

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 our farm, where they will be able to really dig into learning. Your students will have the opportunity to connect to 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!
- Consent Form for non-VSB groups (page 7). No consent form is needed for VSB schools.

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, 203-2910 Commercial Dr, Vancouver, V5N 4C9.**

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

See you on the farm!

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



Transportation

David Thompson Secondary School

Our David Thompson farm is located at the corner of 55th and Argyle. It is close to the #20, #22, #49, and #430 busses. There is ample free street parking along both 55th and Argyle. The address is 1755 E 55th Ave, Vancouver, BC V5P 1Z7

Vancouver Technical Secondary School

Our Van Tech farm is located near the corner of Broadway and Slocan, behind the tennis courts. It is close to the #9 and #16 busses and a short walk from the Renfrew SkyTrain station. There is ample street parking along Slocan. The address is 2600 E Broadway, Vancouver, BC V5M 1Y5

Payment

Please make cheques payable to Fresh Roots and mail them to 203-2910 Commercial Dr, Vancouver, V5N 4C9. This is our mailing address and NOT where programs are held!

Please include the invoice number on your cheque. Let us know if you can't pay by cheque.

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.

Accessibility

Our farms have a mix of paved and unpaved pathways and raised and in-ground beds. Students with mobility challenges or who use wheelchairs or other mobility devices have navigated our farm paths. You are welcome to walk through either of our farms at any non-school time to see if they will meet the needs of your students. Please let us know in advance if your class has any accessibility needs so we can best accommodate your students.

Washrooms

Classes have access to the secondary schools' washrooms. 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.

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 adults) will 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.

Hand Hygiene

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

Plant Harvesting

Students may participate in harvesting edible plants, including leaves, flowers, stems, berries, and other parts of plants on the farm. Fresh Roots staff will provide instruction on safe and responsible picking, 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 chaperones are asked to help students with harvesting and alert Fresh Roots staff if students are harvesting plants that were not discussed.

Food Allergens and Dietary Needs

We do not use peanuts or tree nuts in our tasting programs. We may use other allergens, including soy and gluten, as well as a variety of vegetables. All our foods are or can be vegan. Please let us know if there are any food allergies or dietary needs in your class at least one week in advance so we can accommodate them.

Our farm spaces are used by other students and the public and we cannot guarantee an entirely allergen-free space.

At Fresh Roots, we show respect for all parts of the farm!



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 Farms on _____. We can't wait for your student to explore the farm 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 so your student stays warm.
- If cold: Warm coat, sweater, 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

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 @freshrootsfarms on Facebook and Instagram. If you have any questions, feel free to send an email to education@freshroots.ca.

Beet Wishes!

The Fresh Roots Experiential Learning Team



Consent Form

for non-VSB schools

Informed Consent & Acknowledgement of Risk

Fresh Roots' farm programs are all outdoors, and, similar to any learning setting, outdoor experiential learning has its hazards. We mitigate hazards as much as possible while allowing students to take appropriate risks.

- Our sites are working schoolyard farms and food lands which may have uneven ground or loose materials on the site. Activities are chosen carefully, but slips and falls can happen.
- Students will have the opportunity to use farming and cooking tools including but not limited to shovels, garden forks, pruning shears, and knives. Proper training and supervision will be provided, but accidents can happen.
- Food is often part of our program, and students harvest, wash and consume food grown on the farm in accordance with FoodSafe practices. Please make sure your student and their teacher are aware of any food allergies. Our sites are used by other students and neighbours, so while we have cleaning protocols in place, we cannot guarantee a completely allergen-free space. We do not use peanuts or tree nuts in any of our food.
- Like any natural area, our farms may host poisonous or stinging plants (such as nightshade or stinging nettle); students are taught how to identify these plants, and are instructed to only harvest and/or eat plants with supervision from a Fresh Roots educator. Our farms are also home to a variety of wild animals including bees, wasps, mosquitoes, and bites and stings may happen.
- Our programs are all outdoors, rain or shine. While we have tents to provide some coverage, students will be out in the open for most of the program. If weather is predicted to be hazardous we will cancel the program. Please help your student dress to learn comfortably outdoors for 2+ hours. If students are not prepared, they may get cold and/or wet.
- At least one Fresh Roots educator on-site will hold a Standard First Aid & CPR-C certification or better and will treat your student within their training and/or arrange for advanced medical personnel to do so if needed. All sites are less than 15 minutes from the nearest hospital. Parents/guardians will be responsible for any expenses associated with medical treatment.
- Students are expected to behave according to their school's Code of Conduct, and to show respect for the land, plants, animals, farmers/educators, and each other. At least one trained Fresh Roots educator will be on-site for all Field Trips; Fresh Roots staff may or may not be present during teacher-led programs. In all cases, your student's teacher and other school staff are in charge of supervising your student's safety and behaviour.
- If you have any questions about Fresh Roots or the program, you can find more information at freshroots.ca, or email our Experiential Learning Manager at education@freshroots.ca.

I have read and fully understand the Informed Consent and Acknowledgement of Risk information contained in this form regarding my child's participation in Fresh Roots' programs and activities. I am aware of the level of supervision, availability of medical treatment, inherent risks, expectations for behaviour and existing safety precautions.

I acknowledge that this Agreement is intended to be broad and all-inclusive and will be governed according to the laws of British Columbia; in the event that any clause or provision of this form is held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision will not otherwise affect the remaining provisions of this form, which shall continue to be enforceable.

Participant Name _____ Parent/Guardian Name _____

Signature of Parent/Guardian _____ Date _____

Teacher Name _____ School _____

Emergency contact name _____ Phone _____

Media Release

During the program, Fresh Roots staff may take photographs, video or other media to record participation at Fresh Roots. These photographs, videos or other media recordings may be used on Fresh Roots website, social media or in promotional materials used by Fresh Roots. By selecting 'Yes I Agree,' I give permission and consent to the use of this media, for any lawful purpose (e.g. on Fresh Roots' website, social media), without compensation to me or my child.

☐ Yes, I agree ☐ No, I do not agree

freshroots.ca

education@freshroots.ca

778-764-0344, ext. 100



@freshrootsfarms