

### SUMMER 1 2021 NEWSLETTER

**Welcome to our Summer 1 newsletter. The birds are singing louder and splashes of colour are painting the world and the clocks have 'sprung forward'!**  
**We hope you are feeling uplifted by such sights and sounds!**

Another positive is that the DfE guidance indicates that school domestic day visits can once again take place from 12 April. UK residential visits may resume from 17 May, inline with Step 3 of the roadmap. We are awaiting further guidance for overseas visits. Full details are available on the [gov.uk website](http://gov.uk). We will continue to post updates and information on [Evolve](#). These changes present a positive opportunity for education and activity beyond the school grounds and are very much encouraged and supported by the team at Hampshire Outdoors.

**With school visits in mind, our theme this newsletter is all about exploring water (including ponds, rivers, seas and oceans), across the curriculum.**

Whether you are lucky enough to have a pond in your school ground or can go on a visit to a local one, our [Trailblazer Activity Sheet - Pond Dipping](#), has tips for getting the most out of your pond dipping activity as well as lots of cross-curricular follow-up activities for all ages.



Why not keep a tally of the creatures you find and use the information for data handling back in the classroom.

Keep a tally of the creatures that you find.

Pond Animal	Tally	Total
mayfly nymph		4



With lots of space for mess, use water outside to explore volume and capacity. Children can use measuring cylinders, measuring jugs, etc, to measure ingredients for making 'potions' or 'cocktails'. See this [KS2 activity](#) from Play of the Wild, for measuring the amount of displacement that results when objects are placed into water.



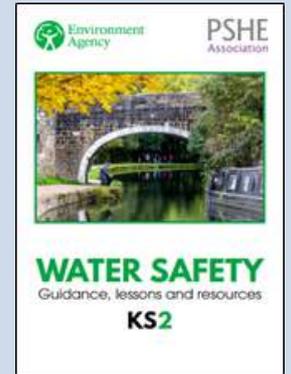
# Teaching About Water Safety.

Every year, 300-400 people lose their lives by accidental drowning. It's the third most common cause of death amongst children and young people.

As Hampshire has about 230 miles of coastline, as well as many rivers, canals and lakes, it's essential we educate children about water safety. Here are some FREE resources to enable you to do this.

The **PSHE Association** has worked in partnership with the Environment Agency to develop a new, free-to-download pack of guidance, lesson plans and resources for Key Stage 2, exploring water safety in relation to floods, and canals and rivers.

Both lessons in the pack provide an age-appropriate understanding of potential hazards, how to manage emergency situations and keep safe. Supporting pupils to keep safe in the environment is an important element of the PSHE education curriculum and contributes to safeguarding pupils from harm.



## **Royal Life Saving Society UK**

Resources to educate people to enjoy water safely, to keep their families and friends safe and to know what to do in an emergency.

## **RNLI**

Resources available to teach young people how to be safe near and in the water – and what to do if anything ever goes wrong.



## **Stay Afloat**

A educational resource produced by HCC, RNLI and the University of Portsmouth for secondary schools (suitable for Key stages 3 and 4).



**Weil's Disease** is an illness that is very rare, but all water users should be aware of this potentially fatal infection. It is carried in the urine of infected animals, particularly rats. The main danger from the illness is that it is so rare that doctors may not immediately recognise it.

Prevention measures against water borne infection are:

- Cover all cuts and abrasions with waterproof plasters.
- Always wear footwear to avoid cutting the feet.
- As a minimum always wash your hands after water activities and before eating or drinking
- Where possible shower soon after any activity where you have been immersed in the water.
- If you feel ill after working in a stream, river or pond, you should tell your Doctor as soon as possible and let them know where and when you have been in the water.

See also the [NHS's guidance](#) on Weil's disease.



# Free Resources ...

Learn all about our coastline and all the creatures that inhabit it, and what you can do to protect it. Free videos and resources to download from [2 Minute Beach School](#).



[Learning Through Landscapes](#) have announced the opening of their **Local School Nature Grants**. The grants provide an assortment of nature equipment up to the value of £500 and a two hour training session. The packages are customisable, enabling Early Years settings, Infant, Primary and Secondary schools to choose from a menu of items which best suit their learners and their setting.

## Plastic Clever Schools

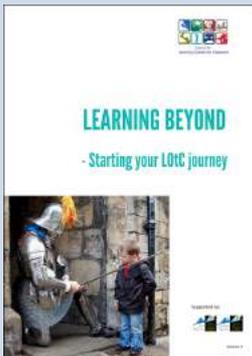
[Kids Against Plastic](#) is committed to helping schools succeed in their efforts to fight single-use plastic and have created all of the resources a school (with pupils leading the way) needs. And they are all freely available to any school wishing to get involved. All schools have to do to get started is [register](#).



## Great British Wildflower Hunt 2021

Over this spring and summer, [Plantlife](#) will bring you four different Hunts with over 70 different flowers to get to know. [Register](#) to print out the spotter sheets or download the free Survey123 app.

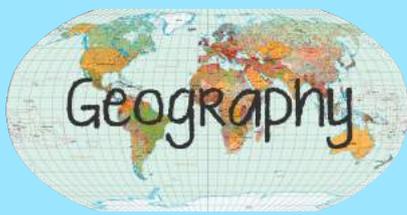
[The Outdoor Teacher](#) and the [South Downs National Park](#) have collaborated on an '**Outdoor Learning Myth Busting**' guide. The aim is to help teachers and educators to understand what they can offer in an outdoor setting.



Taking learning outside the classroom can help make lessons active and support pupils as they re-engage with learning. The [Council for Learning Outside the Classroom](#) (LotC) have launched a new guide to help you move your teaching beyond the classroom walls - '**Learning Beyond - Starting your LOtC journey**'. It also contains an audit form, teachers' survey and action plan to complete to start your LOtC journey.

Muddy Faces have launched a brand new online magazine: '**The Outdoor Practitioner**'. It 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 who are passionate about being outdoors.





## How We Can Link Water Into Our Geography Curriculum.



71% of the earth's surface is covered in water and it is a significant part of our geography curriculum. From the five oceans and the seas surrounding the UK, to the water cycle, rivers, harbours, ports, cliffs, beaches, and the coast; teachers and children should dive into the water related topics and give children experiences of the water in person or virtually. Hampshire experiences it's fair share of rain and has many rivers, lakes, ponds, and a long coastline so many of our children have experienced water however, not all of those experiences would have connected to geography vocabulary and topics. Furthermore, many of our children will never have experienced a river, lake, pond, or sea so it is vital that we bring it to them.

Fantastic experiences can be gained through the study centres and offsite fieldwork and there is plenty that can be done on the school site, in the local area, and using online resources.

### Fieldwork questions linked to water:

1. How does the water cycle change with the seasons?
2. What evidence can we find of the water cycle on our school site?
3. How is the water cycle different in the deciduous forest compared to the field?
4. Where are the stores and transfers of water on our school site?
5. How is infiltration affected by the surface?
6. Where are there examples of erosion, transportation, and deposition around the school site?
7. Where is most at risk from flooding?



### Resources that can bring water to life:

1. Google Maps
2. Google Images
3. BBC Bitesize – Geography
4. YouTube
5. [www.earthcam.com](http://www.earthcam.com)
6. [www.skylinewebcams.com](http://www.skylinewebcams.com)



Children can find the rich vocabulary of geography a challenge and the experiences and images help them connect to the subtle differences between a pond, lake and reservoir, or the sea and an ocean. Accuracy with knowledge is important in order to be a concise geographer and we need to structure our balance of key vocabulary, content and experiences to support the cognitive load of geography and ensure children develop as all round geographers.



# How We Can Link Water Into Our Geography Curriculum (continued).

**Support to help children remember the positional vocabulary such as the oceans and seas:**

1. Display blank maps on the wall and add to them as you learn about a new ocean or sea. Bring it to life with images and drawings to connect the abstract body of water to the children.
2. Draw a world or UK map on the playground.
3. Create the maps with rope, blankets, sheets, mats and play games to move them around the map.
4. Introduce the oceans and seas gradually and in context with a topic to support cognitive load. For example, when children are learning about their school, local area, or Hampshire, introduce the English Channel or the Atlantic Ocean. Drip feeding the specific vocabulary will help it stick in their brains.

If you would like any support with planning or teaching geography, please get in touch and I shall be more than happy to help. Karen.Falcon@hants.gov.uk.

**Karen Falcon, Hampshire Geography Adviser**

## Beach and River Studies Fieldwork

Here at Hampshire Outdoors, we have produced two guides to support in carrying out field work: Beach Studies and River Studies.

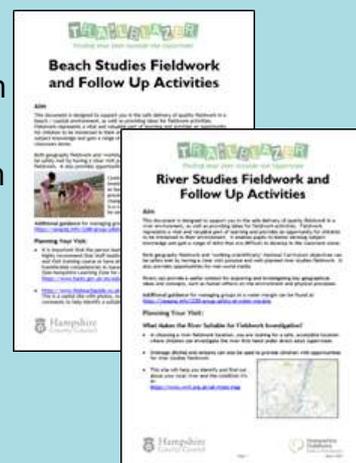
Fieldwork represents a vital and valuable part of learning and provides an opportunity for children to be immersed in their environment. It enables pupils to better develop subject knowledge and gain a range of skills that are difficult to develop in the classroom alone.

Both geography fieldwork and 'working scientifically' National Curriculum objectives can be safely met by having a clear visit purpose with well-planned river / beach / coastal studies fieldwork. It also provides opportunities for real-world maths.

We have 2 training courses coming up to support you in running your own beach or river field studies. The courses are designed to support you in the safe delivery of quality fieldwork in a river / beach / coastal environment, as well as providing ideas for fieldwork activities.

- **Beach Field Studies Training**, Stubbington Study Centre - Friday 14th May 1- 4.30pm.
- **River Field Studies Training**, Millyford Bridge, Near Lyndhurst - Friday 21st May 1- 4.30pm.

Cost: SLA - £60, no-SLA - £80. Book via the Hampshire Learning Zone or contact [outdoor.education@hants.gov.uk](mailto:outdoor.education@hants.gov.uk)



**Wessex Rivers Trust** is an environmental charity dedicated to the conservation of chalk streams in Wessex, working towards healthy rivers for wildlife and people. Along with their school River Education Programmes, they run pop-up events throughout the Wessex region to teach people about their local river, and what wildlife lurks beneath the surface.





## Wonderful Water Habitats at Stubbington Study Centre



Want to give your class an opportunity to explore watery habitats but don't have a school pond or easy access to the beach? There is a solution..... book a visit to Stubbington Study Centre! Being located a short walk from the beach and having a number of ponds on site, the experienced staff can help your children explore, be amazed and learn about these habitats.

There are number of seashore activities to choose from, the most popular being our Seashore Experience. This session involves the children creating manmade rockpools, which enables them to identify and observe the seashore life more closely. Alongside this the children can also build sandcastles, carry out a scavenger hunt or look for fossils.



A wealth of wildlife lives in the ponds on site at Stubbington, which the children can scoop up when pond dipping. This then provides an opportunity for a closer inspection of what has been caught and an opportunity to identify their finds.

These sessions are available to our residential groups and day visits groups. Please get in touch with [Stubbington Study Centre](http://Stubbington Study Centre) for more information – [Stubbington.sc@hants.gov.uk](mailto:Stubbington.sc@hants.gov.uk) or 01329662244

## Water Activities at the Hampshire Outdoor Centres

The Hampshire Outdoor Centres (Calshot Activities Centre, Runway's End Outdoor Centre, Tile Barn Outdoor Centre and The Hampshire Mountain Centre) are excited to be opening up their centres this summer to school groups.



With the sunny weather on the way, we can't wait to get groups paddling, swimming, splashing and learning all about the nature on our water landscapes. From the shores of the Solent to the rushing rivers of the Brecon Beacons, our centres offer a brilliant range of water based activities. Find out more [here](#) or contact [bookings.hoc@hants.gov.uk](mailto:bookings.hoc@hants.gov.uk)





**Hampshire & Isle of Wight**  
Wildlife Trust

Applications for the **Hampshire and IOW Wildlife Trust Wilder Annual Awards** to celebrate the achievements made by individuals, groups, and organisations who are leading the way to nature's recovery, are now open. This year's awards will be presented as part of the Big Wild Weekend Virtual Festival in June.

There is a category for **Wilder School of the Year Award**.

This award will be given to those exceptional schools that, in the opinion of the judges, best connect students with the natural world. Not only will judges be looking for schools that have a multidisciplinary teaching approach to the stewardship of the earth, but also for schools that are changing their internal practices and sharing their actions with their communities to reflect their commitment to helping nature's recovery.

They encourage schools from many different backgrounds to apply for this award as they acknowledge that schools vary in their abilities to respond to the ecological crisis.

The deadline for all nominations is midnight on Sunday 9th May 2021.



**Now educational visits can happen, are you keen to get your class out into our local National Parks?**

Here is an update on opportunities for funding for travel for visits to Hampshire's two local National Parks.



### **South Downs National Park Travel Grant**

The South Downs National Park is facilitating school visits to it or to a site within the South Downs National Park Education Network. Their grants are more flexible for the remainder of this academic year - they have lowered the Free School meal threshold and created 3 grant categories (virtual, in-school and school trips) which are now accepting applications for activities up to 1 September 2021. Full details of the new grants are now on their [website](#) for more specific details or contact [travelgrants@southdowns.gov.uk](mailto:travelgrants@southdowns.gov.uk).

### **New Forest National Park Travel Grant**

The New Forest Travel Grant scheme is now open for applications. The aim of the grant is assisting schools from in and around the New Forest National Park with a contribution towards the cost of transport to any of the excellent outdoor education providers operating in the Forest.

Details of where you can visit and how to apply are [here](#).

Contact Helen Robinson [education@newforestnpa.gov.uk](mailto:education@newforestnpa.gov.uk) for more information.

### **NFPA Green Action Grants for Schools and Groups**

In tackling the climate and nature emergency, lots of small actions really do help, and the Authority has grants of up to £150 available to schools and youth groups for projects designed by young people. To be eligible you need to be based in the New Forest National Park or have pupils/members that live within the boundary.

See the [website](#) for terms and conditions and how to apply by Tuesday 18th May 2021.



# Physical Education

## PE Updates

There is **new Hampshire Safety in PESSPA (PE, School Sport and Physical Activity) guidance** out. This is updated every four years and it is really important that anyone teaching PESSPA in your school abides by the guidance. There is a 30 minute video to explain how to use it most effectively to support your PESSPA programmes. Both the guidance and the video can be found on [Evolve](#) under Resources – Safety in PE and Sport.

You might also have seen on the front page of Evolve that the DfE have released **updated guidance around PE and Sport Premium**. Remember that staff CPD is an excellent way to spend your PE and Sport Premium that will ensure the funding has a legacy in your schools. We offer courses such as Lunchtime Supervisors to help encourage children to be more physically active at lunchtimes and breaktimes, upskilling teachers to teach cycling so that children are encouraged to be more physically active on their travel to and from school as well as with their families at weekends and also in curriculum PE activities such as gymnastics, dance, multi-skills and swimming. A full list of our courses is available [here](#).

As water is a focus of this newsletter, here is some information about the swimming courses we offer:



**Teacher of School Swimming** – This one day course upskills teachers on how to teach swimming to their children. This is useful both if you have your own school pool or if you take children to a local pool to swim as it can save money on buying swimming coaches and instead they are taught by their own teachers (or a mixture of both is usually an effective way to support all children). The course is £125 per person and as part of the course, teachers are given lots of really useful resources, including detailed lesson plans.

**Safety Award for Teachers (SAT)** – This is a lifeguarding qualification so the majority of teachers and LSAs on this course are from schools with their own pools. It is often run as a bespoke course in schools, as schools with their own pools tend to want to train all staff in this. However we do also offer the course as an open course. This is £95 per person to join an open course. Bespoke courses are approximate £880 per school (for two twilights), but this changes slightly depending on whether the course is run as an Inset or 2/3 twilight sessions.

A final note on CPD – the **LTA** are offering free training to teachers, which then includes a £250 voucher to spend on tennis resources. I have only heard good things about the quality of the training that LTA deliver and the resources that come free with it, so do sign up for one of their online sessions.



## **The Big Pedal: 19-30 April 2021**

Sustrans' annual Big Pedal is the UK's largest inter-school cycling and scooting challenge. Each spring, schools compete to see who can get the most pupils, families and staff members to arrive on two wheels. The competition is weighted according to the size of the school, so everyone has a fair chance to win!



## **Mental Health Awareness Week: 10-16 May 2021**

This year's theme is Nature. Direct your parent communities to the My Journey Wellbeing pages for lots of educational resources which they may find useful at this time including our 'Spring into Action' toolkit, scavenger hunts and Histrionics films.

## **Walk with Wheels Week: 17-21 May 2021**

This week-long initiative is designed to encourage, nurture and build healthy habits on the journey to Early Years settings and, over the longer term, to instil a life-long commitment to active travel. Register for free here!



**The Hampshire Countryside Service** have lots of walks to try in Hampshire and there are interesting routes nearer Southampton on the Go Jauntly website and app.



## **Scooter Challenge: 14-18 June 2021**

My Journey run an annual scooter challenge week to encourage pupils to ride their scooters to school. Register here by 28 May 2021. There are Scooterpods and vouchers for days out with the family to be won!

## **Clean Air Day: 17 June 2021**

Clean Air Day is a great opportunity to raise awareness about air pollution and make the air that we breathe cleaner and healthier. This year we are running Clean Air Day primary and secondary school competitions, on the theme of 'people-friendly streets'. Click here to find our Clean Air Day resources and information about our competitions.



See also the Trailblazer Planting for Clean Air Activity sheet and Trailblazer Roadside Air Quality and Nature Survey.



# Hampshire Outdoors

## Supporting you to get outside...



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. 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, including Outdoor Leader. 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 01962 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. Cost: SLA - £95, no SLA - £125.

**Beach Field Studies Training**, Stubbington Study Centre - **Friday 14th May 1- 4.30 pm.**

**River Field Studies Training**, Millyford Bridge, Near Lyndhurst - **Friday 21st May 1- 4.30pm.**

Cost: SLA - £60, no-SLA - £80. Book via the Hampshire Learning Zone

### **Free John Muir Training**

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 during what would have been post-SATs!



This 1.5 hour (online) introduction to the John Muir Award is for anyone who would like to find out more about this award and how you can use it on your school site.

This introduction is free and will provide an overview of the award, approaches for delivering it, the resources available and how you could use it to support the curriculum.

Upcoming Dates: **Tuesday 11 May 2021 4 -5.30pm, Tuesday 22 June 2021 4-5.30pm.**

Training will be via Microsoft Teams. To book email [outdoor.education@hants.gov.uk](mailto:outdoor.education@hants.gov.uk)



### **First Aid Courses**

**Emergency Paediatric First Aid**, Stubbington Study Centre - **Thursday 24 June 9-4pm**

Recommended for the Early Years Foundation Stage (EYFS) and meets Ofsted Childcare Registration requirements for people working with primary aged children.

**Emergency First Aid at Work**, Minstead Study Centre - **Thursday 1 July 9-4pm**

This course is suitable for people aged 16+ who might need to provide first aid to someone who is injured or becomes ill while at work.

Each course costs: SLA - £100. Book via Hampshire Learning Zone.



## OUR PACKAGES



### BRONZE EXPEDITIONS

Prices from: £60 per participant



### SILVER EXPEDITIONS

Prices from: £90 per participant



### GOLD EXPEDITIONS

Prices from: £150 per participant

## OPTIONAL EXTRAS



### EQUIPMENT

Hire all the group equipment you need for the expedition, including, tents, compasses, maps, stoves and fuel.

£10 per participant



### TRANSPORT

Hampshire Outdoors can supply minibuses if required at cost price.

Price on application



### TERMS AND CONDITIONS

Full terms and conditions apply to all Expedition bookings with Hampshire Outdoors.

For more information see our website

## PACKAGES INCLUDE

- DofE Expedition Qualified staff at a ratio of 1:7 on Expedition
- All camping fees
- Evolve support and guidance if needed
- DofE nationally accredited assessors
- Support documents including; kit lists, route cards and maps
- After school drop in sessions
- Full admin support including all appropriate DofE forms
- Option to have "aims" presented to Hampshire Outdoors leaders



## 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.



**22 April Earth Day** A day to remember the environment and to continue to do the little things that help our planet.

**1 - 31 May Walk in the Woods Month** A time when people across the country celebrate their local trees by getting out to the woods, walking in a local park, or just appreciating tree-lined streets. Why not carry out some of our [Trailblazer Tree Activities](#) when walking in the woods?

**1 - 31 May No Mow May** For the whole month of May don't mow your lawn to encourage pollinators! Maybe you can set aside part of your school grass area to not be mown.

**1 - 31 May National Walking Month** Walking has a whole host of different health benefits and this is the perfect time to get outside.



### **10-16 May Mind's Mental Health Awareness Week**

The theme is 'Nature'. [Here](#), from Mentally Healthy Schools, is a free health and wellbeing booklet which helps children reconnect with the natural environment, through 14 activities and games set outdoors.

**20 May Outdoor Classroom Day** A global movement to make time outdoors part of every child's day. Why not plan a whole day of outdoor learning for your school?



**28 May - 13 June The Great British Spring Clean - Schools** Keep Britain Tidy's Great Big School Clean is back for 2021. Register your school and help clean up litter in your school grounds and local area.



### **29 May - 6 June RHS National Children's Gardening Week**

Celebrating the fun that gardens hold for children.

**8 June United Nations World Oceans Day** This year's theme is 'Life and Livelihoods'. There are lots of resources available on [World Ocean Day for Schools](#).



**18 June Hampshire Outdoors Outdoor Conference for Primary Schools** At Stubbington Study Centre, Fareham. This conference is now full.

