

SCHOOL WELLNESS PROGRAM

On the Trail to Health, Heritage and Happiness™



What is the Cache la Poudre River National Heritage Area?

National Heritage Area designations recognize nationally significant resources and their role in defining a portion of the American cultural landscape. Our National Heritage Area extends 45 miles from the Roosevelt National Forest boundary to the confluence of the Poudre and South Platte rivers and celebrates national significance of the evolution of western water law on the Cache la Poudre River. We are offering a Community Wellness Program created in partnership with the Northern Colorado Rehabilitation Hospital titled “On the Trail to Health, Heritage, and Happiness.”

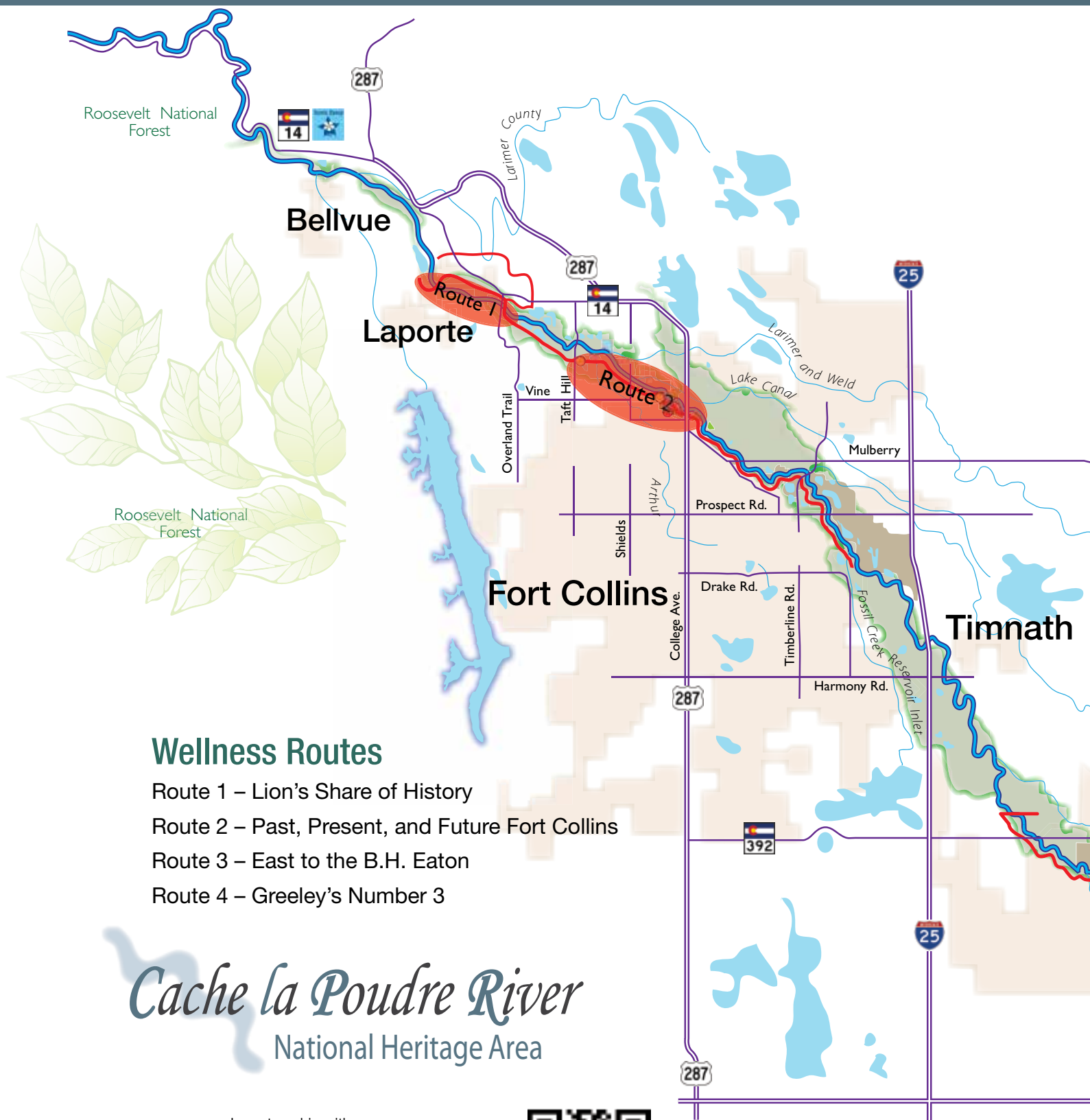
Cache la Poudre River
National Heritage Area
Poudre Heritage Alliance

Why should you sign up your class?



- Our program is fun for students and teachers!
- The field trip routes are close to school with options from Bellvue to Greeley.
- Students learn about local history and heritage while exercising.
- Our program is flexible and fits all class sizes and abilities.
- A study of California schools found that students who had received environment-based education performed significantly better in many subjects (SEER, 2005).

poudreheritage.org/wellness-program



Wellness Routes

Route 1 – Lion's Share of History

Route 2 – Past, Present, and Future Fort Collins

Route 3 – East to the B.H. Eaton

Route 4 – Greeley's Number 3

Cache la Poudre River
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In partnership with

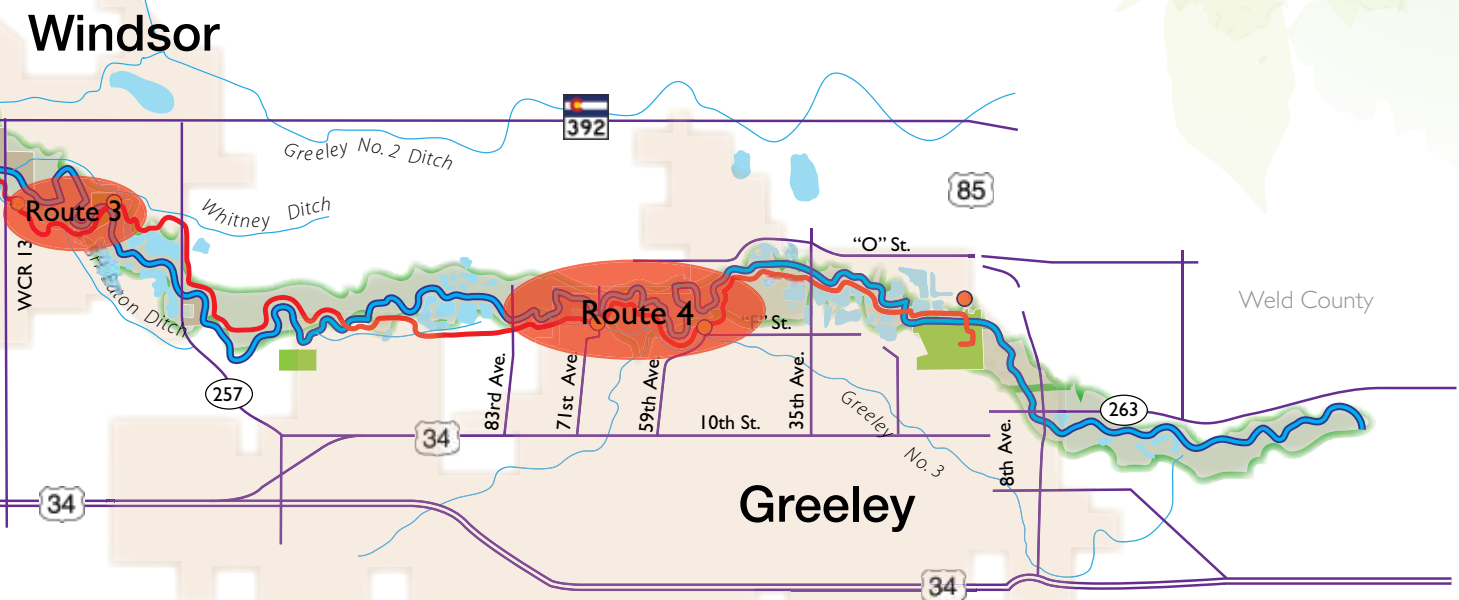


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On the Trail to Health, Heritage and Happiness™



The National Heritage Area provides abundant activities, educational opportunities and interactive experiences.



How does it work?

Our community wellness program provides a fantastic field trip opportunity for students of all ages. The length and depth of the program can be adjusted to fit the needs of your class. There are several routes available to choose from, stretching from Bellvue to Greeley on the Poudre Trail. Along the route, participants answer heritage-themed trivia questions and take selfies at points of interest. After a route is completed, teachers enter the class' answers and photos on our website.

The Poudre Heritage Alliance's Wellness Program touches upon many social studies and wellness standards for grades 1-12.

Students learn about the historical eras, individuals, groups, ideas, and themes in Colorado history and their relationships to

key events in the United States, such as the national importance of Northern Colorado's early water law. Heritage hunt trivia questions encourage collaboration and leadership as students are introduced to riparian ecosystems along the Cache la Poudre River.



How do I sign up?

To use our program, teachers simply register their class with the Poudre Heritage Alliance by calling 970-295-4851 or emailing wellness@poudreheritage.org. Each child will need to fill out an individual photo and liability waiver to participate, but teachers only need to submit one route form per class, and may submit photos taken as a group.

What does it cost?

Our program only costs \$25 per class to participate. For an additional \$25, field trips can be enhanced by a tour from one of our Heritage Culturalists. Grants are available to help pay for field trip transportation through our Learning in Our Watershed Field Trip Grant Program. Apply at www.poudreheritage.org/field-trip-grants/.