



CCSD Metis Tree Medicine Field Trip

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Program Descriptions:

1. Outdoor plant walk led by a Metis knowledge keeper.

Along the way, students explore human-plant relationships that support Metis communities in past and present. We'll introduce plants of cultural significance and may discuss their uses for food, medicine, and tools. We will integrate Indigenous relationships with nature, harvesting traditions, environmental stewardship, and plant safety. Please note that location and season will influence types of plants available. Our knowledge keepers may share their own individual knowledge and stories.

2. Metis Artifacts Scavenger Hunt

Working in small groups, students will use trading supply cards to locate items used by the Metis on the Canadian prairies. Once found, we will gather as a large group and learn more about the items. We will use all our senses to gain a hands-on understanding of traditional Metis food, tools, medicine, and clothing.

Information for Teachers and Supervisors:

Please provide an adequate number of supervisors to provide crowd control and guidance to students (preferably, 3 supervisors per group of 30 students). You know your students best, so if required, please plan for extra supervisors.

Please prepare the students ahead of time by discussing the plan for the day. Here is a brief run-down of what students can expect:

- Throughout the day, we may sit on the grass or logs to eat, share, and rest. You may choose to bring something to sit on, like a small blanket or garbage bag, in case the



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ground is a little wet. Remind students to please pick up all litter and take it back home. At most of our field trip sites, there is no access to garbage pick-up.

- Depending on the field trip location, there may be bathrooms with indoor plumbing and sinks or porta-potties and a hand wash station. We ask students to use the bathrooms at break-times and not during presentations. Our activities may take place in locations that are an 8-minute walk from the bathroom, so every bathroom break may be a 20-minute excursion.
- We also ask teachers to remind students how to practice active listening outside of a classroom setting. If we are in a Provincial or Municipal Park, we want to ensure we're not creating unnecessary disturbance for other park-users by engaging in loud shouting, jumping into people or pets, or blocking the paths so others can't pass. Please note that City parks do have many people out walking their dogs. Some field trip sites do have off-leash areas, please let your students know that is best to ignore an off-leash pet.
- It is up to the teachers and supervisors to manage the student's behavior.

Experience Metis is promoting an awareness and connection to the land. Although this field trip is outdoors, it is still meant to be engaging and provide an opportunity to learn about Metis culture. The knowledge keepers have spent a lifetime learning from their community, family, and Elders.

If you have scheduled free time in your day, please use this time to allow the students to burn off some energy. Our knowledge keepers will be sharing personal stories and sometimes, artifacts from the culture of our families. While we want to share this experience with the students, it is hurtful if our items are not respected or if rude comments are made during sharing time. Knowledge keepers may stop sharing their artifacts and stories during presentations if they're concerned about a lack of respectful behavior around their personal possessions, or if the teachers and supervisors cannot gain control of rowdy behavior. This has not been our experience with most schools, but unfortunately has happened. Please help us create a respectful environment for sharing in an outdoor classroom setting.

Location Information: (confirmed in your booking)

- Default location is Experience Metis Culture Camp, located at Highfield Regenerative Farms (1920 Highfield Crescent SE). This regenerative community project is located at the old site of the Calgary Farmers' Market. It has a large gravel parking lot with bus-loop, porta-potty washrooms, and hand-washing stations. There is no running water or electricity.



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- To preserve the integrity of Calgary's natural spaces, we ask schools to consider booking field trips at Experience Metis Culture Camp (Highfield) when possible.
- Alternative locations for smaller groups include Bebo Grove in Fish Creek Park(13610 24 st SW), or Nose Hill Shaganappi Parking Lot (2888 Shaganappi Trail NW). These locations also have bus-loops and public washrooms. We may also book at other predetermined locations.
- For schools without access to transportation, this program can also be presented in your schoolyard, indoors in a classroom or gym, or green space or park close to your location.

Health, Safety & Weather:

Health:

Experience Metis depends on the school and teachers to know what is best for the students. Please ensure to understand your student's needs including medications, ability aids, food and water. Please advise us ahead of time if your student has mobility needs. Please consider bringing extra help if your students require more supervision. Everyone is welcome and we will do our best to be inclusive and respectful of all needs.

Safety:

Our priority is to provide safe & enjoyable learning experiences for all students. With this in mind, we ask supervisors to ensure all students are properly equipped for a day spent outdoors.

Experience Metis has an Emergency Action Plan to protect the safety of participants. Full Safety & Weather Plan and Emergency Action Plan are available upon request.

Weather:

In case of severe wind, snow, rain, smoke, or temperatures below 10 degrees Celsius, Experience Metis will reach out to you, to reschedule, or relocate to an indoor space at your school.



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We check the weather regularly but quick changes in temperature or precipitation are common. **If you are concerned about the weather, please contact us as soon as possible before your program to arrange a change of date or location. See contact information below.**

Information For Students:

It is often windy in the city parks and may be a bit hotter or colder than the school field. Calgary weather can be unpredictable.

As students will be outside for up to 4 hours, sometimes with no shelter, some students (and their parents) may need this message made clear.

- ✓ An easy to eat lunch with extra snacks, for fuel
- ✓ Any emergency medications students may require (i.e., EpiPen, inhaler)

For cool days:

- ✓ A winter Jacket and layers underneath
- ✓ Proper pants without rips or tears
- ✓ Winter Boots with warm socks
- ✓ Proper headwear and mitts
- ✓ A blanket for sitting on or keeping warm

For warm days:

- ✓ Sunscreen and a sun hat, plus a windbreaker or extra jacket
- ✓ Shoes that are comfortable to walk 1-2 km
- ✓ A full water bottle for each student. We bring a tote of water for refilling but can't supply enough to fill a bottle for each student.

Cultural Protocol:

Protocol is a symbolic gift given to a culture teacher or elder, to acknowledge the sharing of cultural information. We value the traditional practice of protocol because it encourages awareness and respect for indigenous traditions. Please bring a small protocol gift, when possible, to help us honor our culture and inform students about Metis traditions.

Tobacco is a traditional protocol option. Presenting tobacco before a teaching is an opportunity for instructors to share the cultural significance and modern health concerns of tobacco.

Metis culture sharing is often acknowledged with a food gift in lieu of tobacco. We always appreciate a non-perishable food item as protocol; these items will be donated to either a Metis family in need or a community donation Centre.



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You can learn more about indigenous knowledge sharing protocols through this [resource from Carleton University](#).

Payment:

Payment & CCSD Sponsorship:

Fees for the Metis Tree Medicine program are 300.00+gst per class. CCSD has arranged a special rate and sponsorship for CCSD Grade 7 classes who wish to take this program – please contact patricia.mccallum@cssd.ab.ca for questions regarding the CCSD sponsorship.

Fees for the Metis Artifacts Scavenger Hunt add-on program are 200.00+gst per class (special price for CCSD add-on only). Fee for this program is not sponsored by CCSD and is payable by the school.

We will send you an invoice on or shortly after the field trip date. All required information for submitting payment will be on the invoice.

Payment can be made through Stripe, etransfer or by cheque.

Contact Us:

Preferred- Non-urgent requests can be directed to ExperienceMetis@gmail.com.

Only for urgent needs- Reach out to Amy 403-971-3060 (text or phone) for last minute scheduling/weather changes or urgent requests.

Maarsi for helping us share the beauty of Metis culture.