



SPRING 2 2022 NEWSLETTER



At last, there is a bit more of a hint of Spring in the air, with daffodils revealing their yellow trumpets! The theme for this year's British Science Week (11-20 March) is 'Growth'. This theme is very versatile covering anything from plant growth and animal life cycles, through to personal growth.

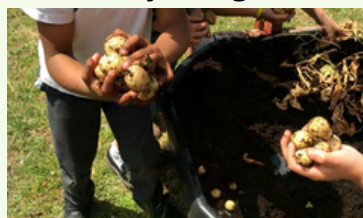
So we have adopted the theme of 'Growth' for this edition of our outdoor learning newsletter!

School gardens offer children the chance to get involved in growing food – a skill that will last them a lifetime. They're a great teaching resource too, with many opportunities to link into the school curriculum. Children are far more likely to eat fruits and vegetables they've grown themselves – a great reason to get them involved in the process! Choose crops that are robust, easy to grow and - crucially - ready to harvest during term time!

The [RHS Campaign for School Gardening](#) website has plenty of advice and information and growing projects to help you start growing things in your school grounds. This handy [growing and activity calendar](#) helps you to plan activities throughout the school year.

Easy things to grow include:

- Fat pea and bean seeds are easy for children to handle and grow. They also love setting up supports and, of course, picking the pods. At the same time, grow some peas or beans in plastic bags so children can clearly see germination happening.



- Potatoes are fun to sprout (chit) before planting into potato sacks, containers or beds. Children love the hands-on growing process and unearthing the potatoes – nature's very own treasure hunt!

- Salad crops such as lettuce leaves and radishes are quick growing as well as being perfect for growing in pots to take home.
- Winter squash and pumpkins can be planted out at the end of spring and will be nearing maturity when the children return to school from their summer holidays. How about holding a pumpkin-carving competition?
- Child-friendly fruits include strawberries in raised beds and planters, plus all manner of fruit trees for an autumn harvest.
- Flowers and herbs help to attract bees, butterflies and other wildlife into the school garden. Children will love the splash of colour they give too. Annual flowers are quick growing and should start blooming before the summer holidays – look at calendula and nasturtiums.





Frogspawn

February and March is the time of year that frogspawn and toadspawn starts to appear. If you are lucky enough to have a school pond, then keep an eye out for it just below the surface of the water in, especially amongst reeds by the water's edge. It is a fun activity to visit each day with your class to monitor how the spawn is developing. Once the tiny tadpoles have hatched it takes them around 14 weeks for them to grow to become a frog and slightly longer for toad tadpoles.



If you are lacking a pond then [this activity](#) from the RSPB can help you build a mini-pond providing a home for frogs, toads, dragonflies, pond-skaters etc. Hopefully you will be able to attract some frogs to spawn in your pond.

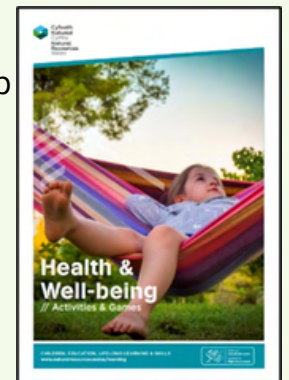
It is not illegal in the UK, to collect and raise frogspawn belonging to the common frog (*Rana temporaria*), or toadspawn from the common toad (*Bufo bufo*). There are a few other frog, toad and newt species in the UK, so make sure you're collecting the right spawn. You should return the froglets to where you found them, as moving frogs between different ponds increases the risk of spreading disease or invasive, non-native plants. This is a [useful guide](#) from the Young People's Trust for the Environment (YTPE), for caring correctly for frogs spawn and toadspawn.

Growth Mindset

Of course Growth doesn't have to mean just growing things. A 'Growth Mindset' is a way of thinking, learning and taking on challenges. A child with a Growth Mindset pushes themselves outside of their comfort zone and shows resilience and perseverance. Studies show that it is people with a growth mindset are more successful and are happier. Of course, this is exactly what we want for all our children.

Outdoor play and outdoor learning activities are ideal for helping children to discover, understand and practise developing a Growth Mindset. They can help children to make the transition from "I just can't do it" to "I can't do it yet, but I can learn and improve if I persevere."

This [health and wellbeing booklet](#), that was developed by Natural Resources Wales, helps children reconnect with the natural environment, through 14 activities and games set outdoors. The activities in it can support children in developing a growth mindset.



Free Activities and Resources

Rewild Your School!

To help teach the next generation about the importance of biodiversity, The BBC Regenerators are teaming up with David Attenborough's The Green Planet to give away up to 1 million seed balls to schools across the UK!

The seed balls - called Green Planets, of course - contain a whole world of wildflowers that will help to establish healthy habitats wherever they're planted, whether that's the end of a garden, edge of a school field or in a container outside a classroom!

Click [here](#) to find out how you can order a pack for your classroom.

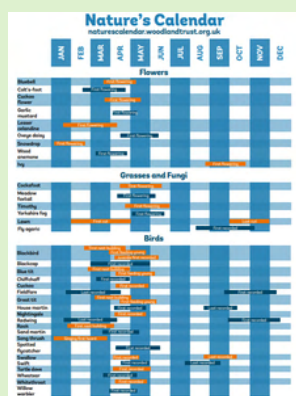


Time to Observe and Record - Signs of the Season

Have you seen your first butterfly or swallow of spring? The first snowdrop of this season was recorded on 1 January!

Whilst you are out and about in your school grounds, garden or local area, take some time to observe and record your sightings on the **Nature's Calendar** to help the **Woodland Trust** track the effects of weather and climate change on wildlife near you. You'll be contributing to a long biological record that dates back as far as 1736!

Nature's Calendar records contribute to the UK's largest phenology database. Phenology is the study of seasonal changes in plants and animals from year to year. The plants, animals and fungi you can record have been selected to help understand how nature is affected by weather and climate change. Download the [phenology calendar](#) to see what species to look out for based on the time of year.



Could you Become a Wilder School?

Become a Wilder school and sign up to make a pledge for nature.



Hampshire & Isle of Wight Wildlife Trust

The Hampshire and Isle of Wight Wildlife Trust (HIWWT) **Wilder Lives** programme helps children discover and connect with the amazing natural world around them. The programme has 4 pillars to help focus the school on your journey. These include school grounds (creating more space for nature), sustainability credentials of the school, outdoor learning and fundraising for the Trust and your wilder projects.

Email wilder@hiwwt.org.uk for more information.



Free Activities and Resources

'The Outdoor Practitioner' E-magazine

'The Outdoor Practitioner' is FREE to read and download from the [Muddy Faces](#) website.

The Outdoor Practitioner is filled with feature articles, case studies/projects, activities and includes contributions from organisations such as Learning through Landscapes, WWT and Forestry England.

Click [here](#) to read the Winter Edition!



World Book Day - 3 March 2022

World Book Day is fast approaching and it can be a great way to encourage a love of reading among children who wouldn't normally settle down with a good book.

Engaging in outdoor activities inspired by popular stories can be a great way to explore plots, narratives, and new skills while celebrating well-loved books.

Or why not encourage your children to take photos of themselves reading their favourite books outside in an unusual out-of-the-ordinary place - extreme reading!?



Free Activities and Resources



Local School Nature Grants are back for 2022!

Local School Nature Grants will return this year. Thanks to the support of players of People's Postcode Lottery, Learning Through Landscapes will be expanding their offer to help 900 schools and Early Year settings across England, Scotland and Wales. Applications open from 22 March 2022.

This outdoor learning grant fund has two elements – a fully funded outdoor learning training for your staff and £500 of equipment for outdoor learning. They are available to all schools. Early years providers must have at least 5 staff and a building – either stand alone or part of a school.

ReNature Grants - up to £150 for schools

Your school could get a £150 grant for pupil-led action that helps to ReNature your school grounds or nearby green space (or soon to be green space). All state-maintained schools with more than 10% pupils eligible for Free School Meals and who are inside the South Downs National Park or within 10km of the South Downs National Park boundary are eligible to apply.

Applications will be accepted between 1 March and 8 April 2022 for activity to take place in the Summer Term 2022. Applications will be prioritised on a first-come-first-served basis. Find the full details on the ReNature School Grants webpage.



Free Online Teacher Training

The **South Downs National Park** are holding a series of online **free twilight sessions**, to help you take learning outside and link your curriculum with the local landscape.

Sessions focus on: nature connection, delivering specific curriculum subjects and topics, school grounds development, using woodland effectively, fieldwork skills and health and wellbeing. Register to join sessions live or catch up later.

Visit their website to see the full programme and catch up on previous sessions.





British Science Week will take place this year from 11-20 March 2022.

The theme of the packs is 'Growth', and this covers all sorts of different topics, from growing plants and construction (think spaghetti and marshmallows), to economic growth and understanding the growing need to adapt in the face of climate change. There are free activity packs available with activities designed for Early Years learners, Primary pupils and Secondary students.

In the packs, you will also find details of the **BSW Poster Competition**, also themed around 'Growth'. The poster could explore a tadpole's journey into a fully grown adult frog, or look at the ways population growth is affecting the planet. For further inspiration, there are some sign-posted activities in the activity packs where you could find some ideas, just look out for the paintbrush.

The entries are categorised by age group, with a winner and runner up for each of the four age groups. The deadline for entering the competition is 5pm on the 15 April 2022.

Finally, to celebrate British Science Week, the National Farmer's Union (NFU) are hosting lessons all about different types of farming –

Live From the Farm!

There are three lessons across Science Week for Key Stages 1 and 2. The lessons are 30-45 minutes, and are completely free to join (although registering for an account in advance is required)!

- Monday 14 March - 'Life cycles live' (maybe even see some lambs being born!).
- Tuesday 15 March - 'Fantastic minibeasts and where to find them.'
- Thursday 17 March - 'Climate Change Superheroes'.



Why not follow these lessons up with a class visit to a real farm?

The Countryside Classroom has a search function on its places to visit page, where you can find farms locally to your school which run education programmes and school visits.



If you're a school in north or central Hampshire (Andover, Whitchurch, New Alresford and the surrounding areas) you can explore your local chalk stream with the Watercress and Winterbournes Landscape Partnership Scheme, which is supported by the National Lottery Heritage Fund.

The education sessions are available all year round and they are designed to be flexible: some stand alone, while others combine to form a more in-depth learning experience. You could live in a class or assembly with an interactive talk that takes you on a journey from source to sea or visit your local stream to dip for wildlife and hunt for heritage features.

Sessions are FREE but could be enhanced further with a visit to a mill, water meadow, or watercress farm for a small cost. If your session involves travelling to one of the streams, then we can offer up to £150 towards your transport costs.

Outside of the Scheme Area?

Wessex Rivers Trust offers river education sessions throughout West Hampshire. We run interactive activities in assemblies, riverbank sessions and classroom sessions. These are ideal to link with topic work and support teachers getting their class outdoors and doing something different. To find out more visit the education website.



The John Muir Award



John Muir (1838 –1914) was the Scots-born founding father of modern conservation and the inspiration behind national parks.

The John Muir Award is a UK-wide environmental award scheme. It encourages people to connect with, enjoy and care for nature, landscape, and the natural environment. The Award is free, open to all backgrounds and is suitable for upper primary school and above. It's great to run with Year 6 post-SATs!

John Muir Award - What's it All About - [You Tube](#)

John Muir Day on the 21st April, offers an annual opportunity to mark John Muir's birthday, perhaps with a conservation project in your school grounds or even to start your John Muir Award.



At [Hampshire Outdoors](#), we are here to support you in integrating outdoor learning seamlessly into your curriculum or using your school grounds and local area more effectively. See [here](#) for what our service has to offer.

As the summer term approaches, and more visits take place it is worth ensuring your school is prepared. Most schools are now planning a full programme of visits so please do contact us for support. You can call 01962 876218 or email outdoor.education@hants.gov.uk
Current DfE Guidance: [Schools COVID-19 operational guidance](#)



For more information and dates on all the other outdoor learning and PE courses we are running, including Outdoor Leader, see [here](#). Many of our courses can be offered as bespoke events for your school and can be held on-site at a convenient time for you. Just let us know!

Email: outdoor.education@hants.gov.uk or
call 01962 876218. www.hants.gov.uk/Hampshireoutdoors

On our [Trailblazer website](#), you'll find a number of curriculum based activity sheets as well as signposting to other great resources.

Our next **Outdoor Learning Courses (including Trailblazer)**:
- **Friday 1 April 2022, Minstead Study Centre, SO43 7GJ.**
- **Tuesday 7 June 2022 - Gilbert White Study Centre, GU34 3JU**
See the Hampshire Learning Zone for more details.



Do you need to update your First Aid Qualification? We have spaces on these upcoming courses!

Emergency First Aid at Work: Monday 23 May 2022 – New Forest Area

Emergency Paediatric First Aid: Tuesday 5 April 2022 – Fareham Area,
Friday 1 July 2022 - New Forest Area

ITC Outdoor First Aid: 19 & 20 March 2022 – New Forest Area
5 & 6 July 2022 – Fareham Area

To find out more about these courses and how to book please click [here](#).



We can also offer bespoke first aid courses on the school site.

If you are interested in finding out more please contact outdoor.education@hants.gov.uk



Rewilding the Mind

A therapeutic nature-based 6/8-week provision for young people in Hampshire.



**Hampshire
Outdoors**
Skills & Participation

Rewilding the Mind

Wildlife-rich environments and fresh air has proven benefits that supports young people to feel better emotionally and mentally, as well as contributing to their physical wellbeing. 'ReWilding the Mind' focuses on nature connection and personal care using a blend of holistic and physical nature-based activities, whilst promoting pro-conservation behaviours to support the local wildlife. This programme is suitable for secondary aged young people who have been impacted by Covid and are experiencing mental health issues.



Set amongst the beautiful woodlands of the New Forest, interventions are delivered at Minstead Study Centre in Lyndhurst. The study centre is on a five-acre site with an old Victorian School. Here, the young people will find sheep, chickens and an extensive garden filled with fruit, vegetables, herbs and plants.

Young people will be able to find a place to focus on their wellbeing in small groups over 6-8 sessions, lasting 2 – 3 hours, with the support and encouragement of our experienced Outdoor Practitioners.

They will partake in such activities as, bushcraft, outdoor cooking, yoga and mindfulness, exploration, creative arts, interaction with animals, gardening, practical conservation, walking in nature and music.



In discussion with educational staff, our practitioners will create a person-centred group programme that will focus on various areas of support incorporating the 5 Pathways to Nature Connectedness – a set of results-based actions developed by the University of Derby which has proven benefit to wellbeing and improving mental health.

Our 'ReWilding the Mind' well-being programmes aim to ensure that each young person who attends has defined outcomes, objectives, techniques, and support for a long-lasting impact on their well-being.

For more information about 'ReWilding the Mind', please email:
Stuart.Cousens@hants.gov.uk or call 01962 876218



Living Streets' Year Round Walk to School Challenge

Living Streets' Walk to School campaigns have been running for over 20 years, encouraging millions of pupils across the UK to travel actively to school. They work closely with the HCC's Travel Planning Team to help encourage students to travel actively when possible.

WOW (Walk Once a Week) is a badge-incentivised project that encourages students to travel actively to school to reduce cars at school gates in the morning. This programme is available to **primary-level schools for free** and there is also additional support via Living Streets that can be provided which may include: setting up a Park and Stride, School Route Audits to identify barriers to walking in your local area, Strider (Living Streets' mascot) visit or events and competitions to promote walking.



Congestion, road safety and localised air pollution may be key issues affecting local communities. WOW aims to help with addressing these problems and at the same time support pupils' physical and mental health. With 6,500 schools in Britain (educating 2.6 million children) being based in areas where fine particles in the air exceed WHO recommended limits, it's time to act to revert these figures. On average, WOW schools see a 30% reduction in car journeys to school and a 23% increase in walking rates.

There are still fully-funded spots available for Hampshire primary schools – so if you are a school that you believe would benefit from some extra help, you can via this [Free WOW form](#) or contact the Hampshire Project Coordinator directly: juliette.cross@livingstreets.org.uk

More information on the WOW challenge can be found here in the [Living Streets' booklet](#) and [here](#) on a link to the webpage.

Sustrans Big Walk and Wheel - 21 March to 1 April 2022



Sustrans Big Walk and Wheel is the new name for Sustrans Big Pedal. The event has a new name but it still has the same aim. Sustrans want to encourage more families to travel to school actively, to help create healthier and happier communities.

Sustrans Big Walk and Wheel will run for 10 days from 21 March to 1 April 2022 and is open to all primary and secondary schools in the UK, including SEN/ASN/ALN schools.

Join in between 21 March and 1 April to be in with a chance of winning fabulous prizes every day!



Physical Education

Due to the success of our previous virtual Hampshire PE Conference, we took on board your feedback and will be running our next conference as a hybrid in person and virtual event! The day will run as normal, but it will also be accessible for all those who aren't able to attend a full day in person.

The Hampshire PE Conference 2022 focuses on how schools can ensure inclusive physical education so that children can access and enjoy more physical activity. We have an exciting programme of workshops and speakers which will equip school teachers and PE leads with the resources, ideas and inspiration to create a curriculum that is inclusive to all pupils.

For secondary colleagues, the workshops provide the opportunity to hear about initiatives that have been successful in local schools as well as a chance to speak to exam boards about GCSE and BTEC courses.

Book [here](#) for the Hampshire PE Conference.

HAMPSHIRE PE CONFERENCE

Participation for all

 **Tuesday 5th April 2022**
Attend in person or virtually

 **St Swithun's School,
Winchester**

**BOOK
NOW** *Join us !!*

Afternoon workshops including:
Sensory circuits, Inclusive multi-sports,
Stormbreak, Cycling, Yoga, Outdoor Education,
FA (football for girls)

Price from £100

 [HantsOutdoors](#)  [01962 876218](tel:01962876218)

 **Hampshire
County Council**

www.hants.gov.uk/hampshireoutdoors



Keynote from
Paralympian Kate Grey

Please do get in touch at jodie.bascombe@hants.gov.uk if you have any PE or PA questions.

Dates for Your Diary



We have updated our **Trailblazer Calendar of Themes and Days for Outdoor Learning** for the academic year 2021/22 so you can see what's coming up and plan accordingly!



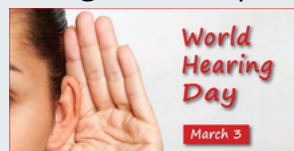
Here are some events and activities coming up that can be used to support getting children active and learning outdoors!

World Hearing Day - 3 March 2022

A day to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

Encourage your class to sit still outdoors and listen!

Can they create a sound map of what they hear?



World Book Day - 3 March 2022

2022 is the 25th Anniversary of World Book Day. Why not encourage your children to take photos of themselves reading their favourite books outside in an unusual out-of-the-ordinary place?

British Science Week - 11 March - 20 March 2022

This year's theme is 'Growth'.



Mud Pi Day - 14 March 2022

This day celebrates the mathematic constant, pi (π). It's celebrated on the 14 March because when the date is put into the American mm/dd format (3/14) the digits in the date correlate with the first three digits of pi, 3.14.

World Poetry Day - 21 March 2022

Head to the outdoors or the woods and write a poem.

See the Trailblazer Poetry Outdoors Activity Sheet for ideas.



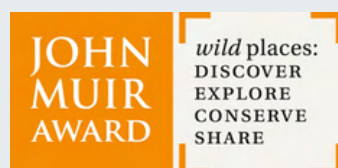
Sustrans Big Walk and Wheel - 21 March - 1 April 2022

Big Walk and Wheel (was the Big Pedal) is all about inspiring pupils, staff and parents to take active journeys to school.



The Great British School Clean - 25 March - 10 April 2022

Help clean up litter in your school grounds and local area. Why not conduct a school litter survey and map where different types of litter were found?



John Muir Day - 21 April 2022

This day marks John Muir's birthday.

Why not pick today to start your John Muir Award in your school?

