

## Information for Group Leaders

### Reflection

Writing in a journal is an example of introspection. To write in a journal means to write in a purely personal dialogue. This is where many writers do more than record daily activities. They let their feelings as well as their thoughts interact on the paper, without restricting their flow.

There are 10 minutes allotted for reflection. Groups stay at their final station. The leader recalls the day with students, reads an inspirational quote, and then students find their own place to sit for their self reflection, using the last page of their journal.

Quote: *There are no passengers on Spaceship Earth. We are all crew.*

Marshall McLuhan

### Background Notes on Group Names

**Dragonflies/Libellules:** Dragonflies start their life in freshwater, where as nymphs they are predators of other invertebrates. They may be observed at the pond invertebrate station. As adults they spend most of their day flying over lakes and meadows looking for insects to capture while they are in flight and for the males also to guard their breeding territory, much like birds do. They are ferocious hunters even as adults, catching and devouring wasps among other insects.

**Swallows/Hirondelles:** Barn, Tree, Violet-green, Rough-winged, and Cliff swallows nest on Salt Spring Island. There are nest boxes installed on posts around Ford Lake for Violet-green swallows. Swallows spend their time swooping over fields, lakes and meadows hunting for insects. Look for them in the fields and in the marsh. Swallows are a natural pest controller, feeding on insects that are harmful to crops or a pest for people.

**Treefrogs/Rainettes:** The Pacific treefrog is a small, vocal frog that is identified by the black line from the mouth back through the eye. They come to water to breed, releasing their spawn in the areas like the marsh at Ford Lake. Like all frogs, they breathe through their skin which must be kept moist. Take care when handling them – always have wet hands and protect them from hopping from great heights. Great Blue Herons may be seen hunting for frogs in the marsh at Ford Lake.

**Cattails/Quenouilles:** Cattails provide habitat for invertebrates and many bird species. They have been adapted for use in sewage treatment as they draw up toxins from the water and then can be cut, eliminating the toxins from the freshwater. First Nations traditionally used cattails for weaving mats, for bedding, and for insulation.