

SPRING 1 2024 NEWSLETTER

Welcome to the Spring edition of our newsletter.
The theme this time is **risk management in the outdoors**.

One of the barriers to many teachers and practitioners taking children outdoors for learning and play outdoors is the adults' own anxieties around what could go wrong and what might happen as a result.

Ben Brittain-Dodd, Educational Visits Manager and Outdoor Education Advisor at Hampshire Outdoors considers Risk Management in Outdoor Learning.

Risk Management in Outdoor Learning

One of the key foundations of a considered Outdoor Learning approach is the intentional acceptance of both the benefits of undertaking activities in the outdoors and the potential risks of doing so. Challenges might be physical and/or psychological and may include real and/or perceived risk, where importantly real and often immediate consequences can lead to powerful and highly memorable learning experiences. Sounds simple, however we know this can at times be a balancing act as to what is seen as reasonable and proportionate risk management by our establishments, colleagues, parents, and the pupils themselves.



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BENEFITS

RISK

Risk Management in Outdoor Learning (continued)

The positive is that there is a wealth of evidence and supportive resources which show that, when carefully managed, outdoor learning, including educational visits, can be incredibly beneficial and positive for everyone involved. This includes from bodies we may assume would be reluctant to endorse it, such as the Health and Safety Executive, see [HSE - School trips - Tackling the health and safety myths](#).



[OEAP National Guidance Risk management](#)
[Risk and Benefit in Outdoor Learning.\(outdoor-learning.org\)](#)
[Nothing Ventured \(englishoutdoorcouncil.org\)](#)
[Outdoor Classroom Day UK - Balancing Risks and Benefits.pdf](#)



Given the varied and often dynamic challenges that can be presented by the outdoors (including the school grounds), such as the individuals, group, terrain, water, weather, equipment, animals, remoteness from support etc., it is prudent to consider if we can evidence we are competent and adequately qualified, have appropriate operating procedures, and can access relevant support and guidance.

Hampshire Outdoors is here to help you! Please know you can always pick up the phone to us 01962 876218, or drop us an email outdoor.education@hants.gov.uk for any assistance.

DfE Sustainability and Climate Change Strategy Update

[DfE Sustainability and Climate Change Strategy](#)

Here is the [DfE's December Climate in Education Snapshot - Dec 2023](#)



Sign up now to be part of the **National Education Nature Park** and its free educational resources and webinars.



Free Webinar:

[Making changes to your learning site](#) - Thurs 25 January, 16.15 - 16.45 [Register here](#)

By 2025 all education settings will need to have nominated and trained a **Sustainability Lead** who will put in place a climate action plan. [Sustainability Leadership and Climate Action Plans in Education](#) The DfE stipulates that these Action Plans should cover:

1. Decarbonisation: e.g. calculating and taking actions to reduce carbon emissions, such as becoming more energy efficient
2. Adaptation and resilience: e.g. taking action to reduce the risk of flooding and overheating
3. Biodiversity: e.g. engaging with the National Education Nature Park and enrolling in the Climate Action Award
4. Climate education and green careers: e.g. ensuring education gives knowledge-rich and comprehensive teaching about climate change

BENEFITS

RISK

Outdoor Learning at Knightwood Primary School

Here Tara Kennard, Year 3 teacher and Outdoor Learning Lead at [Knightwood Primary School](#), Eastleigh, shares some of the outdoor learning that her school has been up to. Hopefully, it gives you some more outdoor learning ideas for your school or setting. If you have examples of outdoor learning and photos that you would like to share, please email outdoor.education@hants.gov.uk



At Knightwood, we enjoy taking our Maths learning outside. In this lesson, we practiced our directional language by creating mazes on the playground!



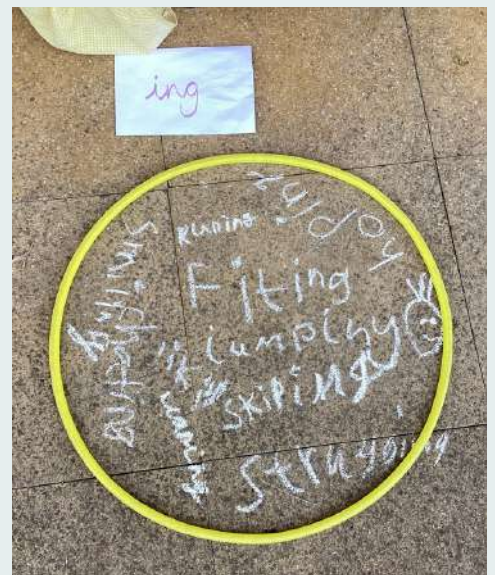
We created a spooky pathway for our parents to walk on, showcasing our Science learning. We drew and labelled our own skeletons!



Sometimes doing our English lessons in the classroom just isn't inspiring enough. Our task was to create a descriptive setting about a forest. We used our own forest, which is behind our school, to immerse ourselves in all the sounds, smells and feelings. This really helped us create a magical, descriptive piece of writing. Our teacher even took the whiteboard outside with us!



Some more English learning... we found natural objects which matched the onomatopoeia we were given. This really tested our brains!



We enjoyed sorting our spellings into the correct suffix hoop. We each took it in turns to write a spelling in each one.

Free Resources ...



National Storytelling Week

National Storytelling Week, is happening from **January 27th to February 4th 2024**.

Prepare to embark on a storytelling adventure with your pupils outdoors. Why not go outside and tell stories or act them out, or even go on a storyteller's walk (see the ideas opposite from Healing Forest)?

We Be Kids also have a whole bank of nature stories for storytelling.

Other Outdoor Learning Ideas for National Storytelling Week (KS1 and 2).

STORYTELLER'S WALK
Ideas from nature

GROUP STORY
Each person adds a line to create a story. Alternate people add positive and negative twists.
E.g: Person a) Boy falls into a ditch
Person b) He finds a diamond

HEROES & VILLAINS
Take a short nature walk. Find or create Hero and Villain Pairs.
E.g: Flower and thorn | Light and shadow

STORY IN A LINE
Create a story in one line. The story should have a hero and a villain. (The villain can even be a challenging situation in life) E.g: The crow liked to sing, but had no audience.

A TREE STORY
Find an interesting tree and tell its story. (Maximum 3 lines)

TURNING POINTS
Divide into pairs. Tell each other two turning points from your own life story. One bad, one good.

FUTURE STORY
Use your imagination to travel into the future. Write a story from the future for your present self.

Spring
View our favourite activities

Summer
View our favourite activities

Autumn
View our favourite activities

Winter
View our favourite activities

Connecting Nature and Wellbeing All Year Round

We Be Kids 'Year of Wellbeing' program provides lots of inspiration, ideas and tutorials to help build a deeper connection with nature and stay well all year round. Can you complete them all in 2024?



Guidance for Outdoor Mental Health Interventions

The IOL has released Statements of Good Practice for Outdoor Mental Health Interventions and sets out a view on competence when combining mental health and well-being interventions with outdoor learning.



Free Resources ...



Big Schools' Birdwatch 8 January to 19 February 2024.



Register to join in with **Big Schools' Birdwatch 2024** to find out which birds visit your school grounds. You don't need to be a bird expert - to help you and your class get ready, you'll receive a free pack with ID resources and more. Then choose an hour time slot during the first half of the spring term. This could be a lunchtime, after school or lesson. During this hour, record the birds you see in your school grounds. Record the maximum number of birds you see at any one time. Submit your results on the Big Schools' Birdwatch website by 19 February 2024.

Back in the classroom, you could use the data collected to create graphs and link to maths learning. You could also link to science and discuss what birds you saw and how that might be related to the habitat offered by your school grounds.

Plant Your Pants 2024

Plant Your Pants will kick off on 21st March 2024 and is free for everyone to join in. Once again, the Country Trust is asking schools and nurseries across the UK to bury a pair of cotton pants for a few months and together, explore the world beneath our feet and engage people in the science of soil health. Just fill in the quick registration form.



Outdoor Learning Networking Opportunities

The next **Hampshire Outdoor Learning Networking Meeting** is **3.30 to 6pm** on **Tuesday 27th February 2024** at **Swanwick Lakes Nature Reserve**, SO31 7AY.

It is being hosted by the Hampshire and Isle of Wight Wildlife Trust.

Please email Craig.Craig.Whitelock@hiwwt.org.uk to let him now if you have anything you want to share.

Please also let Craig know if you plan to attend so that he knows numbers.



BENEFITS

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In the News ...

Tower Power 2024 - The Ultimate Eco Triathlon



In April 2024, Jordan Wylie (former soldier, extreme adventurer, bestselling author and one of the stars of Channel 4's *Hunted* & *Celebrity Hunted*) will attempt to travel from the Leaning Tower of Pisa (Italy) to the Eiffel Tower (France) and finish at Blackpool Tower (UK). The expedition will be an adventure experiment like no other and aims to be completed in the most sustainable way possible (a bike made from coppiced wood, a kayak made from recycled plastic bottles, wild camping, locally sourced food, recycled clothing and equipment and so on...)

Expedition STEM and Winchester University Centre for Climate Change Action & Education have partnered together with Jordan to ensure primary school children have access to **FREE educational resources** throughout Jordan's Tower Power adventure. This will allow them to follow the National Curriculum aligned content from the outset and also engage with Jordan through various competitions and fun challenges. Jordan will also be visiting many schools across the UK throughout 2023/2024 to promote sustainability in education.

Complete the [contact form](#) for more information.



Pupils at Halterworth Primary School, Romsey



Pupils at Stoneham Park Primary Academy, Eastleigh

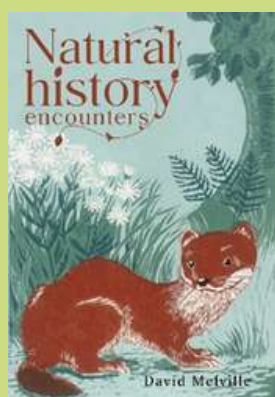


Pupils at Awbridge Primary School, Romsey

Natural History Encounters - A new book to share

David Melville is an author and storyteller, teacher and lover of nature. In this book, he recalls all his most significant encounters with the natural world and its wildlife. In so doing, he lays a foundation for an interest in the conservation of our natural heritage in current and future generations. He also shows us how important it is to be aware of all the natural life that surrounds us every day, whether we live in an urban or rural environment.

David also offers Enriching Environmental Encounters, an in school programme for primary school-aged children, with holistic learning, hands-on teaching and experiential fun.



BENEFITS

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In the News ...

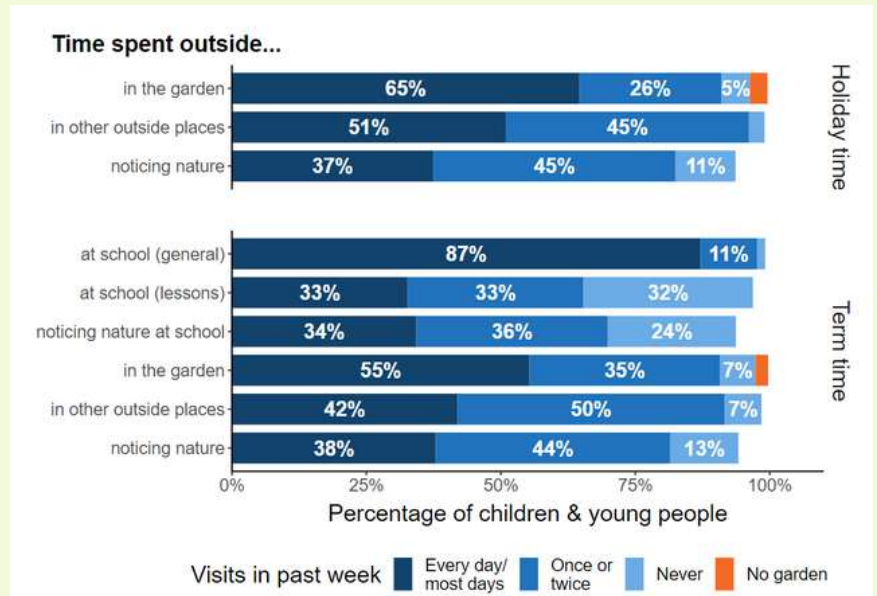
The Children's People and Nature Survey for England: 2023 update



The 'Children's People and Nature Survey' (C-PANS) provides information on how children and young people experience and think about the natural environment. It is run twice each year, once in term time and once in holiday time. Here are some key findings collected in 2023.

- **Most children and young people are spending time outside at school.**

87% of children and young people said they had spent time outside at school most days or every day in the past week (1% said they never did this). When asked about how often they had done activities or lessons outside that were not PE, 33% said most days or every day, which is an increase from 23% in 2022 and 30% in 2021.



- **Children and young people reported visiting a variety of green and natural places in the last week.** The most common types of places visited by children and young people were gardens (67%), parks/playing fields/playgrounds (64%). Children and young people living in urban areas were more likely to report no visits in the past week.
- **Most children and young people can easily walk from their home to green and natural spaces.** 74% of children and young people said that they could easily walk (by themselves or with someone else) to a park/playing field/playground.
- **Children and young people are concerned about the environment and reported taking actions to try and look after it.** 84% of children and young people in this survey agreed that looking after the environment was important to them and 87% said they wanted to do more to look after the environment. Over half of children reported recycling (65%), turning off taps (56%), picking up litter (56%) and turning lights off (55%) to look after the environment.
- **Children and young people tend to show high connection to and enjoyment of nature.** Over half of children and young people surveyed reported feeling highly connected to nature (52%), which is a slight increase from 2021 (44%) and 2022 (47%).
- **Having a playground and good weather would encourage children and young people to go outside more.** In a new child-led question developed by the C-PANS young advisory group, children and young people were asked what would encourage them to go out into natural spaces more. The question listed seven options for respondents to rank. The options most commonly ranked at number one (most important) were playground (30%) and good weather (25%). The ranked importance of options differed between age groups, with playground more important amongst younger age groups (8 to 11 years) and good weather more important for older age groups (12 to 15 years).

Free CPD

The Wild Minds Podcasts

The Wild Minds Podcast by Marina Robb, Forest School and Nature-based Trainer and founder of The Outdoor Teacher. eg

- Season 3 Episode 18: **Are You Risk Averse?**
- Season 3 Episode 17: **Navigating Risk and Adventure Playgrounds**
- Season 1 Episode 8: **Risk, Rest and Wild Play**



Resources for Forest Education Professionals

Training videos created by Forest Education Network for England for practitioners eg risk assessing trees in your learning area, assessing risk in a woodland space before a visit, tree health resources for schools.



Forest School Association Free Webinars

The Forest School Association (FSA) public archive holds a selection of their webinar recordings, which are free to view. FSA Members have access to the entire back catalogue of webinars.



The Outdoor Ed School Podcast

These free podcasts from the Outdoor Ed School will walk you through how to provide meaningful team challenges, problem solving tasks, review models, and group discussion topics outdoors.

Free Outdoor Learning Webinars

Although American, you might find these free webinars from the Outdoor Learning Store useful.

- Jan 16: Managing Eco-Anxiety through Outdoor Learning
- Jan 23: Outdoor Learning Astronomy
- Feb 6: Indigenous Resources for Outdoor Learning
- Feb 20: Stories in the Wild: Animal Tracks & Traces
- Feb 27: Enhancing Climate Education through Active Learning



Or these recordings from previous webinars.



1000 Hours Outside Podcasts

1000 Hours Outside is another American organisation. Their 1000 Hours Outdoor Podcasts are free and through their various speakers and authors, they cover many interesting subjects on outdoor learning.



Physical Education - Hampshire PE

BREAKING BARRIERS

HAMPSHIRE PE CONFERENCE



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THURSDAY 18TH APRIL 2024

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Contact us: peandsport@hants.gov.uk

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UPCOMING COURSES



**Hampshire
Outdoors**

Participation & Lifelong Learning

Hampshire Outdoors offer a wide range of courses covering Outdoor Learning; Fire Lighting; Risk Management; Physical Education; Duke of Edinburgh Award, Bikeability and First Aid courses.

See [here](#) for more details on all the courses we offer.

Many of our courses can be offered as bespoke courses for your school. If you would like to book a bespoke course please complete [this form](#).

Offsite and Visit Leader Course (valid for 5 years)

£115 SLA (£155 non-SLA) per delegate - 1 day course

Wed 24 January - Stubbington Study Centre, PO14 2ND

Wed 31 January - Nature Discovery Centre, Thatcham, RG19 3FU

Thu 8 February - Testwood Lakes Centre, Totton, SO40 3XP

Wed 21 February - Runways End Outdoor Centre, Aldershot, GU11 2RE

Thu 22 February - Gilbert White Study Centre, Selborne, GU34 3JU

Wed 6 March - Woodmill Outdoor Centre, Southampton, SO18 2JR

Thu 7 March - Stubbington Study Centre, PO14 2ND

Wed 20 March - Testwood Lakes Centre, Totton, SO40 3XP

Fri 22 March - Christ the King College, Isle of Wight

Full Educational Visits Coordinator Initial Training Course (valid for 5 years)

Please note that both sessions must be attended. £150 SLA (£200 non-SLA) per delegate

Wed 7 & Thurs 8 February - 13:00-15:30 - Virtual via Teams

Wed 13 & Thurs 14 March - 15:00-17:30- Virtual via Teams

Wed 15 & Thurs 16 May - 13:00-15:30 - Virtual via Teams

Educational Visits Coordinator Refresher Training (valid for 5 years)

Half-day refresher for those EVC's whose qualification has expired.

£85 SLA (£110 non-SLA) per delegate - 0.5 day refresher course

Thu 29 February - 9:30-12:30 - Virtual via Teams

Wed 22 May - 13:00-16:00 - Virtual via Teams

Curriculum Outdoor Learning (including Trailblazer)

£115 SLA (£155 non-SLA) per delegate - 1 day course

Tues 30 April 2024 - Stubbington Study Centre, PO14 2ND

ITC Outdoor First Aid (valid for 5 years)

£135 SLA (£180 non-SLA) per delegate - 2 day course.

Sat/Sun 2 & 3 March - Stubbington Study Centre, PO14 2ND

Emergency Paediatric First Aid

£100 SLA (£130 non-SLA) per delegate - 1 day course

Thu 22 February - Stubbington Study Centre, PO14 2ND



Book courses through the [Hampshire County Council Learning Zone](#). Please call 0370 779 1498 or email karen.storey@hants.gov.uk if you have any queries.

Themes and Days for Outdoor Learning

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

See [Trailblazer Calendar of Themes and Days for Outdoor Learning](#) for the academic year 2023/34, so you can see what's coming up and plan accordingly!



8 Jan – 19 Feb RSPB Big Schools' Birdwatch The RSPB's Big Schools' Birdwatch is a citizen science project designed for schools across the UK as part of the RSPB's Big Garden Birdwatch. Register for free to request a pack to take part.



19 Jan Popcorn Day A day copied from the United States. Try making your own popcorn in a sieve over a campfire.



25 Jan Burns Night commemorates the life of the Scottish poet Robert Burns, who was born on January 25 1759. Try the traditional food of Haggis, neeps and tatties cooked over a campfire. See also [Trailblazer Fire Lighting and Cooking Activity Sheet](#)

27 Jan - 4 Feb National Storytelling Week Why not go outside and tell stories or even act them out? [We Be Kids](#) also have a whole bank of nature stories for storytelling. Other [Outdoor Learning Ideas for National Storytelling Week \(KS1 and 2\)](#).



2 Feb National Hedgehog Day [Hedgehog activities for schools](#) covering a range of curriculum subjects. Use these resources and become a [Hedgehog Friendly School](#).



5 - 11 Feb Children's Mental Health Week Being outdoors is linked to physical and mental health benefits, and research shows that feeling connected to nature leads to reduced stress levels, improved concentration and behaviour and better sleep rhythms. [Outdoor health and wellbeing activities & games](#)



10 Feb Chinese New Year / Lunar New Year In 2024, we move into the Year of the Dragon. Use this [resource](#) which uses the Chinese Zodiac Story as inspiration for problem-solving relays.

12 Feb International Darwin Day This commemorates the birthday of Charles Darwin on 12 Feb 1809 and is used to highlight Darwin's contributions to science and to promote science in general. [Charles Darwin Day: Resources & CREST Awards](#).



13 Feb Shrove Tuesday / Pancake Day Cook pancakes over your campfire or even [cook pancakes over a tin can!](#)



14 Feb Valentine's Day Make [twiggy or willow hearts](#) or use loose natural materials to create hearts in the playground. Look for heart shapes in nature too.



14 - 21 Feb National Nestbox Week Why not have a go at [making your own nest boxes](#) and putting them up around your school grounds?