



# Northfield Mountain

RECREATION & ENVIRONMENTAL CENTER

99 Millers Falls Road • Northfield, MA 01360 • (413) 659-3714 • (800) 859-2960

On the Web at: [www.neenergyinc.com](http://www.neenergyinc.com)

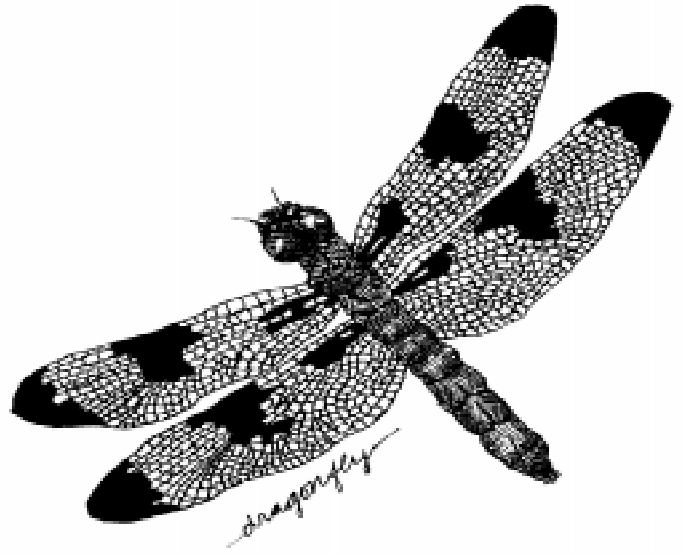
## 2007 SPRING SCHOOL PROGRAMS

Northfield Mountain Recreation and Environmental Center is offering a variety of activities for schools and organized youth groups this spring. Our goal is to provide quality learning experiences that are both educational and fun, using the outdoors as the classroom. Our fee-waiver policy sets aside limited funds for students. Contact the Center for more information.

### REGISTRATION AND CANCELLATION POLICIES

***Registration for all school programs will be taken beginning Thursday, March 8th.*** You may register for professional development workshops at any time. All programs require reservations. Please call (413) 659-3714, or (800) 859-2960, from 9:00 am to 4:30 pm. Programs will be offered from mid-April through mid-June. Availability may vary. Please refer to the newsletter for more details.

If there is a significant change in the number of students in your group, it is important to notify the Center as soon as possible to avoid a surcharge. ***Please note: a cancellation of less than two weeks will result in the school being billed for the program.***



### NEW! BARTON COVE QUEST

Explore the forested trails and scenic river views of the Barton Cove peninsula. Our new quest takes you back in time while you hike along the rocky, half-mile trail. The rich, geologic history of Barton Cove unfolds as your class embarks on this educational scavenger hunt in search of the questing box. This free, self-guided activity begins at the day use parking area at Barton Cove in Gill, Mass. where you will find the quest brochures. Please note that the rest room facilities open Memorial Day weekend.

Northfield Mountain is a pumped storage hydroelectric generating station adjacent to the banks of the Connecticut River. We have an extensive array of educational and recreational programs and facilities in accordance with our federal license. In addition to school offerings, Northfield Mountain offers public programs year round. To receive a copy of the public newsletter please call the Center at: (800) 859-2960.

**WHERE THE SIDEWALK ENDS**

This program is designed specifically for the open and curious minds of young children. Using the outdoors as the classroom, young children discover the colors, shapes, textures, sounds and smells of this season of rebirth. Hands-on activities and sensory exploration take place in a safe and playful environment. Join us in exploring the fields and forests during this exciting season of change.

*Grades Pre-K and Kindergarten*

*Time Allowance: 1 hour for Pre-K, 1¼ hours for K*

*Group Size: 22 (groups up to 33 on limited days)*

*(6/1 student/adult ratio)*

*Availability: Thursday and Friday*

*Fee: \$5/student; minimum \$50/class*

**SIGNS OF SPRING**

Soon to come alive and awaken with signs of spring, the forests and fields at Northfield provide an exciting outdoor classroom for students to discover the world around them. A variety of hands-on activities are used to explore signs of spring with a focus on birds and wildflowers. The emphasis for 1st and 2nd grade is sensory exploration and discovery. For grade 3 and above, the emphasis is on ecology and adaptation.

*Grades 1-6*

*Time Allowance: 1½-2 hours depending on grade*

*Group Size: 25 (groups up to 36 on limited days)*

*(10/1 student/adult ratio)*

*Availability: Thursday and Friday*

*Fee: \$5/student; minimum \$50/class*

***All environmental school programs support the Massachusetts Science Frameworks.***

***For more***

***information contact Kim Noyes, School Environmental Programs Coordinator:***

***(413) 659-4462***

**INCREDIBLE INSECTS**

Join us and explore the six and eight-legged wonders that abound in our fields. Students will have the opportunity to collect, observe, draw and release insects and spiders. A variety of activities will introduce the amazing adaptations, life cycles and ecology of one of the most successful groups of animals on earth - incredible insects.

*Grades 2 and 3*

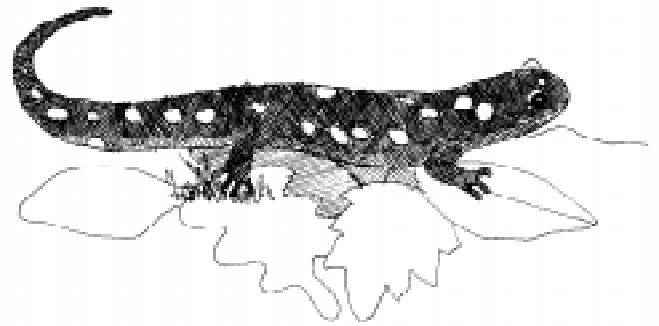
*Time Allowance: 2 hours*

*Group Size: 25 (groups up to 36 on limited days)*

*(10/1 student/adult ratio)*

*Availability: Thursday and Friday*

*Fee: \$5/student; minimum \$50/class*

**POND PROBE**

Explore the amazing world of a pond in spring. From aquatic insects to salamanders, this program provides a unique opportunity to observe live animals up close. Students examine the underwater world of a small pond using collecting nets, field guides and magnifiers.

Environmental ethics, pond ecology, observation skills, and adaptations of the unique inhabitants of a pond are the focus of this program. Pre- and post-visit curriculum materials are provided.

*Grades 1 and above*

*Time Allowance: 1¾-2 hours depending on grade*

*Group Size: 30 (groups up to 40 on limited days)*

*(10/1 student/adult ratio)*

*Availability: Thursday and Friday*

*Fee: \$5/student; minimum \$75/class*

## LAMPREYS AND LIFTS

Visit the Holyoke Gas and Electric Company's Barrett Fishway in Holyoke, and witness the amazing migration of shad, herring, sea lamprey and other anadromous fish. These fascinating fish are born in the river or its tributaries, migrate to the ocean and return as adults to the river of their birth to spawn. This program will introduce anadromous fish, the challenges of their upstream journey and the role of the Barrett Fishway in helping these fish. Hands-on activities and an opportunity to view multitudes of fish swimming by the viewing window make this an exciting program for all ages. Holyoke schools may register for Holyoke Gas and Electric's Barrett Fishway before March 8th by calling: (800) 859-2960.

*All Grades*

*Time Allowance: 1 hour*

*Group Size: 30 (groups up to 40 on limited days)  
(15/1 student/adult ratio)*

*Availability: Wed., Th., Fri., May 10 - June 15*

*Fee: None*

## FINS AND FEATHERS

Visit the Turners Falls Fishway for a watchable wildlife experience. This program focuses on wildlife of the Connecticut River, particularly fish and eagles. A variety of activities will introduce anadromous fish and the challenges of their upstream journey. These fascinating fish are born in the river or its tributaries, migrate to the ocean and return as adults to spawn in the river of their birth. Shad and lamprey can often be seen swimming by the viewing windows.

Across the river at Barton Cove, a nesting pair of bald eagles can often be viewed "live" via video camera. Hands-on activities and an opportunity for possible wildlife viewing make this an exciting program for all ages. Pre- and post-visit curriculum materials provided.

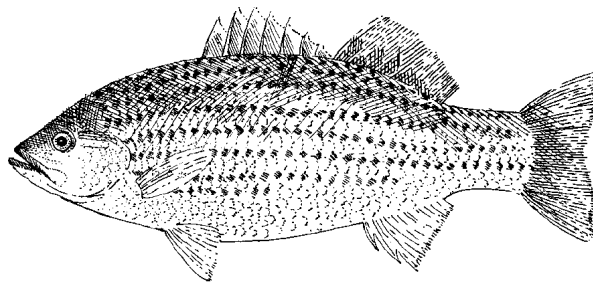
*All Grades*

*Time Allowance: 1 hour*

*Group Size: 30 (15/1 student/adult ratio)*

*Availability: Wed., Th., Fri., May 17 - June 15*

*Fee: None*



## Professional Development

### ORIENTEERING TEACHER WORKSHOP

Join the Northfield Mountain instructors as they introduce you to orienteering, a versatile, exciting and inexpensive activity. You can modify orienteering to fit any age group and blend it into a variety of classroom topics. The sport of orienteering, known as the "Thinking Sport," primarily involves map reading and decision making.

This active program includes instruction on the main skills of orienteering. We will then introduce methods of teaching. Participants will have the option to use these skills in the afternoon by experiencing an orienteering course. By the end of the day participants will be prepared to teach a beginning orienteering unit. Participants will receive a 70-page Orienteering Curriculum Guide. Teachers will receive a certificate of completion.

*Sat., May 5; 9 am - 4:30 pm*

*For teachers and other interested adults*

*Fee: \$35 per person*

*May register at anytime*



Northfield Mountain Recreation  
and Environmental Center  
99 Millers Falls Road  
Northfield, MA 01360

Bulk Rate  
U.S. Postage Paid  
Northfield, MA 01360  
Permit #9

**ADDRESS SERVICE  
REQUESTED**

## Orienteering

\* Opportunities are available for teachers to *lead their own orienteering program* using the permanent course at Northfield Mountain after teaching the necessary skills in their classroom.

**Guidelines for teachers interested in leading their own orienteering program using Northfield Mountain's permanent orienteering course:**

Use of Northfield's orienteering course is available to school groups beginning April 11. A teacher or a group leader must reserve their use of the orienteering course in advance.

*Reservations for self orienteering* will be taken beginning **Thursday, March 8<sup>th</sup>**.

- *Northfield Mountain staff will not be available to instruct your students.* However, we will assist you in planning logistics for your group's use of the orienteering course.
- Students must be accompanied by an adult chaperone while using Northfield Mountain's orienteering course. Organizing your students into groups (3 to 5 students working together) creates a small group activity, which is effective for learning orienteering.

- Orienteering maps are available for \$2.00 per map. Compasses may be rented for \$1.00 per compass while your group is at Northfield Mountain.

- *Indoor classroom space is not available so please plan instructional units accordingly.*

**Support for teachers interested in leading their own orienteering program using Northfield Mountain's permanent orienteering course.**

- We will continue to offer Orienteering Teacher workshops to prepare teachers and other interested adults to teach a beginning orienteering unit. See the professional development programs listed in this newsletter.
- Develop map reading and orienteering skills in your classroom. An instructional activity packet designed to help you teach map reading and orienteering skills at your school is available for \$6.00 (plus \$3.85 postage).