



For Immediate Release

Ontario Schools reopening plan triggers Gamiing Nature Centre Outdoor School Program 2020/21

Bobcaygeon, ON (August 24, 2020) –

Valid concerns on how physical distancing will be implemented and mixed messages about safety precautions add to parents being uneasy as September approaches. Uncertainty and apprehension surrounding the reopening plan for local Ontario Schools has prompted parents to pursue alternative forms of high-quality education in a safe and engaging learning environment amid the ongoing Covid-19 pandemic; enter **Gamiing Outdoor School Program** (formerly Gamiing's Forest School) in partnership with Ensō Forest Farm.



[Per the Mayo Clinic](#), “ when you are indoors, you are more likely to inhale droplets from an infected person, if in close contact, because you are sharing more air than outdoors. Poor building ventilation can cause droplets to hang in the air for longer periods of time, adding to the potential for infection. When you are **outside, fresh air is constantly moving, dispersing these droplets. So, you are less likely to breathe in enough of the respiratory droplets containing the virus that causes COVID-19 to become infected.**

*Being outside offers other benefits, too. It offers an **emotional boost** and can help you feel less tense, stressed, angry or depressed.”*

Research has pointed to direct exposure to nature as essential for a child's healthy physical and emotional development. Therefore an outdoor school matters to this young generation. Most children as well as adults are well aware of global issues and threats to the environment. We have learned that from watching Dora the Explorer, the Discovery Channel and National Geographic. We recycle, use no-trace lunches, but our physical contact, our intimacy with nature on a day-to-day basis, is fading. Society is teaching us to avoid direct experiences in nature and to disassociate the outdoors from joy and solitude, effectively banning much of the kind of play that older people enjoyed as children.

This alienation from nature has a high cost associated with it. **Nature Deficit Disorder** is a term coined by Richard Louve, an American journalist and writer, which describes this cost as a diminishing use of our senses, difficulties with concentration and attention, physical and emotional illnesses and changing behaviours, such as bullying. It may have profound implications for the health of future generations as well as for the earth itself. Therefore, restoring the bond with nature is in everyone's interest for our mental, physical and spiritual wellbeing. That is what Gamiing and Enso are trying to do.

Boriana Karan will support the children in their quest to connect with nature and become part of nature. Boriana is co-owner with Branco her husband of **Enso Forest Farm.**, a homesteader and certified permaculturist. Academically, she has co-chaired the Alternative Schools Advisory Community Committee the Toronto District School Board, she is an active volunteer in the Equinox Holistic Alternative Elementary School which has a strong focus on Outdoor Education. With her extensive experience makes her the perfect lead for the re-start of the Gamiing's Outdoor School, now in partnership with Enso Forest Farm.

"Now more than ever, we know being outdoors is healthier; emotionally, physically and spiritually. I think in these unprecedented times we are experiencing globally; our Outdoor School offers parents an option." Says Mieke Schipper, Volunteer Executive Director of Gamiing Nature Centre.

Gamiing Outdoor School 2020/21 program will change with the seasons, focusing on the opportunities each season brings. Programming is mainly outdoors using weather as an opportunity to explore ways to stay safe, warm, hydrated, and happy. It is an inclusive community for all to share the enjoyment and importance of living in harmony with nature by providing eco-educational experiences. Engaging participants in discovering plants, animals, and water life as they become stewards of our water, land and air leads to working towards sustainable ecosystems for our and future generations.

FACTS:

GAMIING Nature Centre operates from a 100-acre property with a natural shoreline along Pigeon Lake. With Enso Forest Farm, adjoining property, are surrounded by natural features such as wetlands, forests and meadows and feature: Beehives, orchards, The Hayloft, The Discovery Shack portable, the Greenhouse and the Strawbale The Gathering Place and the Hobbit House.

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First series:

Friday October 2, 2020 – Friday December 11, 2020 Cost for 11 sessions \$600.00

9.00am - 3.00pm. weekly. Limit to 6 children per group.

Should more children be interested, Gamiing will be pleased to offer another session on

Wednesdays. To Register with Eventbrite please [click here](#)

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