

Issue 10

Footprint

Norfolk's magazine for healthy and sustainable schools

Environmental and
Outdoor Learning



Energy Busters



Healthy Schools



Creative and
Global Learning



Schools Waste Action Club



School Grounds Support



Road Safety Team



Spring
2012

Outdoor inspiration

A message from the Chairman of Norfolk County Council

I have chosen to use my year in office to highlight the importance of outdoor learning and vocational training for today's generation of young people.

High quality outdoor learning can be shown to support children's achievements and develop their confidence and self esteem. However if children don't make early connections with their natural environment, they probably never will.

Norfolk is a rural county and young people's livelihoods can depend on them both valuing and seeing the value of their countryside. In this issue of Footprint, colleagues and partners focus on how a love for the outdoors can inspire learning and a wish to care for the environment.

Cllr Shelagh Hutson



To minimise the magazine's carbon footprint
we are going electronic! Find out more on page 8



Norfolk County Council

Creative and Global Learning

Global School Councils

Take the NEAD Global School Councils challenge and inspire your school council to promote community cohesion and global awareness!

Staff and pupils from Runcton Holme and Wormegay Primary Schools took up the challenge last term, working together to learn about their rights and responsibilities as individuals and as a council, in their local and global communities.

NEAD provided continuing professional development (CPD) training for the teachers and supported the two school councils in developing a global agenda.

They looked at Fair Trade, sustainability and global warming – and the Chair of School Governors was given a grilling! More than 100 children and staff took part in a family celebration with 50 members of the local community. Contact NEAD for global learning for your school, details below.



Houghton Sculpture Park

It's outdoors... it's world class sculpture...it's on your doorstep...it's Artlandish!

Based on the works in Houghton Sculpture Park, Children's Services have developed Artlandish - a nationally recognised arts and outdoor learning programme.

Explore the works of Richard Long, James Turrell, Anya Gallaccio, Jeppe Hein and other internationally renowned artists.

What are their sculptures all about? How do you think it was made? Discuss the colours, textures, shapes and patterns.

Give your children the time to explore and enjoy this exceptional outdoor classroom. Artist-led days available. Suitable for both Primary and Secondary phases.

For further information contact
anna.mccarthy@norfolk.gov.uk

NEAD

☎ 01603 610993
💻 Liz@nead.org.uk
🌐 www.nead.org.uk

Creative Learning

☎ 01603 638099
💻 anna.mccarthy@norfolk.gov.uk
🌐 www.schools.norfolk.gov.uk/go/artspartnerships



Environmental & Outdoor Learning

The power of partnerships

Forming networks and partnerships allows us to achieve much more while also offering a very high quality learning experience locally.

The Houghton Hall Learning Programme is an excellent example, made possible through a partnership between Norfolk County Council's environmental and outdoor learning team, Norfolk Wildlife Trust and the Houghton Estate.

Under the scheme, local practitioners can get free training, which then gives them and their pupils free access to the inspiring Houghton Estate for outdoor learning. So far more than 6,000 children in Early Years and Key Stage 1 have benefited.

The partnership also inspired the original Forest School pilot in Norfolk, since recognised as a highly effective method of alternative education, helping young people to build self esteem, while older children can achieve nationally recognised qualifications.

The programme has been sustained through a collaboration of schools, environmental organisations, land owners and independent providers, all sharing skills and resources. It now has more than 100 Level 3-trained leaders and 400 level 1 practitioners.

For more information about Houghton Hall or Forest School please visit

**[www.norfolk.gov.uk/
outdoorlearning](http://www.norfolk.gov.uk/outdoorlearning)**

Holt Hall

Environmental and Outdoor Learning Centre

It's not too late - there are still a couple of dates available in the Summer term for residential visits to Holt Hall, where students are encouraged to explore their relationship with others and the environment.

Please contact the office for more details 01263 713117 or email **office@holtall.norfolkedunet.gov.uk**



Environmental & Outdoor Learning

The Environmental and Outdoor Learning Team offer diverse first hand experiences for Norfolk pupils via their centre at Holt; an outreach programme to schools; as well as advice, support and INSET to Norfolk teachers.

Contacts

- ☎ 01263 713117
- 💻 outdoorlearning@norfolk.gov.uk
- 🌐 www.norfolk.gov.uk/outdoorlearning

Schools Waste



Action Club

Free masterclasses in gardening and composting

Could your school benefit from a visit by a Master Composter or Master Gardener?

These Norfolk volunteers, supported by Norfolk County Council and Garden Organic, can provide free support to schools wanting to grow their own fruit and vegetables or help them set up a composting area.

Master Gardener Bev Page is helping Thompson Primary School with their after school Garden/Wildlife Club. This year the school has planted an orchard, created a sensory garden and established a conservation area which is used for bug hunting.

Pupils at Poringland Primary School have been helped by Master Composter Charles Muty. Headteacher Richard Burbage said: "He keeps a close eye on our food waste, and ensures that we compost as much as possible."

We are working towards our Silver Eco-Award, and using some of Charles' suggestions to make the school even greener."

Creating a productive school garden helps pupils understand which food is in season and goes hand in hand with composting, which introduces concepts like life cycles and resource management.

For Master Gardener contact gsharp@gardenorganic.org.uk and for Master Composter mastercomposter@norfolk.gov.uk



FREE compost resource pack

'Composting at school' provides a **step-by-step** guide on how to set up a compost scheme and has lots of creative ideas including poetry, songs and experiments. For a copy, please email recycling@norfolk.gov.uk or call **0344 800 8020**.



Waste

Increase recycling, reduce waste and raise awareness at school with free support and web based activities from the Schools Waste Action Club.

Contacts

☎ 01603 223347
💻 swac@norfolk.gov.uk
🌐 www.norfolk.gov.uk/swac

Healthy



Healthy Schools
Norfolk

Schools

PATHS

(Promoting Alternative Thinking Strategies)

Twenty-four primary schools across Norfolk are using an evidence-based programme called PATHS to support children's social and emotional development.

PATHS is designed for pupils aged five to eleven years old and uses puppets, stories and role play to help them to recognise and understand their feelings and gives them the vocabulary to communicate with others.

PATHS provides children with strategies to help them calm down when they are experiencing uncomfortable feelings. They also learn to develop their thinking skills and are supported to problem solve.

Evidence has shown that PATHS needs to be implemented as a whole school approach and that all adults in the school model behaviour to reinforce the concepts learnt in class.



Therefore all staff in school receive training so they can support children to use strategies to calm down, problem solve and develop thinking skills throughout the school day.

Being outside the classroom is the ideal opportunity for children to apply the skills learnt in lessons. Pupils are able to use strategies such as "Turtle" to calm down or the "Control Signals Traffic Lights" to problem solve and understand how their actions affects others. Schools have found that having a consistent approach across the school day supports pupils to develop self control strategies and to develop good relationships.

For more information contact Anna Simms on 01603 221828 or email anna.simms@norfolk.nhs.uk

Health

Support and advice on health issues and achieving healthy school status.

Contacts

- 📞 01603 433 276
- ✉ adele.godsmark@norfolk.nhs.uk
- 🌐 www.schools.norfolk.gov.uk and click on **Health** then click on **Healthy Schools**

Road

Safety Team

Help children learn life skills on the road

What better way to get the message across to young people about road safety than actually taking them outside to explore their environment?

Learning skills in real situations is a vital part of any child's education and can encourage them to take regular exercise and use healthier forms of travel as well as building confidence and eventual independence. Plus cycling is a great way to cut your carbon footprint!

If you think you could volunteer and help improve the safety of Norfolk's children, Norfolk County Council's Casualty Reduction Team would like to hear from you.

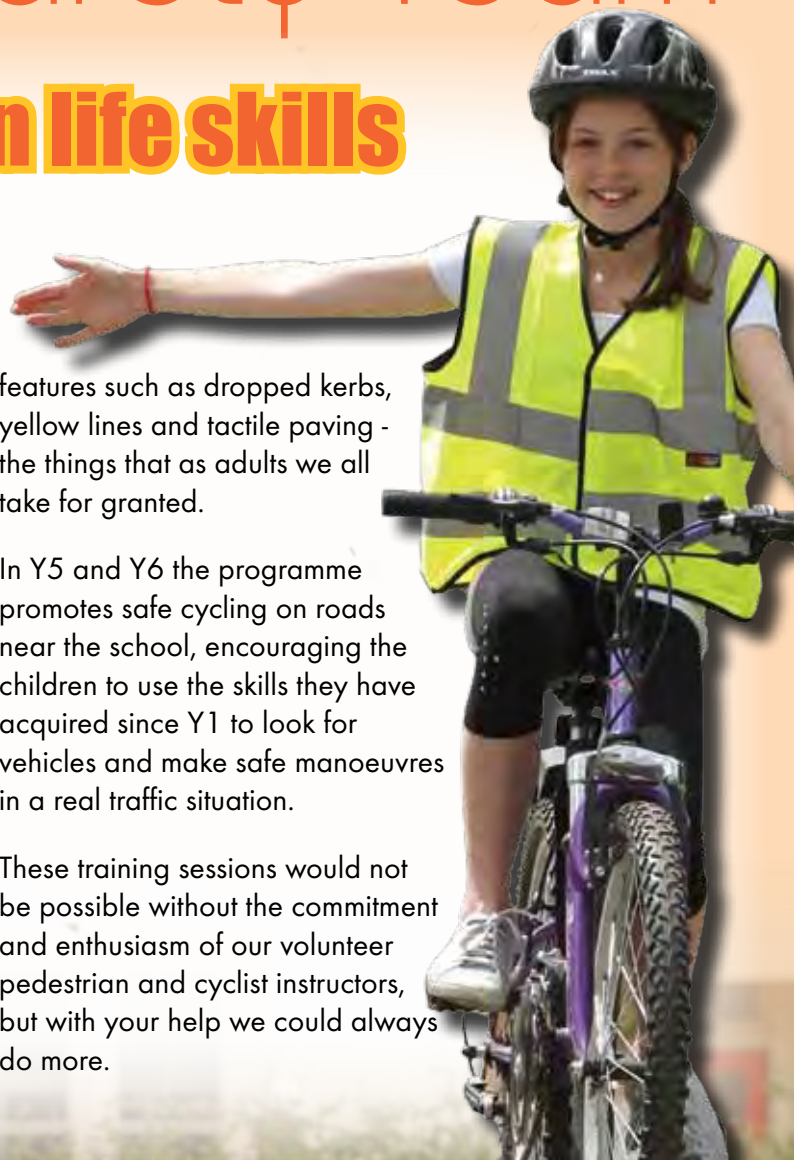
In Y1 we teach about safety in the school car park by asking the children to work out how they can tell if cars are going to move and learning about what all the vehicle lights mean.

This leads to safely crossing the roads outside the school. The children are taught how to keep themselves and others safe as well as learning about

features such as dropped kerbs, yellow lines and tactile paving - the things that as adults we all take for granted.

In Y5 and Y6 the programme promotes safe cycling on roads near the school, encouraging the children to use the skills they have acquired since Y1 to look for vehicles and make safe manoeuvres in a real traffic situation.

These training sessions would not be possible without the commitment and enthusiasm of our volunteer pedestrian and cyclist instructors, but with your help we could always do more.



Road Safety Team

Contacts

- 📞 0344 800 8009
- ✉ roadsafety@norfolk.gov.uk
- 🌐 www.norfolk.gov.uk/roadsafety

Energy

Busters



Energy ambassadors are the ANSWER to cutting greenhouse gases

Young energy ambassadors from Norfolk, Suffolk, Norway and Sweden will be coming together in February to discuss how to reduce greenhouse emissions.

They will have the chance to boost their career prospects by making links with local industry, including meeting engineers working on Sheringham Shoal Offshore Wind Farm (SCIRA) and through undertaking a microrenewables feasibility activity with colleagues at Holkham Hall.



It is an opportunity for young people to develop a range of skills, and will give them the confidence to mentor younger pupils and lead energy saving projects.

The event follows a successful international teacher training programme last year, and young people have already started to share their ideas through the new ANSWER Energy Watch website at: www.sites.google.com/a/holkham.norfolkedunet.gov.uk/answer-2012 For more information please contact susan.falch-lovesey@norfolk.gov.uk

Early action puts us in **top 7%**

Norfolk County Council is in the top 7% when it comes to early action on carbon reduction, according to a government league table, securing a higher position than the Environment Agency – the regulators themselves!

This is mainly thanks to achieving the Carbon Trust Standard and installing automated meter readers, but we still have a lot to do to meet our 25% carbon reduction target. New government legislation means we must pay for every tonne of carbon emitted. If we don't reduce our carbon emissions this could cost us a massive £850,000 a year.

Schools account for 70% of the County Council's carbon footprint. Most schools can now access information about their energy and carbon consumption online and use this to reduce carbon and save money. Contact the Carbon Management team on eightsupport@nps.co.uk

Energy

Reduce energy consumption and raise awareness of energy issues with the joint National Trust and Norfolk County Council Energy Busters programme.

Contacts

☎ 01603 307570
💻 simon.woodhouse@norfolk.gov.uk
🌐 www.norfolk.gov.uk/outdoorlearning and go to **Energy Busters**

School

Grounds Support

Praise for primary school's grounds

A primary school's grounds project has been recognised with two accolades. Thurton C.E.V.C. Primary School has won a CPRE Norfolk Award and a commendation in the South Norfolk Design Awards.

The whole school was involved in the design of the grounds, from research and drawing up ideas, to presenting them to the governors.

To see the labyrinth, amphitheatre, reflective space and all the other fantastic new features, have a look at the school's website at www.thurton.norfolk.sch.uk/p_Projects.ikml



Norfolk's magazine for healthy and sustainable schools - Going electronic!

Footprint is a partnership publication with a common purpose: to support healthy and sustainable lifestyles for our schools, children and young people. After four years, we are reviewing the way Footprint is circulated to schools and will trial an e-version for the next issue.

If you have any comments or suggestions about Footprint magazine, whether it be content, format or how it is distributed, please email Anna McCarthy, Creative Projects Officer, anna.mccarthy@norfolk.gov.uk or telephone **01603 638099**

Grounds

Advice and design service for Norfolk schools who wish to improve their school grounds.

Contacts

01603 222771
david.yates@norfolk.gov.uk
www.norfolk.gov.uk/outdoorlearning
and go to **Grounds for Inspiration**



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