

## SPRING 2 2021 NEWSLETTER

*We are inching our way towards Spring, the season of renewal, after what seems like the longest of winters! The Spring or Vernal Equinox falls on the 20th March 2021 and marks the day when day and night are the same lengths. After that point we will start to see longer hours of daylight than darkness. Hurrah!*

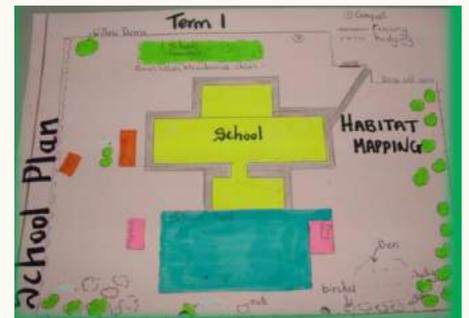
Our theme this newsletter is **Biodiversity** and 22 May 2021 is the International Day for Biological Diversity. We have lots of ideas and activities for you to use with children at home or with your class once children are back in school.

Biodiversity describes all species that live on Earth, as well as all those that used to live on the planet. We know of about 2.5 million species, but there could be 10 or even 100 million in total!

If children are in school they could explore and survey the habitats and biodiversity in the school grounds. How could they improve areas and make them more wildlife friendly?

Perhaps they could create a bog garden, a toad abode or a mini wildflower meadow to encourage more diverse wildlife.

Lots of schools working to become an **Eco-School**, choose to address biodiversity as part of their Action Plan.



For those children currently not in school, encourage them to spot and record the different creatures they see when out on a walk. They could take a notebook and a pencil and keep a tally mark record of all the creatures they spot such as ants, bees, beetles, flies, etc. They could carry out this **Signs of Spring Search**. If they have a garden, what could they do to encourage more wildlife and different types of wildlife?!



The **Bioblitz Project** have created resources to teach children the basics of biological recording using the mobile phone app iNaturalist. The resources are designed for children aged 5-14, and include activities that can be done at home, in the garden or during a daily walk.

**Seek!** by iNaturalist is better for younger children. It too uses image recognition technology to identify plants and animals. Children can earn badges for seeing different types of birds, amphibians, plants, and fungi and participate in monthly observation challenges.



# Free Biodiversity Resources...

*There are some great resources out there for both home and school use, to help connect children to nature and understand biodiversity.*



**Learn to Love Nature** – [WWF](#) have released a series of themed resources for children and young people to learn about nature, biodiversity, and our planet. You'll be able to access popular educational materials, find links to insightful webinars with WWF experts, and get creative with fun 'make-it' activities.

The **Wildfowl & Wetlands Trust (WWT)** have a passion for engaging people with wetlands and their wildlife, and believe that experiencing nature first hand is the best way to learn. They have produced lots of learning resources and activities, including a 12 week home learning programme.



**Countryside Classroom** is offering an activity pack of resources teachers can use to stimulate biodiversity learning with their students, resources available for a range of ages.

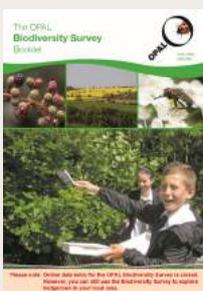
**Earthwatch Education** have guidance on how to incorporate Naturehood into your curriculum, offering ideas for topics and activities to connect your pupils to nature. Sign up for free to get access to resources, activities and videos.



**Endeavour** is Kew Garden's free online learning platform, full of teaching resources for all key stages. Plan a plant hunter expedition, investigate plants used in medicine and explore habitats under threat!

## Insects in Your School Grounds

Whether it's through a bug hunt, creating insect homes in your school grounds, or delivering a campaign to help insects, there are lots of ways that your school can make a difference and learn at the same time. Your School Guide to Taking Action for Insects by The Wildlife Trusts is available to download and lead you to other WWT lesson plans and resources.



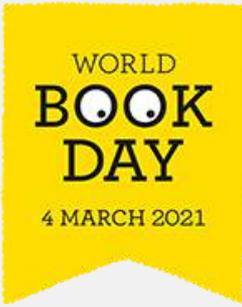
**OPAL: Citizen science for everyone.** Whilst the online data entry for the various OPAL Surveys are closed, you can still use the Biodiversity Survey and resources to explore hedgerows in your local area. (Other survey resources are also still available to use).



FSC (Field Studies Council) Scotland and the John Muir Trust have developed a STEM by Nature programme. Find out about the pilot here.

They have also created this **Information and Resources Padlet** available for anyone to access. Although obviously Scottish focussed, it showcases lots of useful resources.

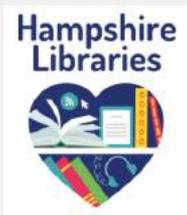




## World Book Day – 4 March 2021

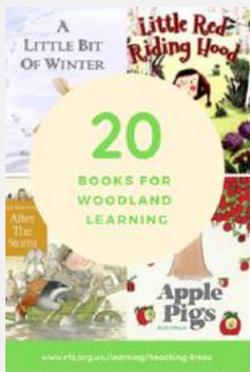
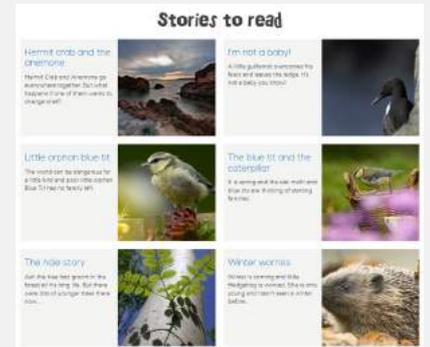
First celebrated in 1995, World Book Day is back promoting books and reading to all.

Why not encourage your children to take photos of themselves reading their favourite books outside or in an unusual out-of-the-ordinary place. An example could be up a climbing frame or on a trampoline (mindful of being safe and within COVID restrictions!).

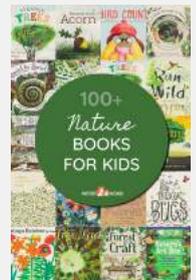


Don't forget there's also lots of fun activities for children and families online at [Hampshire Libraries](https://www.hants.gov.uk/hampshirelibraries).

Using stories as part of Outdoor Learning can also be useful in developing an emotional response about a place and the creatures that live there. The [RSPB](https://www.rspb.org.uk) share a **selection of stories** for children to explore the lives of a hermit crab, caterpillar and little hedgehog, plus more. There are stories to read and also separate audio stories which include famous voices.



The [Royal Forestry Society](https://www.royalforestry.org) have pulled together their **top twenty books** for inspiring imaginations and creativity when visiting a forest. Their choices cover Classic Tales, Animals and Mini Beasts, Conservation, Trees and Forests.



[Here](https://www.royalforestry.org) also is a useful list of 100+ nature-themed children's books.



Although our centres are currently closed due to the COVID pandemic we are still really keen to introduce outdoor learning experiences to young people. The teams across all four of our Hampshire Outdoor Centres have pulled together an **activity pack** which includes ten challenges for children to try at home.



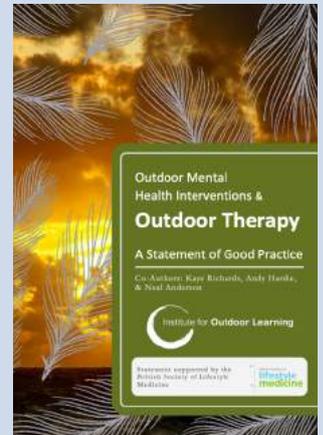
# Free Resources ...



*Playing and learning outside is vital for children to help them develop a wider understanding of the world around them. And the best thing about all of the suggestions here, is that they are all free!*

## Outdoor Mental Health Interventions and Outdoor Therapy

Traditional terms such as adventure therapy, wilderness therapy, nature therapy and outdoor counselling, have more recently been joined with a plethora of wider terms, such as eco-therapy, forest bathing, and a Natural Health Service, to name a few. All of these terms are taking claim to some kind of health benefit (physical or psychological) for getting outdoors. This Institute for Outdoor Learning (IOL) statement of good practice purposefully sets out a view on competence when combining mental health and well-being interventions with outdoor learning.



The Children and Young People Now website has some interesting articles and relevant resources on education, youth justice and social care. The outdoor learning hub looks at different approaches, encompassing all ages. Recent posts include invitations to join pedagogical discussions, contribute articles and keep up to date with safeguarding statistics and thoughts from OFSTED.

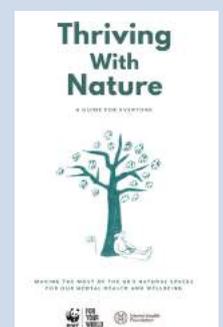
They are also holding an online Children and Young People's Mental Health Summit 2021 1st March 2021, 2.30-6.00 & 2nd March 2021, 9.30-1.00. Cost: £99 + VAT.



A great **A-Z of growth mindset** self-talk poster from Kristin Wiens. Use as a starter discussion point with children both in the classroom and out.

## Thriving With Nature

The Mental Health Foundation and WWE have joined forces to produce Thriving With Nature; a free guidebook which explores the relationship between nature, wellbeing and mental health. It has useful and seasonal ideas for making the most of the UK's natural spaces for our mental health and wellbeing.



# Free Training ...

Why not take advantage of some of the free online training or CPD on outdoor learning that is currently available!



**Inclusivity in the OUTdoors** This is a series of free webinars hosted by [IoL](#) exploring equality, diversity and inclusion to share research, guidance and best practice.

The **South Downs National Park** has a full programme free [online teacher training](#). Sessions will focus on: delivering specific curriculum subjects (eg History) and topics, school grounds development, using woodland effectively, fieldwork skills and health and wellbeing. Join live or you can also watch previous webinars until 31 March 2021.

Here is a [summary of their programme](#).

The **John Muir Trust** have a series of training and professional development [webinars](#).

**Education Scotland** have [free outdoor learning webinars](#) covering a huge range of outdoor themes and subjects. They are being hosted on Juliet Robertson's Creative Star Learning website.

Join **Learning Through Landscape's Facebook Group** for educators and teachers, to access tutorial videos, downloadable resources, learning plans, etc.

## **Nature Connectedness: For a new relationship with nature**

The University of Derby is leading the development of ground-breaking evidence that explains what nature connectedness is, how it can be measured, its benefits for human and environmental wellbeing - and, importantly, how it can be improved. [This free online course](#) covers that work.

The **Forest School Association** are running monthly **Wednesday Webinars**, which are free and cover a range of different topics. You don't need to be a member to access, but you will need to register to attend. See their [blog](#) for recordings of previous webinars. Check out their [Facebook](#) page for or email [enquiries@forestschoollassociation.org](mailto:enquiries@forestschoollassociation.org) for details.

Needing a visual way to show how outdoor learning and offsite visits can link into learning outcomes? Then take a look at [OEAP's](#) new **Mind Map** which provides a summary of the many areas where outdoor learning, off-site visits and learning outside the classroom can be particularly effective in achieving educational aims and desired learning outcomes.





# News from Our Study Centres



## Visit Stubbington Study Centre for a day!

Get out of the classroom and visit the centre for a jammed packed day of activities. Whilst schools are not able to stay at the centre for a residential visit, many schools are snapping up the opportunity to visit the centre for an extended day. Schools arrive at 9.30am and can stay until 8pm; catering options are available. This extended day finishes with an exciting visit to our hide to watch the badgers and foxes enjoy their dinner ....this can't be guaranteed but not many people have been disappointed!



Shorter day visit options are also available, 9:30am – 3pm. This option will continue to be available, when things return to 'normal', throughout the year on Fridays.



A range of activities for Key Stages 1 and 2 are available and we can create a bespoke programme to meet the aims of your visit.

Please get in touch with Stubbington Study Centre for more information – [Stubbington.sc@hants.gov.uk](mailto:Stubbington.sc@hants.gov.uk) or 01329-662244.

## Day Visits to Minstead Study Centre!

Minstead Study Centre has also been running non-residential visits with extended days - activities for KS1 and KS2, with a focus on sustainability. They are also taking bookings for residential for when schools can return. Remember there is the Hampshire COVID guarantee. For more information contact [minstead.sc@hants.gov.uk](mailto:minstead.sc@hants.gov.uk) or 023 80 813437.



Try out this activity from Minstead Study Centre. Find out more about the biodiversity around you by using **'My-hand-o-meter'**!



Simply place your hand down in an area you are interested in and count all the different types of plant (or animals) you can see around your hand! You don't need to know the name of a species to be able to see if it is different to another species (you could even invent your own names for the things you see!) You could write or draw your results – remembering to record the time and place you have collected this data from. Once you have observed and recorded the biodiversity (the different living things) in one area, why not compare it to another?



You could repeat this over a number of different places and/or repeat it in a few weeks to see how much difference the changing of season can have on biodiversity.



## School Games Organiser Virtual Competitions

Whilst Hampshire School Games competitions have been put on hold, due to the current lockdown restrictions, the Hampshire School Games Organisers have been working hard to keep pupils active. Over the past 4 weeks, schools across Hampshire have been encouraging their pupils to complete the [Hampshire School Games Daily Physical Activity Challenges](#), as we move into the second half of the Spring term, these challenges will continue.

Aimed at engaging all pupils to give it a go, the challenges are not a competition, but a chance for children and young people to remain active at home or in school. It is possible to do them indoors, in a limited space or outside in the garden, they don't require lots of equipment and can be adapted to whatever is available.

These fun challenges are different each day and we hope you and your pupils enjoy being active whether it is in school or at home. We would be grateful if you could share across your school community.

If you have any questions please contact your local School Games Organiser (SGO). If you do not know who your School Games Organiser is, please contact Jodie Bascombe.  
[jodie.bascombe@hants.gov.uk](mailto:jodie.bascombe@hants.gov.uk).



## Free Motivational Messages for Schools from local Paralympian Aaron Phipps

Aaron has offered to provide short messages to schools to encourage activity or celebrate any of your young people's achievements at this difficult time. These can be shared on your website, email or via social media.

Aaron is trying to balance home schooling and training for the Tokyo 2021 Games. (He has confirmed that competing on the World Stage is far easier than trying to teach!).

The easiest and quickest way to contact Aaron is via Whatsapp. Message him with your schools details and he will reply with a bespoke message. His number is 07916118943. If for any reason Whatsapp isn't an option you can also email him [aaron@aaronhipps.com](mailto:aaron@aaronhipps.com).



# Physical Education



This fantastic charity has featured in previous newsletters as they have produced short online videos that teachers and parents can share with their children to encourage positive mental health through physical activity. The team have produced some really useful information for parents to help them help their children during lockdown.



**Stormbreak@home**  
An approach for schools, families, parents, carers and children in response to COVID-19.



**Stormbreak Pathway**  
Help support children's mental health through movement.



## Get Set

Explore the free, cross-curricular resources for students aged 5-19. Get active with Team GB and ParalympicsGB, find out more about the history and values of the Olympic and Paralympic movements, or investigate the science and technology behind sport.

## Travel to Tokyo

To celebrate the Tokyo Olympic and Paralympic Games in 2021, schools and families can get active with the virtual Travel to Tokyo challenge, and Team GB and ParalympicsGB's free programme for children aged 5 to 11 and their families. Sign up to receive a newsletter of activity ideas, get inspiration from other teams and more.



# Hampshire Outdoors

## Supporting you to get outside...

The time children spend online has increased dramatically in the past year as they have been forced to switch to remote learning. According to Qustodio, which tracks usage of tens of thousands of devices used by children aged 4-15 in the UK, US and Spain, social media use has sky rocketed. Parents also are concerned about the impact of excessive screen time on children's mental and emotional development as well as their diminished physical activity.

### **That's why when children return to school it will be important to get them outside!**

Getting children outdoors, particularly, in a natural environment and engaging with nature, is fantastic for their health, wellbeing and learning. It means getting outdoors, not just during break times and in PE lessons but also by delivering curriculum-based lessons in the school grounds or local areas.

Here at Hampshire Outdoors, we are here to support you with this. We can support you in integrating outdoor learning seamlessly into your curriculum or using your school grounds and local area more effectively. We also have a number of curriculum based activity sheets on our **Trailblazer** website, as well as signposting to other great resources.

See [here](#) for more information on all the courses we are running and dates. 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](mailto:outdoor.education@hants.gov.uk) or call 07962 876218. [www.hants.gov.uk/Hampshireoutdoors](http://www.hants.gov.uk/Hampshireoutdoors)

### **Outdoor and PE Courses - Summer dates now available to book!**

**Our next Outdoor Learning Course is Tuesday 25 May 2021**

**at the Gilbert White Field Study Centre, GU34 3JU. SLA price £95 or £125 if no SLA.**

### **Outdoor Learning Conference New Date: 18 June 2021**

We have had to take the decision to postpone our March outdoor learning conference to 18 June 2021.

You can still book [here](#).



**HAMPSHIRE OUTDOORS**  
**DISCOVERY ON YOUR DOORSTEP**  
ENGAGING, RELEVANT AND COST EFFECTIVE OUTDOOR IDEAS FOR THE WHOLE CURRICULUM

**18TH JUNE 2021**  
**STUBBINGTON STUDY CENTRE**  
**£100 - INCLUDES WORKSHOPS AND REFRESHMENTS**

**GUEST SPEAKERS:**  
SUE WHITE - VISITING RESEARCH FELLOW AT THE UNIVERSITY OF PLYMOUTH  
MATTHEW DAMPIER - HEADTEACHER AT DROXFORD JUNIOR SCHOOL (FULLY INTEGRATED OUTDOOR LEARNING SCHOOL)

**Hampshire Outdoors**  
Skills & Participation

**FOR MORE DETAILS OR TO BOOK VISIT:**  
[www.hants.gov.uk/hampshireoutdoors](http://www.hants.gov.uk/hampshireoutdoors)



# Calendars

Here are several free useful calendars of different activities for being active or getting outdoors, that you can use with your class at home or in school. We also have a **Calendar of Themes and Days for Outdoor Learning** on our **Trailblazer Outdoor Learning** website.



## Gardening Club Calendar

Use this term by term calendar to help you plan weekly activities for gardening at school. Many are activities which can be found on the **RHS Campaign for School Gardening website**.

## The Folklore Calendar

from Project Britain is useful for stories, folklore and traditions, month by month.



**Our Healthy Year** calendars from Change for Life, to inspire your pupils to eat well and move more.

- Reception and KS1 Calendar
- KS2 Calendar

Sign up for lots of resources to use in class or to send home to families.

## A Year of Outdoor Homework from Learning Through Landscapes.

This resource provides 33 tasks over the school year for outdoor homework and can easily adapted for older or younger ages.



## A Month Outdoors

Encourage going outdoors every day for a month with these free fun outdoor activity calendars, covering many different topics from science to art.

March's calendar and activity pack is available from Love Outdoor Learning.

Or download another month of activities from Educate Outside.

Send them home for parents to use whilst on a walk with their children or use in your outdoor learning sessions when children are back at school.





## Dates for Your Diary

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

See our Trailblazer [Calendar of Themes and Days for Outdoor Learning](#) for a full list for 2021.



### **Dark Skies Festival** - 12 to 28 February 2021

Virtual event from the South Downs National Park. Two weeks celebrating what the night sky means to us and our wildlife.

### **National Nest Box Week** - February 14 to February 21 2021

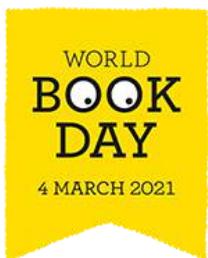
Run by the British Trust for Ornithology, it aims to encourage people to put up nest boxes to help breeding birds.

Why not have a go at [making your own nestboxes](#) and putting them up at home or around your school grounds?



### **British Science Week** - March 5 to March 14 2021

This year's theme is 'Innovating for the Future'. [Activity packs](#) are available to download for Early Years, Primary and Secondary.



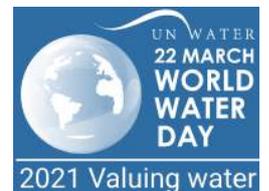
### **World Book Day** - 4 March 2021

Promote the outdoor reading or sharing of stories.

### **Spring Equinox** (First Day of Spring) - March 20 2021

### **World Water Day** - 22 March 2021

This day is about what water means to people, its true value and how we can better protect this vital resource.



### **Earth Day** - 22nd April 2021

This is the annual event dedicated to awareness about the various environmental challenges that face our planet. This year's theme is Restore Our Earth.

### **International Day for Biological Diversity** - 22 May 2021

A day to increase the understanding and awareness of biodiversity issues.

### **Hampshire Outdoors Outdoor Conference for Primary Schools** - 18 June 2021.

at Stubbington Study Centre, Fareham, the theme is 'Discovery on your Doorstep' with a focus on using the school grounds and local area to deliver exciting outdoor learning across the whole curriculum.

