

**Who We Are**

Fresh Air Learning is a nature-based learning program for children ages 2-12.We connect children to nature through play and hands-on exploration. Our outdoor learning environment allows each child to grow in respect and understanding of nature, other people, and themselves.

At Fresh Air Learning, we believe in:

* Cultivating respect for and joy in nature through a connection to place
* Acknowledging that the land has a rich history and that our programs take place on unceded Coast Salish territory
* Respecting the capacity of all children to challenge themselves physically, mentally, and emotionally through a child-led and experiential learning process.
* Communicating in a compassionate way
* Learning how to become stewards of the land
* Being a welcoming and inclusive place for diverse children and families
* Providing a wonderful place to work – and a living wage for our employees

**Our Learning Philosophy**

**Ages 2 to 7**

Our programs for ages 2 to 7 are based on the forest school philosophy. Forest school is a learning philosophy that respects children as self-directed learners who have a sense of how they want to grow. Our teachers observe the children and bring in inspiration to extend their learning. The children’s learning is also inspired by the places where we play, and the environment is the children’s co-teacher as well.

**Ages 6 to 12**

Our elementary program is run in collaboration with Island Discovery Learning Community, which operates through the New Westminster School District. It is co-facilitated by school district and Fresh Air Learning teachers, and enrolled children are considered to be distributed learners who learn at home and in the community when they are not in our program.

At the elementary level, our program is inspired by many different learning philosophies, including:

* **Forest School:** At forest school, children play and learn in natural places. In these spaces, they learn through imaginative play and exploration. The teacher acts as a facilitator, bringing in resources to help the children deepen their understanding of a topic.
* **Folk School:** Folk school fosters empowerment for community resilience through the teaching and learning of traditional skills, techniques, and crafts.
* **Tinkering School:**We are also inspired by the Tinkering School’s vision of providing children with “real tools to solve real problems in the real world.”
* **Coyote Mentoring:**We love the questioning techniques, sensory learning, and strong daily and seasonal rhythms of Wilderness Awareness School's "invisible school."
* **Permaculture Design:** Permaculture is a system of ecological design and whole systems thinking that inspires us to become conscious designers of the places and systems in which they live.

Our elementary school days involve learning through play and exploration, hands-on work, tinkering, community service, and interactions with community resource people and field trips. We also strive to connect in a positive way with the places where we learn. Each year generally involves conscious restoration of our learning and play spaces.

**The Places Where We Learn**

Fresh Air Learning’s programs for ages 2-7 take place in the forests, farms, and gardens of North Vancouver and Vancouver. Children can choose from a 1 or 2 day program option. Our North Vancouver programs take place in the forests of Lynn Canyon Park and the farm and garden at Maplewood Farm. In Vancouver, we explore the forest, field, beach, and farm environments of Jericho Beach Park and Southlands Farm. We also offer an 8-week Friendly Forest class in North Vancouver’s Princess Park for children and a caregiver, focused on children on the autism spectrum.

Our elementary school program runs in North Vancouver’s Lower Seymour Conservation Reserve, Maplewood Farm, Loutet Farm, and numerous other field trip locations around the Metro Vancouver area. This program runs twice a week, on Tuesday and Thursday from 9:30-2:30, and children generally attend for both days.

Our programs run almost exclusively outdoors and use nature as a venue for exploratory play, no matter what the weather might be. We prepare children for these conditions and ensure that the children’s safety is our number one priority. Every day, facilitators do a safety check of the site and ensure that the children have all that they need in order to enjoy their time at Fresh Air Learning. Each location has a sheltered area that is available during extreme weather conditions.

**What will your child learn at Fresh Air Learning?**

Fresh Air Learning offers children a space to connect to nature and each other and gain confidence to face new challenges. We believe in engaging children’s imaginations and using experience as the basis for learning. Simple activities linked with unstructured play and exploration can teach many valuable academic and social skills, like cooperation, communication, and leadership. Our elementary program also explores many hands-on activities connected to curriculum learning outcomes such as science, social studies, art, and storytelling. At forest school, we see that children increase their physical and emotional wellbeing, their sense of belonging, their ability to be creative and explore, and learn about themselves as responsible, ecologically literate citizens. Please visit our website (Programs: Learning Outcomes) for a more complete look at the learning that happens at forest school.

**How We Operate**

Fresh Air Learning is a nonprofit registered charity. We are run by a board of community and parent volunteers. Parents are welcome to run for the board at our annual AGM held in November – contact [info@freshairlearning.org](mailto:info@freshairlearning.org) for more information.

**Donations**

Fresh Air Learning gratefully accepts financial donations and donations of equipment for the program. Donors are acknowledged on our web site. We are a registered charity. Before donating items for the program, please contact our facilitators. To make a financial donation, visit Canada Helps. Tax receipts are automatically issued once the donation has been made. Donate here: https://www.canadahelps.org/en/dn/7390

**Fundraising**

Fresh Air Learning has two fundraisers to benefit our scholarship fund. One is ongoing through SPUD. If you get SPUD organic delivery or you're thinking of getting it, consider purchasing a gift card to use towards your groceries at [www.spud.ca/spudcards](http://www.spud.ca/spudcards). Choose Fresh Air Learning as your organization, and Spud automatically donates 10% of proceeds to Fresh Air Learning.

We also hold an online auction of services, experiences, and homemade goods every November. Please consider donation to our auction. Contact our program director at [tricia@freshairlearning.org](mailto:tricia@freshairlearning.org) to learn more.

Fresh Air Learning raises money for new projects by seeking grants. If you would like to help write grants or know of grant funding that we should access, contact [tricia@freshairlearning.org](mailto:tricia@freshairlearning.org).

**How Do I Register for Fresh Air Learning?**

**1. Expressing interest**

Place your child into the waiting pool for the upcoming year. This pool is found under “registration” online. Returning families have priority registration in the early part of the year, and then we open registration to new families. Please note that adding your name on our web site simply places you in the list of interested families who will receive an email. It does not guarantee you your preferred spot in the program.

**2. Parent meeting**

In April every year, new families have the opportunity to learn more about the program at a parent information sessions. Take a look at our web site’s Registration page and watch your email for specific parent meeting dates. This meeting is not mandatory, but it is highly recommended.

For the elementary school program, families must arrange to have a phone call about the program and visit the program prior to formally registering. For families who express interest during the summer months, we have a “Try It” day when you can visit a mock program as well. Please email [info@freshairlearning.org](mailto:info@freshairlearning.org) for more details about this step.

**3. Registration Opens for Current or Alumni Families**

Current families, siblings, and alumni have priority registration in the first two months of the year. This registration is first come, first served.

**4. Registration Opens for New Families**

New families have an opportunity to register in April. This process is first come, first served. You must complete all of your child’s forms, including program waivers, in order to be fully registered.

**5. Payment**

Your registration is complete once you have completed your forms and paid your deposit. We have a non-refundable registration deposit that includes the deposit and the first month’s fees. After that, fees come out of your account on August 1st, December 1st, and March 1st of each year. Please note, whatever method of payment you use to pay your deposit is how you will be charged for the three term payments, unless the administrator is notified otherwise. There is an administration fee of approximately 2 percent added for credit card payments.

**6. The Families Section of the Website**

After you are registered, our administrator will send you the information required to access the families section of our website. There, you will find a program calendar, contact information for other families in the program, a list of what to wear to the program, and other relevant documents such as our code of conduct.

**7. Criminal Record Check**

If you choose to volunteer, all volunteers will need to get a criminal record check. Please do this before the program begins. This excludes parents in the parent and tot program, as you are there as program participants caring for the needs of your children. If you did not already receive an email with a link compete our free online criminal record check, please email: info@freshairlearning.org

**8. Parent Orientation**

Parents and other volunteers must attend an orientation session before the program begins to prepare them to send their children to the program. For participants in our programs for ages 2-7, this is a session on the Saturday before programs begin. For our elementary program participants, this involves a learning plan meeting the week before the program and a community picnic on the Friday evening.

**9. The Program Begins**

Fresh Air Learning’s programs begin the week after school begins.

**What is the Adult’s Role at Forest School?**

At Fresh Air Learning, the facilitator, parents, and volunteers act as facilitators of the children’s learning. Their roles are:

* To ensure that all safety measures are in place and are followed.
* To treat each child with respect, care, and dignity.
* To help meet the social, emotional, physical, and mental needs of each child
* To engage in supportive and open communication with children and families.
* To encourage children to explore, create, ask questions, and imagine.
* To document the children’s learning and communicate this with the parents
* To bring learning resources and provocations to support the further development of the children.
* To remain open to learning, growing, and sharing with others.
* To be fully present each day.

To learn more about our expectations of children and families in the program and about the ways that we work to guide behaviour, please take a look at our Student Code of Conduct in the Families section of our website.

**Community Volunteers**

Our volunteers are members of the local community who want to spend time working with children outdoors. We interview each volunteer and ask each one to complete a criminal record check. We ask that volunteers commit to attending for at least one season to provide consistency for the children.

**Parent Volunteers**

To ensure that we have an excellent adult to child ratio beyond our 1:5 ratio, we ask that families commit to volunteering for the 3-year-old programs. This occurs 3-4 times throughout the program year. Parents, grandparents, or other caregivers are welcome to act as volunteers in the program. Anyone who volunteers must submit a volunteer form, attend our training, have a criminal record check, and wear appropriate outdoor clothing.

Our volunteers are essential to the running of the program, and we cannot run without you. If you know that you cannot attend a session as a volunteer, it is your responsibility to switch with another parent. If you are sick, please try to find another parent or volunteer to take your place, if at all possible. To do this, log onto the families page of the website and find the parent phone and email list to contact other families to see if they would like to switch shifts. If you can’t find someone else to volunteer or it is very short notice, call your teacher and the administrator at 604-802-7539.

**Program Communication**

What can you expect once you sign up for the program? We like parents to know what is happening – here’s how we communicate with you.

Ages 2-7

* We send out a monthly newsletter to people interested in our program.
* Parents with children in our programs for children ages 2-7 can expect to see monthly updates on the children’s activities, along with blog posts from different program facilitators.
* You will have the opportunity to have a meeting prior to the program beginning, and we schedule mid-year parent-teacher conferences. This is a good opportunity to provide feedback and answer any questions you may have regarding your child’s integration and wellbeing. This is necessary as pick-up times during the day can be rushed and are not always a good opportunity to hold an in-depth discussion.
* If you are unsure about the upcoming schedule, visit the Families section of the website and look at our community calendar.
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Ages 6-12

* We send out a monthly newsletter to people interested in our program.
* Parents in the elementary program will receive weekly updates on program activities.
* You will meet with your school district teacher to review your learning plan before class begins. You will also have parent-teacher conferences at the end of terms one and two.
* If you are unsure about the upcoming schedule, visit the Families section of the website and look at our community calendar.

**Sharing Skills, Knowledge and Passions**

We would like to invite parents and community members to share their skills and knowledge with the children. If you have a particular skill that you would like to share, contact our facilitator to discuss this and to set up a time and date for you to come in and share this with the children.

**Questions and Concerns**

If you have a question or a concern, please bring it up with the appropriate facilitator, administrator, or board member. Please connect with your facilitator first if you have questions about your child or about how the class is managed. All questions and concerns are confidential.

**Fresh Air Learning Policies**

**Welcoming Policy**

We welcome all children and their families, regardless of ancestry, language, religion, economic status, sexual orientation, gender identity and expression. We work to maintain a physically and emotionally safe environment for all children in our programs.

We provide additional support to families through our scholarship program. If you are a family in need of financial support, please do not hesitate to contact us for our scholarship form. If you are a family who could provide financial support, please consider contributing to our scholarship fund. Even a small monthly donation helps!

We strive to support children with additional needs in our outdoor classroom. If your child has physical, social, or emotional differences that may require adaptations or support, please contact us to see how we can work together.

**Fee Policies**

**Payment**

Fees are payable per term and are charged one month before the term begins. Deposits and first month fees are nonrefundable and payable at the time of registration. It is possible to pay your fees using homelearning funds, special needs funding, or many other funding sources. Please contact our administrator for details. There is no refund or reduction in fees for any days on which a child is absent from the program due to illness or vacation.

As a nonprofit, Fresh Air Learning relies on those who participate in our programs to cover the expenses of our programs. If you are unable to pay your tuition, you must contact us immediately to make alternative payment arrangements. Payments that are up to 30 days late will be assessed a 10% administration fee. Payments that are more than 30 days late will be assessed a 25% administration fee.

After a month, if a child has not attended the program and is not paying for the program, we will assume that the spot is vacant and fill it.

**Withdrawal Policy**

Should a family wish to withdraw their child from Fresh Air Learning they must give four weeks written notice to the Fresh Air Learning Administrator. This notice must include an end date so our staff may modify the program to accommodate farewells. We ask that the parents alert us in writing of any particulars they wish to include in this leave- taking. Payment for these last four weeks is required even if the child will not be attending. The registration deposit is also nonrefundable. This arrangement allows Fresh Air Learning to have ample time to notify the families on our waiting list and ensures a smooth transition as children move on from our program.

We work to make our space accessible and diverse, but we reserve the right to address issues of unsuitability with the parents at any time. We try our best to work with parents to assist a child transitioning into the program, but if necessary, we will discuss alternative options with families.

**Attending the Program**

**Attendance, Drop Off and Pick Up**

If your child is going to be absent, please call your facilitator’s phone line before 9 am. Our facilitators’ phone numbers are on each of the family pages of our website. It is very important that parents are able to drop and pick up their children in a timely fashion. If you know you will be late to drop off or pick up your children please call our facilitator.

Each program session, please sign in on the sign in sheet. Please notify the facilitator if a different person will be dropping off and picking up your child. If the person who is picking up your child changes, you must phone and speak directly to the facilitator. We cannot release a child to someone who is not on the list of people who can pick up your child from the program.

**Changes Due to the Weather**

Fresh Air Learning may be closed on occasion due to inclement weather, if we deem that the weather would be a hazard to families traveling to the program or children playing outdoors. Should this be the case, the facilitators will call and email parents. If the local school district has a snow day, Fresh Air Learning will not operate. If there is a high wind warning, Fresh Air Learning will notify parents of a change of location or cancellation. We try to avoid cancelling the program and tend to move to our farm sites instead. Fresh Air Learning is closed during school district winter, spring, and summer breaks.

**Safety and Privacy**

**Privacy**

A file will be maintained on each family and will be accessible to the facilitator and the administrator. Any information disclosed will be used in a discretionary manner to assist in the wellbeing and care of that child. The following is a list of forms that will be kept in this file.

* Registration and contact information
* Consent forms for Fresh Air Learning and the school district (if applicable)
* Emergency contact and medical information
* Parent volunteer form (if applicable)
* Criminal record check (if applicable)
* Scholarship form (if applicable)

We will place your email address on the program email list so that you can receive essential updates about changes in location or instructions for class. Your email address and phone number will be available to others in the class so that you can connect with each other outside of class. That information will be kept in a password-protected area of our website.

**Risky Play**

Forest school involves risky play: play that pushes the child’s physical, mental, and emotional boundaries. This play is initiated by the child and monitored and appropriately supported by the facilitators. For information about many of the activities that we do and how we support children in those activities, please see our Safety Handbook – found in the Families section of our website.

**Child Sickness**

Fresh Air Learning is an outdoor program that can be physically challenging at times. Children learn to be resilient and understand that they can thrive in all kinds of weather conditions. However, since the weather and the physical environment can pose extra challenges for children, we ask that parents be particularly mindful of their child’s state of health when they bring their child to the program that day.  
  
In order to support each child’s enjoyment of each learning day and to avoid spreading illness, we ask that you keep your child home if any of the following applies:

* Temperature over 101 F or 38 C
* Vomiting in the last 24 hours
* Diarrhea (3 profuse, watery stools)
* Communicable disease including but not limited to: measles, chicken pox, mumps, whooping cough, strep throat, viral pneumonia, head lice. The child in ill health may return to the program with the permission of their health care provider. Please note that any outbreak of communicable disease will be communicated to parents in writing.
* A cold or cough accompanied by a lot of difficulty breathing or very low energy.

If your child becomes ill or is injured during the course of a program session or seems to be suffering due to a previous illness or injury, the program facilitators may determine that the child would be happier at home that day. In that case, the facilitators will call you or your emergency contact during the program for an early pick up.  
  
In accordance with our welcoming policy, Fresh Air Learning strives to work with families with children with diverse physical, social, and emotional needs, as long as we can ensure their safety and the safety of others. If your child has an illness, injury or other need that occurs during the program year and may require ongoing physical or emotional support, parents should contact the program facilitators to discuss your child’s needs and support strategies for your child. These strategies might include program accommodations, volunteer or parental support, or an aide.

**Allergies and Food**

Fresh Air Learning strives to be a litter-free program. We encourage parents to pack their child’s snack or lunch in litter-free packaging. This helps keep the forest clean and reduces waste.

If your child has a food allergy, you must contact us prior to your first day of class. We will work with you to determine what we need to do to accommodate that allergy. This might involve work to ensure that your child does not contact the allergen or ensuring that children do not bring that allergen to class. Although facilitators carry an epipen, children with an anaphylactic allergy are expected to bring their own epipen to class, and you must let the facilitators know where this is located. Please note that since we are in a dynamic outdoor environment that is accessed by many different people, we cannot ensure that our environment will be completely allergen-free.

We will occasionally have community events that involve food. We will connect with families who have specific food requirements to ensure that there are options open for everyone. At potlucks, we ask that families provide an ingredient list for their potluck items.

**Toileting and Hand Washing**

In our programs for children ages 2-7, our facilitators carry soap, water, and towels to wash and dry children’s hands. There will be a handwashing time prior to snack time. Children in the 6-12-year-old program are expected to bring their own handwashing supplies and access park facilities with their group.

Children are encouraged to use the park washroom facilities prior to the beginning of the program. If there is a bathroom emergency when we are out in the park and do not have immediate access to a bathroom, a staff person may bring the child to a place where that child can do a “nature pee” if the child is comfortable. We will only assist the child with sitting or standing to toilet if the child gives consent. Children in the 2-7-year old program should bring an extra set of underwear and lightweight pants in case of an accident.

**First Aid**

Our facilitators are trained in in Standard First Aid and CPR C. One of the facilitators carries the first aid bag that will remain with us at all times. All of our volunteers, including parents, are required to have a criminal record check with a vulnerable sector check.

If your child gets a bump, scratch, or a bruise, we will let you know at the end of the session. In case of a medical emergency that requires more intervention, we will attempt to contact a parent or caregiver. If we cannot contact the parent or caregiver, we will contact someone on your emergency contact list. In case of unexpected early dismissal due to unsafe conditions or illness, we follow the same procedure.

**Supporting Diverse Children and Families**

**Disclosure of Special Needs**

At Fresh Air Learning, we strive to be inclusive. Sometimes, we need to provide information to other children, parents, or volunteers about how they can best support your child.

If your child has additional needs for social, emotional, or physical support, our facilitator will meet with you to craft a short statement that outlines your child’s needs and how best to interact with and support your child. This statement will be communicated verbally to others in the program.

Ongoing discussion with parents is very important to us. Feel free to connect with our facilitator if you have any questions about your child's participation in the program. If our facilitator has questions about your child’s behavior and needs for support, he or she will contact you as well.

If we find that an individual child’s need for support is greater than the facilitator and the volunteers can provide, we will work with you to look at additional care for your child. Some options may include:

You can hire someone who will support your child every day that he or she attends.

You can attend yourself, or designate a friend or family member to attend

Any child can have a challenging day. If you are a program volunteer, please talk with the facilitator about any comments you may have about any child’s behaviour. The facilitator can then work with a child's parents and program volunteers on ways to best meet the child's needs.

**English As a Second Language**

If English is a new language for your child, please let us know. We are dedicated to working with families to support all ESL students who want to participate in our program.

We would like to support your child as much as possible. We need to speak with you before your child begins the program so that we can learn how much English your child understands. Parents may need to attend with their child for the first few weeks until the child can communicate important needs such as the need to use the bathroom.

**Consent and Play at Fresh Air Learning**

At Fresh Air Learning, we believe in helping children learn communication skills that will set them up for safe and authentic interactions in life. We talk a lot about consent. For example, if a child pushes or hugs another child, even if it is in the spirit of friendship and fun, we want to make sure that both children feel good about that interaction. We will talk with them about this to ensure that both children have given consent to play in this way. We strive to provide an open environment for children to explore many types of play, including rough and tumble and weapons play. If the facilitators notice that one or more children are feeling uncomfortable with certain types of interactions, we will talk with the children about those interactions. Please see our parent documents in the parent section of our website for more information. If you are curious about the value of this type of play and would like to learn more about our philosophy, you can also contact your program facilitator.

**Our Learning Environment**

At Fresh Air Learning, we aim to create an environment of respect. This includes respect for people of different cultures, ages, interests and abilities. This also includes respect for all living things. We strive to speak and act kindly toward one another. Please visit the Families section of our website for a more thorough look at our Community Code of Conduct.

**Adult: Child Ratio**

We aim to keep ratios low to allow for strong connections and communication. In our programs for ages 2-7, we have a 1:5 adult to child ratio. In our elementary programs, we have a 1:8 adult to child ratio.

**Transitions and Separation**

We understand that children who are new to the program need some time to transition into the program. Parents are welcome to stay with their children if required. Please talk with our facilitators about your child’s specific needs.

**Bringing Siblings**

Siblings are welcome at circle time, but due to insurance limitations they may not accompany us on our other adventures. Please find alternate care for siblings when you are volunteering. Parents who have a new baby will have three months’ leave from volunteering. Babies in arms who can stay in a front or backpack for the duration of the program may attend with a volunteering parent.

**Gentle Discipline and Nonviolent Communication**

Discipline methods used by facilitators and volunteers will focus on gentle discipline. Whenever possible, we will try to redirect the children and encourage discussion of any differences so that the children can work on communicating their needs to each other. If you are in doubt about what to do in a certain situation, please alert the facilitator(s). For more information about how we work with children, please take a look at our Code of Conduct – found in the Families section of our website.

**Physical Play**

Part of the joy of being outdoors is having the opportunity to engage in physical play. This may include building, sitting, and playing together in imaginary play. We encourage children to engage in pretend play in nature. Sticks can have many different uses, including as weapons. Our policy is to talk about this play with the children and discuss as a group how we can play in a way so that everyone feels comfortable. We will establish some rules around weapon, war and superhero play. Once we have discussed these rules we will communicate our discussion with the parents and caregivers so that everyone is well informed.

**Meals**

Please provide your child with a snack, lunch (elementary), water bottle, and a mug. During cold weather, we will make herbal or forest tea for the children.

**Branded Clothing and Toys**

Please avoid sending your child in clothing that has characters on it so that the clothing does not influence the children’s play. Please avoid bringing toys from home to Fresh Air Learning. We want to make sure that they do not get lost. If your child wants to share a special toy or photo, please ask the facilitators if you can show it off at circle time. After this, the toys can go home with parents or the facilitator will place them in a backpack for safekeeping and will return them at the end of the session.

**What to Wear to Fresh Air Learning**

Children must come with gear that is appropriate to the weather that day. Children who are not adequately dressed will not be able to attend that day. From the toes up, here’s what to wear to Fresh Air Learning. Craigslist is a good source for many of these items, and in the past parents have arranged bulk orders as well. You can also join Fresh Air Learning’s Facebook Gear Swap: <https://www.facebook.com/groups/156901604517453/>

**Waterproof Boots:**

* Children will wear their rain boots almost all year round.
* If possible, buy new boots. Children use them a lot and the soles wear through.
* The taller the boots, the better!
* Bogs and Kamik both make warm neoprene boots for children.
* Kamik also sells rain boots with liners for extra warmth.
* If you go for normal rain boots, wear wool socks.

**When it is rainy**, we recommend:

* **Layers:** We recommend wearing layers of clothing so children can make adjustments as needed according to changes in weather/microclimate and activity levels.
* Inner layer of fleece (or polypropylene) or natural fabrics such as wool or silk. The fabric should wick moisture away from the skin and provide a warm, breathable layer.
* Middle layer of insulation made of wool or fleece.
* Avoid jeans in wet weather, since they tend to soak up the water
* **Rain Jacket:** Outer shell jacket of waterproof, windproof clothing. Be sure to get a jacket in a larger size to allow for layers of clothing under the jacket.
* **Rain Pants:** Pants should stop at the waist so that children can use the “forest toilet” . MEC, Abeko, and Wet Skins all make good rain pants. (Parent tip: to keep gear waterproof, spray it with silicone every 3-4 months).
* **Warm socks:** Wool or other thick socks keep your feet warm. Tuck an extra pair into your backpack.
* **Hat:** Warm, waterproof hat that covers the ears.
* **Gloves:** We like Abeko/Puddlegear gloves. These are waterproof and lined. (Sometimes a parent will organize a group buy of these mittens. If interested, contact: [info@freshairlearning.org](mailto:info@freshairlearning.org)). If your child is not wearing waterproof gloves, bring an extra pair or two.
* Parent tip: to keep gear waterproof, spray it with silicone every 3-4 months.

**When it is cold**, please add:

* Warm and waterproof gloves or mittens that slip on and off easily.
* Long underwear, Wool or MEC long underwear keeps children warm with less bulk.
* An extra pair of warm gloves and warm socks in your child’s bag.
* Optional: reusable hand warmers.

**When it is warm**, please wear:

* **A long-sleeved shirt** (we recommend light cotton, silk or hemp).
* Durable pants.
* A sun hat.
* Running or hiking shoes (note that children may still play in water and mud, footwear should be waterproof wherever possible!)
* Sun protection.

**Everyone requires:**

* **A whistle**, attached to the child’s jacket.
* **Backpack:** A child-sized waterproof backpack. The backpack should be small enough for your child to carry comfortably with a good chest strap. (Please put a name tag or some other distinguishing mark on the pack).
* **Water bottle:** Water in a spill-proof bottle. Stainless steel Klean Kanteens are very durable.
* **Snack**: A healthy, high-energy snack in a reusable container. Metal tiffins, lunchbots, and other compartmentalized boxes work well for snacks. For “plastic wrap,” we like reusable Abeego Wraps or cloth snack bags.
* **Mug:** A small unbreakable cup for warm drinks (provided by FAL facilitator).
* **An emergency blanket.**
* **Extra socks, gloves, and hat.**
* **Extra layers:** It’s good to keep an extra layer or two and a pair of underwear in your child’s backpack in case of accidents.
* **Bread bags.** These go over feet if they get wet, so that children can slip their feet into their boots again. Please place a few bags into your child’s backpack.

The child’s backpack should have their name on it and the Fresh Air Learning phone number, (**604- 802-7539)** on a tag on the outside.

https://mail.google.com/mail/u/0/images/cleardot.gif

**Contacting Us**

Phone: 604-802-7539

North Vancouver Lead Facilitators:

Caitlan – [caitlan@freshairlearning.org](mailto:caitlan@freshairlearning.org)

Andrea – [andrea@freshairlearning.org](mailto:andrea@freshairlearning.org)

Jocelyn – [jocelyn@freshairlearning.org](mailto:jocelyn@freshairlearning.org)

Tricia – tricia@freshairlearning.org

Vancouver Lead Facilitators:

Cara - [cara@freshairlearning.org](mailto:cara@freshairlearning.org)

Caitlan – [caitlan@freshairlearning.org](mailto:caitlan@freshairlearning.org)

Program Director

Tricia – [tricia@freshailearning.or](mailto:tricia@freshailearning.orh)g

Administrator:

Katrina - [info@freshairlearning.org](mailto:info@freshairlearning.org)

Thank you for reading the Fresh Air Learning Parent Handbook. If you require any further information regarding our programs, please contact us at [info@freshairlearning.org.](mailto:info@freshairlearning.org)

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