

ATTENTION ALL TEACHERS!

Please prepare your class for their outdoor learning experience.

1. Dress appropriately. Long pants, sturdy shoes, and socks are necessities for students and adults. No sandals please. Boots, warm clothing and rain gear may be appropriate depending on the weather and/or program.
2. Applied outdoor learning is fun, but students are coming to learn; following directions and listening are essential. Teachers are responsible for discipline.
3. All adults are expected to fully participate in the program!

REGISTRATION INFORMATION

Reservations are required for all group programs. We suggest that you book all of your programs for the entire school year as early as possible as the schedule fills quickly. To schedule your experience call Heller Nature Center at (847) 433-6901.



ARRIVAL

It is important to be prompt. Due to the abundance of programs at our facilities it is difficult to extend program times for late arrival.

PAYMENT

Upon arrival, all schools are asked to check in with a Heller Naturalist with the total number of students in attendance. No payment is necessary at the time of program as all schools are billed. Please note that no refunds are available for programs paid or overpaid in advance.

GROUP SIZES AND FEES

Program fees vary depending on program length and materials. There is a minimum charge of 15 students. Listed at the end of each program description are two, per-participant, fees. The first applies to Highland Park Schools; the second is for Out-of-District schools. There is no fee for teachers or adult chaperones.

WEATHER

Please dress for the weather! We want your students to have a positive learning experience. Mild weather fluctuations like a light drizzle do not interrupt the experience. We will cancel a program if severe weather conditions occur, such as heavy rain, lightning, extreme heat or cold. We will do our best to reschedule your class, but cannot guarantee openings.

LUNCH

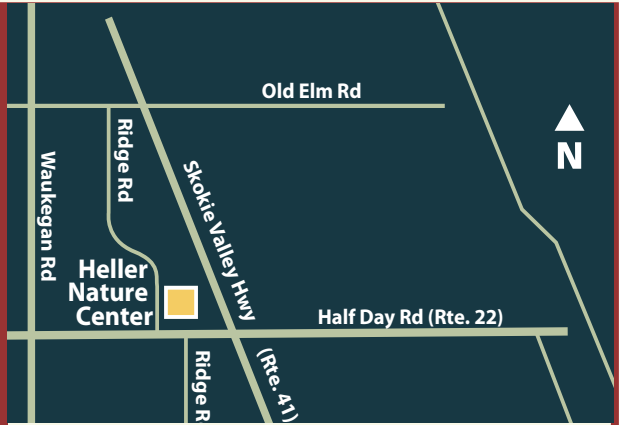
Bring your bag lunches and picnic in the great outdoors (designated picnic areas are available). Be sure to let us know if your group is staying for lunch so we can avoid conflicts with other scheduled programs. All garbage must be cleaned up and placed in appropriate bins. Recycling bins are provided.

ONLINE

Visit www.HellerNatureCenter.org to view the School Program Guide online.



Our location



Heller Nature Center

2821 Ridge Rd, Highland Park, IL 60035

847-433-6901 • hellernaturecenter.org • pdhp.org

GENERAL INFORMATION

Monday-Friday, 8:30-5:00pm

Saturday, 9:00am-3:00pm

Heller Nature Center includes a 97-acre nature preserve with three miles of walking trails. Two miles of trails are stroller and wheelchair accessible. Heller provides programs in environmental education and outdoor recreation for children, adults, scouts and family groups. Recreation programs vary on a seasonal basis, from canoeing and camping to bird watching and cross country skiing. Come visit our woods and prairies to enjoy the scenic beauty of Heller.



Heller
Nature Center

A Facility of the Park District of Highland Park



Heller
Nature Center

School Program Guide



SCHOOL PROGRAMS

Heller’s educational programs offer school groups the opportunity to learn about the natural world in an outdoor setting. Our hands-on philosophy encourages students to heighten their awareness of the natural world, understand basic ecological concepts and increase concerns for the earth and all its life. Our programs meet Common Core and Next Generation Standards. Programs are held at Heller Nature Center (H), Rosewood Beach Interpretive Center (R) or Danny Cuniff Park (D). Some programs may be available to travel to your school (S). Look for the icon next to the program to see where the program can take place.

PRESCHOOL-KINDERGARTEN

Earth Magic Fall/Winter/Spring (H)
Students discover the magic of the season through fun, barrier-breaking activities. They use their senses...to explore the natural world. Activities focus on listening, smelling, looking, and touching. **45 minutes • \$3.75/\$5.25**

Groundhog’s Great Tale February (H)
Knock on the door of our resident groundhog’s den to discover what the life of a true hibernator is really like. This oversized sometimes grouchy groundhog lead participants into its den and role play a groundhog’s life through the seasons. **60 minutes • \$3.75/\$5.25**

Growing Up Flowers Spring (H) (S)
Beginning as a seed, students take an active role growing flowers and developing an understanding of their basic needs and body structures. Students also have the opportunity to plant individual seeds to grow at school or take home! **45 minutes • \$5.50/\$6.25**

Rocks Rock! Fall/Winter/Spring (H) (S)
Become a geologist and learn about rocks and minerals. Students have the chance to investigate rocks and minerals, record observations and formulate predications if rocks sink or float. **45 minute • \$3.75/\$5.25**

Winter Nature Detectives Fall/Winter (H) (S)
How do things prepare and change in winter? Are animals active? What do they eat? How do they survive? As nature detectives, your students search for clues to answer these and many more questions. **60 minutes • \$3.75/\$5.25**

FIRST-SECOND GRADE

Busy as a Bee Fall (H)
Visit Heller’s apiary to take a glimpse into the life of honey bees. Where does honey come from? What does it taste like? How do bees live? These questions and more are answered as they get an up close look inside Heller’s beehives. **75 minutes • \$4.75/\$6.25**

Exploring Weather Fall/Winter/Spring (H)
Join us as we participate in hands-on, outdoor experiments to unravel a few of weather’s secrets. Using scientific instruments, students observe, measure, record weather data to determine the forecast. **60 minutes • \$3.75/\$5.25**

Habitat Fall/Spring (H)
By using clues to solve riddles, participants discover the four basic components of all habitats and how they are important to the survival of living things. This activity identifies water, shelter, food, and space as the components of the habitat and illustrates how they work together as a system. Students also learn about a forest food chain. **75 minutes • \$3.75/\$5.25**

Insects Fall/ Late Spring (H)
Insects are an amazing group of animals, loaded with fascinating adaptations. What makes an insect an insect? What is metamorphosis? Students use nets to catch and release insects for a close-up view of the incredible diversity **60 minutes • \$3.75/\$5.25**

Pond Study Late Spring (D)
Explore an underwater world teeming with life. With nets in hand, students capture micro and macro invertebrates, everything from dragonfly nymphs to bullfrog tadpoles. Using microscopes, students take an up-close look at this wonderful diversity of creatures. **60 minutes • \$3.75/\$5.25**

Sun, Seeds and Salads Spring (H)
Search for roots, stems, leaves, flowers and seeds. Discover a plant’s four basic needs of life and stop at the garden to snack on roots, stems, and flowers. Then plant your very own seeds to take home. **75 minutes • \$4.75/\$6.25**

THIRD-FOURTH GRADE

Ecosystems Fall/Spring (H) (R) (D)
Choose a one or two day experience focusing on ecosystems and the components that compromise them. One ecosystem may be studied per day (lakefront, forest, prairie, or pond) and core content includes defining an ecosystem, its interdependency of living and non-living parts, food chains and webs as well as adaptations. The remaining content is tailored to your school. Choose from additional activities such as dichotomous keys, soil or water testing, microscope use, decomposition, camouflage, migration, journaling activities, and more. **1-2 days: \$12.25/\$16.25 for 1 day • \$20.25/\$24.25 for 2 days**

Illinois Geology Fall/Winter/Spring (H) (R) (S)
A Heller Naturalist leads students in an Illinois geologic journey. Students travel through time to discover and describe geological eras and their relationship to the rocks and minerals found in Illinois. As geologists, students describe characteristics, record observations, scientifically test, and identify a variety of sedimentary, igneous and metamorphic rocks found in Illinois. **90 minutes • \$4.75/\$6.25**

Maple Syrup Harvest March (R)
Visit a grove of maple trees to take part in the age-old tradition of tapping trees, collecting sap, and making syrup. End the program by sampling some delicious maple sap and syrup. Program includes identifying sugar maple trees, learning nature’s ingredients for sap, and discussing the process by which trees create sap. This program may also be held at Sunset Park in Highland Park. **60 minutes • \$4.75/\$6.25**

Plant-astic Spring/Fall (H)
What makes a plant plant-astic? Discover basic functions of plant components, how plants work together as a system and adaptations that help them survive. Students participate in an activity about photosynthesis and a plant’s need for survival. Students also have the opportunity to dissect flowers and use microscopes to analyze their findings. **120 minutes • \$5.50/\$7.25**

Prairie Early Fall (H)
Discover why Illinois is known as the Prairie State. Explore our native tall grass prairie to uncover its hidden wonders. Students learn the components of a prairie and examine its plants and animals. Prairie cultural history is also discussed. **90 minutes • \$4.75/\$6.25**

FIFTH-EIGHTH GRADE

Ravine Education Fall/Spring (R)
Through guided observation, experiments and exploration of the ravines, students learn about ecosystems prior to development, the plants and animals that historically used the slopes and streams as refuge, and the species that still depend on ravines today. **120 minutes • \$5.50/\$7**

Teams Course Fall/Spring (H)
Our Teams Course offers a unique and fun opportunity for every member of your group to grow as individuals and as a team! The course is made up of a series of thought-provoking ground-level puzzles, challenges and obstacles. Your group is led by our experienced facilitators through each challenge; every one having specific set of tasks and an end goal that can only be accomplished by all members working as a cohesive group. The Heller Teams Course is perfect for groups of 8-15 individuals. **240 minutes • \$225/\$250**

ALL GRADES

Honeybees Go To School Late Spring/ Fall (H) (S)
What’s all the buzz about bees? Students will learn what makes a bee an insect, three different roles of honey bees, how bees live, where honey comes from and look up close at our portable observation hive to see all the bees hard at work. **45 minutes • \$4.75/\$6.25**

