



# **WVS PREMIER OUTDOOR RECREATION PROGRAM**

2021-2022 Open House

## Acknowledgement



We would like to acknowledge and thank the Squamish Nation upon whose traditional territory West Vancouver Schools reside.

We would like to express our gratitude to this Nation as we value the opportunity to learn and share educational experiences on this traditional territory.



# **Welcome & Introductions**

## Mrs. Daphne Lambie WVS Teacher



Taught in West Vancouver for 25+ years

Currently teaches at Rockridge: Physical & Health Education, Leadership and Outdoor Education

Have operated various formats of Outdoor Recreation programs since the 1990's

Designed & developed this WVS Premier Outdoor Recreation Program for students throughout the school district

### **Interests:**

Passion for the outdoors: kayaking, hiking, snowshoeing, backpacking, biking, skiing, and photography

## **Mr. Bryn Hammett**

### **WVS Teacher**



Teacher at Sentinel Secondary School  
since 2017

Currently teaches Math and Physics

Interests:

- Sea Kayaking
- Trail Running
- Mountain biking
- Backcountry Skiing
- XC Skiing
- Sailing

## A preview of the kinds of activities students are involved when a part of the WVS Premier Outdoor Recreation Program



# The Objectives of the Program

To take Physical & Health Education beyond the walls of the gym

To make meaningful connections with the natural environment

To explore the local environment through outdoor challenges and pursuits

To weave in physical literacy knowledge with personal development, environmental stewardship, preparedness, and community

To leave the course experienced, knowledgeable, confident and empowered to pursue an active outdoor lifestyle in a safe manner





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## The Program

### Students will develop skills and knowledge:

- **Outdoor Pursuits and Skill Development** such as Kayaking, Hiking and Sailing
- **Environmental Stewardship:** “Leave No Trace” Principles, Sustainability, and Conservation
- **Preparedness** for Outdoor Activities and Wilderness Experiences
- **Develop** Community, Teamwork, Personal Growth and Class Culture
- **Team and individual sports** such as, Ultimate, Golf, Badminton, Softball
- **Co-operative games** such as Orienteering, Capture the Flag and Survivor Games



## Sample Day Activities

- Skating
- Kayaking
- Sailing
- Orienteering
- Hiking
- Skiing
- Snowshoeing
- Golfing
- Biking
- Geocaching
- Frisbee golf
- Dragon Boating



It is very beneficial for students to be outdoors and active, with most activities possible during COVID-19. We adhere to all Health & Safety protocols, including physical distancing and mask wearing.

**Sample Certifications:** Paddle Canada Level 1; CanSail 1; Belay Certification; Wilderness First Aid; Avalanche Safety Training 1



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## Optional Overnight Trips

...when Health & Safety protocols permit

3 day Overnight Hike: Garibaldi Park

3 day Winter Trip: Manning Park or Whistler

3 day Trip: Sunshine Coast Kayak Trip

\*\*\*There are additional fees associated with overnight trips.





# Sample Monthly Schedules

## September

	<b>Classes</b>	<b>Activity</b>	<b>Schedule/ Transportation</b>
Week One	2	Rockridge welcome classes	1:00 pm (pick up) to 2:55 pm
Week Two:	2	Thursday Kayaking Deep Cove	1:00 pm Pick up students at RR, West Van and Sentinel head to Deep Cove for 2 pm leave Deep Cove at 4:30
Week Three	3	Lighthouse Park	Drop off at Lighthouse, dismissal from park.
Week Four	2	Wednesday, Thursday, Friday Overnight Trip	

## October

Week One	2	In class and Local activities	1:00 pm (pick up) to 2:55 pm
Week Two	2	Bowen Lookout Hike	1:00 pm Return by 5:30pm
Week Three	2	In class and Local activities	
Week Four	2	Lynn Valley Hike	1:00 pm Return by 5:00 pm
Week Five	3	Ambleside Golf	1:00 pm (pick up) to 2:55 pm

## November

Week One	2	Climbing Base 5	1:00 pm to 4:00 pm
Week Two:	2	In class and Local Activities	1:00 pm (pick up) to 2:55 pm
Week Three	2	Climbing Base 5	1:00pm to 4:00 pm
Week Four	2	In class and Local activities	1:00 pm (pick up) to 2:55 pm



## **Courses & Assessment**

## In a Quarter System - Sample Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1					
Lunch					
Period 2		X-Block		X-Block	
		12:30 – 3:00		12:30 – 5:30	
3:30 – 5:00					

- The program is based at Rockridge Secondary
- There are extended hours for activities on Thursdays
- Sometimes Tuesdays will be given in lieu of extended hours

## Commitment Required for Thursday Out-Trips

It is important for families/students to know that there are extended hours on Thursdays.

Students receive course credits for participation so there is a mandatory requirement of this program for students to be able to commit to the out-trips that are held during **extended hours** on Thursdays.

Students depart for the outings at lunch time with the activity or outing concluding at 5:30 – 6:00 p.m.

*At times students will receive some Tuesdays in lieu of extended hours.*

# Courses for Participation

## Grades 9-12 Courses:

Course 1: Physical & Health Education (9 & 10) **OR** Active Living (11 & 12)

Course 2: Outdoor Connections 10 **OR** Outdoor Education 11 & 12

<b>Grade 10</b> (Grade 9 students require a recommendation by one of their teachers)	<b>Grade 11/12</b>
Physical and Health Education 9 & 10	Active Living 11 & 12
Board Authority Authorized (BAA) Outdoor Connections 10	Outdoor Education 11 & 12
<b>***Grade 9 is by Teacher Recommendation Only***</b>	

## What are the Big Ideas for the courses?

### Physical and Health Education 10 **OR** Active Living 11/12:

The big ideas of **Physical & Health Education OR Active Living** are focused on activities that take place in the school setting (the gym, the fields) as well as in and around the outdoor environment.

Sample activities:

- **Team and individual sport** (Ultimate frisbee, Fitness, Badminton, Softball)
- **Co-operative games** (Orienteering, Capture the Flag, Survivor)
- **Outdoor pursuits and skill development** (kayaking, hiking, sailing)

### Outdoor Connections 10 and Outdoor Education 11/12:

The big ideas involve soft skills such as:

- **Introducing** “Leave No Trace” principles, environmental stewardship, sustainability and conservation
- **Preparing** students for activities and wilderness experiences
- **Developing** community, teamwork, personal development and class culture

## Eligibility Information

- Designed for those students registered full time in any one of WVS 3 secondary schools (Rockridge, Sentinel or WVSS)
- Mature and active students Grades 10-12
  - Grade 9 acceptance upon recommendation from a teacher



## Transportation

Transportation is provided to Rockridge Secondary for students from either Sentinel or WVSS on the days when there are classroom theory sessions

Transportation is also provided for most out trips

However, students may also be expected to use local public transportation to get to or from various locations such as: Ambleside, Lighthouse Park, Cypress Falls, Grouse Mountain, Deep Cove and West Vancouver Ice Arena



# Assessment & Evaluation

## Assessment

For Rockridge students, this is a non-MYP course

**Formative Assessment:** We look at students' overall growth mindset, their overall engagement, their demonstration of Environmental Stewardship, and overall Preparedness

**Summative:** Term Presentations & Final Portfolios

## Report Cards

Report cards issued 3 times per year

## Parent-Teacher Interviews

One formal virtual interview offered to parents

Open-door policy

Parents can contact us at any time





# **Student Clothing & Equipment Requirements**

## Clothing or Equipment Requirements

## Sturdy, waterproof hiking boots

## Waterproof jacket & pants

Ensure clothing has Insulating layers  
(e.g., no cotton)

## Gloves, toque, and hat

Backpack 30 L or greater  
Pack rain cover

## The “10 Essentials” such as:

## Headlamp

## Small first aid kit

## Water bottle

## Fire starter

## Emergency blanket/shelter



More information will be provided  
for parents and students



## Fees

Program runs all year long within the quarter system

September – June (10 Months)

Monthly fee: \$170 x 10 months

Tuition: \$1700

Tuition includes:

- Outdoor Rec swag
- Program gear and equipment
- Out-Trips (day)
- Major transportation
- Instructors/guides
- Guest speakers
- First Aid supplies

Extra Costs:

- Food for trips
- Public transportation to local activities





## **The Selection Process and Next Steps**

# Selection Process & Criteria

## Who would make a good candidate?

- No experience necessary
- **Must be a student choice, not one the parents select for their students**
- **It is mandatory (a requirement for selection) to commit to extended, longer classes on Thursdays**
- Responsible and self-sufficient
- Adhere to all rules and expectations of the program, including health & safety protocols
- Have an open mindset, willing to try new activities
- Be a team player
- Be accepting, patient and flexible
- Demonstrate perseverance as some activities are designed to be challenging
- Enjoy being outdoors, rain or shine!
- Going with the flow – being okay with a possible Plan B
- Solid attendance record
- Strong work habits and organizational skills
- Ability to complete academic coursework if missed when participating on a multiple-day trip (be responsible)

## Next Steps

### Step 1:

**Register for the program** online at <http://westvancouver.schools.ca/>

It is our request that students complete as much of the application that shares about why they might be a good candidate.

We also require references and a copy of the most recent report card to complete the application process.

### Step 2:

**Activity Day:** Students who apply, will be invited to participate in an Outdoor Activity in April where Health & Safety protocols will be strictly followed.

### Step 3:

Following the Activity Day experience, teachers will confirm with families those students who will be accepted into the program (application completion; participation; equal numbers from each high school). It is our goal to be an inclusive program across the district.

### Step 4:

Once students are accepted into the program, parents will require a deposit (September's fee) of \$170 to hold the student's spot. More information will be provided but WVS uses School Cash Online for all fees to be paid.

## Still not convinced?



Words from  
students currently  
in the program.

**For further information or questions:**

Mrs Lambie or Mr Hammett:

[dlambie@wvschools.ca](mailto:dlambie@wvschools.ca) or [bhammett@wvschools.ca](mailto:bhammett@wvschools.ca)

Or: <http://outdoorconnections45.weebly.com/>



**Thank you!**