

Quick List of Study Sessions

All Study Sessions are offered year-round, available for all ages, and are two hours long unless otherwise noted.

Earth Science and Ecology Classes

- Aquatic Ecology (Spring and Fall only)
- Discovery Hike
- Geology
- Insect and Spider Ecology (Spring and Fall only)
- Magnificent Mammals
- Maple Syruping (February-March only)
- Prairie Pathways (Spring and Fall only)
- River Walk
- Tree-mendous Forests
- Weather and Forecasting
- Winged Wonders

Outdoor Skills Classes

- Archery
- Cross-Country Skiing (Winter/minimum of 3" of snow cover)
- Minimal Impact Camping
- Orienteering
- Outdoor Survival

Large Group Activities

- Fur Trade
- Predator/Prey
- Energy Choices

Short Courses: 1 hour in length

- Eco-Games
- "The Lorax" puppet theater presentation

Evening Programs: 1-1.5 hours in length

- Astronomy (October-March only)
- Campfire
- Mystery at Folly Farm - Bats
- Night Hike (October-March only)
- Owls
- Town Meeting
- Wolves
- School-led time

Study Session Descriptions

Aquatic Ecology - (Spring and Fall)

Did you know that **macroinvertebrates** are considered to be an “indicator species” for water supplies? Students will study pond life as an environmental indicator of an ecosystem's health. Participants will have an opportunity to collect and examine water samples, study aquatic life forms, and discuss their importance in determining water quality.

Archery

Using the same equipment and practices as the National Archery in Schools Program, students will get an opportunity to learn the basics of archery, a great outdoor skill. *(Class can be done year round, but if done in winter, please select alternate class in case of extremely cold temperatures)*

Astronomy- (October-March, evening program)

Learn some basic astronomy concepts, identify some of the most prominent constellations in our northern skies, and enjoy the stories of the characters for whom they were named. Topics related to current astronomical events may be discussed as well.

Campfire (evening program)

All firewood is supplied by Camp St. Croix. Please indicate which option you would like on the action plan.

Option 1: Students enjoy an intimate campfire with their cabin-mates. Camp St. Croix offers a number of campfire sites for chaperones to lead their cabin group in a memorable evening huddled around a crackling fire.

Option 2 Teachers and parents lead an all-school event. Students perform skits, and hopefully teachers and chaperones get in the spirit too! This can also be an opportunity for students, teachers, and chaperones to reflect on their Camp St. Croix experiences.

Option 3: Camp St. Croix will perform skits and songs. Camp staff can lead the whole campfire or start the show and let the school take over.

Cross Country Skiing (Winter)

Experience the joy and beauty of winter outdoors while learning a sport that is rich in history, easy, safe, good exercise, and fun. This winter activity finds its roots in the Scandinavian heritage that is largely connected to both Minnesota and Wisconsin history *(Adequate snow base 3" or more is required, please select a backup option.)*

Discovery Hike

Students take an extended exploration of Camp St. Croix with a focus comparing and contrasting two of our ecosystems on camp. Students may learn about the prairie, forest, ravines, or riparian zones. Concepts will be related to ecosystems and environmental stewardship. *(This can be a 2 to 4 hour course- if you would like a 4 hour course, please list as two of the study sessions on your action plan.)*

Eco-Games (*This is a short, one-hour course*)

These games are action-oriented group games with an ecological theme. They can be played as an all-school activity (large group) or as small groups in a rotation format. The games stress cooperation rather than individual achievement, and also teach valuable environmental lessons.

Energy Choices - New Spring 2017 (This is a large group game)

In this highly active, STEM focused, all-play, groups strategize and make decisions on energy resource utilization, collection and management. Played over several rounds the game challenges the groups to move their villages towards more renewable energy choices. (Similar to format to Predator & Prey)

Fur Trade (*This is a large group activity*)

This interactive program will enable your students to learn firsthand the culture of the eighteenth-century Voyageurs and Native Americans. They will practice skills and traditions like building a fire with flint & steel, pelt trading, hatchet throwing, stories and games. Students will learn how attitudes and behaviors during the fur trade era have affected today's environment.

Geology

Rocks and rock formations indicate evidence of the materials and conditions that produced them. Students will learn to relate rock composition and texture to the physical conditions at the time of formation of igneous, sedimentary and metamorphic rock. The class activities include but are not limited to classification and identification of rocks and minerals and a fault line investigation.

Insect and Spider Ecology (Spring and Fall)

Most people don't know that a tick is actually a species of spider. Your students will learn amazing facts about these creepy crawlies as well as spider and insect identification, their habitats, niche, and importance in our ecosystems.

"The Lorax" puppet theater presentation (*This is a short, one-hour course*)

The Lorax will speak for the trees once more as your students learn about conserving our natural resources. This puppet presentation is based on the Dr. Seuss children's story.

Magnificent Mammals

Students will learn about many of the unique adaptations that allow mammals to withstand such conditions as extreme temperatures, scarce food, or drought. This class is full of activities and exploration to illustrate the adaptations of our local mammals.

Maple Syruping (February-March)

Maple syrup was a traditional food product of the early Native Americans that everyone now enjoys. We will provide you the chance to take part in the process of making syrup from the sap that's collected from our maple trees. Everyone will get to enjoy a taste of syrup! This course is available in February and March, while the sap is flowing.

Minimal Impact Camping

A responsibility of ours, as stewards of the planet, is to learn and practice the skills of Leave No Trace camping in the wilderness, "taking only memories and leaving only footprints" behind. This is a typical two hour course- student do not actually camp out overnight.

Mystery at Folly Farm – Bats (evening program)

Bats are all around us, but we hardly ever get a glimpse of them and don't realize their importance. In this interactive program, students will learn about these fascinating and mysterious nocturnal animals while trying to solve the mystery of why Folly Farm is losing their crops.

Night Hike (October-March, evening program)

Explore the nocturnal world with sensory games, information about nocturnal animals, and demonstrations of how we adapt to the dark. This evening program is instructed in study groups.

Orienteering

This class focuses on the basics of map and compass use. Students will get a chance to complete our orienteering course by finding a number of points located around Camp St. Croix, putting into practice what they've learned.

Outdoor Survival

There is nothing like going outdoors for a hike or bike ride. Camping with family and friends is always enjoyable. What could go wrong? Bad weather, getting lost, wild animals, poisonous plants, injury, and sickness are just a few examples of the things that could dampen your hike or paddle. Learn valuable survival skills and strategies that will get you through the direst circumstances. Students get the chance to build fires and shelters to 'survive' in the wilderness.

Owls (evening program)

Owls have often been labeled mysterious and elusive creatures. What you will learn while attending this program is that they are an important and major predator of the night life that walks our neighborhoods and forests. You'll discover the many adaptations that allow owls to be great hunters of the night sky. Students will also see first hand what their diets are made up of by dissecting owl pellets.

Prairie Pathways (Spring and Fall)

Students will explore a restored prairie habitat, which once was a part of a larger prairie that covered the whole Midwest. Trails throughout the 20 acre prairie will enable students the opportunity to learn plant and animal adaptations up close.

Predator/Prey (*This is a large group game*)

This game of ultimate survival tag is a fun and exciting way for students to learn of the intricacies of a food chain and the basic needs for survival by assuming the roles of various animals within the environment. Survival depends upon understanding the predator-prey relationship and overcoming "limiting factors" within the environment.

River Walk

Your students will walk the banks of the St. Croix river while discussing water's role in our ecosystem and discovering the effect of human impact on our water supply. Participants will examine the features of the earth's surface in the study of watersheds, their connection to each other and the water cycle.

School-Led Time

This is an option if teachers want students to have more free time or if you want to provide your own programming. You can choose this for evening or daytime programs.

Town Meeting (*evening program*)

Camp St Croix for sale??!! A land developer is interested in purchasing Camp for a new housing development. An emergency Town Meeting has been called and the students are the community. Students will represent different community members and groups and have an opportunity to express their opinions to the town council. What will happen to camp? Who can make a difference? This program teaches students the importance of being involved and informed in their community.

Tree-Mendous Forests

Your students will learn the internal and external structures of plants and trees, how they grow, and their nutritional needs. While on a hike through different forest habitats, students will learn of the importance of various plants, animals, and trees in the forest ecosystem.

Weather & Forecasting (**New Fall 2016**)

Patterns of atmospheric movement influence global climate and local weather. Current and emerging technologies have enabled humans to develop and use models to understand and communicate how natural systems work and interact. In this course, student will learn to observe and understand atmospheric patterns to help develop a short term forecast to be presented during meal times.

Winged Wonders

Birds come in an amazing number of shapes, colors, sizes, and occupy important places within many ecosystems. Your students will have the opportunity to learn how bird adaptations are important to many of our own local bird species and the habitats in which they live.

Wolves (*evening program*)

Little Red Riding Hood, The Three Little Pigs, Peter and the Wolf... No wonder they're the "Big Bad Wolves"! This one hour evening class separates fact from fiction by exploring the intimate and dynamic pack existence. Students will learn wolf adaptations and how they are important to our ecosystems.