



# Budding Minds

## Family Handbook



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## **GENERAL INFORMATION**

### **MISSION**

To provide a safe, fun learning environment rich with child-led discoveries, community connections, and inclusive values, while completely immersed in nature.

### **PHILOSOPHY**

Budding Minds is a place-based program where nature is the classroom. We believe in the reciprocal relationship children have with the environment. Our philosophy is grounded in wise practices, deep listening, compassion and empathy. We foster children's growth and development in a holistic way through instilling a love of playing and learning in an outdoor environment while nurturing a deep sense of wonder about the natural world that surrounds us. Children will experience open and flexible environments where playful exploration, problem solving, and creativity are encouraged and purposefully planned. Children will experience intellectually, socially, and culturally engaging environments where their communicative practices, languages, literacies, and literate identities are valued and supported. Children will experience safe and caring environments where their emotional and physical health, positive identities, and sense of belonging are nurtured and protected. We will encourage the children to be curious, to explore their environment as a steward of the land while building upon their sense of discovery that allows for meaningful connections to self, others and community. We recognize that it is a privilege and an honour to live, work and play in the unceded traditional territory of the Secwepemc, Shuswap and the Ktunaxa Nations, and the many First Nations and Metis whose footsteps have marked these lands for generations. We will treat all children, their families and communities with dignity and respect by honouring culture, ethnicity, neuro-diversity, beliefs, gender identification, and will welcome all to our program.

- Budding Minds is inclusive and values neuro diversities, and our practice is focused on evidence-based child development theories by demonstrating an integrated approach to nature-based learning.
- Our practice is centered around the philosophies of the Child and Nature Alliance of Canada principles.
- We are guided by the ECEBC code of ethics, demonstrated by our commitment to the children and their overall development.

- We collaborate and co-create learning experiences alongside the children by demonstrating a working relationship with community, regional experts, and our national affiliation with the Child and Nature Alliance of Canada.
- Budding Minds aligns with the British Columbia Early Learning Framework developed by the British Columbia Ministry of Education, Ministry of Health, Ministry of Child and Family Development, and the Early Learning Advisory Group.

## FOREST AND NATURE SCHOOLS

Forest and Nature Schools (FNS) are popping up all over Canada and across the world as an alternative to a facility-based program. The Budding Minds pedagogy is modeled after the FNS pillars and principles of the Child and Nature Alliance of Canada and adhere to the following two principles:

1. Regular and repeated access to natural spaces
2. Child-directed, emergent and inquiry-based learning

The defining feature of this type of nature-based education program is that children are provided with opportunities to build an on-going relationship with the land, to dedicated educators, to one another, and to themselves through this educational lens. Children have the freedom to explore, play, build, create, imagine, and use their senses to experience the outdoor environment and make lasting connections.

Each day at Forest and Nature School can be very different. It is dependant on many factors including: the season, the weather, animals that may have visited the site, trees and branches that have blown down, ponderings elicited by the educator, the tools and loose parts provided, the children in attendance, how long the group has been together, and most influential – what interests the children.

Sometimes children work collaboratively; solving problems, creating imaginary worlds, giving support to one another or navigating and decoding the social world together. Other times children work independently, finding comfort in their own creations, thoughts and reflections.

Although Forest and Nature Schools are relatively new to Canada, Indigenous Peoples in Canada have been offering land-based education to their children for millennia. Like FNS, Indigenous Peoples' approach to education requires people to take responsibility for their own learning while emphasizing experiential learning and peer-to-peer learning. When educators use Indigenous Peoples pedagogy in their classrooms, it helps create an atmosphere of mutual respect and sharing.

## OUR CLASSROOM

This play, place-based program is positioned in beautiful Golden, BC, where the Columbia and Kicking Horse rivers intersect, and the community is protected by the majestic Rockies, Selkirk, and Purcell mountain ranges.

The pick up and drop off location for the Budding Minds Early Years Programs is at the back of Keith King Memorial Park. The Budding Minds Adventure Leads will be tucked in next to the parking lot of the baseball diamonds and bike park each morning, with big smiles, to greet you and your children. Our daily adventures will begin and end there, however whether they take us down to explore riparian areas near the river, up through the forest trails of the Mountain Shadows, out in the fields of the park, or over to the marshlands of Reflection Lake, will be decided by the interests of the children and the environment of the day. There is so much to discover in this natural and community-built landscape; opportunities for your children to become knowledge keepers and stewards of this place are endless. On occasion, our adventures may take us to different areas in and around Golden, but those special trips will be organized in advance and the pick up/drop off location, as well as all other pertinent information, will be provided to you as we make those plans.

Budding Minds Adventure Leads will pick up school age children in the Kicking Ponies After-school Program from both Ecole La Confluence and Alexander Park Elementary School (APES). The schedule is as follows:

2:50-3:00pm - A Budding Minds Adventure Lead will arrive at École La Confluence

3:00-3:10pm - Walk to APES main playground with École La Confluence children

3:10-3:15pm – Pick up APES children\*

3:15-4:00pm – Walk up to Keith King and have a snack

4:00-5:00pm – Play, adventure, craft and do outdoor activities!

5:00pm – Parent pick up at Keith King (behind baseball concession building)

\*Children attending APES will stay at the supervised main playground with the children taking the bus and APES staff until the Budding Minds staff arrives.

## OUR PROGRAMS

### Golden Acorns and Golden Sprouts Early Years Programs

Daily Duration	9am - 3pm
Ages	3-5*
Pod Days	Pod 1. Golden Acorns: Mondays and Wednesdays Pod 2. Golden Sprouts: Tuesdays and Thursdays
Journey options	Fall Journey: September to December Winter Journey: January to March Spring Journey: April to June

\*Children must be able to use the toilet independently, have turned 3 prior to the Journey starting and not have turned 6 until after the Journey ends.

### Kicking Ponies After School Program

Daily Duration	3pm - 5pm
Ages	5-9
Days	Monday - Thursday*

\*Will follow 2021-22 APES/Ecole La Confluence calendar year and only be offered on school days (when there are discrepancies between schools, we will communicate with you whether we are able to provide after school care on those days or not)

## **WELCOME**

### **INCLUSIVITY**

In accordance with our philosophy, Budding Minds welcomes all children and their families to participate in our nature-based programs. We prioritize creating a physically and emotionally safe space for all children.

If your child has additional needs for physical, emotional or social support, we want to work with you to ensure your child's enjoyment and well-being are nurtured, as well as that of the other children in the program. If we find that your child's needs for support are greater than the educators can provide, we will work with you on finding additional care.

If English is a new language for your child, we will do our best to support your child by using non-verbal communication, speaking slowly, and working with you to learn some important phrases in your language to make certain your child understands and can fully participate in our programs.

If your family is in need of financial support, please contact Budding Minds directly to discuss options for your child to participate in our programs. We offer a sponsorship program with a range of partial to full tuition coverage, based on need. We also offer flexible payment plans to reduce financial barriers and stress.

## **ENROLMENT**

### **REGISTRATION**

Registration will open in mid January for the following school year's (September-June) After school program and all three Early Years journeys of the upcoming year - fall, winter and spring. If you are interested in enrolling your child into one of our programs, please visit our website to submit the online application form. Spaces in all Budding Minds programs will be given out on a first come first serve basis. We will contact you by email once you have submitted your application form to confirm your child's spot in the desired program or whether you have been placed on a waitlist. If your child has received a spot, we will send you all the necessary registration forms to fill out and the fee structure, including a non-refundable registration fee, to secure your spot. Your registration is complete once the registration fee is paid and all the forms are filled out and received. We will notify you by email that your registration is complete.



## PAYMENT

A \$100 non-refundable registration fee will be required to secure your child's spot in your desired Budding Minds program. This registration fee will be deducted from the full Journey amount if you keep your child's spot. If you are enrolling more than one child, a registration fee for each child is required. One registration fee is required for the entire school year (September to June), not for each journey. For all Budding Minds Programs, full payment of fees will be due prior to the Journey starting, unless an alternative payment plan has been established.

Payments can be made by cash, cheque or e-transfer:

- Please make cheque payable to *Budding Minds Nature-Based Discovery Program Ltd*
- Please send e-transfers to [info@buddingmindsdiscovery.com](mailto:info@buddingmindsdiscovery.com)

Late or missing payments will not be tolerated, however please contact us directly if you require an alternative payment plan. Budding Minds would like to accommodate families as best we can but if an alternative payment plan is not agreed upon and we do not receive payment on or before its due date, your child's spot will be given to another family. Email reminders will be sent out prior to fee due dates to help avoid that from happening.

**Please note: No refunds will be given for days missed due to illness, vacation, or emergency closures. For statutory holidays only, a make-up day will be offered or a credit will be added on your account.**

## WITHDRAWAL

Budding Minds understands that life happens and circumstances change so we have designed the Early Years Programs into three seasonal Journeys to accommodate this. Should you wish to withdraw your child from one of the Early Years Programs prior to the Journey's start date, a full refund minus the \$100 non-refundable registration fee will be given. Should you wish to withdraw your child from one of the Early Years Programs after the Journey's start date, no refund will be given unless we can secure another child to fill your child's spot. If we fill your child's spot, you will receive a prorated refund.

Should you wish to withdraw your child from the Afterschool Program prior to the start date, a full refund minus the \$100 non-refundable registration fee will be given. Should you wish to withdraw your child from the Afterschool Program after the start date, no refund will be given from what was paid for that pay period, unless we can secure another child to fill your child's spot. If we fill your child's spot, you will receive a prorated refund.

## **WAITLIST**

If our programs are full and your child does not have a spot, you will automatically be put on our waitlist, which will be communicated to you by email. If a spot opens up and your child is next on the waitlist, you will be contacted to let you know a spot has become available and whether you are still interested in it. You will have 3 days (72 hours) to respond with the completed registration forms and the \$100 non-refundable registration fee to secure your spot, otherwise, it will be offered to the next family on the waitlist.

## **ORIENTATION/MEET AND GREET**

There will be a family orientation evening or a family orientation package sent out for all new families prior to the Early Years Journeys starting. The orientation evening will provide an opportunity for your children, as well as any family members, to meet and get to know your Adventure Leads, the educators who will be with your children throughout their Golden Acorns or Sprouts Journey. The orientation evening/package will guide you through what a typical day of forest school will look like for your child, how to prepare your child for their Journey and have your questions answered. Details about the family orientation evening, if one is happening, will be provided to you closer to the Journey's start date. Otherwise an orientation package will be sent to you by email.

## **ATTENDANCE**

### **DROP OFF AND PICK UP**

Because our classroom is the forest, the hills, the fields, and the water's edge, each day will be different, and we will venture to various areas. Therefore, it is very important that you drop your child off on time. We will have a sign in system at drop off. If you know you will be late to Early Years drop off, please notify us prior to 9am.

Our adventuring may mean that we will not return to our Keith King pick up location until close to pick up time. Please notify us if you need to pick up early so we can plan accordingly. There will be a sign out system available for parents at pick up time. Please notify us if a different person will be picking up your child. We will not release a child to someone who is not on your child's authorized pick up list. We will give families a 15-minute grace period for late pick ups and then start charging \$10 for every 15 minutes

after that. This charge will be sent to you by invoice and will be required to pay within a month. If the payment is not received within that time frame, you will no longer be able to register your child in any future programs.

## **ABSENCE**

If your child will not be attending for the day, please notify us by email or text before 9am so we know which children will be joining us for the day's adventures. If your child is enrolled in the Afterschool Program and will not be at school for the day, or will not be joining us after school, please notify us by email or text before 3pm.

## **ILLNESS**

Budding Minds outdoor setting can be physically and mentally challenging at times, and our top priority is to keep your children safe and healthy. For this reason, we ask that you be mindful of your child's state of health and keep them home under any of the following circumstances:

- Temperature over 38°C
- Vomiting in last 24 hours
- Diarrhea (watery profuse stools)
- Communicable Diseases (including but not limited to measles, mumps, chicken pox, strep throat, flu, viral pneumonia, covid19, etc.)
- A cold or cough accompanied by difficulty breathing or very low energy

Your child may return back to the program 24 hours after their last symptom subsides or when your healthcare provider says it is safe for them to do so.

If your child becomes ill during the course of the day, or seems to be suffering from a previous illness, you will be contacted to pick your child up early. We want every child to enjoy the day and be able to fully participate so if you are contacted for early pick up, it is because we believe your child is better off at home resting.

# **COMMUNICATION**

## **GENERAL COMMUNICATION**

Budding Minds does not want families left in the dark and values the involvement and inclusion of all family members associated with the enrolled child. We want to communicate with you as much as possible about how your child's doing, what their day was like, how we have supported their learning through play and exploration, and what exciting special guests or special trips are happening. Here's how we will communicate with you:

- By email for all information exchanges concerning enrolment, scheduling, program details, child information, questions, concerns, etc.
- By phone if we cannot reach you by email, if it involves a sensitive matter, or if we need an immediate response
- Via our website for information about Budding Minds staff, philosophy, policies and procedures, programs, resources, and contact information
- Orientation Evening/Package (prior to the Golden Acorns and Sprouts Journey's start date)
- Daily updates in person at drop off and pick up
- Discovery highlights sent by email and posts on social media (if consented to) for glimpses of our adventures
- By appointment if we require an extended or more focused private conversation in person

## **EMERGENCY COMMUNICATION**

In the event of an emergency during the program or an emergency closure of the program, families will be contacted by telephone once any necessary emergency personnel are contacted. If we cannot get in touch with the child's primary contacts, we will call their listed emergency contacts.

## **GRIEVANCES**

Your happiness and satisfaction in our Budding Minds Programs, as well as your child's, is extremely important to us. We want to have meaningful connections with all involved family members and maintain consistent open lines of communication. Please do not hesitate to communicate with Budding

Minds staff in person, by phone or email if you have any concerns, questions or issues with any part of the programs. We will make every effort to actively listen, address and resolve any grievances in a timely manner and in confidence. We value transparency and appreciate if any complaints are delivered, they are delivered with contact information instead of anonymously, so we can create an open dialogue and find a solution to the issue.

We want to work together with you to make this forest school the best it can possibly be and always welcome your feedback, whether it is complimentary or constructive!

## **CONTACT INFORMATION**

Email: [info@buddingmindsdiscovery.com](mailto:info@buddingmindsdiscovery.com)

Cell phone numbers of Adventure Leads will be given out to enrolled families.

## **PRIVACY AND CONFIDENTIALITY**

A file will be maintained on each family and will be accessible to the Budding Minds Adventure Leads and administrators. Any information disclosed will be kept completely confidential and only used to assist in the well-being and care of that child. The file will include:

- Registration Form
- Consent Forms
- Child Profile
- Emergency contact and medical information

Photos will only be taken of children and shared with families who have consented. We will not share any personal data with third parties without consent, except where we are legally compelled or obligated to do so.

## **HEALTH AND SAFETY**

### **RATIOS AND RESPONSIBILITIES**

For the Golden Acorns and Golden Sprouts Early Years Programs, our Adventure Lead to child ratio is 1:6.

For the Kicking Ponies After School Program, our Adventure Lead to child ratio is 1:12.

Both of these ratios are the same or below indoor licensed childcare facilities. Budding Minds is a 100% outdoor program and does not have a building or make use of a permanent structure. Interior Health has stated in a written letter "Because there is no building or 'premises', there is no mandate to licence a program that occurs in the forest at this time." However, Budding Minds top priority is still the same as the overall purpose of the Community Care and Assisted Living Act and the Child Care Licensing Regulation: "to protect the health, safety, and dignity of persons in care." We will continue to prioritize each child's safety and well being, using a nature-based environment and the expertise of our Adventure Leads.

The Adventure Leads have many years of experience working with children in outdoor settings as well as having professional and first aid certifications (please visit our website for complete bios of the Adventurers). Our most critical job is to keep your child safe while in our care and we believe our training, education and experience makes us well equipped to do just that.

### **CHILD PROTECTION**

Budding Minds is committed to being proactive about the well-being of all children in our care. We will be in a proactive position regarding child protection in accordance with the Child, Family and Community Services Act. We are required by law to immediately report if we suspect child abuse, any child's disclosure of abuse, or if we suspect even a risk of abuse.

### **MEDICAL CONDITIONS AND MEDICATIONS**

Any medical conditions your child has or medications your child requires must be disclosed on the registration form. Budding Minds wants to support your child in every way possible, so we will communicate with you on an individual basis if special instructions are needed or extra supports are necessary.

## **FOOD AND ALLERGIES**

Snacks, lunch and water bottles must be supplied by families for their children attending the Golden Acorns or Golden Sprouts Early Years Programs. Constant movement and occasional physical exertion will be part of your child's daily adventures and will require lots of fresh, nutritious foods to maintain their energy level. If you would like some guidance on what foods to pack, we'd be happy to share some excellent resources and ideas on healthy wholesome meal planning.

A light snack will be provided by Budding Minds for the children enrolled in the Kicking Ponies Afterschool Program. We will accommodate any allergies or intolerances your child has, although parents can choose to pack their own extra snacks for their child instead of or in addition to the Budding Minds snack.

In accordance with our philosophy on environmental stewardship, Budding Minds strives to be a waste-free program. We ask families to pack their child's snacks, lunch and water in reusable containers, while keeping in mind the weight. Even our Golden Acorns and Sprouts will be encouraged and empowered to carry, open and pack away their own food items and water bottles throughout our adventures. If there is any waste, we will use the backcountry pack-in pack-out concept because we may not be around any public garbage cans when we decide to refuel with nutritious food and water.

Any known allergies your child has must be disclosed on the registration form. Adventure Leads will assess, based on the allergy information provided on those forms, whether there will be any food restrictions for that specific Pod and Journey due to severe allergies. Families will be notified of any restrictions by email prior to the Journey start date.

Children with an anaphylactic allergy will be required to carry their own EpiPen, although one of our Adventure Leads will also carry one in case of emergencies and unknown allergies.

Budding Minds believes in the importance of children knowing where their food comes from and how to grow food. In general, we ask children not to share food and eat only what they brought from home to ensure everyone's health and safety. However, for special occasions involving food – planting, harvesting, making or eating, families will be notified ahead of time and any allergies or intolerances will be considered and accommodated for.

## **TOILETING AND HAND WASHING**

Budding Minds Adventure Leads will have biodegradable soap and water or hand sanitizer for children to wash their hands whenever necessary throughout the day. Hand sanitizer will be used if necessary

and with the prior consent of families. Children must bring their own hand towel to dry their hands so it can be reused throughout the day.

Outhouses will be used when and where possible. If there is an emergency when we are out in nature, not near an available toilet, an Adventure Lead will bring that child to a private place where they can do a “tree pee” if they feel comfortable. Children enrolled in all Budding Minds programs must be able to use the toilet independently, although Adventure Leads will be available to assist whenever necessary.

## **RISK MANAGEMENT**

Children take pleasure in being on the edge. Risky play in early childhood can help develop a child’s self-confidence, resilience, executive functioning abilities and even risk management skills. We believe in an evidence-based approach to risky play following the work of Mariana Brussoni of the University of British Columbia and the BC Children’s Hospital.

A certain level of risk will always be present during Budding Minds Nature-Based Programs due to the inherent and dynamic nature of outdoor play. Budding Minds Adventure Leads will support and encourage children’s risk-taking by mindful and continuous assessments using the Child and Nature Alliance of Canada’s Risk Benefit Assessment Toolkit. The risk benefit assessment approach allows your child’s Adventure Leads to find a balance between saying “yes, go for it” to the types of risky play children see as thrilling and taking reasonable steps to limit harm to your child. Safety measures and procedures will be informed by seasonal site risk assessments, activity or experience risk assessments, daily risk assessments, and dynamic risk assessments.

## **INCLEMENT WEATHER**

Budding Minds commits to embracing the dynamic nature of our outdoor classroom so we will do our best to run in spite of the weather. We regularly consult weather forecasts, using SpotWx and Windy, so that we can properly prepare for the day and use the weather to guide our adventures. On more extreme weather days, we constantly assess the children’s comfort and safety, using fire, shade, water to restore warmth or cool down. We use our canvas tent in the winter for snacks, lunch and extra warm ups if needed. In the event of inclement weather, where we deem it unsafe and hazardous to run the program, Budding Minds reserves the right to cancel the program until it can resume safely.



## **FIRE AND TOOL USE**

Budding Minds believes there is great value in allowing children opportunities to use real tools and build real fires, in a supervised and supportive environment. Research in the field of child development has demonstrated that by empowering children with these responsibilities and valuable life skills, they learn about their own limitations and the importance of caution, and it builds self-confidence and feelings of meaningful accomplishment.

When working with tools, Adventure Leads will demonstrate their correct and safe use, tools will be checked and counted prior to being given to children, and all children will be supervised closely while using the tools. The Adventure Leads will transport all tools safely and safety guards will be replaced immediately after use.

When working with fire, educators will demonstrate the correct and safe use of all fire starting equipment and fire safety will be discussed at length. Fires will only be lit in designated areas and children will only light fires under close supervision. All fires will be fully extinguished before we leave the area and burn kits and a fire extinguisher will be part of the Adventure Leads' first aid kits.

## **WILDLIFE**

Our beautiful town of Golden attracts people from all over because it is tucked in the middle of three National Parks and is surrounded by nature. These reasons also attract wildlife, which is considerably lucky for us and is such a valuable part of nature-based learning. Finding tracks in the snow and deciphering which animal it came from, discovering scat or tree marks as evidence of an animal's presence, or best of all seeing the animals themselves in their natural habitats will all be part of the magical adventures of the Budding Minds programs. However, this comes with risk because wild animals are unpredictable and can be dangerous when provoked or disturbed. We have to honour and respect that we are guests in their homes when we are in the forests and meadows of Golden. We will have procedures in place for Adventure Leads to follow in case of encountering bears, cougars, coyotes, disturbing a bee or wasp nest, ticks, other wildlife and off-leash pets. We will educate and practice animal encounter procedures with the children so everyone is prepared and feels safe.

## **EMERGENCIES**

### **PREVENTION AND EARLY INTERVENTION**

Our risk management (outlined above) and our Adventure Leads' extensive training will help prevent accidents and injuries. Adventure Leads will assess risks and reduce exposure to hazards. We will conduct the following proactive safety measures to prevent emergency situations:

- Assess risk as conditions change and respond accordingly
- Communicate safety procedures and conduct regular safety drills with children
- Conduct frequent head counts while in the same space and before and after switching to a new location
- Train in emergency procedures and carry a copy of procedures and emergency numbers at all times

### **RESPONSE**

In the case of a serious accident or emergency:

1. A pre-designated Adventure Lead will be the primary, establishing the nature and extent of the emergency and administer appropriate first aid.
2. The other Adventure leads will be the secondaries and will call emergency services to provide details of the emergency and request necessary help.
3. If there is an injured party, their family will be contacted and the primary will stay with them until parents or emergency contacts arrive and will accompany them in the emergency transportation vehicle.
4. If there is a missing child, the primary will search the immediate area for 5 minutes and then call emergency services.
5. The secondaries will supervise the remainder of the party and return with them to the pick up location as soon as it is safe to do so.
6. The secondaries will contact all other families to pick up their children from the pick up location.

## **DOCUMENTATION**

As soon as reasonably possible after the emergency, the incident will be reported and documented using an Incident Report Form.

## **INJURY AND FIRST AID**

If your child gets a minor injury such as a bump, scratch, or bruise, Budding Minds Adventure Leads will perform first aid on your child if necessary, such as applying a Band-Aid, and let you know at the end of the day. Our first aid kits will be equipped with all necessary supplies to address possible injuries and will be constantly checked and restocked after use. Adventure Leads will carry first aid kits in their backpacks and will be with them at all times.

## **PREPARATION**

### **FIRST DAY OF YOUR CHILD'S BUDDING MINDS JOURNEY**

The first day of a brand new program can be very exciting but also nerve racking for many children and their families. We will spend a large portion of the first day getting to know your child, making everyone feel safe and comfortable, playing welcome games, and introducing safety procedures. We will discuss the general flow of the day, hygiene habits, as well as introduce several activities we will do on a regular basis such as storytelling, gratitude circles, sit spots and sing alongs.

To reduce separation anxiety and help smooth your child's transition into our program, we recommend having conversations with your child in advance about what days they will be taking part in forest school, how long it will go for, and how you will say goodbye on that first day.

### **CLOTHING AND GEAR**

To properly prepare your child for a completely outdoors program, dressing in the appropriate clothing and having the right gear is essential. Inadequate attire for the day's activities in any type of weather can be a major barrier to the enjoyment of the children and can negatively impact their comfort level and overall experience. Assessing weather conditions, and properly dressing for them, is part of the

learning experience of Budding Minds Nature-Based Programs. Please help your child succeed in their joy and education by ensuring your child has quality gear! Contact us for resources on purchasing second-hand or gear-swapping.

**Please note: All your child's personal items including bags, backpacks, clothing, water bottles, lunch kits and medications must be clearly labelled. Budding Minds is not responsible for any lost or stolen items during our programs.**

**AFTER SCHOOL PROGRAM: Please bring 1 or 2 extra pairs of mitts and a warm mid layer in their school backpack so they can be comfortable and enjoy being outdoors for two hours after school.**

The following is a comprehensive checklist of all the clothing and gear needed throughout the seasons in Golden:

#### ALL SEASONS

- Backpack
- Snacks/Lunch
- Water Bottle
- Waterproof bag of spare clothes
- Hand Towel

#### WINTER

##### Base Layer (the layer closest to the body)

- Thermal long underwear and shirt - wool fibers are best for staying warm and wicking moisture away from our bodies. Avoid cotton as a base layer as it retains moisture and makes us feel cold
- Wool or wool-blend socks - fairly thick but comfortable in the boot

##### Mid Layer

- Fleece pants - fleece is cozy, warm, quick to dry and comfortable
- Fleece or wool top - long sleeve with or without hood

##### Outer Layer

- Water-resistant snow suit - snow pants with a bib work well to insulate the upper body along with a snow jacket.
- Insulated winter boots
- Wool toque or hat
- 2 pairs of Insulated waterproof gloves/mitts
- Wool/fleece neck warmer - safer than scarves and just as warm

- Sun block (optional)

#### EARLY SPRING/ LATE FALL

- Thermal long underwear and shirt
- Fleece pants
- Fleece or wool top
- Waterproof rain pants and jacket or one-piece rain suit
- Closed-toed hiking shoes and/or comfortable insulated rubber boots
- Thinner toque or hat
- Waterproof gloves/mitts and light knitted gloves
- Sunscreen (optional)

#### LATE SPRING/EARLY FALL

- Close-toed supportive shoes/comfortable rubber boots
- Long pants and long-sleeved shirt (this will help protect them from ticks, scratches, and insect bites)
- Waterproof rain pants and jacket or one-piece rain suit
- Sun hat
- Sunscreen

#### SUMMER

- Close-toed supportive shoes
- Light long sleeve or short sleeve shirt
- Light pants or long shorts
- Sun hat
- Sunscreen

***At Budding Minds Nature-Based Program, your child's clothing will definitely get dirty, wet and might get torn or painted on because we are nature adventurers. Please prepare yourselves for this and plan accordingly!***