



**OUTWARD BOUND
CANADA**

SCHOOL PROGRAM: IMPACT CASE STUDY



A Unique Holistic Outdoor Education Program with L'Ameroux Collegiate Institute

"[This program] changed my mindset and how I saw life."
- Urban Adventure Program youth participant, L'Amoreaux C.I.

Program: Outward Bound Canada Urban Adventure Program

School: L'Amoreaux Collegiate Institute, 2501 Bridletowne Circle, Scarborough, ON Public high school within the Toronto District School Board (TDSB)

Dates: 2015 - 2019 school years

Participants: ~250 youth in grades 8, 9, 10, 11, 12

Student Program Days (SPDs): 600+



BACKGROUND

In 2015, Outward Bound Canada connected with principal Wendy Blain at L'Amoreaux Collegiate Institute to develop and deliver an outdoor experiential learning program.

Ms. Blain sought out OBC because she believed the individual youth and overall school community would benefit from the unique social-emotional learning and environmental leadership skills that Outward Bound courses deliver.

According to Ms. Blain, many youth at the school had not had the opportunity for high-quality immersive outdoor education. Additionally, L'Amoreaux scored low on the Learning Opportunities Index, a ranking system for TDSB schools based on measures of external challenges affecting student success



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IMPLEMENTATION

OBC developed a program with L'Amoreaux that considered the students' needs and perspectives: a mix of nearby green space and urban programs building up to overnight wilderness adventures; a graduated approach to skill development; and a focus on developing leadership ability.

The result: a wrap-around holistic program that started in Grade 8 - before the youth set foot inside their new high school - and graduated up to the PAL (peer mentorship) program in Grade 12. Each level came with new experiences and skills.

OBC worked closely with L'Amoreaux educators to identify youth candidates for the program, given their familiarity with the individual needs and the student body. L'Amoreaux was responsible for transportation to and from program start and end locations.

“I got to disconnect from my day-to-day life and reconnect with myself, my goals and find my purpose again. It changed my mindset and how I saw life. It truly made me realize it was the little things in life that make a huge difference. I learned not to use my struggles as weaknesses, but as encouragement and motivation to become a stronger person. If it wasn't for my challenges and life struggles, I wouldn't be the person I am.”

-Urban Adventure Program youth participant, L'Amoreaux C.I.



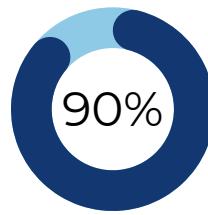
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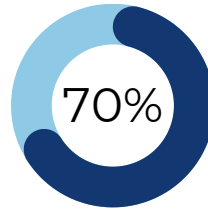


IMPACT

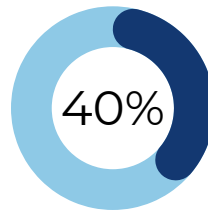
L'Amoreaux students who participated in the multi-day wilderness course were assessed in four attributes: Resilience, Leadership, Connectedness and Compassion. They answered questions based on recognised, peer-reviewed evaluation tools.



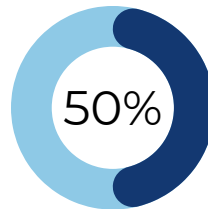
of L'Amoreaux participants showed increased resilience after their OBC course



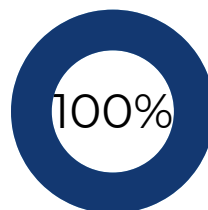
of L'Amoreaux participants showed an increase in compassion



of participants reported increases in connectedness



of participants reported increases in leadership



of participants strongly agreed with the statements 'My instructors were outstanding professionals' and 'My instructors cared about my learning and wellbeing'

The program with L'Amoreaux was revisited as the school gained a new principal in 2019; COVID-19 school disruption in 2020 delayed engagement of administration and prevented programming. We look forward to working again with L'Amoreaux educators and youth in the future.



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A TEACHER'S PERSPECTIVE

“As a special education teacher in the TDSB for over a decade now, I have had the privilege of seeing first-hand the difference an Outward Bound experience can have on a student’s life.

Working with Outward Bound we’ve been able take kids to Evergreen Brick Works for a day of climbing and exploring, to Toronto Island and the Rouge Valley for urban overnight adventures, and up to Algonquin Park for backcountry trips.

What’s been most impressive has been the span of rich experiences Outward Bound has delivered while meeting the wide range of needs our students have. From working with those with a lack of outdoor educational experiences to those with varied social, emotional, and learning disabilities, Outward Bound has been committed to granting underserved kids access to life-changing opportunities.

To see students who have not experienced much traditional success in their academic careers feel safe enough to risk clipping into a climbing rig, sleep in the snow, or carry a canoe on their shoulders, gives you hope for the future. You know, as an educator, that your students now have skills in their toolbox that weren’t available to them in the classroom.”

-Teacher, L’Amoreaux C.I.

○BC is a flexible partner that can work with you to customize a program that meets your school's needs and budget. In support of our charitable mission to increase access to outdoor education, we raise funds to assist schools

For further information about ○BC’s current offerings for school groups, please visit outwardbound.ca/school-and-group-programs or email groups@outwardbound.ca



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Outward Bound Canada is a registered not-for-profit charitable educational organization.
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