

## **KIDS FIELD TRIP INFORMATION**

*(Parents & Guardians Copy)*

### **Dear Parents & Guardians,**

Living in the city, we are usually far away from the nature scene; causing us to drift apart from the Mother Nature and making us to become an individual kind.

Hence, AMYS is organizing a kids outing to an organic farm at Green Circle to get closer to her!

Green Circle has designed a program according to the age group of our children. Our children will experience a hands-on planting that gives them a direct connection with the earth, and they will also learn about organic farming and eating healthily.

Join us in this joyful outing and let us discover our deeper love for our Mother Nature...

**Date** : Saturday, 27 June 2009

**Time** : 7:15 am – 12:00 noon

**Outing Venue** : Green Circle @ 41 Neo Tiew Road Singapore 719028 Tel: 6861 9286

**Meeting Point** : AMYS yoga centre @ 1 Marine Parade Central #07-01 Parkway Centre

**Fees** : \$ 20.00 (Non-Members) \$18.00 (AMYS Members & SPOC Members\*)  
Bus transport provided & Organic breakfast provided

**Registration** : **Contact:** 6344 6519 **Email:** yoga@anandamarga.org.sg  
\*SPOC Members to produce members card & e-coupon during registration

\*\*Parents and guardians are welcome to join in the outing. (Fees will be charged as child rate)

### **Note:**

1. Please keep us informed should you prefer to take your **own transport** (to and/or fro) the farm.
  - Participants have to reach Green Circle by 8:00 am and be fetched by 11:00 am
  - Fees will remain unchanged should you prefer such arrangement.

### **Things To Bring**

- A bottle of water
- Picnic mats
- Insect repellent

## Program Outline

- A short yoga practice
- Brief Participatory Talk (10 minutes), which covers,
  - About organic farming and eco-farm
  - Difference between plants and animals
  - The needs of living things and plants
  - The relationship between plants and animals e.g. earth-worms, pollinating insects
  - Concept about eating vegetables and organic vegetables
  - Keeping our water and air clean
  - Sing a song on Insects, 'Insects All Around' and a poem 'Flutterby'
- Planting
  - Putting earth into the pots
  - About soil, compost and earthworms
  - Seed Planting: Planting the relatively bigger seeds in pots but which can be directly sown in the planting beds e.g. sponge gourd, lady's finger
  - Stem cuttings: Planting Coleus blumei, a mint plant using stem cutting and touch on its medicinal value--optional tasting of the leaf. (they take the plant home)
  - Planting the light seeds e.g. local green lettuce, Chinese celery in planting trays to be transplanted about 2 weeks later out into the farm bed (they do not take these home though)
- Farm Walk: To see the same growing young and mature plants.



# Consent Form

kids field Trip @Green Circle (Sat, 27 Jun 09, 7:15am)

## CONSENT FORM

(For each child or participant only)

### Child Information

Name : ..... Date of Birth : .....

Gender : ..... Age Group : .....

Home Address : .....

### Medical Information

Does the child have any allergies or special dietary?

Does the child have special medical needs if emergency medical treatment is required?

Child's Doctor's Name : .....

Address : .....

Tel No : .....

### Parents / Guardians Information

Name : ..... Relationship : .....

Contact No : ..... (Mobile) ..... (Home / Office)

My child will be picked up by any of the named (with mobile no.) individuals below:

(1) ..... (2) ..... (3) .....

Is the child allowed to leave the outing unaccompanied?

YES / NO  
(please circle as appropriate)

In case of any Emergency, please contact:

Name : .....

Contact No. : ..... (Mobile) ..... (Home / Office)



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## Parents / Guardians Participation

Will any parents or guardians join the outing? Yes / No (please circle as appropriate)

Please states no. of person joining in the outing (excluding your child) \_\_\_\_\_ persons

Name: 1. \_\_\_\_\_ Contact No. \_\_\_\_\_ Relationship: \_\_\_\_\_

Name: 2. \_\_\_\_\_ Contact No. \_\_\_\_\_ Relationship: \_\_\_\_\_

Taking AMYS Bus Transport: Going  Return  (please (✓) tick as appropriate)

If any of the boxes is **not** ticked, by default we consider you will be taking your own transport. (please read under Note, clause no. 1, about Own Transport)

I, \_\_\_\_\_ give my consent to Ananda Marga Yoga Society of Singapore

(AMYS), to take my child \_\_\_\_\_ for a farm outing to Green Circle.

I, \_\_\_\_\_ understand that my child will be under the supervision of

AMYS's staff and volunteers who will take all reasonable care of my child but AMYS will not be held responsible for any losses, damages or injuries incurred during this outing or under any other circumstances.

\_\_\_\_\_  
Signature of Guardian / Parent

\_\_\_\_\_  
Name of Signatory

\_\_\_\_\_  
Date

### **FOR OFFICE USE ONLY**

No. of Participants  Membership No.

Amt Paid  Bal Amt  Receipt No.

Prepared by  Date of Submission

AMYS's COPY