



Friday, February 8 2019

Celebrating Outdoor Education Excellence



For over forty years, quality outdoor education has been provided at Kingfisher Outdoor Education Centre. Kingfisher is a unique experiential outdoor education facility for Lakehead Public Schools students in Grades 1 to 12 that provides a host of year-round opportunities to instill an awareness and appreciation for nature and the environment while enhancing classroom learning.

"Kingfisher is an amazing facility located in a beautiful piece of the boreal forest 20 kilometers north of Thunder Bay," says Scott Read, Lead Instructor at Kingfisher Lake Outdoor Education Centre. "The

Centre has the elements that are required for a successful outdoor education program including several classrooms, meeting areas, kitchen facilities, fire shelters, sleeping cabins, lakeshore, trail systems, and countless other attractions. Kingfisher truly provides students with a superior learning experience."



To celebrate Lakehead Public Schools outdoor education program at the Kingfisher Outdoor Education Centre, an Open House with a number of fun outdoor activities for the entire community was held on Saturday, February 9. During the celebration, families were welcome to try the following activities:

- Snowshoeing
- Cross-country Skiing
- Campfire with Free Hot Chocolate and Hotdogs

Kingfisher Outdoor Education Centre Day trips and residential excursions offer enriched learning that complement the Ontario Curriculum for all grade levels in Science, Biology, Geography, Art, and Literacy as well as Health and Physical Education. Day trips to Kingfisher

are available for students in Grades 1 to 12. Activities are chosen by the classroom teacher in consultation with Kingfisher staff.



Day trips often include:

- nature hikes
- pond studies
- mapping and orienteering lessons
- skull/skeleton studies
- GPS and compass sessions

Kingfisher also provides students with an opportunity for an overnight experience with their peers, teachers, and volunteers. For the two and three day residential programs, students must also plan their meals as a group and cook over a fire.

Residential programming is dictated by the seasons and a wide variety of experiences are offered. Depending on the season, students taking part in the residential program may go snowshoeing, skiing, canoeing or hiking while at the centre. Other programming may include a microscope lab to view live specimens, a bird study or GPS/orienteering exercises.

Elementary Students to Receive Fresh Fruit and Vegetables Weekly!



The Thunder Bay District Health Unit announced the start of the Northern Fruit and Vegetable Program (NFVP) on Thursday, February 7 at a special program launch held at Algonquin Avenue Public School. From January to June 2019, almost 16,000 students attending 87 northern elementary schools from Thunder Bay to Manitouwadge to Fort Severn will receive two free, weekly servings of fruits and vegetables through this initiative. The program will be making fresh produce available to children who may not otherwise have access to it during the

winter months, including hundreds of children attending First Nations community schools.

“The program is unique, in that it supplies all elementary school children in our district with fresh fruit and vegetables during the winter and spring months of the school year,” says Rachel Globensky, coordinator of the Northern Fruits and Vegetables Program. “The program provides children with a wide variety of vegetables and fruit to increase their awareness and consumption as well as impact their likability of fruit and vegetables. We are pleased to be able to partner with our school boards to offer ongoing healthy eating education and food skills workshops, and are very excited about more children in our district eating more fruits and veggies!”

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The NFVP, funded by the Ministry of Health and Long-Term Care, offers Ontario-grown produce when available, and distributed through the Ontario Fruit and Vegetable Growers' Association, has been operating successfully in northeastern Ontario since 2006. The expansion into Northwestern Ontario has rolled-out over two years. Through Loudon Brothers Wholesale and Wasaya Airlines, all road-accessible schools and remote communities with Northern Stores began receiving the program in May 2018. Deliveries to the remote First Nations with community stores have been coordinated through local airlines, and partners within the communities.

In addition to this fresh produce, schools will receive educational resources that highlight the benefits of healthy eating and being physically active.

For more information about the Northern Fruit and Vegetable Program, please visit <https://www.tbdhu.com/health-topics/healthy-eating/northern-fruit-vegetable-program>.

Honouring Culture



McKellar Park Central Public School, in partnership with Biwaase'aa, hosted a Pow Wow on Friday, February 8 with the theme of "Following our Footsteps".

"This was a wonderful opportunity for our students to continue to learn about the significance of Pow Wows and to honour Indigenous culture," says Jo-Anne Giertuga, Principal of McKellar Park Central Public School. "We are very fortunate to work with our community partner Biwaase'aa on this special event and many other student focused initiatives."

The Pow Wow featured Men's Traditional, Men's Grass Dance, Women's Jingle, Women's Traditional, Women's Fancy Shawl and Men's Northern Woodlands.



Pow Wows promote cultural pride, respect and health for young and old in an inclusive setting. Pow Wows serve an important role in many Indigenous peoples' lives as a forum to visit family and friends, and to celebrate their cultural heritage, while also serving as a site for cross-cultural sharing with non-Indigenous attendees and participants. The teaching Pow Wow provides opportunities for participants to explain to students what is occurring and what the significance is to Indigenous culture.

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Through Shkoday Abinojiiwak Obimiwedoan, Biwaase'aa offers culturally appropriate programs and services for Aboriginal youth. Programs provided include in-school student support such as mentorship, literacy and cultural teachings; After-school programs; and Lunch and snack programs.

Schools Celebrate Winter Walk Day



Children and parents zipped up their coats and threw on their toques for Winter Walk Day on Wednesday. Winter Walk Day is celebrated on the first Wednesday in February at schools throughout Ontario. Sixteen local schools across Lakehead Public Schools and the Thunder Bay Catholic District School Board participated. The local event was organized through EcoSuperior Environmental Programs and the Thunder Bay District Health Unit.

"This is the first time Thunder Bay has participated in Winter Walk Day, and we are thrilled that registration is so strong," said Caroline Cox, Program Coordinator at

EcoSuperior. "We are excited to see five new schools participating in walking and wheeling initiatives for the first time, as well as many returning participants from Bike Week and Walk to School Month."

Participating schools encouraged children to walk to school or organized group walks throughout the day. Three schools celebrated Winter Walk Day by snowshoeing around the school grounds. Some schools will continue additional walking efforts throughout February.

For many students, Wednesday was simply another winter walk in the park. Participating schools including École Gron Morgan and Edgewater Park Public Schools and St. Thomas Aquinas and St. Martin Elementary Schools have regular walking groups. New groups, like monthly walks led by the Healthy Schools Club at St. Elizabeth Elementary School, are also springing up.

"Lakehead Public Schools is very pleased to work with EcoSuperior and the Health Unit on Winter Walk Day 2019," said Maggie Rutter, Education Officer, Lakehead Public Schools. "We look forward to having more schools involved for Winter Walk Day 2020!"

Participants have the chance to win trophies—the Platinum, Gold, Silver, or Bronze laces—depending on the number of students who walk.

More information is available at www.ecosuperior.org/winterwalkday. This project is made possible through financial support from Green Communities Canada and the Government of Ontario.

Virtual Paddle



The Canadian Canoe Museum added 4 new photos. 1 hr · 🌐

It was great to Skype with the students of **Kingsway Park Public School** today as part of their birch bark canoe building project. Our education team and dedicated volunteer, Russ, shared how canoes and kayaks are built with different materials from different landscapes. Can't wait to see the canoe that they are generously donating to the Museum when... See More



Kingsway Park Public School Grade 7/8 classes had the opportunity to take a special trip to the Canadian Canoe museum via Skype.

As part of their Canoe Reconciliation project, the students visited with one of the curators of the Museum and a kayak maker (artisan). They were able to see the amazing canoe collection along with other vessels, discuss the impact of these amazing technologies on the country and show the museum their canoes that they are building.

Upcoming Meetings

Committee	Date/Time	Location
Standing Committee Meeting	Tuesday, February 12 7:30 p.m.	Board Room, Education Centre 2135 Sills Street
Regular Board Meeting	Tuesday, February 26 7:30 p.m.	Board Room, Education Centre 2135 Sills Street
Parent Involvement Committee	Monday, March 4 6:30 p.m.	Board Room, Education Centre 2135 Sills Street
Aboriginal Education Advisory Committee	Thursday, March 28 9:30 a.m.	Board Room, Education Centre 2135 Sills Street
Special Education Advisory Committee	Wednesday, February 20 6:00 p.m.	Board Room, Education Centre 2135 Sills Street