

Seventh Grade Science Field Trip

Marin Headlands Institute

April 26-29, 2010

Each Spring the seventh grade class goes to the Marin Headlands Institute for a field science program. Our trip date will be April 26-29, 2010.

Additional information and chaperone sign ups will be in the fall. A payment schedule will also be sent home in the fall. Paper work for the trip will be filled out in the early spring. Below is information about this great program.



Since 1977, the Headlands Institute has provided residential, environmental science education programs in the Marin Headlands, just north of San Francisco, for K-12 school groups. The institute is located in the Golden Gate National Recreation Area. The Marin Headlands covers various types of histories from the Miwok Indians to the Military, including historic Fort Barry and Fort Cronkhite, the NIKE Missile site and the 150 year-old Point Bonita lighthouse. Other attractions include vast hiking trails, dog friendly Rodeo Beach, and astonishing views of the coast and the city. The explosion of wildflowers in the spring and raptor migration in the fall fill the headlands with year round excitement.



Offered in partnership with the National Park Service, the programs at Marin Headlands provide experiential and inquiry-based learning experiences. They are customized for each group's needs and are aligned with state education standards. Benefits include:

- Increased engagement in science
- Enhanced comprehension of environmental issues
- Improved group dynamics
- Renewed curiosity about home communities and the world at large

The Natural Wonder of Learning

The Marin Headlands have a rich history and unique coastal ecology, which provides opportunities to teach:

- Marine science
- Terrestrial biology
- Watershed ecology
- Earth and physical sciences
- Cultural history



Research shows many classroom benefits from attending field science programs.

Stanford University

In a study of teachers and students attending field programs at Headlands Institute and Yosemite National Institutes' other campuses, researchers from Stanford University's School of Education found that:

- 77% of field science programs contained some elements of inquiry
- 100% all programs addressed at least 3 out of 8 intelligences (e.g. verbal-linguistic, bodily-kinesthetic, and visual-spatial)
- 93% of students actively communicated during activities
- 90% of students were engaged with program
- The number of times girls spoke during programming was virtually equal to the number of times boys spoke

American Institutes for Research

The American Institutes for Research determined that California students attending outdoor education programs: Raised their science scores by 27% , had increased motivation to learn, and showed substantial improvements in cooperation, self-esteem, conflict resolution, peer interaction and classroom behavior.



Meals

Headlands Institute provides all meals except lunch on the first day. Healthy breakfasts and dinners are served in our dining hall. Students carry lunches during the teaching day.

- Our homemade food is prepared by professionally-trained chefs.
- Organic local ingredients are used whenever possible.
- Vegetarian or other options are available for those with specific dietary needs, with advance notice. Most food allergies can be accommodated.
- Students select their own portions and can eat as much as they like.

Lodging

Room and board is included in the cost of tuition. If your group is staying overnight, students and chaperones will sleep in dormitories, supervised and separated by gender. Chaperones are responsible for supervising students during the entire course of the program.

Each dormitory features: Sturdy bunk beds, central heating and carpeting, adjacent bathrooms with individual showers for privacy, coin-operated washing machine and dryer (quarters and detergent not included).





Weather on the Pacific Coast varies from warm and sunny to foggy or rainy, sometimes within the same day. Prepare for variable conditions by wearing layered clothing and packing rain gear.

Suggested Items for Hikes

- Layered clothing (i.e. T-shirt or tank, collared shirt, and light sweater)
- Sturdy shoes or boots
- Warm jacket
- Windbreaker
- Hat for sun protection or warmth
- Day pack
- Water bottle
- Sunscreen
- Pencil
- Gloves
- Sunglasses
- Camera
- Rain gear

Suggested Items for Overnight Stays

- Layered clothing for during the day (i.e. tank or T-shirt, collared shirt, and light sweater)
- Sleeping bag
- Towel
- Pillow
- Alarm clock
- Toiletries
- Pajamas
- Slippers
- Small flashlight
- Quarters for washers and dryers, laundry soap