



Adirondack Mountain Club (ADK) School Outreach Programs

Goals of ADK School Outreach Programs

The primary goal of ADK School Outreach Programs is to create significant life experiences for students. The programs are designed to develop life-long values about nature and to motivate students to act to protect it. To facilitate these life experiences, ADK focuses on programs that are diverse, long-term, and extensive in time and scope; facilitate awareness and knowledge; and encourage action that is age and learning-level appropriate.

What You Can Expect from ADK

Schools can expect to participate in meaningful and rewarding learning experiences that are carried out by professional staff and/or trained ADK volunteers.

- Teachers and ADK staff will work together to create learning experiences that are a natural extension and support of classroom curricula and that meet New York State Education Standards.
- Programs at Heart Lake Program Center run rain, sun, or snow. Expect to go outside with your students even if the weather isn't perfect. Students and teachers should dress appropriately for the weather.
- ADK provides support for teachers in locating resources (i.e. books, lesson plans, slide-shows, guest speakers, snowshoes and other equipment).
- ADK has full funding available for schools (specifically 4th or 10th grade) within the Adirondack Park that are committed to long-term (at least one year) partnerships.

What ADK Expects from School Groups

- Classroom teachers will ensure a ratio of at least one adult to ten students.
- Teachers and chaperones will encourage participation and enthusiasm by being positive role models. Enthusiasm is contagious, and students will follow your example.
- Teachers and chaperones will adhere to any guidelines or safety measures set out by ADK staff.
- Teachers and chaperones will assist with discipline as needed. If one student is being disruptive, take him or her aside so the class may continue uninterrupted.
- Teachers and chaperones will be free to participate in the activity.

Developing a Sense of Stewardship through Service Learning

ADK is committed to public service and stewardship. Both our Heart Lake-based and in-school outreach programs are designed to develop an awareness, an understanding, and a love of the students' local environment. From awareness, understanding, and a love of the environment come concern and support for protecting it. Utilizing place-based curricula, ADK designs both Heart Lake-based and in-school programs that stimulate and foster a deeper sense of connection to the students' local environment. Place-based curricula serve to focus one's attention on the home

landscape, via an interdisciplinary approach that incorporates outdoor experiences. These learning experiences raise awareness of one's immediate surroundings and foster an understanding of the interconnectedness of the immediate landscape.

Take that understanding one step further and let us help you and your students create and implement a service-learning project in your school and/or local community. More than "volunteer projects," service-learning opportunities connect classroom curricula with community service. By identifying a real community need, service-learning opportunities integrate academic objectives with time for structured personal reflection. Such service-learning opportunities could include

- implementing a recycling program
- maintaining a nearby trail system
- designing a natural history interpretive walk on school or community grounds

Let ADK help you design and/or implement a service-learning opportunity, leading to a stronger connection to the local community and a deeper sense of stewardship to "home."

How Does an ADK School Program Link with NYS Education Standards?

New York State standards can be met through a variety of creative curriculum ideas, and ADK can work with you to make that happen.

Sample Program: The Heart of the Adirondacks: Discover the Heart Lake Property (appropriate for 4th grade)

1. First, let us visit your classroom for a 1½-2 hour slide-show presentation of the history of the Heart Lake Property, a key site in the transformation of the Adirondack High Peaks into a premier outdoor recreation destination. Discover tales filled with love and heartache, tragedy and triumph, natural growth and destruction. Listen Henry Van Hoevenberg's favorite campfire stories. Learn the origin of the "Blue Line" – the boundary defining the Adirondack Park, an intricate patchwork of private land and state-owned Forest Preserve. Hear about ongoing efforts to conserve and preserve this Forest Preserve, which is uniquely protected under the New York Constitution as "forever wild." Walk away with a richer understanding of New York State's "Finest Square Mile."

- Social Studies Standard #1: History of the United States and New York
- Social Studies Standard #2: Geography
- English Language Arts (ELA) Standard #1: Language for Information and Understanding
- ELA Standard #4: Language for Social Interaction
- Health, Physical Education, and Home Economics (H, PE and HE) Standard #3: Resource Management

2. Next, plan a full-day's visit to the Heart Lake Property in the fall, where we can lead your students on a guided hike up Mt. Jo, learning about the natural history of the property, techniques for being appropriately prepared for responsible and safe recreation, and skills for life-long wellness in the outdoors. See remnants of the fires of 1903 that ravished the area and examine the succession of regenerated tree growth. Learn the practical skills of planning for a day hike. Learn the principles of Leave No Trace wilderness ethics to ensure low-impact outdoor recreation.

Utilize a variety of journaling techniques to reflect on your experiences.

- Health, Physical Education, and Home Economics (H, PE, and HE) Standard #1: Personal Health and Fitness
- H, PE, and HE Standard #2: A Safe and Healthy Environment
- Math, Science, and Technology (M, S, and T) Standard #1: Analysis, Inquiry, and Design

- M, S, and T Standard #4: Physical Setting and the Living Environment
- M, S, and T Standard #6: Interconnectedness: Common Themes
- M, S, and T Standard #7: Interdisciplinary Problem Solving
- ELA Standard #1: Language for Information and Understanding
- ELA Standard #2: Language for Literary Response and Expression
- ELA Standard #3: Language for Critical Analysis and Evaluation
- ELA Standard #4: Language for Social Interaction

3. Join us again at the Loj for a second full-day's visit in the winter and examine the differences that occur with the change of seasons. Strap on snowshoes and trek around the property discovering animal tracks. Engage the senses to experience the winter season as non-human creatures do. Consider the adaptations that plants and animals have to help them through the winter.

- H, PE, and HE Standard #1: Personal Health and Fitness
- H, PE, and HE Standard #2: A Safe and Healthy Environment
- H, PE, and HE Standard #3: Resource Management
- M, S, and T Standard #1: Analysis, Inquiry, and Design
- M, S, and T Standard #4: Physical Setting
- M, S, and T Standard #6: Interconnectedness: Common Themes
- M, S, and T Standard #7: Interdisciplinary Problem Solving
- ELA Standard #1: Language for Information and Understanding
- ELA Standard #2: Language for Literary Response and Expression
- ELA Standard #3: Language for Critical Analysis and Evaluation
- ELA Standard #4: Language for Social Interaction

4. Finally, visit us once more in the spring and discover the new life emerging from the melting snow and ice. Explore the evidence of new life and engage all of the senses to experience the change in seasons.

- M, S, and T Standard #1: Analysis, Inquiry, and Design
- M, S, and T Standard #4: Physical Setting
- M, S, and T Standard #6: Interconnectedness: Common Themes
- M, S, and T Standard #7: Interdisciplinary Problem Solving
- H, PE, and HE Standard #1: Personal Health and Fitness
- H, PE, and HE Standard #2: A Safe and Healthy Environment
- H, PE, and HE Standard #3: Resource Management
- ELA Standard #1: Language for Information and Understanding
- ELA Standard #2: Language for Literary Response and Expression
- ELA Standard #3: Language for Critical Analysis and Evaluation
- ELA Standard #4: Language for Social Interaction

One School's Experience

On Friday, Nov. 4th, two of the Saranac Lake Petrova 4th grades enjoyed a hike up Mt. Jo. It was a great experience for all of the children. We would like to let your organization know how much we enjoyed our guide, Reed. He was extremely knowledgeable and very interesting. His facts and knowledge impressed us. He was able to answer any questions the children posed. He went above and beyond in his duties. He was very friendly, safety oriented, good with all of the various children and their many different behaviors. What a great guide, we look forward to seeing him on the snowshoe hike this winter.

Michael and Sean Madden

Scheduling and Payment Procedures

Thanks to the generous Marie L. Haberl Grant for Community Outreach, ADK is proud to offer fully-funded outreach programming to schools within the Adirondack Park. Fully-funded school outreach programs are intended for long-term (at least one year) partnerships between your class and ADK. ADK's school outreach programs are more than just "field trips" – we are creating partnerships to instill life-long learning opportunities for you and your students.

One-day school outreach programs are also available. These programs include map and compass workshops, guided hikes and snowshoe trips, and slideshows. Slideshows include

- "Get Out and Play!: Recreational Opportunities in the Adirondacks"
- "Cycles of Life: Natural History of the Adirondack Park"
- "A Celebration of Wildness: The Story of the Adirondack State Park"
- "Welcome to ADK!: History of Adirondack Mountain Club"

These one-day programs are available for a small fee to cover transportation and staff travel time.

Strengthening Partnerships

ADK can help you connect with regional groups, organizations, and resources to further enhance your curriculum. Here are just a few regional resources:

- Adirondack Curriculum Project (adkcurriculumproject.org)
- Adirondack Visitor Interpretive Centers at Paul Smiths and Newcomb (adirondackvic.org)
- Adirondack Visitor Interpretive Centers Resource Guide (adkvic.org/assets/ACEEResourceguide.pdf)
- Natural History Museum of the Adirondacks (The Wild Center) (wildcenter.org)
- Adirondack Museum (adkmuseum.org)
- The Adirondack Nature Conservancy (nature.org)
- Wildlife Conservation Society (wcs.org)
- Student Conservation Association (sca-inc.org)

Begin an outreach partnership with ADK by contacting

Thea Moruzzi

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ADK Mission Statement

The Adirondack Mountain Club (ADK) is dedicated to the protection and responsible recreational use of the New York State Forest Preserve, and other parks, wild lands, and waters vital to our members and chapters. The club, founded in 1922, is a member-directed organization committed to public service and stewardship. ADK employs a balanced approach to outdoor recreation, advocacy, environmental education, and natural resource conservation. ADK encourages the involvement of all people in its mission and activities; its goal is to be a community that is comfortable, inviting, and accessible.