



Katrinka Karpes

Ecolé Macaulay

Nature Walks

A Note from Your Teacher



I believe getting children outdoors and learning is very essential. Hands-on learning in their community not only benefits the child but also the family. Weekly walks that are cross-curricular are engaging and introducing them firsthand to new places and different plants is an important experience.

Email me anytime!

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Snowberries: High Rock Park



Traditionally used by First Peoples, snowberries have antibacterial and antifungal properties when crushed. They can be used to treat burns, warts, rashes, and sores. They can be used as an antiperspirant and as a hand-sanitizer.

Local First Nations people believed that snowberries would kill evil spirits. They would crush the berries between their fingers before entering their longhouse and big house assemblies. The berries, of course, were actually preventing the spread of disease.

Snowberries are inedible but not dangerous when used topically. The best time to collect them is late summer through winter.

Rose Hips: Macaulay Point

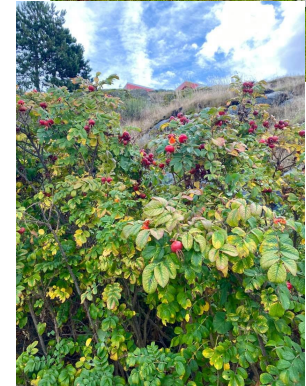
Rose Hips are a source of:

- Vitamins, A, E, C, K
- Minerals, Calcium, Magnesium and Potassium

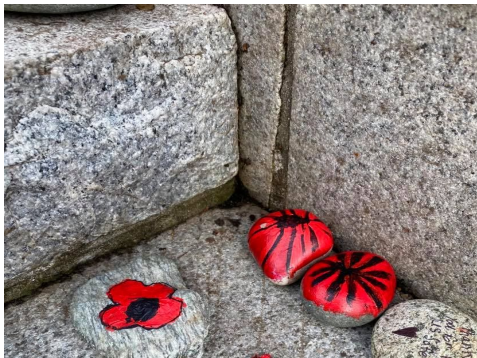
Health Benefits:

- Boosts the immune system.
- Can help to prevent cancer
- Aids in managing diabetes and rheumatoid arthritis
- Improves circulation

Caution: Do not eat the seeds raw! They must be dried out and ground.



Poppy Rocks: Remembrance



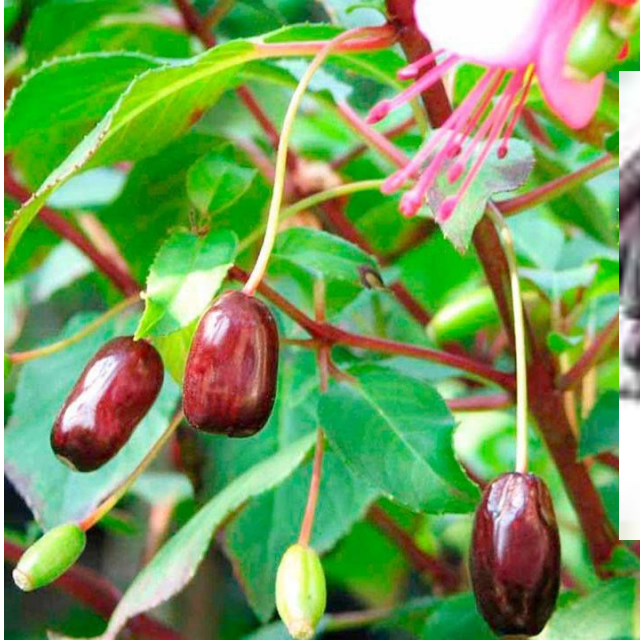
We collected the rocks at Macaulay Point, then painted them. We laid them at the cenotaph in Esquimalt at Memorial Park.



At the cenotaph, our class recited the poem "In Flanders Fields" for our cohort class.



Fuchsia Berries: Saxepoint



All varieties and all parts of the fuchsia plant are edible. The berries are high in vitamin C, with a sweet, peppery flavour similar to kiwi. They can be harvested from summer until late fall.

Andy Goldsworthy's Art



Andy is a UK artist who is known for his temporary works of art that use only items found in nature. His sculptures usually naturally deteriorate, melt or blow away.

Andy Goldsworthy



We collected colourful leafs and branches from the neighbourhood and we created impermanent sculptures in Andy's style.

Andy Goldworthy (part two)



Andy Goldworthy (part three)



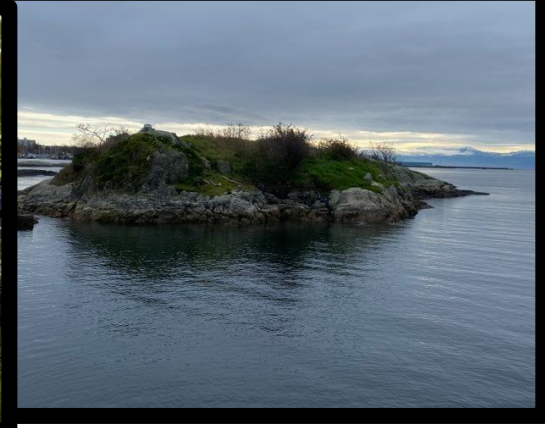
Luckily we had shelter under the overhang while we sculpted! It was pretty drizzly but the kids did an amazing job!

Cradle and Coffin Islands: Songhees Walkway



Cradle Island is where the Songhees Nation would bring their 2 year olds for naming ceremonies.

Coffin Island is where the Songhees laid their dead in unburied coffins, along with treasures. To this day, mudlarkers find Songhees jewelry, pipes, bones, and other artifacts in the bay.



Miner's Lettuce: Macaulay Point



Miner's Lettuce is a source of vitamin C, vitamin A, iron and beta-carotene.



Harvest from early spring into mild early winter. The whole plant is edible.

Strawberry Tree: Saxepoint



I love to collect this fruit with children because it is ready shockingly late. We harvested it in late November this year.

It is high in antioxidants, Vitamin C and E and gallic acid.

It's soft interior has a lemony banana flavour. The kids love it!

It is in the Arbutus family. Arbutus berries are also edible but not as tasty and a little dry.

Collecting Seaweed: Macaulay point



Every winter I take my students to the beach to collect seaweed. We chop it up and bring it back to the garden beds at the school. I teach them about amending the soil. We learn about the importance of adding nutrients to the garden. Seaweed is high in these minerals: nitrogen, potassium, phosphate and magnesium.

Chickweed: Songhees Walkway

Chickweed is high in vitamins A,D,B, complex C, rutin, calcium, potassium, phosphorus, zinc, manganese, sodium, copper, iron and silica!

You can find this common weed almost everywhere locally. It comes up in the early spring. We can eat it as early as February here.



Gardening: Preparing and Weeding



Gardening: Amending the Garden



Get dirty, amending the soil with a donation of 'Sea Soil' from Garden Works! Handful by handful of the nutrient-rich soil placed around the 'starts' that many classes grew in their classrooms!

Garry Oak Ecosystems: Military Housing Park



We learned about Garry Oak ecosystems. The kids helped snap off broom to protect the ecosystem. We were careful not to trample the Camas shoots coming up. It was a surprisingly hot April day and after working hard, a couple of the kids sought out shade!

Garry Oak Meadows and Camas: Highrock Park

Camas is a part of the Garry Oak ecosystem. It is high in Vitamin C, Calcium, Iron and Magnesium.



Camas bulbs were farmed by the local indigenous. They were an important food supply and are very high in protein. The bulbs taste like a cross between potatoes and onions.

