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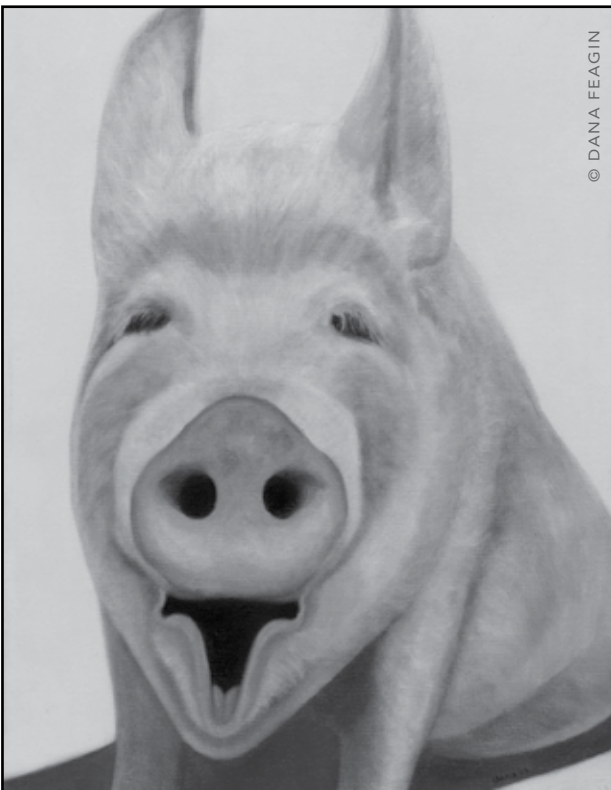
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## Teach Your Teachers Well

by Robert Casserly, Executive Director  
Sanctuary One at Double Oak Farm

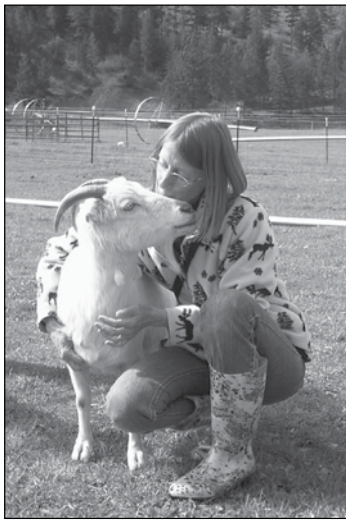
Care farms like Sanctuary One almost always have an education program of some kind. European care farms offer a wide variety of education programs, including classes, service-learning programs, and workshops for senior citizens, school kids, agricultural students, gardeners, people with disabilities, recovering addicts, military veterans, kids in legal trouble, and job seekers.

Here at America's first care farm, our education program focuses on teaching environmental literacy, which we define as an individual's understanding, skills and motivation to make responsible decisions that consider his or her relationships to nature, animals, the community, and future generations. Our education program is run by Della Merrill, the Sanctuary's general manager, who has a Masters in Teaching degree from Southern Oregon University (SOU).

Why do kids need environmental literacy? Studies show that providing students with quality opportunities to directly experience the natural world can improve students' overall academic performance, self-esteem, personal responsibility, community involvement, personal health, and understanding of nature. You might be surprised how many kids there are nowadays who have never had a chance to take a dog for a walk in the woods, or to taste a fresh-picked strawberry still warm from the sun, or to get their hands dirty while learning about the billions of life forms that exist in a mere handful of healthy soil.

Since schools play a critical role in the preparation of environmentally literate students, it has long been a goal of the Sanctuary's to collaborate with the School of Education at SOU to provide current and prospective teachers with a chance to learn about care farming.

So Saturday, April 28 was a red-letter day for the Sanctuary, because 26 Early Childhood Development and Elementary Education college students and current professionals visited the farm for a workshop entitled "Learn about a Care Farm at Sanctuary One." This marks the first time we have collaborated with a



university or college to provide a for-credit class or workshop.

Sands Stockwell, an SOU professor who co-taught the workshop, said "These workshops typically are offered at the Higher Education Center in Medford. We had to get the approval of the Department of Education at SOU to hold this workshop in a space other than a public building. This is the first time that a workshop will be conducted this way."

The teachers spent the day engaging in hands-on learning about care farm activities designed for children. It was a great opportunity for the teachers to network with other educators who want to teach and learn outside of the traditional classroom. We hope that they will be inspired to take some of the

principles and ideas back to their schools, and/or to bring their students out to the Sanctuary for a field trip.

Several of the college students and teachers said it was the best workshop they'd ever attended. Here is some of the feedback we received.

"The principles and fundamentals of the care farm truly inspired me. I was able to witness firsthand the power and influence of compassion and love between animals, people, and the earth."

"I loved the reflective aspect of the workshop and the focus on earth, people, and animals as one holistic unit."

"I learned about myself, our global challenges, and how animals play a crucial role in all of it."

"After spending the day here I understand that care farming really isn't about a definition. It's a feeling and an experience that speaks for itself."

*If you or someone you know would like to get involved in the Sanctuary's education program, or would like more information, please email [info@SanctuaryOne.org](mailto:info@SanctuaryOne.org) or call 541.899.8627.*

**Group Tours Now Available!** Schools, churches, retirement homes, community-service clubs, and other groups are welcome to schedule a tour of the Sanctuary. Service-learning work projects are available, too. Please visit [SanctuaryOne.org](http://SanctuaryOne.org) for details.



## Body Language

by Mary Ann Carlson

### Monkey See, Monkey Do!

Our children are our future and if we want them to develop healthy habits, it's up to us to lead by example. If they see us paying attention to what we eat and how much exercise we get, it will be easier for them to start getting into a healthy routine.

Probably the most important healthy habit we can instill in our kids is our attitude about food. In families who shared just three meals a week together, children were 24 percent more likely to be eating healthy foods than those who ate few or no meals together. The kids were also 12 percent less likely to be overweight, 20 percent less likely to eat unhealthy foods, and 35 percent less likely to get into dangerous weight-loss trends like purging, diet pills, and laxatives... and that's just from sharing three meals a week! Amazing.

Sometimes, unconsciously, we use food inappropriately as a reward or pacifier for our kids. This teaches them that they can turn to food for comfort when they are stressed or feel bad about themselves. Food becomes the friend they can count on. This is a very bad idea. Help them find other things to make them feel better, something not related to food.

Sleep is not the first thing we think of when discussing adopting healthy habits, but exercise will go by the wayside if you're tired. Make the idea of sleep a positive to your kids, not a negative. Instead of threatening them

with a nap when they are misbehaving, tell them how it will help them grow big and tall. (I always wanted to be tall when I was little. I still do.)

A regular bedtime is helpful and usually makes a child feel more secure. They know the rules. Since everybody is different, collaborate with them in figuring out how much sleep they need so they have enough energy to do all the fun things they want to do.

Last, but not least, being active as a family is a gift you can give to your child that they'll remember forever. It always makes me smile when I see families in Jacksonville out riding bicycles or the kids running through the fountains at Doc Griffin park. Children should be getting 60 minutes of moderate to vigorous physical activity every day. Every child is different, so encourage them to try different physical activities like swimming, dancing, or anything else they might mention. If they find something they really enjoy, they're more likely to keep it up.

You can't use the word 'love' too many times in a day when it comes to a child. The little monkeys grow up way too fast, so cherish them, love them, and let them know it. The rewards are beyond anything else the world has to offer.

*Mary Ann Carlson is owner of The Pilates Studio of Jacksonville. You can reach her at 541-890-7703.*



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