





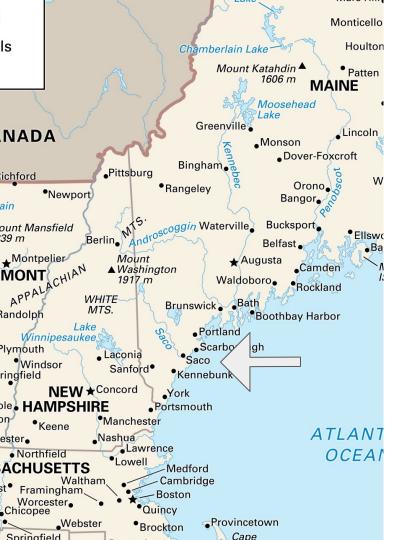
The Ecology School inspires stewardship of and connection to the natural world through experiential learning in ecology, conservation, farming, and sustainability.

Active, Outdoors, Hands-on, Humor, Fun, Immersive, Narrative

Sustainability - The Green Building Challenge



The River Bend Farm campus rises to the "living building challenge" that asks for spaces to give more than they take from the environment around them. Their working farm, dormitory, kitchen and the *Poland Spring Education and Dining Commons* exceed every official green standard, modeling regenerative and self-sufficient ways to grow and prepare food, power their buildings, and utilize technology to minimize negative human impact on the ecosystems they inhabit.



Where is The Ecology School?

River Bend Farm

184 Simpson Road

Saco, Maine 04072

ABOUT a 90-minute drive from Amherst

When are we going to The Ecology School?

MAY 2023							
SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5 Cinco de Mayo	6	
7	8 Dustin	₉ /Robinso	n & Mosb	y/Miller T	eams	13	
14 Mother's Day	Rogers		ok & Man on/Maza	. •	poulos &	20	
21	22	23	24	25	26	27	
28	29 Memorial Day	30	31				

Download & Print Free Calendars From Wiki Calendar

How much will it cost for 2023?

Total	Cost	of	Trip
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\$450

Includes: tuition, bus transportation, room and food for 5 days

Payment #1 Due January 27th

\$225

Payment #2 Due April 14th

\$225

What is day at Ecology School like?

7:00 am

Wake up, prepare for the day

7:45 am

Students help predict the weather

8:00 am

Family style breakfast with weather presentation

9:00 am

Dorm clean up and lesson preparation time

9:30-11:30 am

Morning lesson

11:30-12:30 pm

Teacher directed time/rec time

12:30 pm

Family style lunch with food education component

1:30 pm

Lesson preparation time

2:00-4:00 pm

Afternoon Lesson

4:00-5:30 pm

Teacher directed time/rec time

5:30 pm

Family style dinner with dinner theater performance

6:30 pm

Lesson preparation time

7:00-8:30 pm

Evening lesson

8:30 pm

Back to dorms to get ready for bed

9:00 pm

Lights out



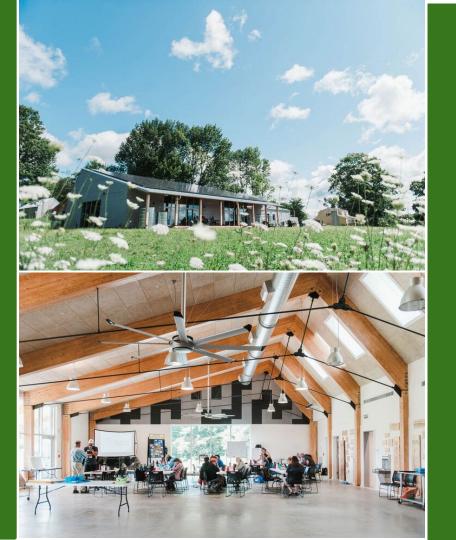
Sample Lessons

LIVING ON THE EDGE

The "Living on the Edge" lesson focuses on how factors (such as nutrient level, available sunlight, permeability and disturbance) affect ecosystems. Students will use scientific tools to compare forest, meadow and edge habitats and will explore how these factors shape these distinct habitats.

OUR PLACE IN SPACE

By comparing the environments of other planets to that of Earth, students will gain an understanding and appreciation for the uniqueness of Earth's environment. Students will learn about our solar system, galaxy and stars and make comparisons to the environments they have observed on Earth







The Dining Hall - Facts!!!

POLAND SPRING EDUCATION AND DINING COMMONS

The Dining Commons has a farmhouse view, overlooking meadows that slope down to the Saco River. Architecturally, the building draws inspiration from the property's 1794 farmhouse. Inside guests will be treated to **from-scratch**, **nutritious**, **and delicious foods** during mealtime in this beautiful gathering space.

A few of the notable features:

The south-facing porch provides a view of the Saco River and is configured to provide **passive solar heating**.

The highly efficient kitchen is designed with **no combustion**, utilizing advanced electrical induction cooking equipment.

200 solar panels are on the roof, producing an estimated 80,000KwH, equivalent to 6,366 gallons of gasoline or 131 barrels of oil consumed.

5,000 sq. ft. of **Maine White Pine siding** covers the outside.







The Dorms - Facts!!!

DORMITORY

The 9,000 square-foot Dormitory takes advantage of existing tree line windrows, enhancing the natural contours of the landscape and giving participants the opportunity to be immersed in a restful forest setting.

The 144 bed Dormitory is configured into three wings—Norma Harrison Wing (North), Center Wing, and Irene Mennen Hunter Wing (South). Wings are connected by outdoor walkways. There are 12 rooms (6 on the top floor, 6 on the bottom) in each wing that have 2 bunk-style beds in every room, 4 beds total. The North and Middle Wings have 3 bathrooms per floor and the South Wing has 2 bathrooms per floor. All bathrooms are handicap accessible.

A few of the notable features:

Each room contains an air circulation system that circulates fresh air six times per hour.

Low flow toilets, faucets, and showers will **save an extra 240,000 gallons of water** each year over conventional.

Triple-glazed windows are **three times more efficient** than traditional windows.

The Dormitory has **ADA accessible rooms and bathrooms**.

The Ecology School at River Bend Farm Norma Harrison (North) Wing - 1st Floor

6 Rooms with 4 Beds Each (24 Beds Total), 3 Bathrooms

N106	ватн	ВАТН	ВАТН	JANITOR	ELECTRICAL	STAIRS	
							Exit
N105	N104	N103		N102		N101	

The Food

- Healthy and kid-friendly.
- TES strives to serve local food whenever possible and it is almost entirely homemade.
- There are always choices! Fruit is always available for snacks and meals come out in courses and pieces—for example, on spaghetti night, the pasta comes out separately from the meatballs, which come out separately from the sauce—so students are able to choose their own items.
- Accommodations are made for food allergies. Please be sure to speak to your child's science teacher about his or her dietary needs!
- It is hard to have fun if you are hungry, so TES makes sure everyone finds something delicious and nourishing to eat!











What is The Ecology School's technology policy?

There are many wonderful opportunities that come with The Ecology School experience and one is an opportunity to be screen-free. In today's social media and technology driven world, rarely are kids away from a screen for any length of time, let alone a whole week! Students are allowed to use technology on the bus rides but we require students lock up their devices with their AMS and MVVS teachers once they arrive at TES to ensure that they engage directly with the people around them and develop communication and relationship-building skills.

Packing List

Below is a *suggested* packing list, designed for a 5-day stay at The Ecology School. Please adjust accordingly if your program is for a different number of days. We recommend labeling items with student's name or initials. Remember, students will be outside most of the time and the weather can change quickly. Come prepared to stay dry and warm, maybe get a little dirty and have fun learning!

Overn	ight Necessities	Footw	ear (at least two pairs recommended)	
	sleeping bag		sturdy shoes/boots for hiking/walking	
	bottom sheet (for twin)		waterproof boots (if you have them) or shoes	
	pillow		that can get wet	
	1-2 towels			
	1 washcloth/hand towel	Suggested Items		
	toothbrush & toothpaste		sunglasses	
	soap		hat with a brim	
	shampoo		a book/games for indoor/rainy/quiet times	
	hairbrush/comb		a clearly labeled camera	
	chapstick		slippers for dorm	
	sun block		letter writing materials (paper, envelopes,	
	laundry bag or trash bag for wet/dirty clothes		stamps)	
			small backpack for lessons	
			flip flops for showers	

Basics			
	water bottle		
	underwear	Seaso	nal
	pajamas		gloves
	socks (extras are great to have!)		warm hat
	masks -at least 5		thermal underwear/sweatpants
			mosquito repellent (no aerosol please)
Clothing			shorts for free time (long pants required on
	4-5 pairs long pants (required for lessons)		lessons)
	t-shirts		
	long sleeve shirts	Items	Not Allowed at The Ecology School
	sweatshirts/sweaters/fleece layer		cell phones
	warm/windproof jacket		internet capable devices (ipods etc.)
	rain proof layer		electronics (games, portable DVD players)
			alarm clock
Having	plenty of layers to mix and match is a great way to		flashlights
ensure :	students are comfortable while they are outside		scented body sprays/colognes (such as Axe)
earning.			food, candy, gum, soda etc.
	in a second seco		money/jewelry/expensive items
			knives/weapon

The Ecology School is not responsible for any property that is lost or stolen.

For More Information...

Check out The Ecology School's website at

https://theecologyschool.org/

