

Parent Feedback

“ I love that the kids are exposed to so many interesting activities that they might otherwise have never done at their age, such as orienteering, shelter building and cross country skiing.”

“Nature Kindergarten has made a big difference for our daughter. She has a gross motor delay and over the course of the year we have seen a big difference in her strength and mobility. She has also gained confidence in herself and her abilities. The program is well thought out and the teachers are amazing. We couldn’t be more happy. Another bonus is that she sleeps great!”

“My daughter took me to Creek Forest the other day, a special place where the kids like to play on their morning outings. It was amazing to see her face light up as she told me all about the fun games and adventures she has there with her friends. Of course we had to re-enact a few of them.”



Holy Redeemer Catholic School
Nature Kindergarten



For more information, contact:

Program Lead Teacher - Mrs. Stephanie Spilchak Stephanie.Spilchak@eics.ab.ca
Principal - Mr. Ed Kucy edk@eics.ab.ca
Assistant Principal - Mrs. Nancy Morgan nancym@eics.ab.ca
(780) 922-4522 - <https://hr.eics.ab.ca>

53117 Range Road 222
Ardrossan, Alberta, T8E 2M8
Phone : (780) 922-4522
Web: <https://hr.eics.ab.ca>



Benefits of Nature Kindergarten

- Building confidence and independence
- Feeling empathy for others and nature
- Physical fitness
- Health benefits
- Improved mental health
- Exposure to manageable risk
- Learning by experience
- Better sleep and mood
- Learning about spiritual meaning

If we want our children
to move mountains,
we first have to let them
get out of their chairs.

- Nicolette Sowder



(Healthy if Messy Play, Worroll & Houghton)

Nature Kindergarten Locations

Holy Redeemer:

- Natural wetlands, treed areas for climbing and exploring, mud kitchen, obstacle courses set out by the children, hills to run and climb, gardening boxes, etc.
- Temperatures below -20 Degrees Celsius, classes will be held indoors with the possibility of short outside experiences.

Strathcona Wilderness Centre:

- A variety of programming is set up with SWC. Including, cross country skiing, wilderness safety, snow shoeing, campfire safety and cooking, Indigenous cultural experiences.



Why Nature Kindergarten

Children have a natural curiosity about the world around them. Letting them explore their capabilities and taking risks helps them evolve into strong, capable, autonomous citizens.

Connecting children to nature fosters rich learning experiences, ecological literacy and healthy living. This supports their executive functioning skills, builds strong brain functioning, self regulation and life skills.



The more risks
you allow
children to take
the better they
learn to take care
of themselves.

-Roald Dahl

Our Nature Teacher

- Mrs.Spilchak, a qualified teacher, who is also a certified Forest School Practitioner. Training was done through the Child and Nature Alliance of Canada.

Program Cost

\$425 monthly fee Includes:

- Field trip fees
- One year membership to the SWC
- Certified and professional staff
- Materials and resources used in the program
- An educational experience that will enrich their lives

How to Register

This program is separate and supplemental to the core Kindergarten program - students must be registered in a Tuesday/Thursday ECS Program in order to also register for this Monday/Wednesday Nature Kindergarten program.

If you are interested in this program, please

- finish submitting your registration for the regular EICS Tuesday/Thursday Kindergarten programming, which is submitted to the school where your child will attend Kindergarten.
- then on the main screen of SchoolEngage **please also submit** a registration for Nature Kindergarten using the form titled **Nature Kindergarten Registration**.