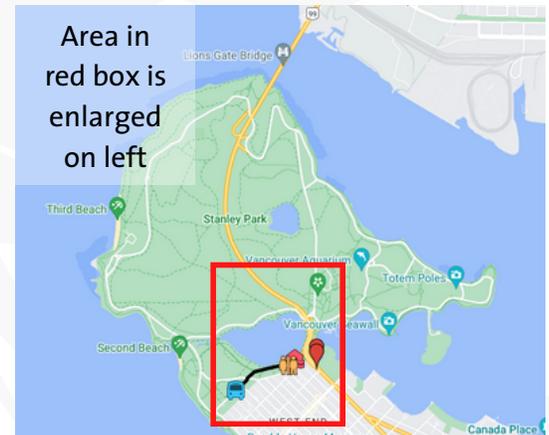
Let us lead your adventure on and off trail in the park; students should not be ahead of their leader. There will be opportunities to gently touch safe plants in the park. You might be hugging trees, smelling leaves, or just moving them to get a look from a different angle. However, birds and mammals 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

- After you get off the #19 bus at Westbound Stanley Park Dr @ Pipeline Rd, walk northwest towards Lost Lagoon. We will meet you on the top of the Nature House.



## Driving Directions from Vancouver

- Travel northeast on Georgia St. past Denman St.
- Take the right lane exit into Stanley Park.
- Travel straight through the roundabout (take the second exit).
- Drive up the hill along Pipeline Road. Take your first right after the rose gardens.
- Follow this narrow road between the rose gardens and the trees past the Stanley Park Pavilion to the Miniature Railway parking lot.
- Walk southwest towards Lost Lagoon.

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 *Winter Birding* program led by Stanley Park Ecology.

During the *Winter Birding* program, your child will get an introduction to birding. We will be looking for birds along the Lost Lagoon trail and visiting the Nature House to discover the adaptations these magnificent winged creatures have.

**Most of the 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. It is always colder in the forest, even on a sunny day. 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 well to keep the field trip fun.

## What to wear and bring to the *Winter Birding* 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](http://www.stanleyparkecology.ca) for more information about the work of the Stanley Park Ecology Society and becoming a member.