

Terrific Teacher!

Thank you for scheduling a Fresh Roots field trip for your class! We are so excited to welcome you and your students to the Suwa'lkh Medicine Garden and Healing Forest this spring, where they will be able to really dig into learning. Your students will have the opportunity to build relationships with food, the land, and each other through games and learning activities, hands-on farm work, and tastings.

Please keep this packet to refer to as you prepare your students for their field trip. In it you will find:

- Field Trip Policies (page 2)
- Health & Safety Policies (page 3)
- Farm Etiquette (page 4) - please share with your students!
- What Do Farmers Wear? (page 5) - please share with your students!
- Letter to Families (page 6) - Please share with your families!

If you have a change in the number of students in your group, please email us no more than 2 weeks before your trip. Invoices will be finalized at that point and we will not be able to make changes. Please send your cheque payable to Fresh Roots, 5050 Wales ST, Vancouver, V5R 3M6.

If you have any other questions, you can reach me by email or phone.

See you on the farm!

Kat Vriesema-Magnuson
Director, Experiential Learning Programs
education@freshroots.ca
Phone: (778) 764-0344 ext. 100



Payment

Please make cheques payable to Fresh Roots and mail them to 5050 Wales St, Vancouver, V5R 3M6. Please include the invoice number on your cheque. Let us know if you can't pay by cheque. Please note, this is our mailing address and NOT where programs are held!

Changes and Cancellations

We understand that plans change, and will make every effort to accommodate schedule changes made at least two weeks before your trip. Changes made less than two weeks before your trip will result in a \$25 administration fee. If you need to cancel two weeks or more before your trip, we will refund all fees paid. All change requests must be made in writing to education@freshroots.ca.

Inclement Weather

We're not afraid of a little rain and chill! If weather conditions are, or are predicted to be, dangerous or just plain miserable, a Fresh Roots staff member will be in touch with you as soon as possible to reschedule or cancel. Weather conditions may affect the nature of programming for safety reasons. Cancellations due to inclement weather are 100% refundable.

Adult Assistance

Adult assistance is important to make sure your students get the most out of their trip. We strongly suggest a 1:6 adults to student ratio for grade K-3, 1:8 for grades 4-5, and 1:10 for grade 6 and up. Adults are requested to participate in all activities and asked to help students stay on task. We ask adults to silence cell phones and refrain from having distracting conversations.

Be Prepared

Rain or shine, we're growing food, so please dress for working outside in the weather and be prepared to get dirty! Please review the "What Do Farmers Wear?" list with your students. Sturdy, closed-toed shoes are important; they will get dirty and possibly wet. All students and adults should bring a water bottle. Younger students may wish to bring a snack.

Washrooms

Classes have access to the school washrooms. These are a short walk from the program sites. Students must use the buddy system and be accompanied by an adult when using washrooms. Please have students use washrooms before the program starts, as washroom breaks can be disruptive.

Accessibility

Our site has a mix of paved and unpaved pathways, woodchipped areas, and forest paths. Students with mobility challenges or who use wheelchairs or other mobility devices have navigated our farm paths, though forest spaces may not be accessible for all mobility needs. You are welcome to walk through the forest and view the farm at any non-school time to see if they will meet the needs of your students. We are happy to modify programming within reason to accommodate your class's needs - please let us know in advance if accommodations are needed!

Transportation

The Suwa'lkh Medicine Garden and Healing Forest is located on the Millside building, 1432 Brunette Ave, Coquitlam, BC V3K 6X5, at the corner of Brunette and Schoolhouse St. It is on the 156 and 156 bus lines. Limited on site parking is available with access is from Schoolhouse.

Health Checks

Fresh Roots staff will not be permitted to work if they are sick, including (but not limited to) having a fever, new or worsening cough, or new or atypical respiratory symptoms.

It is expected that participants (students and adult) will complete a daily health check and not attend the program if they are sick.

Masks

Wearing a mask outside or in the school is a personal choice. We will have extra disposable masks on hand.

Physical distancing and minimizing physical contact

There is plenty of space to spread out. Physical distancing will be maintained between staff, and between staff and participants as much as is practical. Staff may occasionally need to help participants up-close with some activities or to provide care.

Hand Hygiene

Hand hygiene (hand washing or hand sanitizer) will be required before and after any snack or meal breaks, before harvesting or preparing food, as a normal part of bathroom breaks, and whenever hands are visibly dirty. A hand washing sink will be available on the farm site, and hand sanitizer will also be available.

Plant Harvesting

Students may participate in harvesting edible plants, including leaves, flowers, stems, berries, and other parts of indigenous and introduced species, in the forest, orchard, or garden. Fresh Roots staff will provide instruction on safe and responsible foraging, including what can be harvested and in what quantities. As in any classroom, not everything on the site is safe to eat! Teachers and adult chaperone are asked to help students with harvesting and alert Fresh Roots staff if students are harvesting plants that were not discussed.

At Fresh Roots, we show respect for ...



The Land

Walk on the grass or wood chipped paths. When invited into the beds, walk carefully between them. Keep soil in the beds when digging.



The Plants

Touch and smell plants carefully. Ask permission before picking, harvesting or eating.



The Creatures

Touch creatures gently. If you wish to pick up a creature, keep your feet planted, stay low to the ground, and put it back where it came from.



The Tools

Use tools for their intended purpose. All tools must stay below your waist - no high sticking! When you are done with a tool, clean it and put it away.



The Farmers

The farmers are here to help you stay safe and have fun! Follow instructions, and ask for help when you need it.



One Another!

Listen to one another and lend a hand!

Farmers tend their farms in all kinds of weather! Dress like a farmer, and you'll have a great farm experience.



Shoes

Farmers need to protect their feet from dirt, mud, rocks, and tools. They wear sturdy, closed-toed shoes to keep their feet safe and dry.



Layers

Farmers wear layers, like a shirt, sweater, and a jacket so they stay warm when it's cold, but can take a layer off when they get warm from working. Farmers know that cotton gets cold when it gets wet, so they choose wool, down, or fleece whenever they can!



Rain Gear

It's no fun to work outside when you're all wet, and you can't farm while holding an umbrella! Farmers wear rain coats, rain pants, and hats when it's raining.



Sun Protection

Farmers are outside all day long, and sunburns are a real bummer. Farmers wear sunscreen, hats, and lightweight long sleeves to protect themselves on sunny days.



Water Bottle

We know, you don't wear a water bottle. But staying hydrated is important, and a farmer is never far from their water bottle!

Dear Family,

Your student will be visiting Fresh Roots Suwa'lkh Healing Forest and Medicine Garden on _____. We can't wait for your student to explore the site and connect with their food, the land, and each other.

The program will be held outside, rain or shine. To help make this a fun and memorable experience, we request that students come prepared to play outside, get dirty, and learn.

We recommend students wear or bring the following:

- T-shirt, long-sleeved shirt and sweater.
- Pants, shorts, or skirts appropriate for the weather that allow for free movement. Leggings alone are not great for staying warm or dry.
- Sturdy shoes or boots that can get wet or muddy. NO flip-flops or sandals!
- If sunny: Sunscreen and hat.
- If raining: Waterproof jacket with hood or hat; rain pants are great as well!
 - Please, no umbrellas! Students need their hands free to play and farm.
 - Cotton is cold when it gets wet. Try to choose wool or synthetic materials, especially for outer layers, so your student stays warm.
- If cold: Warm coat, gloves, and a hat.
 - For the best cool-weather experience, wear at least one more layer than you think you need! You can always take a coat or sweatshirt off if you're warm.
- Refillable water bottle
- Face mask (optional)

Fresh Roots is more than just field trips! From summer Day Camp to delicious Veggie Boxes and fun events for the whole family, there are lots of ways to stay connected. Find us at www.freshroots.ca, or on Facebook, Twitter, and Instagram @freshrootsfarms. And if you have any questions, feel free to send an email to education@freshroots.ca.

Beet Wishes!

The Fresh Roots Experiential Learning Team