

OFFICIAL CONFERENCE PROGRAM



WELCOME

The 2019 COEO Make Peace with Winter Planning Team has been hard at work putting the final touches on another amazing conference packed full of professional development, experiential learning and winter fun. Make Peace with Winter is a retreat-style conference for educators interested in learning how to share the outdoors with their students in the coolest of seasons! Snowshoeing, cross country skiing and winter camping skills; games, crafts, learning activities; snow science, winter ecology and much, much more.

We're excited that you've planned to join us as we learn, share and laugh with kindred spirits from across the province and beyond. We'll savour delicious food all weekend and enjoy an evening social program filled with fun, music and dancing. Our hope is that everyone will leave this professional development experience feeling rejuvenated and with many new ideas and resources in hand. The final ingredient for a perfect winter weekend is you! Our host site, the Bark Lake Leadership and Conference Centre is ready to welcome everyone.

2019 MPWW CONFERENCE COMMITTEE

Kyle Clarke, Hilary Coburn, Juan Pablo Herrera, Claire Kemp, Adeline Koon,
Arthur Murgatroyd, April Nicolle, and Karen O'Krafka



COEO CONFERENCE REGISTRATION AND MEMBERSHIP FORM

*****You must hold a current membership with the Council of Outdoor Educators of Ontario to attend the conference.** Memberships run from September 1st to August 31st. Detailed membership information may be found at www.coeo.org.

MEMBERSHIP: (US orders, please add \$4. International orders, please add \$12.)

- Regular \$55 Student/Retiree \$40 Organizational \$130 I am already a member of COEO

*****I prefer to receive the Pathways Journal in:** PDF version Printed copy thru mail PDF and printed (add \$5)

Personal and Contact Information (please write neatly and fill out in full so we can ensure you get all mailings/info):

First Name: _____ Last Name: _____

Organization (please list ONLY if attending under organizational membership): _____

Mailing Address (incl. Box/Apt #s): _____

City/Town: _____ Province: _____ Postal Code: _____ Country: _____

Email Address: _____ Telephone #: _____

Emergency Contact Name and Phone #: _____

Please identify any other concerns (i.e., medical, dietary, special needs, allergies, mobility, etc.):

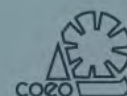
REGISTRATION FEES:

<input type="checkbox"/> Regular <i>or</i> <input type="checkbox"/> Organizational Member	\$230 (Early Bird)	\$260
<input type="checkbox"/> Retiree <i>or</i> <input type="checkbox"/> Student Member	\$200 (Early Bird)	\$230
REGISTRATION + MEMBERSHIP FEE	TOTAL	\$ _____

***Please note that the special early bird pricing is only valid until December 15, 2018 – to qualify, registration forms and payment must be postmarked on or before this deadline.**

PAYMENT: Cheque or Money Order payable to *The Council of Outdoor Educators of Ontario* (Memo: MPWW 2018 Registration). Please send this form along with your enclosed CONFERENCE REGISTRATION and MEMBERSHIP fees to:

COEO MPWW 2019 Registration
PO Box 10084
Alliston, Ontario
L9R 0B7



2019 CONFERENCE SCHEDULE

FRIDAY, January 18, 2019

4:00 – 10:00 p.m.	Conference Registration and Orientation
8:00 – 8:15 p.m.	Official Welcome and Conference Overview
8:15 – 9:00 p.m.	Keynote – Isaac Crosby
9:00 – 11:30 p.m.	Trading Blanket and Late Night Snack

SATURDAY, January 19, 2019

7:45 – 8:30 a.m.	Breakfast
8:30 – 8:45 p.m.	Traditional Welcome and Land Acknowledgment
9:00 – 10:15 a.m.	Session A Workshops
10:30 – 11:45 a.m.	Session B Workshops
Noon – 1:00 p.m.	Lunch, Display Showcase and Relaxation Break
1:15 – 2:30 p.m.	Session C Workshops
2:45 – 4:15 p.m.	7 th Annual Lärande Loppet!
5:45 – 6:45 p.m.	Dinner
7:00 – 7:45 p.m.	Keynote – Jalynn Bosley
8:00 – 8:30 p.m.	President’s Wine and Cheese Reception
8:30 – 10:30 p.m.	Live Entertainment!
10:30 – ?	Late Night Snack, Campfire and Astronomy option

SUNDAY, January 20, 2019

7:45 – 8:30 a.m.	Breakfast
9:00 – 10:15 a.m.	Session E Workshops
10:30 – 11:45 a.m.	Session F Workshops
12:00 – 12:45 p.m.	Lunch and invitation to COEO’s 47 th Annual Fall Conference!

CONFERENCE LOCATION

The Bark Lake Leadership and Conference Centre is a year round leadership and outdoor education facility. Each year Bark Lake welcomes thousands of students from across Ontario and around the world. Students and teachers participate in a wide range of camp and leadership activities including campfires, canoeing, and challenge courses.

The Bark Lake Leadership Centre began as the Ontario Camp Leadership facility at Bark Lake in 1948. It has been a forerunner in Outdoor Education and Leadership experiences in North America since that time, for staff and students, corporate leaders and organizational groups. The centre is passionate about making leaders, building character, as well as providing nature and adventure based experiences.



BARK LAKE

LEADERSHIP AND CONFERENCE CENTRE



DIRECTIONS

The Bark Lake Leadership and Conference Centre is located at: **1551 Bark Lake Drive, Irondale, Ontario, K0M 1X0**

From Toronto, Mississauga & the west

Take Highway 400 north to Hwy 11. Follow Hwy 11 to 2nd Orillia ext 131A, Hwy 12 south. Follow Hwy 12 to the turn off for RR 44 (Rama Rd.) Follow 44 (Rama Rd.) to RR 45.

From Toronto & the Oshawa area

Take Highway 35 north via Lindsay to RR 121 junction just south of Fenelon Falls. Follow RR 121 north to RR 45/County Rd. 503 Kinmount.

From North Bay & the north

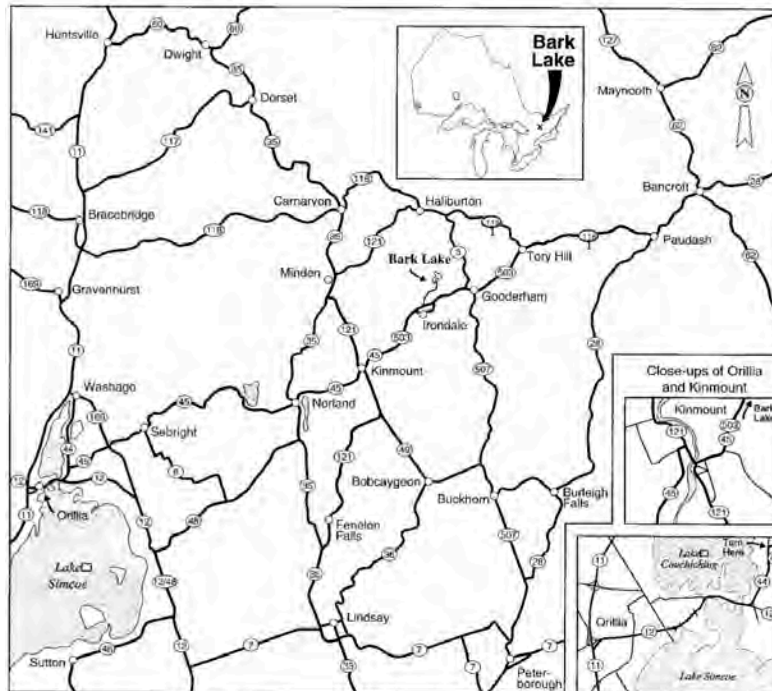
Take Highway 60 just north of Huntsville to Highway 35. Follow Highway 35 south to Kinmount.

From Ottawa & the east

Take Hwy 17 to Hwy 60 west. Take Hwy 60 to Renfrew. From Renfrew, take Hwys 132 and 41 to Hwy 28 at Denbigh. Take Hwy 28 west thru Bancroft to Paudash. Take Hwy 118 West to County Rd. 503 at Tory Hill.

From Kingston area

Take Highway 401 West to Hwy 62 at Belleville. Take Hwy 62 North via Madoc to Bancroft, then Hwy 28 west Paudash. Take Hwy to County Rd. 503 at Tory Hill.



ACCOMMODATIONS

Accommodations will be in shared cabins and dorms at Bark Lake. The rooms are heated and very comfortable. Facilities include flush toilets and hot showers. Please bring a sleeping bag, pillow, towel and flashlight. Please inform us of any special accommodation needs with a note attached to your registration form. If you snore, please let us know (and if you don't, please bring ear-plugs just in case someone else does!) We have space reserved for individuals or groups wanting to set-up their own canvas winter tents, but please inform us if you are planning to do so before arriving on-site (same registration cost applies). **BRING YOUR SKIS AND SNOWSHOES!** You may wish to bring your own backcountry skis or snowshoes with you to the conference – in fact, it's encouraged! However, don't worry if you don't own any, Bark Lake has more than a few sets of skis or snowshoes to lend out to conference participants free of charge.

MEALS and SNACKS

The Bark Lake Kitchen will be providing delicious and nutritious meals for the conference. Please outline any dietary needs clearly on your registration form. Coffee, tea and water will be provided at all times in the dining hall. Other snacks will be provided at times indicated. BYOWB and/or BYOIM! – Bring Your Own Water Bottle and/or Bring Your Own Insulated Mug. ***Please note that alcohol is permitted on the Bark Lake property (BYOB), but only in the camp's dining room area. Please refrain from consuming alcohol in the student dorms or elsewhere on the property during the Saturday evening festivities. **No glass beer bottles** – cans only please.

CARPOOLING

As always, the COEO Conference Committee encourages carpooling when possible and will help facilitate this by organizing a list of drivers with available space in January - please contact conference@coeo.org if you require a ride or are willing to offer a ride to someone else.

ULTIMATE USED GEAR SALE!

Have gear that you're done with, but others may love? Bring your gear to **swap!**
Have a need for some gear, and want to put your \$ towards COEO? Bring your dollars to shop till you **drop!**
Love MEC gear and want to shop MEC-COEO style? We have **MEC donated gear** - it's your one stop **shop!**
There will be a gear swap table set up for you to donate to, as well as shop at to support COEO! MEC Kitchener has donated a bunch of great used, but still excellent, items. It's first come, first receive, so grab your gear early in the weekend! Remember to bring cash. All proceeds are going to the COEO Conference Bursary Fund.

THE TRADING BLANKET

Participate in the Trading Blanket activity on Friday evening - bring items to trade! Each participant brings 1 to 3 items they would like to trade. The items should be something of utilitarian value or beauty. The items should be functional and something you are willing to give up. A blanket is placed in the middle of the room. All participants start by sitting around the blanket, with their trade items sitting on the floor in front of them. Participants may circulate around at first to see what items are up for trade. When the trading begins, one person volunteers to put their item in the middle of the blanket. Anyone wanting the item can move their trade items forward in offering. The owner of the original item examines the goods offered for trade, and decides whether to make a trade or not. If a trade is made, there are usually pleasantries exchanged, and the group moves on to the next person's item. If no trade is made, the owner will remove it from the blanket, thank those who made offerings, and he/she may consider making a trade later in the evening. Get creative! Items we've seen on the trading blanket range from homemade preserves, to traditional tools, unwanted clothing (still in good shape), rides home, works of art, jewelry, nature artifacts, and books. The blanket trading can go on for a long time, so participants are encouraged to limit the items they offer for trade, and come and go as they please. Participants have found these interactions much more meaningful than simply shopping for wanted items. Happy trading!

KEYNOTE PRESENTATIONS

Reward vs. Repetition: Engaging Human Capital as the Roots of Outdoor Education

Jalynn Bosley, Executive Director/Owner of ALIVE Outdoors Inc.



This presentation will explore the importance of harnessing individual capacity as the most influential factor in the future success of outdoor education. We will look at barriers that continue to confine us, and discuss how we can collectively work to creatively overcome some of the elements that hold us back from our full potential. The educators/facilitators have always held the key to the success and relevance of outdoor education, and as we move forward, this must remain at the forefront of our minds.

Prior to starting ALIVE Outdoors in 2000, Jalynn was a Phys. Ed. teacher with the TDSB. She has over 25 years of experience as an outdoor educator and wilderness guide. She is nearing the two-decade mark as the owner of one of Canada's prominent experiential education companies. Jalynn actively consults with schools on program development, risk management, and scope and sequence planning both nationally and internationally. ALIVE Outdoors has worked with over 75,000 students over the last 19 years, and is grateful to work with approximately 180 instructors each year.

Diversity in Outdoor Educational Activities

Isaac Crosby, Resident Urban Agriculturalist, Evergreen Brickworks



Diversity is found everywhere in the natural world, and so shouldn't this be reflected in our outdoor educational programs? How about in how we advertise outdoor recreational pursuits or select outdoor learning activities...and shouldn't it be reflected in the hiring practices as well? Look at it like this, for thousands of years the indigenous nations on Turtle Island used companion plantings, such as the popular three sisters garden of corn, beans and squash. They knew that these 3 plants helped each other grow big and strong and they helped the earth. When Europeans first arrived they were astonished by the size of the crops, but they decided mono-culture was a better practice...fast forward to 2019 and we know that mono-culture farming is not the way to go. It's not good for species diversity or the earth. I believe the same is true for teaching and learning in the outdoors, with more diversity in our activities we can build a strong connection for land that is Canada and the Earth.

Isaac Crosby's love of gardening and nature comes from his family; they are First Nations farmers called The Ojibwe of Anderdon, which is located just south of Windsor, Ontario. He studied Landscape Horticulture Technician at Humber College and is the Resident Urban Agriculturalist at Evergreen Brickworks, where his goal is to show young and old, that they can grow the food they eat. His idea is that everyone should grow at least one plant because one plant, will lead to two plants the next year...his motto is "Be nature"

WORKSHOPS

Connecting Curriculum and the Outdoors: Creating a School Age Outdoor Learning Program in an Early Learning Setting

Kimberly Squires & Starlene Ruttan, University of Guelph Child Care and Learning Centre

In this presentation, we will share our experience developing a school age outdoor learning program at the University of Guelph Child Care and Learning Centre, an early learning lab school. We will share how we have framed the program using the Ontario Science & Technology curriculum for the primary grades, as well as some of the resources and topics we have explored.

The Art and Joy of Winter Shelters

Laurel Grieve, Outdoor Educator and Wilderness Guide

Have you set up a “hot tent” before or hollowed out a Quinzhee? Maybe you’re curious about “snow coffins” or want to try tenting in the wintertime? During this workshop, we’ll explore and build various winter camping abodes including Quinzhees, tarp shelters, hot tents and more. We may even get the chance to sleep in one! We’ll do more than just shovel and dig. We’ll learn strategies for keeping cold challenged students happy and warm. We too can forget the necessity for making our own heat in winter—how bodies are furnaces and must be fueled and fired up. Come prepared to get snowy and warm. Wear your layers and bring lots of water. Laurel has spent three February’s in Temagami, guiding high school students on cold camping trips and other winter expeditions. Over the years, she’s constructed and slept in dozens of Quinzhees (and a few tarp shelters) in temperatures down to -24 C. She’s passionate about being at home in nature and is excited to share the joy and art of winter shelters.

Get outside and play: supporting unstructured outdoor play for the wellbeing of all!

Linda Naccarato & Leila Barati, Earth Day Canada

Over the last 3 years, Earth Day Canada has focused on championing unstructured outdoor play to better the wellbeing of children, youth and communities. Through this interactive workshop, you will learn about the journey from outreach and awareness, what is outdoor play and why does it matter, to professional development and support; how do adults value and help support great play, and finally integration into practice; making unstructured play a part of your outdoor education program. This workshop will build upon the experience of Earth Day Canada’s POP-UP Adventure Play program and their unique partnership with Downsview Park. We will encourage active learning in this workshop, and participants should come dressed to move and participate in light activity.

Arm Knitting (Easier than regular knitting!!!)

Maranda Wilton & M Nowick, Lakehead University

Keep your hand and mind busy while learning how to arm knit! With attention to discovering the many benefits of working with yarn, ultimately it becomes a relaxing activity with persistence and patience. M and Maranda will teach others the basic concept of arm knitting to create their own scarf. Yarn will be provided (all you need are your arms). Suggested \$5.00 donation for materials.

The Happy Campfire: an introduction to your happy hormones

Melissa Tong, Nuwa Therapeutic

What makes you happy? How do we push happy?? First, we need to understand how happy happens. In this workshop, participants will be invited to play, laugh and learn while filling up their toolbox to help and foster a happy mindful community. We will be addressing the foundations to mental health, physical health and overall wellbeing. Ignite your fire with this interactive workshop that focuses on the happy hormones and how to keep your fire burning!

Using technology to support environmental education grades 4 to 12

Sandra Root, Education Specialist Hamilton Conservation Authority

The focus of this presentation will be around the use of technology in our outdoor and environmental education programs. Participants will work in small groups (12 iPads will be used) to explore a series of worksheets oriented to exploring the out-of-doors. The iPad programs are designed for grades 4 to 12 to be used as an enhancement of outdoor experiences. Discussions will be around value added to the education program. It is an interesting philosophical question: whether technology can play a valuable role in experiencing nature or, as some environmental thinkers would consider, a detriment to the educational outdoor experience.

Tracks and Scats OR Poops and Prints

Bonnie Anderson, Simcoe County District School Board

How to look for evidence of nature in the forest – This workshop starts inside and goes to the WILD side, as we figure out who's been out and about. Learn which prints to follow [or not] as you take groups out into the forest. Also, be ready for the spring Poop-a-paloosa, as all the buried treasures come to the surface one more time. Links to apps, math and snacks will be shown and discussed.

Snowshoe Hare Snaring

Arthur Murgatroyd, University of Wollongong

This is a hands-on workshop to introduce the practice of Snowshoe Hare Snaring and preparation. This workshop will explore the rules and regulations regarding small game hunting in Ontario, discuss the importance of humane harvesting methods and investigate the ecological role of this remarkable species within the boreal food web. Join in a discussion about the role of sustainable wild food harvesting and its potential for authentic connections between students and the land. Arthur has previously worked as the cultural programming coordinator for a Yukon First Nation community school. In this role, he facilitated an annual Elder led snowshoe hare snaring program for students from grades 3 to 12. Arthur is a licensed small game hunter and fur bearing mammals harvester. This workshop may involve the use of sharp knives.

Fruits of the Forest

Rick Klatt, RCCDSB/Shaw Woods

Learn how to make maple and birch syrup in an economical way as a "backyard" enthusiast and sample maple taffy and birch syrup. The chaga mushroom holds many health benefits which includes being the most powerful antioxidant on the plane. Learn about chaga and reishi from harvest to enjoyment. A sample of chaga tea, chaga tincture and black walnut tincture will be provided.

Snowshoeing for Newbs!

Staff, Bark Lake Leadership Centre Staff

Strap on a pair of snowshoes and head off the beaten path. We'll launch ourselves into the woods and see where our snowshoes take us!

To Ski or to Snowshoe? And what to do when there is no Snow?

Zabe MacEachren, Queen's University

Should you invest in cross-country skis or snowshoes? What should you do when there is not snow and a school group is booked? What is more Canadian, snowshoeing or participating in the Canadian Ski Marathon? Join Zabe as she weaves together some innovative curriculum ideas that allows you to learn about and experience snowshoeing and skiing no matter the weather forecast. This workshop get to the root of growing your own winter cultural events.

Wool Sports

Andrea Basen, Camp Tamakwa

Have you ever wanted to learn how to do fancy slip knots with wool to make stuff? Join the most extreme COEO workshop to date: WOOL SPORTS! Please bring wool, crochet hooks for those who would like to crochet, knitting needles for those who would like to knit. (Some supplies available).

Snowsakes!

Jessica Middleton, Ojibway Nature Center & Sheldon Lowe, Retired Teacher

Participants will learn the history of the Snowsnake and then choose a blank, use machinery, files, and sandpaper to create their own personal snowsnake. Instructors will then engrave their name and the date on the snowsnake and after the session is finished, they will apply several coats of varathane to the work. It will dry overnight. Sunday morning, the snowsnakes will be dry and participants will gather before breakfast to try them out on the lake. ***Cost for the wooden blank and varathane is \$10.00. This workshop is limited to 15 participants.**

Teaching through gardening - bring life to your students' learning!

Stefan Dixon, Conseil scolaire Viamonde

Would you like to get outside gardening with your students, or to see more teachers at your school getting outside with their students? Would you like to see all of the classes in your school learning outdoors? This workshop will give you hands on ideas about teaching all of the curriculum outside while you and your students take care of potentially various types of gardens, from medicinal herb gardens to small wooded areas, to vegetable gardens, to butterfly gardens and more, and even what to do if you teach in a school with an asphalt postage stamp as a playground. You will get ideas about fostering outdoor learning leadership amongst your teacher colleagues and students. You'll learn about the challenges you may face in different environments and solutions that are available to you. You will also get a chance to learn from others taking this workshop.

I spy with my little eye, all beauty that I can find

Stephanie Kozak, Mother Earth's Learning Village

See the beauty within our natural surrounding environment. When we use the wide lens of our imagination and our mind. We can connect ourselves to all the learning opportunities that Mother Earth can provide. This workshops will engage the participants to see the learning opportunities and mindful practices within everyday situations. We will share the simple mindset of optimism and spontaneous learning that can happen, within our natural environment, the classroom, at home and during transitional moments within our day. When we model and share simple tools of seeing the beauty in everyday we can reach a balance life through; gratitude, mindfulness, resiliency, self-regulation, and engagement. When we learn the skill of concentration and the ability to use all of our senses amazing learning can happen, a healthy mindset and self worth can be achieved and an authentic life can begin.

Debunking the Myths of Wintering Animals

Stephanie Pavao, University of Guelph

Wintertime is a still and silent part of the North American year. You may assume that everything is frozen underneath that blanket of snow as the temperature begins to drop below 0. However, when it seems as though all has disappeared until spring returns, many of the animals that brave the winter season are very much alive. This presentation will identify these common misconceptions about the animals that remain throughout the cold and proceed to debunk those that are, in fact, wrong. Although it is common to accept the facts we are told, this workshop will aim to challenge these ideas by using research and a new perspective to reassess them. Winter brings a harsh environment, but it is also changing throughout the years so it is important to know how our unique wildlife will change with it. This approach will test your knowledge and broaden how you look at the cold, stillness of winter, and help you appreciate its beauty amidst the cold.

1, 2, 3, Broomball!

Staff, Bark Lake Leadership Centre Staff

Broomball is possibly the most fun you can have on ice! Try and score a goal while slipping and sliding in your boots on our beautiful lake rink. *Recommended for the highly competitive-temporarily suspend your wintertime peacemaking for this session:)

Skulls and Things

Valerie Andrew, Bark Lake Leadership and Conference Centre

A fun and interactive experience for anyone eager to learn about animal skulls and other things left behind by our furry friends. During this workshop you will learn about different types of teaching activities surrounding animal skulls/bones for kids and adults, English speakers as well as ESL students. There will also be a hands-on introduction to skull and bone identification, where you will get to handle some bones to get a feel for what they are like up close and personal. There will also be a demo on how to process bones, as well as some other found objects, so that they are safe to handle. If you have any skulls at home that you would like some help identifying, bring them!! Any questions about bones and other fun things are more than welcome! This is an indoor workshop, so no need for any special clothing.

Maintaining and Repairing Wooden Snowshoes and Cross Country Skis

Walt Sepic, Firefly Adventures

I'd love to share my knowledge from 35 yrs of repairs and maintenance of winter equipment. We can also put our heads together and share ideas/experiences. I'll bring lots of old equipment, tools, repair materials, etc. We'll also look at different types of snowshoe harnesses. Feel free to bring equipment in need of repair.

Design and build your own bobsled

Brent Evans and the Norval Outdoor School staff, Upper Canada College Norval Outdoor School

We will design and build bobsleds out of cardboard boxes. The UCC Norval Outdoor School has incorporated design thinking into a number of different programs. One of our favourites is our grade 4 winter science design program where we build and test cardboard bobsleds. We are exploring the concepts of time, friction, aerodynamics, and the strength of tape. We like to use Steve Jobs' quote, "design is not about interacting with a computer; it's about interacting with the world." We will see which outdoor educator can design and build the strongest, fastest, and most creative bobsleds and then we will put them to the test on the Bark Lake mountain.

Make a pair of stilts and learn to walk on 'em

Jessica Middleton, Ojibway Nature Center & Sheldon Lowe, Retired Teacher

Participants will learn a bit of the history of stilt walking and then, from 2x2 lumber, will build a pair of stilts that they can take home. They will use a saw, cordless drill, and sandpaper to do the work. When they have finished creating the stilts they will receive instruction on how to walk on them and use them safely. ***Materials cost for this session is \$10.00. Workshop is limited to 13 participants.**

Community Classrooms

Barbara Sheridan, Barrie Forest Kindergarten and Campfire Chats

With our schools becoming more focused on community involvement, teachers are excited about the learning opportunities that exist beyond the schoolyard, but are sometimes left trying to figure out how to incorporate the local community and members, as well as how to promote community within the classroom. In this workshop, we will look at why and how to include the outside community and how to promote the community mindset in your primary classroom. We will be linking to the kindergarten curriculum, however this is applicable to all primary classrooms.

In the Know, In the Snow

Steve Ruskay, Black Feather

What is the difference between a snow flake and a snow crystal? There is more to snow than meets the eye. Every type of snow crystal has a unique set of properties, that effect its strength and characteristics. Temperature gradients within a snow pack constantly change the snow profile. The science behind snow is an expanding discipline, that encompasses engineering, meteorology, recreation, and risk management. Learn exactly what snow is, the science behind snow flake shape and formation, and differentiate between layering and other snowpack factors. Steve Ruskay is a Professional member of the Canadian Avalanche Association. He has spent 13 years as a snow technician and avalanche forecaster, as well as program developer for Youth Avalanche Education. Join Steve for a unique and fascinating experience on and in the snow!

NATURE, CONNECTION, ACTION!

Jennifer Venalainen and Ticia Heibein, Toronto District School Board

Join Jenn and Ticia, experienced elementary educators, for an exciting workshop of Action Research in the snow! Action Research (AR) is a personal inquiry into looking at a problem in the classroom or learning community, and using targeted action in your teaching practice to affect change for your students. AR can actively support students' environmental learning across the curriculum, deepen their connection to nature through environmental inquiry, and empower them as co-creators of their learning. As teacher researchers dedicated to outdoor education, Jenn and Ticia will share their approaches to AR, and lead participants through the routines and steps needed to establish action research within their own practice. Participants will be venturing outdoors to try engaging outdoor activities, and consider how they can be used in your action research. This workshop will empower educators working with children from Kindergarten to Grade 6 to take their next steps in outdoor learning. Participants will leave with a planning template for action research that they can implement in their own practice. *Please wear appropriate outdoor clothing and footwear needed for outdoor activities. Please bring a notebook for the indoor portion of the workshop.

Helping to Implement Outdoor Learning throughout Ontario

Colin Harris, Take Me Outside

Building on the success of Take Me Outside Day, an annual campaign that sees more than 1000 schools and 200,000 participants spend at least 1 hour outside during the school day, we are ready to take things to the next level. TMO will be launching a national initiative in 2019 to encourage consistent outdoor learning. The goal is to create a model for teachers and schools to support students' understanding of their local environment, empowering thoughtful action through learning that is outdoor, experiential, and place-based. Through this initiative, teachers will register to take their learning outside at least one day/week and will be offered various resources to help them be successful. Colin Harris, founder and Executive Director of Take Me Outside, will provide an overview of this initiative that aims to be a catalyst for discussion centred on how to achieve success throughout Ontario. What's needed to receive buy-in from teachers? What kinds of partnerships can be fostered? What might be some barriers to this initiative and how can they be overcome? This session will be a brainstorm on how we can engage as many educators as possible with a commitment to outdoor learning and will provide important insight for shaping this initiative.

Behaviour Management and Conflict Resolution with Mindfulness, Neuroscience, and Mutual Respect

Jessica Pelow, Nature Camp Consultant/Frontenac Arch Biosphere Network

Tears, fights, and big emotions are a regular occurrence when working with children! In this workshop, you'll learn how to connect with children in moments of chaos and teach them how to take ownership of their behaviour, with kindness and compassion. Topics will include: Brain Development in Children, Punishment vs. Discipline, How to Express Dignity, Compassion, and Mutual Respect, Connecting with and Redirecting Children, and asking questions that empower children to resolve their conflicts. This workshop will include group discussions, scenarios, skills practice, and a range of mindfulness exercises woven throughout.

Math in the Great Outdoors for the Early Years

Colleen Smyth, Trillium Lakelands District School Board

With math as a focus across the province, it is important to be able to meld outdoor learning with fun, engagement, and math foundational skills. At a time when technology is taking over our lives, being outside is now more important than ever. Research shows that children are more focused and engaged when learning outside (Lost Child in the Woods, Richard Louv, 2005). Participants will be required to bring an open-mind, sense of adventure, warm outdoor clothing, and a method to document inspiring ideas. The presenter was part of a group of successful applicants to the Ontario Teacher's Federation Professional Learning Community grant entitled "The Impact of the Outdoor Classroom Related to Early Numeracy Skills". Provocations, fabulous resources, circle activities and guided activities will be presented and shared. Assessment, documentation, and team sharing techniques will also be discussed.

Seeding SOILidirty: Growing School Gardens & Seed Libraries

Jacob Kearey-Moreland, Bass Lake Farms & Toronto Seed Library

Young people are hungry and hangry for hands-on experiential outdoor education and mouth watering good food. Combine the two needs with innovative school garden and seed library programs for all seasons, ages and abilities in this super seedy participatory presentation. In an oft depressing era of global ecological collapse, where kids sit in class hungry and deprived of the essentials they require to fully form and function - cultivate peas, lovage and abundance for a better future. Soak up the sun and water. Enhance biodiversity. Regenerate school grounds, nourish the student body by growing, saving and sharing the seeds of SOILidirty. Join fallow growers as we cultivate a vision and plot to a-chive a seed library garden in every school sow nobody grows without. Everyone welcome to share and gather ideas (and free seeds!) to start or expand a garden or seed library in your school or community! Seed yew soon!

Homosapien Play Based Movement

Laura Baer, Speed River Physiotherapy

Of all animal species, humans are the biggest players of all. We are built to play and built through play. When we play, we are engaged in the purest expression of our humanity and the truest expression of our individuality. Is it any wonder that often the times we feel most alive are moments of play? ("Play", *Stuart Brown*). Come learn how play is an inherent part of our being and can be incorporated into our every day! We will explore the principles of play established by Stuart Brown (from the Institute of Play), re-discover our primal movement patterns and learn some easy and simple ways to teach play based movement exercises for kids AND adults. Laura has been playing with movement for many years as a farmer, athlete, and now, RMT, yoga and movement practitioner. Over the years she has discovered exercise and movement can be a fun and fantastic tool for building social connection, personal confidence and awareness. Having spent some time in the Arctic, Laura will share some of the Inuit Games and the traditional use of these games in the Inuit culture. Come prepared to push your comfort zone, create new neuromuscular patterns you never knew you had and unleash your inner animal!

Hardwood, hard won – A journey towards self-employment in the woods with a wee forest school

Karen O'Krafka and Sabrina Hale, Hardwood Nature School

Explore with us the journey towards a functioning forest school: from weaving life experience into income generation, and the challenges, successes and highlights of our first year. We'll pepper the presentation with a few hands-on activities to line your professional pockets.

...and much, much more!

SESSIONS AT-A-GLANCE

Saturday

9:00-10:15 Session A	FOOD FROM THE FOREST <i>RICK KLATT</i>	SNOW SNAKES! <i>SHELDON LOWE & JESSICA MIDDLETON</i>	THE HAPPY CAMPFIRE <i>MELISSA TONG</i>	ARM KNITTING <i>MARANDA WILTON & M NOWICK</i>	HARDWOOD, HARD WON <i>KAREN O'KRAFKA & SABRINA HALE</i>	SNOW SHOEING <i>BARK LAKE STAFF</i>
Location	inside/outside	inside	inside	inside	inside	outside
10:30 – 11:45 Session B	IN THE KNOW IN THE SNOW <i>STEVE RUSKAY</i>	WINTER MYTH BUSTING <i>STEPHANIE PAVAO</i>	I SPY <i>STEPHANIE KOZAK</i>	SEEDING SOILDIRTY <i>JACOB KEAREY MORELAND</i>	OUTSIDE PLAY <i>LINDA NACCARATO & LEILA BARATI</i>	SKI OR SNOWSHOE? <i>ZABE MACEACHREN</i>
Location	outside	inside	inside/outside	inside	inside/outside	inside/outside

Lunch Break

1:15 – 2:30 Session C	OUTDOOR LEARNING IN ONTARIO <i>COLIN HARRIS</i>	SKI AND SNOWSHOE REPAIR <i>WALT SEPIC</i>	WINTER SHELTERS <i>LAUREL GRIEVE</i>	BUILD A BOBSLED <i>NORVAL STAFF</i>	WOOL SPORTS <i>ANDREA BASEN</i>	1, 2, 3, BROOMBALL! <i>BARK LAKE STAFF</i>
Location	inside	inside	outside	inside/outside	inside	outside

Sunday

9:00-10:15 Session D	SKULLS AND THINGS <i>VALERIE ANDREW</i>	STILTS!!! <i>SHELDON LOWE & JESSICA MIDDLETON</i>	TEACHING THROUGH GARDENING <i>STEFAN DIXON</i>	MATH OUTDOORS <i>COLLEEN SMYTH</i>	BEHAVIOUR AND CONFLICT <i>JESS PELOW</i>	SNARE A HARE <i>ARTHUR MURGATROYD</i>
Location	inside	inside	inside	outside	inside	outside
10:30 – 11:45 Session E	TECH TO SUPPORT EE <i>SANDRA ROOT</i>	CONNECTING CURRICULUM <i>KIMBERLY SQUIRES & STARLENE RUTTAN</i>	COMMUNITY CLASSROOMS <i>BARBARA SHERDIAN</i>	TRACKS AND TURDS <i>BONNIE ANDERSON</i>	ACTION RESEARCH <i>JENNIFER VENALAINEN & TICIA HEIBEIN</i>	HOMOSPAPIEN PLAY <i>LAURA BAER</i>
Location	inside	inside	inside	outside	Inside/outside	outside

A BRIEF HISTORY OF MAKE PEACE WITH WINTER

The very first Make Peace with Winter gathering took place at the Leslie M. Frost Centre in Dorset, Ontario on the weekend of February 1-3, 1980. The conference was a cooperative effort between the Council of Outdoor Educators of Ontario and the Ontario Teacher's Federation and was billed as an event primarily for teachers (K-13). The conference took place annually for many years afterwards, but then during the mid to late 90's was only offered sporadically, and then eventually vanished from the COEO calendar in 2004. Through determination and hard work this once beloved COEO retreat-style conference has returned. Deb Diebel, then COEO Membership Secretary was instrumental in reigniting the Make Peace tradition when she and a group of colleagues from the Bluewater Outdoor Education Centre hosted the 2012 Make Peace with Winter in January of 2012 on the Bruce Peninsula. This collage is a collection of various Make Peace with Winter advertising and posters that were used throughout the 80's and 90's.

Make Peace with Winter

MAKE PEACE WITH WINTER

"MAKE PEACE WITH WINTER 7"



Laughter is a great way to :

Make Peace with Winter

ABOUT COEO

The Council of Outdoor Educators of Ontario (COEO) is a non-profit, volunteer-based organization that promotes safe and high quality outdoor education experiences for people of all ages. It also acts as a professional body for outdoor educators in the province of Ontario. These aims are achieved through publishing Pathways: The Ontario Journal of Outdoor Education as well as an electronic newsletter, running an annual conference and regional workshops, maintaining this web site, and working with kindred organizations as well as government agencies.

OUR GOALS

To establish and maintain professional practices in the field of outdoor education.

To promote qualified leadership in outdoor education.

To provide opportunities for professional growth.

To promote the multiple values of outdoor education, both within and beyond our profession.

To promote an active environmental ethic as a core value of education.

OUR VALUES

COEO believes that the direct, hands-on experiences of outdoor education provide many powerful and lasting benefits:

1. Education for Environment

Outdoor education directly exposes participants to our natural environment in ways that engender personal connections, knowledge, skills and a lifelong environmental ethic. Outdoor education powers the realization that this ethic is applicable to the very life support systems of this planet, be they found in urban, rural or remote settings.

2. Education for Curriculum

The experiential nature of outdoor education relates curricula to real life situations and the complexities of our natural surroundings. In so doing, it provides a unique means of developing critical thinking skills and stimulating desirable attributes such as innovation and imagination. Outdoor education also broadens and deepens the knowledge base of all subject areas, and it can do so in integrated ways.

3. Education for Character

The contexts, experiences and interactions of outdoor education provide opportunities for both personal and interpersonal growth. This includes the development of individual traits such as confidence, empathy, and a sense of responsibility, as well as the development of group skills such as effective communication and working together towards a common goal.

4. Education for Wellbeing

Outdoor education promotes the lifelong physical, emotional and spiritual wellbeing of participants. It provides safe skill development in outdoor activities that are personally fulfilling and environmentally sustainable. This includes pursuits such as hiking, camping, orienteering, cross-country skiing, snowshoeing, birding, art, photography, nature interpretation, tai-chi, and solo experiences.



QUINZHEE CAMPOUT PERSONAL EQUIPMENT LIST

Depending on the weather and snow conditions, there maybe an opportunity for registrants to spend the Saturday evening sleeping outside in a Quinzhee! The participants in the Winter Shelter Construction workshop will have 'first right of refusal' on the quinzhee campout experience, but after that, spaces will be open to all. To insure a comfortable night sleeping outdoors, the following 'sleeping gear' is recommended:

- Wool/Fleece Hat
- Long Underwear, Medium Weight (Polypropylene or equivalent)
- Heavy Socks (Wool blend or heavy fleece)
- Medium weight shirt or sweater (fleece)
- Water bottle with tight fitting lid (Wide mouth Nalgene-style or equivalent)
- Camping mattress (Thermarest, closed cell foam or equivalent)
- Sleeping bags (2), one 3-season sleeping bag (mummy-style) that will fit inside a standard summer weight sleeping bag. A single winter grade sleeping bag (rated to at least -10 C) is also acceptable.

A sign-up sheet will be displayed Saturday afternoon to indicate the number of quinzhees and available sleeping spaces in each. Interested participants will then be able to sign-up for a spot in a quinzhee. Please note that for specific safety reasons, it is recommended that those registrants wishing to sleep out in a quinzhee refrain from the consumption of alcohol Saturday evening.