

# NO SWEAT NATURE STUDY



*Welcome Guide*  
& Member Handbook  
for Subscribers

[NoSweatNatureStudy.com](https://NosweatNatureStudy.com)



# Welcome!

I'm so thrilled that you're here. This membership is designed to make nature study easy, joyful, and meaningful for your entire family. Whether you join every live class, dig into the video library at your own pace, or simply sprinkle in lessons here and there, you are doing it right.

In this busy homeschooling life, it's easy to feel like you have to "do it all." Please know that No Sweat Nature Study was created to support you — not add extra stress! It's a collection of learning opportunities, and you get to choose the portions that fit your family.

Each lesson is a beautiful blend of real science, nature journaling, and creative thinking — all designed to help your children (and you!) see the world with fresh, curious eyes. I'll be with you every step of the way, encouraging deep learning, sparking imagination, and inspiring joyful memories.

Thank you for letting me be part of your homeschool journey. I can't wait to learn and explore with you!

With joy,

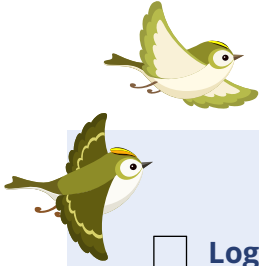
*Mrs. Cindy*

## What you'll find in this guide:

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# Let's get started!

Getting started is easy! Follow these simple steps to confidently explore nature-based science learning.



Would you like  
a video tour?

[Click Here](#)

**Log into the member dashboard**

Access everything you need — class registrations, the video library, and printable resources — all in one place!

👉 [Go to the Dashboard](#)



**Register for upcoming LIVE classes**

Join Mrs. Cindy live on the 1st and 3rd Tuesdays of each month at 2:00 PM ET for real-time science learning and nature journaling.

**Download and print parent planning materials**

[These optional printables](#) can help you plan ahead for learning.

**Gather supplies**

Each child will need a nature journal (or blank, white paper), a pencil, colored pencils (or watercolors, chalk pastels, markers, crayons)

**Explore the video library**

Hundreds of [recorded lessons are ready](#) whenever you are! Perfect for unit studies, interest-based learning, supplementing other science studies, or rainy days.

**Watch for weekly emails**

I'll send you reminders about upcoming live classes and when new replays are ready — be sure to open those helpful updates!

# Meet your teacher!



*Hi. I'm Mrs. Cindy — your Nature Study Guide!*

I'm so excited to learn alongside your family!

I'm a veteran homeschool mom, a trained educator, and a passionate lover of all things nature and science. Over the last 20+ years, I've helped thousands of families discover just how meaningful, manageable, and joyful nature study can be.

No Sweat Nature Study LIVE was born out of a simple idea: that science education can be hands-on, creative, and absolutely delightful — even for busy families.

It's truly an honor to be part of your homeschool journey. I can't wait to spark wonder, encourage curiosity, and inspire deep thinking with your children!

## *A Little About Me*

- Homeschool mom of three (now all graduated!)
- Master's Degree in Education
- Founder of Our Journey Westward and No Sweat Nature Study
- Advocate for hands-on, creative, and living education
- Believer in the power of nature to teach science meaningfully
- Enthusiastic about helping parents feel confident and capable

## *A Few of My Favorite Things*

- 🌳 *Favorite Nature Walk Spot:* Wooded trails near a creek
- 🦎 *Favorite Science Topic to Teach:* Unique features of plants and animals
- 📖 *Favorite Way to Relax:* Reading a good book on the porch swing
- 🌸 *Favorite Season:* Spring

# Membership Handbook

Now that you're ready to dive into No Sweat Nature Study LIVE, it's important to take a few minutes to review the membership policies.

These guidelines help keep our community organized, protected, and running smoothly — ensuring the best possible experience for all members.

## Class Participation

A  
Quick  
Summary

- 😊 Be kind and respectful in the chat
- 💬 Use appropriate language — always
- 🙄 Keep personal info private
- 👍 Keep your login and class links private
- 💻 Report technical problems to Mrs. Cindy or Zoom support

All  
the  
Details

## Policies for Participation in LIVE No Sweat Nature Study Online Classes

### 1. General Conduct:

- Respect: Students must engage in respectful and courteous behavior when using the chat function during online classes. Treat fellow students and instructors with kindness and consideration.
- Language: Use appropriate language at all times. Avoid profanity, derogatory remarks, or any form of hate speech. Maintain a kind tone in all interactions.
- Collaboration: Encourage fellow students. Engage in meaningful exchanges that contribute to the learning environment and enhance the understanding of the subject matter.

## 2. Privacy and Data Protection:

- a. Confidentiality: Respect the privacy of others. Do not disclose personal information about yourself or others in the chat function.
- b. Data Sharing: Do not share sensitive or personal data in the chat function. This includes contact information, addresses, or any other personally identifiable information.
- c. Security: Take appropriate measures to secure your online presence. Do not share your login credentials or allow unauthorized access to your account.

## 4. Online Etiquette:

- a. Participation: Using the chat function is never required, however, when participating please add meaningful comments to the conversation.
- b. Attention and Focus: Pay attention to the class proceedings and avoid engaging in unrelated or off-topic conversations in the chat.
- c. Patience: Be patient with others and allow them time to express their thoughts. Avoid monopolizing the chat.

## 5. Reporting Issues:

- a. Inappropriate Behavior: If you encounter inappropriate behavior, offensive language, or any violation of policies, report it to the instructor immediately.
- b. Technical Issues: Report any technical difficulties or problems with the chat function to the technical support staff at Zoom.

# Service Agreement

A  
Summary  
of Key  
Info



- 🎧 Enjoy two live science classes each month – plus a library of recorded lessons
- 💻 Access everything from your [Member Dashboard](#)
- 💳 Membership auto-renews – keep your card info updated - charges will come from **NaturExplorers on your credit card statement**
- 📄 Cancel anytime from your dashboard – no refunds once charged
- 📚 All lessons and materials are for personal family use only



# Service Agreement for the No Sweat Nature Study Membership

## I. Introduction

A. Parties involved: The service provider (Our Journey Westward, LLC) and the parent(s)/guardian(s) of the enrolled child(ren).

B. Purpose: This agreement outlines the terms and conditions for the No Sweat Nature Study membership for children.

## II. Membership Details

A. Description: No Sweat Nature Study membership includes access to two live science classes per month and a growing library of previously recorded classes. (Exception: Those who purchase the video-only version do not have access to any live classes.) The 40-60-minute classes are curated to cover a wide range of in-depth plant, animal, earth, and space science through the lens of nature study. Students create a nature journal page during each class which serves as a hands-on, multi-sensory activity to remember the scientific information, build observation skills, practice artistic skills, and practice language skills such as note-taking, labeling, diagramming, and rich vocabulary words.

Each class includes additional, optional educational resources for parents that are beneficial for making vast learning connections.

B. Age Range: Classes are crafted with 1<sup>st</sup>-8<sup>th</sup> graders in mind and work well with multiple ages.

C. Access: To access the member dashboard, where you will find everything you need to take part in the membership and make any necessary changes to your account, you will log into your account at <https://ourjourneywestward.com/my-dashboard>.

D. Important Dates: LIVE classes are held at 2pm ET on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month year-round. A printable calendar of regularly scheduled classes and topics, as well as occasional bonus classes, is available on the member dashboard at <https://ourjourneywestward.com/my-dashboard>. Attendance at live classes is NOT required. All classes are recorded and housed in the video library for members accessible from the member dashboard.

### **III. Payment Terms**

A. Membership Fee and Payment Schedule: Membership fees are subject to change at any time, but are locked in at your current rate for the duration of your current membership. Membership levels may be purchased at monthly, quarterly, or yearly levels, with the most savings at the yearly rate. Membership levels may be changed or canceled at any time.

B. Payment Methods: Membership requires a credit card to be securely filed for automatic membership renewal. See more about cancellation in the next section. Grandparents, friends, charter schools, or other entities should purchase a membership gift certificate for you or reimburse you directly for your purchase. Charter schools have the additional option to use purchase orders.

C. Late Payments: Unless you cancel your membership, the payment gateway will automatically charge your card on the specified renewal date. If the card fails to process after 3-5 attempts, your membership will be automatically cancelled. You may resubscribe at any time from your account at <https://ourjourneywestward.com/my-dashboard>. There is no late fee for cards that aren't successfully charged on the due date.

D. Change of Payment: You are responsible for keeping your credit card up-to-date in your account dashboard at <https://ourjourneywestward.com/my-dashboard>.

E. Charges will show up as NaturExplorers on your credit card statement.

### **IV. Cancellation and Refund Policy**

A. Cancellation: All membership levels are subscription-based and automatically renew (and charge your credit card) on the due date. The due date is one month, one quarter, or one year from the date of your purchase, depending on your membership level. There is not an option to pause the membership for a time period. If you need to cancel, you may do so from your account dashboard at <https://ourjourneywestward.com/my-dashboard>. You may cancel at any time and still have access to the membership through the end of your paid term.

B. Refund Policy: We do not offer refunds on any level of the No Sweat Nature Study membership. Once you purchase, you will have access to the membership through the end of your paid term. If you aren't sure the membership will work for your family or classroom, it's best to begin at the monthly membership level.

### **V. Intellectual Property Rights**

A. Ownership: The live science classes, videos, podcasts episodes, supplementary resource materials, printables, and other resources related to No Sweat Nature Study are the sole property of Our Journey Westward, LLC. They should not be shared or reproduced in any way without the express permission of Cindy West.

B. Usage: Parents may use the provided materials solely for personal and non-commercial purposes. Permission is required to share the materials, including the video classes, with anyone outside of your own family. Teachers of homeschool co-ops, school classrooms, or other groups should contact Cindy West directly at [cindy@ourjourneywestward.com](mailto:cindy@ourjourneywestward.com) to discuss group pricing.

## **VI. Code of Conduct and Privacy**

A. Code of Conduct: Please review the Policy Handbook (which follows this agreement) for conduct information.

B. Privacy Policy: The name, username, and address as entered into your account are stored securely at OurJourneyWestward.com. Administration access is necessary for anyone to view your information. Credit cards are processed through a WooCommerce Stripe gateway. Your credit card information is stored safely in that system for the automatic renewal of your membership. Administrators at OurJourneyWestward.com do not see your credit card number. Once finished with the membership, you may ask for your personal data to be removed permanently. Please email [cindy@ourjourneywestward.com](mailto:cindy@ourjourneywestward.com).

## **VII. Technical Requirements and Support**

A. Technical Requirements: To participate in the LIVE online classes, an internet connection, computer/iPad/smartphone, and Zoom software are necessary. To view the member dashboard and watch previously recorded video classes, an internet connection and computer/iPad/smartphone are necessary. Each video class comes with supplemental material that you may want to print. In that case, a home printer may be necessary. Please note that children need to have a nature journal or blank, white paper and drawing or painting tools to participate in the nature journaling activity during each class.

B. Technical Support: Please consider the following technical support channels before contacting Cindy West about technical issues. First, check your internet connection, the security settings on your computer, and ad block settings on your internet browser for any issues. Second, please search for potential solutions to your issue on Google or another search engine. Third, please contact the technical support of Zoom (or another entity) if you're seemingly having issues with their product. Finally, please contact Cindy West if all else fails. She is not a tech expert, but will help you troubleshoot.

### **VIII. Termination**

A. Termination by Either Party: Our Journey Westward, LLC can terminate a membership without notice for breach of terms, non-payment, or violation of the code of conduct. No refunds will be provided and access to the membership ends immediately. Parents can terminate the membership at any time by cancelling the membership at <https://ourjourneywestward.com/my-dashboard>. There is no refund per the Refund Policy above.

### **IX. Governing Law and Jurisdiction**

A. Governing Law: The jurisdiction that will govern the agreement is the State of Kentucky, United States.

B. Dispute Resolution: Any disputes arising out of or in connection with this agreement shall be resolved through mediation or, if necessary, through binding arbitration in accordance with the laws of Kentucky. The parties agree to engage in good faith efforts to resolve any disputes through mediation before resorting to arbitration.

### **X. Miscellaneous**

A. Severability: If any provision of this agreement is found to be invalid or unenforceable under the laws of Kentucky, the remaining provisions of the agreement shall remain in full force and effect. The parties shall make reasonable efforts to modify the invalid or unenforceable provision to the extent necessary to make it valid and enforceable while preserving the parties' original intent.

B. Entire Agreement: This service agreement constitutes the entire understanding between the parties with respect to the subject matter hereof and supersedes all prior agreements, understandings, or representations, whether written or oral, relating to such subject matter. No modification, amendment, or waiver of any provision of this agreement shall be effective unless in writing and signed by both parties.

### **XI. Effective Date and Signatures**

A. Effective Date: This agreement becomes effective on the original date of purchase of a No Sweat Nature Study membership. Purchase of a membership assumes agreement by both parties.

