



SAINT ALBANS MUSEUM

Dear Educator,

Thank you for your interest in participating in Lake Lessons, a STEAM-cultural heritage enrichment program. Below you will find additional important information about this hands-on, place-based learning opportunity. We look forward to working with you and your students! If you have any questions or concerns, please contact:

Lisa Evans
Executive Director, Saint Albans Museum
(802) 527-7933 or lisa@stamuseum.org

Suggested Pre-Event Activity

Ask students to interview a family member or friend, using the following questions:

1. Name/Relationship:
2. What is your favorite activity to do on or in the water?
3. Can you share your happiest memory of Lake Champlain?
4. Why is keeping Lake Champlain healthy important?

You could make this a written assignment, oral report, or group activity – please compile student responses and share them with SAM prior to your field trip so that we can use this data in our station presentations.

Approximate Workshop Schedule

- 8:15- 8:30am: School bus arrival
- 8:30 - 8:40am: Introduction
- 8:40 - 8:50am: Warm-Up activity and break out students into groups 8:50 - 9:15am: First Station
- 9:20 - 9:45 am: Second Station
- 9:50 -10:15am: Third Station
- 10:15-10:30am: Snack Break
- 10:35-11:00am: Fourth Station
- 11:05-11:30am: Fifth Station
- 11:30-12:00 pm: Wrap-Up activity/discussion and Departure to Bus or Lunch



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Transportation

Each participating school is responsible for arranging/scheduling busing – the Saint Albans Museum will cover the costs of transportation. You can invoice SAM at PO Box 722, St. Albans VT 05478.

Additional Educator Resources

You are encouraged to learn more about the Lake Lessons program and its participating community partners through our digital content available at: <https://lakelessonsvt.wixsite.com/my-site>

Photography & Media Permissions

We appreciate the opportunity to take photographs and/or video of the Lake Lessons event, with potential use in promotional materials, grant applications, or local media. The Saint Albans would also like to archive all student work from the Creative Expression station as part of their St. Albans Storytelling Project archive.

We ask that if you have any concerns about students who would prefer not to be included that you opt-out by contacting SAM prior to the event if there are any restrictions to these permissions.

Groups

Classroom teachers are asked to divide the entire cohort of students (across all classrooms) into 4 or 5 equal groups prior to arrival, with assigned chaperones to each group.

Our volunteers and instructors have assigned responsibilities for each station and the overall program. We ask that schools provide a minimum ratio of 1 adult/teacher for every 5 students in attendance.

Weather

Lake Lessons will be held, rain or shine. If there is inclement weather forecasted, shelter will be provided for students, faculty, and staff to work together under. Students should dress comfortably and plan to be outside.



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Snacks/Self-Care/Accommodations

Healthy snack options (ex: apples and cheese) and water will be provided (as well as coffee for adults). Restrooms are available on-site.

Please alert SAM if we need to be aware of - or make any adjustments to our program - due to allergy concerns or accommodations.

Stations

1. Saint Albans Bay History: Students will learn more about the maritime heritage and the Abenaki significance of the Bay. They will explore the evolving uses and commercial development of the Bay and how those changes have made a collective impact on our shared watershed.
2. Creative Expression: Students will have the opportunity to interpret and express their knowledge of Lake Champlain through art. Students will be invited to submit their creation to the museum to be displayed in the Agricultural Exhibit space at SAM for the remainder of the 2022 season.
3. Soil Health: Students will engage with a rainfall simulator to examine four types of surface (bare earth/lawn/edged habitat (field)/forest) and concept of runoff/infiltration as well as scientific method/development of hypothesis.
4. Watershed: The EnviroScape Watershed model provides a hands-on, interactive demonstration of the sources and effects of water pollution. We will easily demonstrate how storm water runoff carries pollutants through the watershed to a pond, lake, river, bay, or ocean - and the best management practices to prevent this type of pollution from occurring.
5. Water Quality: The agricultural water quality station will provide students with an understanding around limiting factors on a farm. They will learn about different aspects of operating a farm and why they are all important to the farm system, such as nutrients, waste storage, etc. Then students will have the opportunity to put their mathematical division and multiplication skills to test while they solve word problems to determine the number of animals on their farm based on available land. Students will compete in some games and activities to understand basic best management practices to protect water quality including nutrient planning, cover crops, soil erosion, and more.



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Partner Organizations

Lake Lessons is presented by staff members and volunteers from:



SAM – Saint Albans Museum

The Saint Albans Museum is a 501(c)3 community non-profit founded in 1966 with a mission to preserve and share the history and heritage of St. Albans, Franklin County, and northwest Vermont through exhibitions, educational programs, arts/cultural performances, and special events for all ages and interests. (<https://stamuseum.org>)



FNLC – Friends of Northern Lake Champlain

Friends of Northern Lake Champlain is committed to assisting citizens, landowners, farmers, businesses and government to reduce water pollution from runoff. (<https://www.friendsofnorthernlakechamplain.org>)



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VAAFAM – Vermont Agency of Agriculture, Food and Markets

The Vermont Agency of Agriculture's mission is to facilitate, support and encourage the growth and viability of agriculture while protecting the working landscape, human health, animal health, plant health, consumers and the environment.

(<https://agriculture.vermont.gov>)



LCBP – Lake Champlain Basin Program

The Lake Champlain Basin Program (LCBP) is a Congressionally-designated initiative to restore and protect Lake Champlain and its surrounding watershed. We work with partners in New York, Vermont, and Québec to coordinate and fund efforts to address challenges in the areas of phosphorus pollution, toxic substances, biodiversity, aquatic invasive species, and climate change. (<https://www.lcbp.org>)



MRBA – Missisquoi River Basin Association

The Missisquoi River Basin Association was organized for the purpose of restoring and maintaining ecological integrity of the Missisquoi River system so that the uses and values desired by the community are supported by the river and the quality of its water. (<https://www.mrbavt.com>)

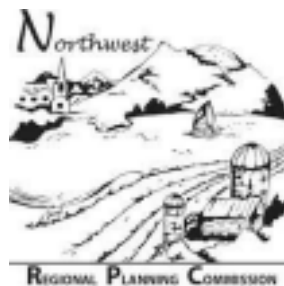


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FCNRCD – Franklin Country Natural Resources Conservation District

The Franklin County NRCD provides landowners and agricultural producers with technical, financial, and educational assistance for working with state and federal programs. They also coordinate agricultural and natural resource management projects, and conduct workshops providing educational information on many related topics. (<https://www.vacd.org/conservation-districts/franklin-county/>)



NRPC – Northwest Regional Planning Commission

The NRPC assists with municipal issues covering a broad range of concerns: regional land use issues, transportation priorities, emergency preparedness, economic development, natural resource issues, public/private sector cooperation, and review of Act 250 projects. (<https://www.nrpcvt.com>)



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Franklin County Stormwater

The Franklin County Stormwater collaborative was formed in 2014 by the City and Town of St. Albans, the Northwest Regional Planning Commission and Friends of Northern Lake Champlain to educate and encourage residents to get personally involved in reducing stormwater pollution. This Collaborative is a resource for water quality information, volunteer opportunities, and educational workshops. These efforts are conducted as part of the public education and outreach measures required by Federal Environmental Protection Agency stormwater system permits.

Past and Present Program Support provided in part by:

STEM Challenge Initiative | St. Albans Rotary Club | Leadem Family Foundation
Vermont Agency of Agriculture, Food and Markets | Project WET Town of
Georgia | Town of St. Albans | Americorps

Please Note: The Lake Lessons Program will take shape around all evolving health and safety guidelines. Any and all important updates and/or changes to the program or program structure will be communicated via email to all registered participants.