



Watershed Connections Target:

We want the people of the Cowichan Valley to understand and value that their well-being is interconnected with the well-being of their watershed. Mukw' stem 'o' shilhukw'tul: everything is interconnected.

Indicators:

- All students in grade 2 would participate in at least one place-based learning experience to form a connection to their watershed.
- All students in grade 9 would participate in an outdoor place-based experience to help them understand how their well-being is interconnected with their watershed.
- An annual tally would be available, tracking the overall educational and stewardship opportunities offered to help residents of all ages understand and value their watershed.

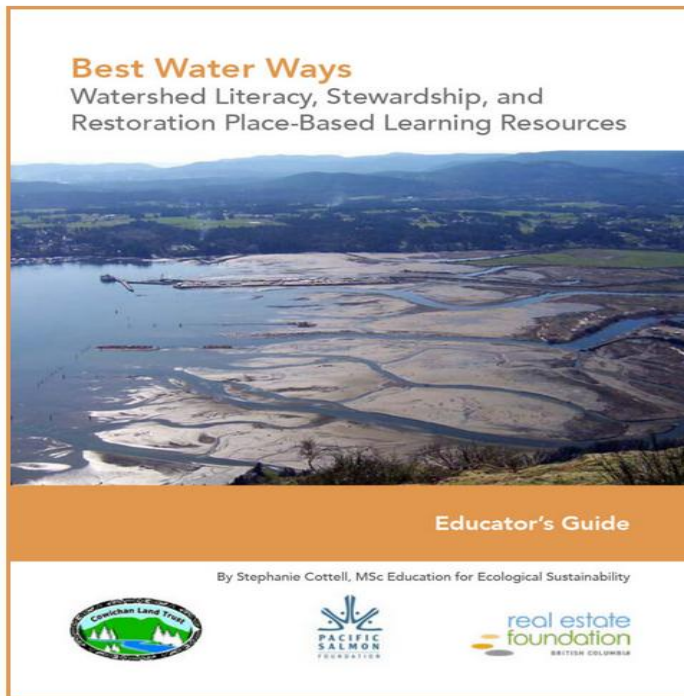
Rationale

The Cowichan Watershed Board (CWB) is seeking a sustainable future for the people and ecosystems of the Cowichan watershed. Supporting that vision over the long term requires a deeper understanding of the interconnectivity between our quality of life and the health of the watershed that supports us. As such, the CWB and its many partners are working to build watershed connections through classroom programs, guest lectures, watershed tours, citizen science, public meetings, and more. Engaging children is about building early connections to nature through watershed experiences, and the local public school curriculum reflects that. Several of our Watershed Connections member groups are able to provide excellent nature-based experiences to all levels of students. Other organizations, including the CWB itself, offer adult focused education and experiences, such as free Speaker Series by both CWB and Nature Cowichan, Annual River Cleanup, World Water Day activities in Lake Cowichan, Cowichan Estuary Nature Centre open hours (or volunteering opportunities), hands-on stewardship work days in and around Somenos Marsh, the Garry Oak reserve, Maple Mountain, Lake Cowichan, supporting bluebird recovery, etc. plus birding, hikes, and more.

A Few Ideas for SD79 2026 Water Weeks!

Check the [Best Water Ways Educator's Guide](#)

The Sessions



Full Resolution Educator's Guides (Include Session Activity Plans):

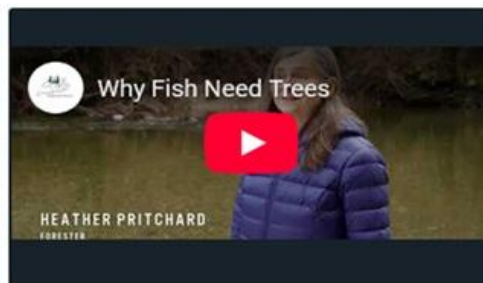
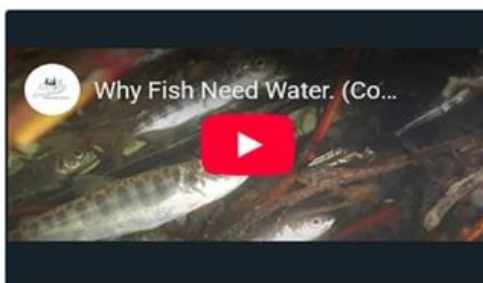
- 📄 Complete Guide
- 📄 Educator's Guide Introduction
- 📄 Session 1 Watershed Detectives
- 📄 Session 2 Watersheds ~ Wading in
- 📄 Session 3 Mapping Our Watersheds
- 📄 Session 4 Watersheds in Distress
- 📄 Session 5 Watershed SOS
- 📄 Session 6 Riparian Restoration Workshop
- 📄 Glossary

To download the full resolution print files, click the links above to open and 'save as' to your computer.

To download the interactive, fillable form files, click the thumbnails below.

Watch the Cowichan Watershed Board video series: Why Fish Need Water

<https://www.youtube.com/watch?v=ZsD4X1zPmTw&list=PLVNpTuYCSlvktGIC4QPFFFWX-y20c2rqp&pp=sAgC>




Or learn this song and send us a video of your class singing it!



[Little Drop Of Water](#). This song was kindly shared with the permission of Steve Slade. Words & music by S. Slade. Written as part of the Yukon Conservation Society's "Created in the Canyon" summer arts project. GREEN NEEDLE RECORDS. Personnel: Lonnie Powell, Scott Maynard, Andy Slade, Jim Holland, Steve Slade. Produced, mixed & engineered by Jim Holland.

Visit a Park! Call Elizabeth to help.
Elizabeth.Aitken@cvrld.bc.ca. See link below.



VISITING PARKS & TRAILS IN THE COWICHAN VALLEY REGIONAL DISTRICT

The Cowichan Valley Regional District (CVRD) is home to over 200 Community Parks, eight Regional Parks, two Regional Trails, as well as Cobble Hill Mountain Regional Recreation Area.

Before your next visit to a CVRD park or trail, we ask that you provide the details of your trip so that we can ensure you have the best experience possible. The information received about your visit allows us to schedule maintenance around your activities where possible, notify you of any conflicts (i.e. construction, closures, events, etc.) and allows us to track park use so that we can adapt our service levels as needed. We appreciate your cooperation!

TEACHERS' GUIDE TO VISITING CVRD PARKS AND TRAILS


PICNIC SHELTER RESERVATIONS

Picnic shelters available for reservation at:

- Bright Angel Park*
- Glenora Trails Head Park*
- Elsie Miles Park.

*Please note, fees apply. Reservation requests are available online.

Visit our website or scan the QR code for more info.




FIELD TRIP OR VOLUNTEER REQUESTS

Planning a field trip or volunteer activity for your class?

Field trips include any visit to a CVRD park or trail.

Volunteer activities include projects such as ecological restoration and trail work.

Visit our website or scan the QR code for more info.




SPECIAL EVENT PERMIT APPLICATION

Planning a special event in a CVRD park or trail?

A special event includes:

- A walk, run, paddle or ride;
- Events open to the public;
- Activities beyond normal park use.

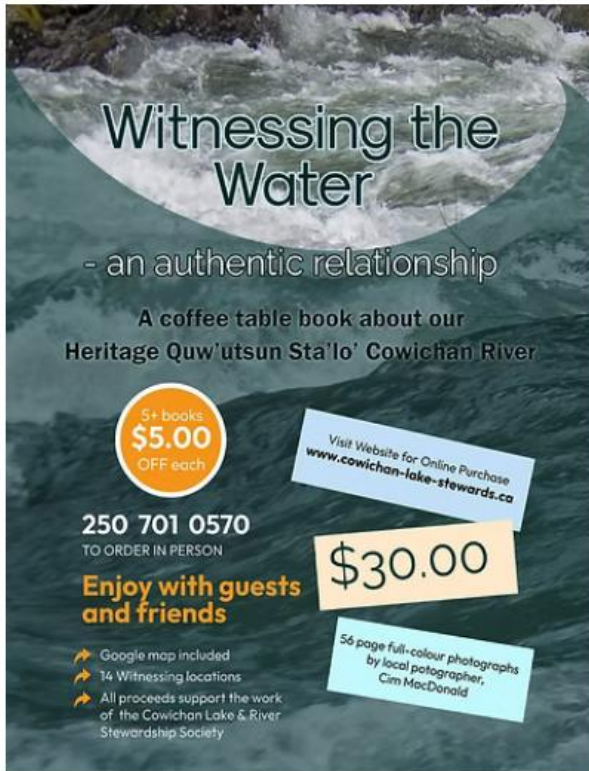
Visit our website or scan the QR code for more info.



For any of the above park uses, schools are required to provide proof of comprehensive general liability insurance protecting the Cowichan Valley Regional District.

CVRD PARKS & TRAILS DIVISION | WWW.CVRD.CA/PARKS | PARTS.EVENTS@CVRD.BC.CA | 250.746.2660

Order books for your library.
<https://www.cowichan-lake-stewards.ca/w-the-w>



Witnessing the Water

- an authentic relationship

A coffee table book about our Heritage Quw'utsun Sta'lo' Cowichan River

5+ books
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 OFF each

Visit Website for Online Purchase
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Enjoy with guests and friends

\$30.00

50 page full-colour photographs by local photographer, Cim MacDonald

- Google map included
- 14 Witnessing locations
- All proceeds support the work of the Cowichan Lake & River Stewardship Society

Come down by the bay!
www.cowichanestuary.ca/estuary-explorers/

ESTUARY EXPLORATION PROGRAM



LEARN



GROW



ENGAGE

COME LEARN ABOUT THE ESTUARY! DESIGNED TO INSPIRE AND ENGAGE CHILDREN FROM GRADES K-5

Invite a speaker about microplastics and tire toxins
 Cowichan Lake and River Stewardship Society
 President judybrayden@shaw.ca

Thursdays: 9:30 – 11am and 11:30am – 1pm
 Cost: \$10/student to a maximum of \$250/25 students

Connect with a Watershed Connector!

<https://cowichanwatershedboard.ca/watershed-connections/>

The following are some of many organizations and individuals who offer a wide variety of ways for people to immerse themselves in watershed learning and connection. Check them out! Also consider signing up for their newsletters to keep up to date.

[Cowichan Watershed Board](#) - Monthly Speaker Series at VIU-Cowichan. Contact Katia Bannister katia@cowichanwatershedboard.ca

[Quw'utsun Cultural Connections Society](#) - Workshops and land-based volunteer opportunities. Contact Sandra Thomson sandra@qccsociety.ca

[CVRD Parks](#) - land-based volunteering. See the Teachers' Guide to Visiting CVRD Parks and Trails and more information for school visits [here](#). Contact: Elizabeth.Aitken@cvrd.bc.ca. Read Elizabeth's profile [here](#).

[Somenos Marsh Society](#) Many hands-on volunteering opportunities. Contact Phaedra Douglass. phaedra@somenosmarsh.com

[Stream to Sea Program, Fisheries and Oceans Canada](#). In class hatchery opportunities and more. Contact Alli Roberts. stream2seaeducation@gmail.com

Genevieve Singleton, naturalist/educator who offers Nature Walks, often with Quw'utsun knowledge keepers. Email Genevieve at twinflower4@gmail.com. Find her on Facebook as Quw'utsun Nature Rambles.

[Cowichan Land Trust](#). See many resources on website, e.g. [Best Water Ways Educator's Guide](#). Contact Stephanie Cottell. stephanie@cowichanlandtrust.ca

[Cowichan Estuary Nature Centre](#). Nature interpretive centre overlooking the Cowichan Estuary. Drop in by donation during open hours, parent/tot programs, camps, class programs, aquarium. [Estuary Explorers](#) aligns with K-4 curriculum. Contact info@cowichanestuary.ca

[Cowichan Lake and River Stewardship Society](#). Many hands-on projects welcoming volunteers. They also offer a coffee table book about the Quw'utsun watershed, Witnessing the Water. Contact President Judy Brayden at clrss.information@gmail.com

[Cowichan Tribes First Nation](#) - Lulumexun marine team is very active in and around the estuary with research and monitoring programs to reconnect Quw'utsun Mustimuhw to their territory, with some programs welcoming other volunteers as well. Watch their facebook page for more. <https://www.facebook.com/Lulumexun>

[Nature Cowichan](#) offers many talks, walks, and volunteer opportunities. They also house a [Nature Cowichan calendar](#) on their website to help everyone find other nature related events and activities available.

[Cowichan Estuary Restoration and Conservation Association](#) always has research and restoration projects underway in the Bay. Contact CERCA [here](#).