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We know through research that outdoor educational and experiential programs increase skills in motor, cognitive, language, social emotional, and sensorial development. I'm here to testify that I've seen my daughter thrive in the MESA program. The outdoor experience and hands on learning has given her the chance to actually see and touch information she later extend in the classroom. This has made her able to retain information in a way that would otherwise be hard to do. It has also improved her language skills and created meaningful relationships with her classmates and teachers. They have a group dynamic hat is very positive and supportive. Outdoor activities and experience creates oneness and a feeling of belonging. They are all in it together.