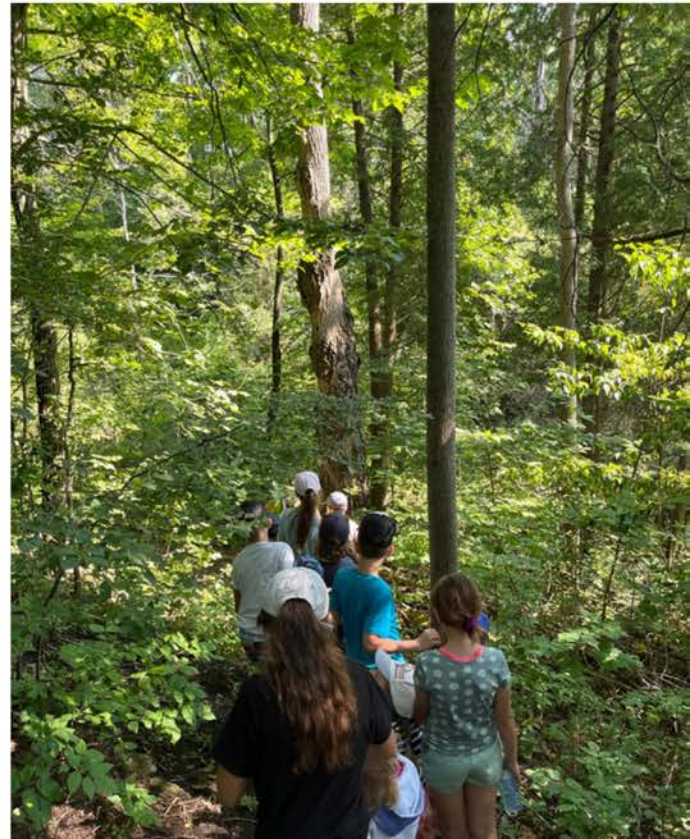




# Five Oaks School Programs 2024







## FIVE OAKS VALUES

**RADICAL WELCOME**

**EMBRACING DIFFERENCES**

**RIGHT RELATIONS**

**NATURE CONNECTION**

**SOCIAL JUSTICE**



# DIVERSITY IN THE LAND AND EACH OTHER

**Meet many wise teachers from the natural world!**

How do you create space for difference and diversity in your school? How are you encouraging inclusion, open conversations, and connection?



The specific teaching emphasized through our programs is that appreciation for biodiversity in the land around us can lead to appreciation for the diversity among us as humans. The land knows that it needs diversity. We need it too, and we are stronger for it. This knowledge can help to build community and encourage belonging and inclusion to flourish and grow.

**Outdoor learning is not just for little ones. It benefits every learner, engaging the intellect, emotions, heart/spirit, and whole physical body of each student.**

### Grade 4-8 Curriculum Connections:

(PDF available upon request)

- Science: Understanding Life Systems
- Physical Health Education: Social Emotional Learning Skills
- Visual Arts

### Grades 1-3 Curriculum Connections:

Coming Soon

### Grades 9-12:

Contact us to tailor your program:  
[outdoored@fiveoaks.on.ca](mailto:outdoored@fiveoaks.on.ca)

# DIVERSITY SESSIONS



## 1. Community of Trees

**Science, Social-Emotional Learning Skills**

Just like trees act as a community to each other, so can you! This module encourages team building and inclusion, reminding you that you are part of a web of connections and that your individual actions matter to the whole.

## 2. Water is Life!

**Science**

Go for a guided hike along the water. Review the water cycle through an engaging game, discover creatures that live in the water, and reflect on the importance of water for all of life.



## 3. What's your Role?

**Social-Emotional Learning Skills, Science**

Each person has unique gifts and responsibilities, just like every creature and plant in the natural world. Learn about local ecosystems and the important role you play in the world.



## 4. No Two Alike

**Visual Arts**

Through earth art experiences inspired by artist Andy Goldsworthy, you'll use loose parts from the land to create ephemeral art, connecting to the topic of diversity and inclusion.



# LAND-BASED ADVENTURES



## 1. Team Challenge

Work together towards a shared goal, build resiliency, value each other's unique skills, foster emotional skills by encouraging healthy competition, build strong bonds with one another.



## 2. Outdoor Living Skills

Practicing fun, ancient skills, helps us to connect with the essentials of what we truly need, puts us in touch with the natural world, and encourages confidence.

## 3. Wide Games

Often a favourite, wide games keep students active, helps physical development, strengthens gross motor skills, and best of all... releases energy!

## 4. Take a Hike!

Explore our Carolina old growth forest, up and over streamlets, follow the board walk through wetlands, identifying plants along the way.



# PROGRAM OPTIONS: GRADES 1-8

\$15/  
student

## Half Day (3 hours)

**CHOOSE 2 DIVERSITY SESSIONS  
OR LAND-BASED ADVENTURES**

OPTIONAL ADD ON: GRAND RIVER  
RAFTING FOR ADDITIONAL FEE (+4 HOURS)

Sample Schedule (flexible)

9:30	Arrive, Opening Circle	11:05	Activity 2
10:00	Activity 1	11:50	All Group Activity, Closing Circle
10:45	Nutrition Break	12:30	Departure

\$25/  
student

## Full Day (5 hours)

**CHOOSE 2 DIVERSITY SESSIONS  
AND 2 LAND-BASED ADVENTURES**

Sample Schedule (flexible)

9:30	Arrive, Opening Circle	12:00	Activity 3
10:00	Activity 1	12:45	Activity 4
10:45	Activity 2	1:30	All Group Activity, Closing Circle
11:30	Lunch	2:15-2:30	Departure

\$55/  
student

## Extended Day (9 hours)

**CHOOSE 5 DIVERSITY SESSIONS  
OR LAND-BASED ADVENTURES +  
MEAL AND CAMPFIRE**

OPTIONAL ADD ON: GRAND RIVER  
RAFTING FOR ADDITIONAL FEE (+4 HOURS)



# PROGRAM OPTIONS: GRADES 7-12

## DESIGN YOUR OWN PROGRAM

Five Oaks offers tailored programs for grades 7-12:

- *Book a custom-designed adventure for your students that is rooted in the land.*
- *Create an educational opportunity for your class to understand right relations.*
- *Bring your club, association, or group for a team-building retreat to build stronger connections.*

All are welcome. Options include half-day, full-day, and multi-day or overnight experiences.

### Truth and Reconciliation Experiential Learning

- Indigenous teachers
- Land-based learning
- Indigenous Rights Blanket Exercise facilitated by Nations Uniting

### High-Energy Adventures with Community Partners

- Grand River Rafting (at Five Oaks)
- Tree Top Trekking (Hamilton)

### Land-Based Education

- Land art
- Outdoor skills

### Add On:

- Full catering
- Camping or roofed accommodation



Contact us to plan your program:

**519-442-3212**

**[outdoored@fiveoaks.on.ca](mailto:outdoored@fiveoaks.on.ca)**



# HELPFUL INFORMATION



## Capacity

60 students

## Leadership and Staff

Our staff are experienced and trained to facilitate our curriculum. All staff have Standard First Aid, CPR-C and Vulnerable Sector Checks.

## What Five Oaks Provides:

- Programming staff and facilities
- Liability Insurance\*
- Accessible Washrooms
- Mobile First Aid Kits
- Water Station
- Emergency Communication

## What Your School Needs to Bring:

- 1 teacher/EA/volunteer per 10 students (no charge)
- Student Health Information available on site (OPHEA regulations)
- A cheque that covers the remaining balance for the program.

## What Your Students Need to Bring:

- Close-toed shoes
- Weather appropriate clothing (rain gear, mitts, hat, sunscreen)
- Reusable water bottle
- Lunch and snacks

\*SCHOOL EXTENDED INSURANCE COVERAGE REQUIRED







## RESERVE YOUR SPOT



- Limited Dates: first come, first serve.
- Program runs Monday- Friday, with bookings available in Spring and Fall.
- **TO BOOK:** Click [HERE](#), create an account, fill out our online booking form or go to the Five Oaks website ([fiveoaks.on.ca](http://fiveoaks.on.ca)), and click on Programs/School Group Program.
- Once we receive your booking, we will contact you and give you all the information you need to create a great day of learning, relationship building and fun!



**Questions? Contact:**  
**519-442-3212**  
**[outdoored@fiveoaks.on.ca](mailto:outdoored@fiveoaks.on.ca)**

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Paris, ON  
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# ABOUT FIVE OAKS

Five Oaks is a unique, intercultural centre offering a safe space for educational and personal growth.

The rich, long-standing Carolinian forests on whose land Five Oaks is situated are teeming with life. Forests and land thrive through the symbiotic diversity of their many parts. Today, Five Oaks deliberately celebrates the rich diversity of human experience. All are welcomed to learn and to thrive here—within their own culture and spiritual practices, or by sharing in others' experiences.

To deepen the transformative experience of Five Oaks, we dreamed of developing a nature-based diversity curriculum. With heartfelt gratitude to writers Rebecca Seiling and Jan Sherman, **Diversity in the Land and Each Other** was born. May this curriculum nurture a deep relationship to the land, air, water and all living creatures, enabling meaningful conversation for change and seeking new ways to live together in harmony.

Five Oaks acknowledges that we gather on the traditional territory of the Haudenosaunee and Anishinaabe peoples and acknowledge their stewardship of this land throughout the ages. We seek a new relationship with the Original Peoples of this land, one based in honour and deep respect.





*“Our students benefited immensely from their retreat at Five Oaks last May. They expressed deepened understandings about Indigenous peoples’ relationship with the land, as well as the negative experiences resulting from colonialism. Spending time outdoors together rafting, hiking and singing around the campfire led students to build stronger connections with one another after having endured periods of isolation due to COVID. We are grateful for the talented and engaging staff at Five Oaks who made this experience such a memorable one for our students.” - School Principal*

## Where is Five Oaks?

