



October 2019

Dear Parent,

The field excursion to the Environmental Learning Center (ELC) is a high point in the school year for third grade students. They learn about nature by exploring the Indian River Lagoon ecosystem. Hands-on learning is emphasized, and activities take place outside. The goal is to provide a positive, outdoor experience that promotes awareness and inspires interest in the environment. Your child's adventure will be on \_\_\_\_\_.

Your child should:

- Eat a good breakfast so your child has plenty of energy for outdoor adventuring.
- Wear closed-toe and closed heel shoes, and clothing that can get wet and dirty. **Water shoes, sandals, and Crocs are not acceptable.** Everyone's shoes and socks will get wet when we do our pond study.
- Dress appropriately for the weather, especially on cold or rainy days. We come inside during storms, but stay out in light rain.
- Apply sunscreen and bug repellent to your child before the excursion.

We emphasize conservation and stewardship. This includes the 5 R Philosophy: **Refuse**, **Reduce**, **Reuse**, **Repurpose**, and **Recycle**. We discuss that 1) families should **Refuse** to use single-use plastic items like straws or pre-packed items focused on convenience, 2) leftover food could have been **Reduced** by remaining at home, 3) sturdy containers can be rinsed and **Reused**, 3) certain materials can be **Repurposed** (plastic forks, spoons, bags) and, 5) After we make sustainable choices, we **Recycle** acceptable plastics, aluminum, and glass.

**Please help by sending your child with a lunch that produces minimal waste.** You can do this by 1) putting food and drinks in plastic containers that can washed and reused; 2) including foods that are packaged naturally such as hard-boiled eggs, bananas or apples; and 3) not giving your child prepackaged meals (**which have a lot of packaging**).

Waste-Free Lunch:

[https://www.epa.gov/sites/production/files/2015-09/documents/wastefreelunch\\_poster\\_508.pdf](https://www.epa.gov/sites/production/files/2015-09/documents/wastefreelunch_poster_508.pdf)

[https://www.epa.gov/sites/production/files/2015-09/documents/packwastefreeandhealthy\\_menu\\_508.pdf](https://www.epa.gov/sites/production/files/2015-09/documents/packwastefreeandhealthy_menu_508.pdf)

Recycle Across America:

<https://www.recycleacrossamerica.org/tips-to-recycle-right>

Thank you for your help in this wonderful learning adventure! We encourage you to come back to the ELC with your child and let him/her be your nature guide ☺. The first Saturday of every month is free.!

Sincerely,

The ELC Education Team



# Pack a **WASTE-FREE** Lunch

## Reduce:

- Avoid Excess Packaging
- Replace Disposable Items With Reusable Containers and Utensils



## Reuse:

- Durable Forks, Spoons, and Knives
- Cloth Napkins
- Refillable Drink Containers
- Reusable Lunch Containers



## Recycle:

Bottles, Cans,  
Plastic



Food Scraps

Paper Bags

