

# Education

*at Norwich Cathedral*

Guided visit programmes and workshops  
for schools and community groups

KS1

KS2

SEN

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# Welcome



## Welcome to our programme of guided visit options for KS1 and KS2.

The Schools & Family Learning Department seeks to deliver a professional service to all schools, parishes, community groups and families. We aim to make your Cathedral visit educational, inspirational, memorable and fun!

Following fourteen years of teaching in primary and secondary schools in London and the Midlands, specialising in R.E. drama and history, along with extensive parish children's work, I entered the wonderful world of 'Learning Outside the Classroom' in sacred spaces. After developing schools and families work at The Anglican Shrine, Walsingham, then at St Paul's Cathedral, London, I now look forward to developing further our wonderful work at this beautiful Cathedral.

We all know the value that experiencing special, awe inspiring places, handling objects, encountering art, meeting believers and becoming part of inspiring stories has, as part of our children's education, at all key stages. The team and I look forward to enabling you and your children to get the absolute best from this great place. There is lots in this brochure to choose from, to help enhance your R.E., History and more. Where possible I am always willing to merge topics or create bespoke programmes to suit your exact requirements.

Please get in touch with me for further information about visiting or having us in your school. I look forward to working with you.

**Janet Marshall, Head of Schools & Family Learning**





# Norwich Cathedral



As a living, working place of Christian worship, the Cathedral is also the 'Mother Church' for the Anglican (Church of England) Diocese of Norwich. Dating back to 1096, it is also the seat of the Bishop of Norwich. Known as Norwich Cathedral Priory, it was, until the reformation, a Monastic foundation. The monks who lived, worshipped and worked here followed the rule and example of St Benedict.

Following on from this ancient tradition, the Cathedral is still a vibrant centre of prayer, discovery, learning and hospitality for the people of the city and the surrounding county. It is also used annually as a venue for concerts, productions and celebrations of all kinds. Most of all it is *your* Cathedral! The team here will do their best to ensure that you achieve your learning outcomes and have a great time.

## What's on offer?

In this brochure you will find a selection of themed, guided visits and workshops for Key Stages 1 and 2. All content is adaptable for community and parish groups.

## Worship opportunities

If you would like to arrange a service of worship or prayer time as part of your visit please discuss this with us. This will need to be planned in advance in liaison with both our Sacrist and liturgy team.

## Choose the timing of programmes to meet your needs

Choose from any of the following:

- ✦ **Full days** (eg 10 / 10.30 am – 2 / 2.30 pm. These may include 'workshop add ons')
- ✦ **Half days** (10 / 10.30 am – 12 / 12.30 pm or 1.00 pm – 2 / 2.30 pm)
- ✦ **'45 or 60 minute specials'** Budget-priced per pupil and, if you are planning to visit other venues in the city in one day these will be ideal (specific timings to be set when you book)
- ✦ **'Workshop add-ons'** (specialist art, crafts, drama and more. See page 18)

Please see separate price list for all visit charges.

## Class sizes

Most of our programmes are adaptable for individual class visits or larger groups. We will plan your '45 / 60 minute' special / half day or full day programme with you when you book.

# *Challenging RE in action at the Cathedral*

Our programmes are closely linked to the enquiry-based areas of study for Christianity in the Norfolk Agreed Syllabus for RE (and other county-agreed syllabuses).

As required by the agreed syllabus, our visit content will enable your pupils to:

ENGAGE

ENQUIRE

EXPLORE

EVALUATE

EXPRESS

Our approach focuses on:

- ✚ Engaging your pupils through exciting stimuli and key questions
- ✚ Encouraging them to create enquiry questions
- ✚ Exploration of concepts via what they see and experience in the Cathedral
- ✚ Allowing time and space for pupils to respond, analyse and evaluate
- ✚ Enabling them to express their knowledge and understanding

Please see separate price list for all visit charges.

Our aim is to enhance your teaching of the areas of study set out for Christianity in the agreed RE syllabus. We aim to do this in a unique way as your pupils experience with awe and wonder this sacred space. We seek to help you foster spiritual, moral and cultural development through our visit programmes.

## **Cross-curricular opportunities**

There are also many cross-curricular opportunities on offer through our programmes linked to National Curriculum History, Art, Maths, English, Spiritual Development, Moral, Cultural and Social education, Geographical / Local studies. We offer unique ways to link your RE with other curriculum topics.

## **Something for all**

All programmes are suitable for SEN and EFL pupils within mainstream schools. Special schools are particularly welcome. All are adaptable for parish, family and community groups and home educators. Tell us what you need and we'll do our best to adjust programmes accordingly.

## **Can't get to us? We'll come to you!**

We also offer programmes and/or collective worship that may be delivered in your school or community venue. Let us know if there is a specific curriculum focus you'd like and we'll try our best to accommodate this. See page 19 for details



## Our commitment to you

- † **On arrival** you will be met by your visit leader who will offer assistance and direct you to all facilities
- † **A professional service and high quality delivery** - your visit / workshop will be led by teachers and/or trained volunteers, all of whom have been DBS checked
- † **Up-to-date content** – our programmes have been planned in line with recent National Curriculum developments with clear aims and objectives
- † **Value for money** – we aim to keep our visit fees as low as possible
- † **A safe learning environment** – there is a classroom in the Hostry (the Bowerbank Room) with cloakroom / packed lunch racks
- † **Learning outcomes** - when you book a visit these will be discussed and you will be asked to provide further details on your booking form
- † **Preparation / risk assessment tours for teachers** – please tell us if you would like to arrange a guided preparation tour, led by our staff. These may be booked in advance, after school or in working hours during term time and some school holidays
- † **A working partnership, your feedback is important** - you will be given a form on the day of your visit. Please complete and return it so that we can continue to monitor our service and develop our visit content

## *How to book your visit*

Have a look through this brochure (also available to download at: [www.cathedral.org.uk/myschoolvisit](http://www.cathedral.org.uk/myschoolvisit)) and choose a programme you would like to do.

Call **01603 218320** or email **education@cathedral.org.uk** to discuss your requirements, set a date and establish prices.

**Advance booking is essential for all visits.** You should book at least one month in advance. Once your date is set, you will be emailed a booking form to complete and send back to us within two weeks – please give as much detail as possible regarding abilities/SEN/learning outcomes. On receipt of your booking form you will be emailed a confirmation pack and invoice. Payment by cheque or BACS is preferred. Full details will be given on your invoice / confirmation letter.

### Cancellations

If you cancel less than four weeks before a visit we regret that you will be charged full fees (unless there is an unavoidable situation that prevents you from coming). If you cancel within eight weeks of your visit (unless there is a valid and unavoidable reason) you will be charged half of your total fees. We will do our best to re-schedule a visit if you have to cancel due to an unavoidable situation.

### Changes in group sizes

Please inform us in advance if your group size increases or decreases. Unfortunately we are unable to refund for children who do not attend on the day of the visit.

## *Useful things to know before you book*

### **Parking**

Ask your coach driver to drop you off outside the Cathedral near the Erpingham Gate. If you need to park in The Close due to SEN/wheelchairs, please arrange this in advance with us as a parking pass will be required. The gate keeper will direct you to the parking area near the Cathedral Hostry entrance.

### **Packed lunches**

You are welcome to eat packed lunches here but we cannot guarantee classroom space for all groups. The Cloister is usually available (wrap up warm in Winter though!). The Cloister is an outdoor, covered, public walk way with a lawn in the centre which is ideal for picnics in warm weather.

### **Pre-ordering lunch from our Refectory**

Ask us about this when you book. Packed lunch bags may be pre-ordered well in advance of your visit. Prices can be supplied by our Refectory Manager.

### **Toilets**

These are open to the general public so we advise adult supervision at all times. They are situated in the Refectory complex, close to the Bowerbank classroom and Cloisters.

### **Self-guided visits**

You are welcome to self-guide but these visits must be booked in advance with us. There is a charge per pupil (see separate price list). Trails may also be purchased. Ask for our self-guided visit information.

### **A guided visit is great value for money**

For just 40p more than our self-guiding price per pupil, you will gain so much more from either the '45 or 60 minute special, guided visit' See page 6. This will leave time for you to explore a little on your own too – trails provided by us on request. Talk to us about options if you are unsure.

### **Preparing the children for their visit**

Please see our guidelines on page 21.

We want you to achieve all your learning outcomes and gain the absolute maximum from your visit so preparation in advance of your visit is recommended. We seek to work in partnership with you so your support is greatly appreciated.



## Condensed guided visit programmes

Not much time to spare? These cost-effective guided visits with a general interest, history and RE focus are for you.

### Cathedral revealed

45 or 60 minute special

KS1

KS2

SEN



This visit is ideal if you wish to 'drop in' for a quick visit to learn about the history and the worshipping life of the Cathedral, and to coincide with visits to other venues in the city.

#### Curriculum links

- ✚ **History** - the Normans, monastic life past and present, aspects of history that are significant to the locality
- ✚ **RE** - belonging / church (why Christians meet together, types of Christian churches, the impact of the church)
- ✚ **Expressions of belief** - rituals and practices, sacrament (what happens when someone is baptised?)  
Why do Christians share bread and wine together? How symbolic objects help convey meanings in Christian rituals

#### What's included?

- ✚ A 'snap shot' view of the Cathedral commencing with a guided discovery trail revealing information about the Benedictine monastic community that used to live at the Cathedral. Children will experience the Cloister led by their very own Brother classmate dressed in a scapula
- ✚ From West to East – children are led on a walk from the Great West Door, through the Nave to the Choir and High Altar
- ✚ They will be given the opportunity to view, question and explore the meaning of special furniture and objects they pass on the way eg font, altar, pulpit, lectern, prayer stalls and misericords, cathedra Bishop's seat, organ, candles, crosses, common symbols, roof bosses, stained glass windows and decoration
- ✚ They will discover how precious areas in the building, objects / furnishings help Christians to pray and worship, with particular reference to Baptism at the font
- ✚ There will be opportunities to look at pillars and arches, and to ponder on how and when this great cathedral was built
- ✚ Children will be invited to pose their own questions about their experience of the building and will be asked about their thoughts, feelings and views
- ✚ The visit ends with a short time of reflection as a thought / prayer candle is lit (suitable for all faiths / atheists)





## Curriculum links

RE agreed syllabus units - beliefs and questions / belonging / expressions of belief with particular emphasis on:

- ✝ Incarnation – why is Jesus important to Christians?
- ✝ Sacrament - Baptism and Holy Communion
- ✝ Church – why is meeting together important for Christians?

## What's included?

- ✝ On a journey through the Cathedral children will find out about how Christian life begins at Baptism (demonstration at the font), how altars are used for Holy Communion and why special colours, crosses, clothing and other decorations are used (children demonstrate a priest's and bishop's robes)
- ✝ They will handle objects, see stained glass windows and statues
- ✝ There will be time to pause, think, reflect, question and discuss how they feel as they consider what Christians do when they pray and worship as part of their journey of faith
- ✝ They will think about how Christians mark the end of their earthly lives (funerals)

## Add-ons

You may wish to 'top up' this visit by booking a 'meet a priest' (or 'meet a congregation member') slot so that children can ask him or her what their job / vocation / daily life is all about, how they lead worship and help Christians to follow and learn about Jesus. Ask about this when you book.

# Guided visit programmes

Linked to RE (half day or full day) with other cross-curricular links.

## Worship and belief revealed

Half or full day

KS1

KS2

SEN

### Curriculum links

- ✚ **RE** - belonging / church (why Christians meet together, types of Christian churches, the impact of the church)
- ✚ **Expressions of belief** - rituals and practices / Sacrament (what happens when someone is baptised? Why do Christians share bread and wine together? How symbolic objects help convey meanings in Christian rituals)
- ✚ **Trinity** (words Christians use to talk about God / symbolism used to explain the doctrine of the Trinity) Word of God (Bible stories)
- ✚ **History** - the Normans, monastic life past and present. How the Cathedral has changed throughout the centuries. Local History study: what was Norwich like in the past and what was the Cathedral's part in this?

### What's included?

- ✚ Children are led on their journey of discovery from the Cloister to Nave, Choir to High Altar and take part in activities and discussion about how special places, objects and furniture help Christians to express their faith through prayer and worship
- ✚ Children are invited to demonstrate special clothing (vestments) worn by a priest and bishop and to explore their symbolic meanings / colours. They also explore prayer by handling objects, crosses, icons, beads etc
- ✚ Key aspects / symbols of Baptism are explored and questioned as the ceremony is re-enacted at the font. Tombs and memorials prompt discussion about death and remembrance
- ✚ The sacrament of Holy Communion is discussed as they see how bread, wine, chalice, paten and vestments are used at the holy table (altar)
- ✚ Bible stories such as Easter and Noah's Ark are explored with the help of the Cathedral's beautiful collection of interior roof bosses. Windows depicting the Trinity and Annunciation are also encountered
- ✚ Finally, pupils are encouraged to be silent and reflect on their time in the Cathedral as a candle is lit

### Add-ons

Top it up to a full day visit by adding on a workshop (see page 18) or 'meet a priest' slot.







Bring alive the life, teaching and meaning of Christianity's key figure.

## Curriculum links

RE, the life of Jesus (concepts: incarnation, salvation, the Bible – New Testament stories about Jesus, Trinity).

## What's included?

After a short introduction the children discover the life of Jesus through characterised story-telling as they meet Mary, his mother. She tells her story and leads them around the building. They will:

- ✝ Explore the powerful story of the Annunciation when Mary found out she had been chosen to bring God's son into the world (Christian belief: incarnation)
- ✝ Encounter the Nativity story and the growing up years of Jesus with Mary and Joseph in Nazareth
- ✝ Discover statues of Mary and Jesus, images shown in stained glass windows and explore how such things help many Christians to pray and worship when they gather in churches/cathedrals
- ✝ Encounter the symbol of the cross as Mary tells of the saddest day of her life when Jesus died and how this symbol is now recognised all over the world.
- ✝ Handle and discuss different types of crosses, crucifixes and vessels used at Holy Communion when Christians remember Jesus
- ✝ Think about the concept of salvation as it is revealed in the Easter story
- ✝ Light a candle to reflect on their visit and offer their own thoughts or prayers

## Add-ons

Top it up to a full day visit by adding on a workshop (see page 18)

An exploration of shapes, patterns, signs and symbols that bring together Maths, Art and RE (Christianity).

## Curriculum links

- ✚ **RE** - belonging, family, community and the world – church (meeting together for worship, different types of churches (why do believers make holy buildings look special?))
- ✚ **Expressions of belief** - rituals and practices – symbolic objects and the use of symbolism to express beliefs (Ichthus, Lamb of God, Trinity, the cross, etc.)
- ✚ **Art and Maths** – patterns, symmetry, decorations, stone and wood carvings, shapes (identification of commonly used shapes such as: cylinders, squares, circles, triangles, rectangles etc). Investigation about how precise measurement, size and scale have been used to create a wonderful cathedral

## What's included?

In a short introduction, children will be encouraged to identify everyday signs, symbols and shapes from a mystery bag. They will investigate what a symbol is and start to explore ancient and contemporary Christian symbols during an interactive walk around the Cathedral and Cloister. During this time they will:

- ✚ Investigate wood and stone carvings inside and outside the building including: crosses, ironwork, floor mosaics, roof bosses, and learn about their symbolism and meaning
- ✚ Find out about symbolic patterns, shapes and images
- ✚ Explore the symbolic meaning of light, water, bread, wine, vestments, ancient Christian symbols, crosses and music in worship
- ✚ Discover patterns, symbols and shapes in stained glass windows, wall paintings, statues, altar frontals, banners and crosses
- ✚ Learn about the daily pattern of prayer and music in cathedral worship
- ✚ Light a candle to reflect on the beauty and complexity of all they have seen and spend a brief moment in silent reflection to offer thoughts or prayers for their lives and those they love back home

## Add-ons

Why not 'top up' this visit with a mosaic or stained glass workshop (see page 18) See separate price list for prices.







A fun, participatory learning experience that aims to unpack the history of monastic life at Norwich Cathedral. Recommended for Year 2 only and KS2.

## Curriculum links

✚ **RE, Church** – a body / community of believers, expressions of belief: sacrament / ceremonies, word of God (use of the bible in the monastic community and the present day in Cathedral worship)

✚ **Social and moral education** (rules, living as a community, cohesion, responsibility, kindness, compassion and service)

✚ **Art and Design** (patterns, symbols, decorations, monastic illuminations and hand writing)

✚ **Music** (try some simple plainsong! This ancient tradition is still in use here for daily prayer)

✚ **History - a local study** (the importance of Norwich Cathedral Priory from 1096 onwards, the building of the Norman cathedral and monastery, investigating what life was like back then)

## What's included?

On arrival, Martha, the monastery maid, greets the children. As they pass through the ancient Hostry archway and enter the new guest hall, the story unfolds as they observe Martha washing the feet of a willing volunteer, and are offered a snack as was the Benedictine custom of welcome and hospitality. She then introduces children to the Cathedral today and in a fast-moving classroom session they will:

- ✚ Watch a demonstration of a Benedictine monk being clothed in his habit, scapula, cowl hood and girdle
- ✚ Learn about St Benedict, whose life and Rule was followed by monks here every day and how they prayed and worshipped
- ✚ Take part in some drama – you can prepare in advance back at school using our scripts. Find out about all the roles / jobs the monks had at Norwich Cathedral Priory and put on your own monk's gear!
- ✚ Discover the ancient washbasins and book cupboards, arches and roof bosses as they walk around to find where the monks used to sleep, eat and care for the sick in the ancient Infirmary
- ✚ Take part in a Chapter Meeting, you may even meet Br Peter!
- ✚ Encounter the beautiful Nave with its symmetrical arches, carvings and roof bosses, along with the choir. Sing plainsong
- ✚ Stop for a short time of quiet reflection as a candle is lit, and think about the importance of candles as prayer symbols
- ✚ Back in the classroom children get the chance to use a quill to write using ink and medieval script. They will also illuminate their work like the monks did
- ✚ If time allows, visit the herb garden and find out about how herbs were used to make medicines and poultices by the Benedictine monks

## Add-ons

On a full-day visit you may wish to incorporate a drama workshop about monastic life – discuss this when you book.



Discover the Old and New Testaments, see ancient Bibles in the Cathedral's historic library and find out why the Bible is so important to Christians worldwide. Recommended for Year 2 only and KS2.

## Curriculum links

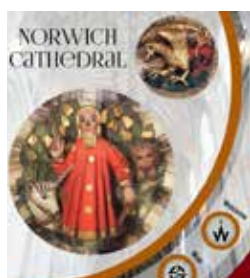
**RE, Word of God** - stories found in the Bible, parables Jesus told about the Kingdom of God, how does the Bible affect the lives of Christians?

**Beliefs and questions** – gospel accounts, miracles of Jesus, the nativity story, why is Jesus important to Christians?

## What's included?

Your visit will commence with a short introduction in the classroom during which children will explore the Bible's historic roots and structure. Through interactive activities they will find out about different versions of the Bible. Their guided journey of discovery will then begin in the Cathedral (depending on availability of costumed storytellers, the children will meet Biblical characters along the way). They will:

- ✚ Discover Moses and Noah, two key characters from the Old Testament. Hear their stories and explore why they are still important for Jews and Christians today
- ✚ See Old and New Testament stories depicted in the beautiful roof bosses and think about why churches and cathedrals long ago offered visual interpretations, (through art and mystery plays), of Bible stories for those who could not read or write
- ✚ Discover psalms and proverbs – ancient advice for modern-day people from the Old Testament
- ✚ Discover the Nativity by hearing Mary's story and see the Nativity stained glass window, statues and paintings. Together we question the mystery of the Incarnation and what this means for Christians
- ✚ Discover St Luke, the doctor, who wrote one of the four Gospels in the New Testament. Hear about the miracles of Jesus
- ✚ Discover some of the parables of Jesus that illustrate the Kingdom of God and explore this important concept, and how it is symbolised
- ✚ Discover where the Bible is read out daily in the Cathedral at the lecterns and find out about how Christians are taught about it from the Pulpit. Children will be encouraged to question how worshipping together helps Christians.
- ✚ Hear the story of Mary Jones, the little Victorian Welsh girl whose love of the Bible led to Bibles being sent across the world by the British & Foreign Bible Society
- ✚ Spend time in our historic library and find out how the monks of old used to copy and illuminate books. See ancient books and Bibles
- ✚ Light a candle, before departing, to reflect on the wonder, beauty and power of books. Spend a moment reflecting and thinking about their lives and those they love back home



## Norwich Cathedral app

Download the Norwich Cathedral app to help you prepare for and enhance your visit. The app features striking images and information about the medieval roof bosses and will help your pupils explore the visual interpretation of Bible stories in the stone carvings.

The app is available for both Apple iOS (iPhone and iPad) devices and Android devices. You can download the free app from the App Store or Google Play by searching for 'Norwich Cathedral'. A Wi-Fi or data connection is not needed to use the app.



Light up Advent with this special journey to Bethlehem. Available throughout November and December – book early to avoid disappointment.

## Curriculum links

- ✝ **RE, Beliefs and questions** – what can we learn about Jesus from the Nativity story? Why is Jesus important to Christians?
- ✝ **Incarnation** - why is it important to Christians that they believe God came to earth as a human being? Jesus, human and divine

## What's included?

Follow the star to Bethlehem!

- ✝ In a short introduction, children will explore the season of Advent and its customs (such as: Advent wreaths, Christingles, candles and calendars, Advent's purple colour code)
- ✝ On a guided journey around the Cathedral they meet characters from the Christmas story such as Mary, Joseph and a shepherd. Each tells their special part of the story on the road to Bethlehem
- ✝ Children dress as Magi (the three kings) and make their final procession to the crib where they complete the Nativity tableau with Mary and Joseph
- ✝ Time to reflect follows as candles are lit at the crib, time to ponder and question the meaning of this special story for Christians
- ✝ A festive craft workshop follows in the classroom.



Head into Spring with this action-packed journey of activity, dramatised storytelling and contemplation that will lead your children through the most important festival of the Christian church's year.

## Curriculum links

**RE** - inspiration, influence and the impact of belief – salvation.

Why is the cross an important symbol for Christians? What can we learn from the Easter story about being saved? How does this festival help Christians to worship and learn about Jesus?

## What's included?

The visit commences with a mystery basket quiz as the children are introduced to customs and symbols associated with Lent and Easter across the world (such as the egg symbol, being shaven (Shrove Tuesday / Ash Wednesday, fasting and hot cross buns).

- ✝ Re-enact the first Palm Sunday when Jesus rode into Jerusalem on a donkey
- ✝ The Feast of the Passover is set out and they discover how this meal turned into Jesus' Last Supper with his Disciples
- ✝ They then walk with Jesus and his friends to the garden of Gethsemane. The cross is carried as they reflect on the first Good Friday and what this still means for Christians
- ✝ The amazing mystery of the Resurrection is explored through Icons, light and colour. A candle is lit as thoughts are gathered at the end of the visit
- ✝ This visit also includes an Easter craft activity in the classroom afterwards





Explore journeys to holy places and be a pilgrim in the Cathedral.

## Curriculum links

✚ **RE, Islam & Christianity** - making comparisons between Islam (pilgrimage to Mecca) and Christian sites of pilgrimage.

✚ **Word of God** – the Koran and the Bible how teaching encourages practices such as pilgrimage

✚ **Christianity** – church, why is meeting together important for Christians? What is a shrine? Places of Christian pilgrimage in the UK and Europe. How and why has the Cathedral become a national place of remembrance for the life and work of WW1 nurse Edith Cavell and how many make pilgrimages to her grave / remember her in the Cathedral?

✚ **Expressions of belief** - rituals and practices – how and why do Christians pray in different ways? What is mysticism?

✚ **History (KS1 unit)** – Edith Cavell. Why is she remembered and buried at the Cathedral?

## What's included?

On arrival the children are met by a medieval pilgrim leader in cloak and hat who introduces them to pilgrimage past and present. They then embark on a journey around the Cathedral. On the way they:

- ✚ Explore the meaning of pilgrimage across different faiths and traditions
- ✚ Make a pilgrim badge and learn about the importance of badges for pilgrims long ago
- ✚ Experience many interesting areas of the building, in particular the Ambulatory at the East end, traditionally a place of pilgrimage in cathedrals
- ✚ Investigate artefacts and objects such as: the Font, Altars for Holy Communion, the Pulpit and Lectern, candles, crucifixes, sculptures, paintings, tombs, icons, memorials and more
- ✚ Learn about holy shrines and how objects and actions are used by believers when they visit them
- ✚ See the grave of Edith Cavell, think about her life and work with the help of a set of paintings and think about how some believers make pilgrimages to the site to remember and honour her
- ✚ Think about their own journey of life and how life's journey is marked out through rituals and practices by believers
- ✚ Question, reflect and talk about their experience as a pilgrim in the Cathedral
- ✚ Light a candle as pilgrims would do at a shrine and offer their own thoughts or prayers. Learn about how prayer is offered in the Cathedral every day throughout the year

## Add-ons

We can arrange for you to combine this with a visit to the Julian Centre and Shrine. This is a great way to compare and contrast places of worship, experience a shrine, do a pilgrimage walk and learn about the famous mystic, Mother Julian of Norwich. The Shrine offers challenging spirituality based activities.

## Useful resources

Pilgrimage resource book for KS 1 / 2: '*Special People, Special Places – Making Connections Between Pilgrimage and Everyday Life*' by Janet Marshall. Downloadable from [www.brf.org.uk](http://www.brf.org.uk)

Look for the 'Barnabas books for schools' section. It contains stories, drama scripts, poems and cross curricular activity templates based on places of pilgrimage around Britain. It also includes a section about pilgrimage journeys in the Bible and medieval pilgrimage.

# History based programmes

Includes a subtle measure of RE - Christianity.

## Edith Cavell revealed

Half day

KS1

KS2

SEN



To mark the launch of the new National Curriculum History syllabus, an exciting, characterised storytelling experience for KS1 featuring one of Norfolk's most famous heroines. It also includes input on Florence Nightingale and Mary Seacole, and links closely to the agreed syllabus for RE (Christianity). This programme can be adapted for KS2.

### Curriculum links

- ✚ **National Curriculum History KS1** – the lives of significant individuals (Edith Cavell. Mary Seacole and Florence Nightingale)
- ✚ **Significant people and places in your own locality** (Edith Cavell)
- ✚ **RE - Christianity**, teaching and authority, Word of God. (How does the Word of God influence Christians in their everyday lives and in making decisions?)
- ✚ **Belonging** – family, community and the world (how do Christians work to bring God's Kingdom on earth?)
- ✚ **Beliefs and questions** – incarnation (why is Jesus important to Christians?)

### What's included?

On arrival the children are greeted by Edith Cavell in her WW1 nurse's uniform. In the classroom she tells the story of her early life in Norfolk and how she eventually decided to train to be a nurse. Edith also refers to two other famous nurses who inspired her, Florence Nightingale and Mary Seacole. The children explore aspects of their lives, vocation and work through discussion and table activities. A journey around the Cathedral with Edith follows:

- ✚ Assistant nurses (chosen from the class) are invited to put on their WW1 caps and aprons, Florence is also chosen to demonstrate with her Bible, lamp and Victorian nursing daywear. Edith then invites them to go on a journey with her into her beloved Norwich Cathedral where they:
- ✚ Hear Edith's powerful story unfold in various side chapels incorporating visual art, storytelling and discussion
- ✚ Question and think about how and why Edith decided to risk her life by helping soldiers in WW1 using various visual stimuli (crosses, crucifixes, paintings, objects)
- ✚ Explore concepts such as vocation, caring for others, commitment, following Jesus and his teaching in daily life, sacrifice and martyrdom. (NB content/vocabulary and concepts will be adapted /differentiated appropriately for lower and upper KS1 abilities)
- ✚ Learn facts to enhance this study of their own city/county locality
- ✚ Find out about the worshipping life of the Cathedral today and aspects of it that were special to Edith (prayer, singing, Holy Communion)
- ✚ Light a candle before departing to reflect on the powerful story they have been part of and think about those who care for us in our lives today



A local History study that explores the impact of the Norman conquest and the building of Norwich Cathedral Priory (cathedral and monastery). This visit is an ideal 'add on' to a visit to Norwich Castle or an investigative walk around the old city.

## Curriculum links

- ✚ **National Curriculum History KS2** (a study of an aspect of history or a site dating from a period beyond 1066 that is significant in the locality / a study of an aspect or theme in British history that extends pupils' chronological knowledge beyond 1066)
- ✚ **RE, Christianity** (belonging: family, community and the world – what do Christians mean when they use the word church and what does it mean to belong to one?)

## What's included?

History is revealed through:

- ✚ An interactive classroom session that encourages children to explore life in Norwich after the Norman conquest, particularly 1096 when building of the Cathedral commenced
- ✚ Exploration of the exterior Cathedral site/monastery ruins and the riverside location of Pull's Ferry where stone was landed to build the Cathedral
- ✚ Activities to explore what life was like in Norwich at that time (social, economic, spiritual)
- ✚ Discovery about the impact and function of the monastery and Cathedral church in Norwich and across the country and how it still impacts on peoples' live today (especially Christians)
- ✚ Investigation activities using Explorer Bags containing: torches, binoculars and magnifying glasses to find out about materials used to build the Cathedral and monastery, and how it was built. (NB this will not be fully achieved if the visit is a '60 minute special')
- ✚ A time of reflection before departure on the wonder of this historic, sacred place, and a candle will be lit to offer thoughts or prayers

## *Workshop add-ons*

The following are available and we will discuss how to add this to your timetable when you book.

### **Super stained glass (45 minutes)**

Children will make stained glass designs using tissue / cellophane, based on what they have seen in the Cathedral and Christian symbols. Stencils and all materials will be provided.

### **Bumper Bible drama experience (60 minutes)**

Drama, dance and movement based on Old and New Testament stories. Choose from:

- ✝ Parables of Jesus
- ✝ Noah and the Ark
- ✝ The Christmas Message
- ✝ Easter Mysteries
- ✝ The Life of Jesus

This workshop will help children explore further the hidden meanings within the stories and their importance for Christians today.

### **Marvellous mosaics (45 minutes)**

After looking at the beautiful mosaic design at the East end of the Cathedral and contemplating why colour and patterns are used to make places of worship beautiful, children make a square coaster in the classroom using glass tile mosaic pieces.

### **Reflective storytelling and art activity (60-90 minutes)**

Using the popular and effective 'Godly Play' technique, specially adapted for a school / learning setting. The Parable of the Lost Sheep (merged with Jesus the Good Shepherd) and Noah's Ark.

NB If you are looking at any other Biblical stories, please ask us when you book – a session may be available on that story).

### **Walk the labyrinth (60 minutes)**

Hands on activities and discussion about caring for others, listening, sharing and helping one another in sad/difficult times and moral dilemmas, followed by an interactive labyrinth walk using our outdoor or indoor labyrinth. These sessions will be fully led and directed by the Schools team.

### **Dance the story**

Exploration of the Christian story through dance and music. Children will work together and discuss together in pairs and small groups to create thought-provoking dance that brings alive key aspects of the life of Jesus, his teaching and message for Christians today.

### **Iconic art**

Introduces children to the inspirational world of Christian Icons, often referred to as 'windows to heaven' by believers who use them. The children look at key figures such as: Jesus, Mary, St Paul, and others as well as Biblical stories and events depicted in icons. They learn about how icons are used by Russian and Greek Orthodox Christians and others to help them pray and worship.

They have a go at creating their own Icon-style images using paper and collage techniques.

**These may also be delivered at your school, subject to staff availability. On top of your guided visit or self-guided visit, you may wish to schedule in a workshop. Please see separate price list for these.**



## *'In school' options*

### **If you cannot get to us, let the Schools & Family Learning team come to you!**

Half or full-day options for KS1 and KS2. These might commence with an assembly, then we rotate around multiple classes (or work with one class). We will plan a timetable to suit your requirements. See separate price list.

#### **Monks on the run! (KS2)**

Children learn about the life of a monk at Norwich priory from Martha, the travelling monastery maid. They also investigate how the Cathedral was built and its importance in the county/city up to the time of the Reformation.

Costumes, drama, music, quill writing and more are part of this fast moving day.

#### **Worship unpacked (KS1 and 2)**

Lots of activities, objects, clothing, group activities and games based on how Christians worship, pray, read the Bible, and use sacred spaces such as churches and cathedrals.

#### **Be a pilgrim (KS1 and 2)**

A fun day that enables children to find out about pilgrimage long ago and its relevance for many Christians today. Drama, storytelling, costumes, group activities and badge making.

#### **The big labyrinth journey**

We'll need a large school hall for this (or playground / field in good weather).

Activities that encompass moral, spiritual and cultural issues, concepts such as: caring, sharing, living together, faith and belief, tolerance, will take place before children are led into making their own walking journey around the labyrinth pattern.

This is part of the joint labyrinth project devised by Ely, St Edmundsbury and Norwich Cathedrals. If you fancy a challenging and thought-provoking day that multiple classes can take part in, this could be for you.



## Risk assessment advice

The following advice grid is here to assist you with your planning. It is not intended to replace your own risk assessment but will hopefully help you to compile it. Please refer to your own school / county / diocesan guidelines.

We strongly recommend that the member of staff organising your visit makes a preparation visit to the Cathedral, well in advance, in order to carry out their risk assessment. This should include the journey to and from the Cathedral.

Location	Activity	Significant hazards	Those at risk	Current controls
Exterior Cloister  Access to lavatories in Refectory complex	Walking around Playing at lunch time	<ul style="list-style-type: none"> <li>• Uneven stone floors and tombs – trips / falls</li> <li>• Holes in ground (garden garth) – falls / twisted ankles, glass doors – bump into, raised benches – falls, stone steps to lavatories / Refectory</li> <li>• Drains around garth – trips, wooden steps – falls</li> <li>• Public area (inc. lavatories) – unknown adults. Stranger danger</li> </ul>	Children, young people, teachers, helpers / leaders	<p>Give verbal advice to walk, not run.</p> <p>Group's own adult supervision at all times, adults to open glass doors</p> <p>Hand rails in place.</p> <p>Advise on stranger danger/ adults supervise at all times.</p> <p>Risk level: low</p>
Inside Cathedral – entrance hall, Nave, choir, side chapels, transepts	Walking around, sitting and climbing steps. Organised activities.	<ul style="list-style-type: none"> <li>• Uneven stone floor surfaces – trips / falls</li> <li>• Metal floor gratings – trapped fingers / trips</li> <li>• Steps – trips and falls</li> <li>• Chairs – trapping fingers / falling off</li> <li>• Misericord seats – hinged / may fall, trap fingers</li> <li>• Electrical floor sockets – fingers / electric shocks</li> <li>• Candles – burns to skin / hair / clothes</li> <li>• Lectern – trips / falls from box step.</li> <li>• Stones pillars – trips / bumping into</li> <li>• Public area – unknown adults</li> <li>• Polished surfaces – trips / falls</li> <li>• Dim lighting in chapels – trips and falls</li> </ul>	Children, young people, teachers, helpers / leaders	<p>Give verbal advice to walk, not run</p> <p>Close supervision from adults at all times in all areas</p> <p>Advise to walk in single lines, slowly</p> <p>Supervise when on chairs. Gratings checked regularly</p> <p>Misericords – adult supervision</p> <p>Advise not to touch sockets in floor</p> <p>Adults to light candles, stand well back, no loose clothing near candle stands, sand provided on stands</p> <p>Advise on stranger danger and adult supervision at all times</p>
Bowerbank classroom in Hostry complex	Activities at tables/ discussion groups, Arts and crafts Packed lunches Hanging up coats and bags on racks. Washing hands in sinks	<ul style="list-style-type: none"> <li>• Chairs – falls / trapped fingers</li> <li>• Tables – tripping on protruding legs</li> <li>• Coat racks – bump into, trips, coat hooks sticking out – injuries to arms / faces</li> <li>• Bags – trips on loose straps</li> <li>• Scissors – finger cuts</li> <li>• Allergies to glues etc</li> <li>• Pens – poking of eyes / faces</li> <li>• Glass doors and windows – falling against</li> <li>• Sinks – hot water in taps / scald risk</li> <li>• Slips / falls if floor wet</li> </ul>	Children, young people, teachers, helpers / leaders	<p>Give verbal advice on sensible use of tables, chairs and all materials/scissors.</p> <p>No running in classroom, adult supervision at all times.</p> <p>Keep away from glass windows/doors.</p> <p>Adult supervision when children using sinks/taps. Check water temperature before use.</p> <p>Hazard signs if floor wet and warn to keep away/take care</p>

Location	Activity	Significant hazards	Those at risk	Current controls
The Close and greens	Access to Cathedral, walking around Picnic lunches	Traffic access in the Close- cars, bikes and vans, risk of being run over Public area – stranger danger Uneven surfaces on paths and grass banks/lawns – trips and falls	Children, young people, teachers, helpers / leaders	Walk in lines, teachers give verbal advice and supervise to front and rear of line. 10 mile an hour speed limit, some pathways available. Supervise at all times and advise on stranger danger. Supervise and advise to take care on uneven surfaces
Herb Garden	Walking or sitting in garden Learning activity looking at and picking herbs.	<ul style="list-style-type: none"> <li>Public area – stranger danger.</li> <li>Nettle stings, allergies to plants / pollen – allergic reactions.</li> <li>Uneven paths and soil areas – trips and falls.</li> <li>Thorns and prickly plants – injuries to fingers / faces / arms / legs.</li> <li>Metal, heavy gates – trapped fingers or legs</li> </ul>	Children, young people, teachers, helpers / leaders	Supervise closely. Advise in advance of hazards. Gain parental consent and ensure those with allergies have epi pens or medication. Advise on not eating and advise on nettles etc. Keep away from gates, adults to operate gates only. Walking in lines on paths and advise about uneven surfaces. Supervise at all times and advise on stranger danger.

## *Guidelines for visiting schools / groups*

**Please ensure that you plan the visit carefully and brief your adult helpers in advance so that they know what is expected of them on the day.**

Please prepare your children for their visit. It is helpful to do some background work with them to introduce key concepts, vocabulary, and to outline what they will be doing on the day. Do ask us for help / resources for this.

- ✚ **Large groups** - please arrange, in advance, how your group will be divided into smaller working groups on arrival at the Cathedral. Time is precious on the day!
- ✚ **Behaviour** - the Cathedral is first and foremost a place of prayer and worship. We therefore ask that all are respectful and quiet whilst in the building. Please remind pupils about 'appropriate' behaviour before you come and support our staff and volunteers throughout the visit. Groups causing a disturbance will be asked to leave the Cathedral
- ✚ **Photography is allowed** in the Cathedral but please be discreet and wait until appropriate times during the visit, as advised by your leader. It is preferable to have just one nominated photographer in each group as lots of 'snapping' can be distracting
- ✚ **It is a tradition in Christian churches for men and boys to remove their hats / caps** on entering (unless there is some medical / religious reason). Please tell your pupils and helpers about this
- ✚ **Prayers are said 'on the hour' in the Cathedral** and groups are asked to respect this practice and to be still and quiet for approximately four minutes. You are welcome to join in with the Lord's Prayer when it is said
- ✚ **School staff and accompanying adults remain responsible** for the welfare and behaviour of pupils throughout their visit to the Cathedral. Should there be an accident / health incident, please tell your visit leader or staff at the donations desk at the West end
- ✚ **We advise you to bring a trained First Aider** with you and a portable First Aid kit. A small kit is available in the Bowerbank classroom. Ask your visit leader if you need a First Aider whilst in the Cathedral. We cannot guarantee there will be one present at all times. NB If an accident/injury should take place, however trivial, please ask us for the accident record book. It is important to record this as soon as possible and a copy can be made for you to take back to school with you.
- ✚ **Mobile phones** - please ensure these are on silent whilst inside the building.
- ✚ **In the event of a Fire Alarm** - please follow the instructions of your guide or Cathedral vergers if you hear it. Make your way calmly and quickly to the nearest exit. The assembly point is the upper green at the West end or the Cloister green. Please call a register when you assemble to ensure that all are present. It is important that you bring class lists with you.
- ✚ **Eating and drinking etiquette** - please do not allow your pupils to chew gum, eat or drink water or other refreshments in the Cathedral. You may eat snacks and lunches in the Cloister.
- ✚ **Please supervise lavatory visits** at all times as they are used by members of the public. Ensure you have both male and female adults with you for this purpose



# *INSET for teachers and trainees / NQTs*

## **Why not book a bespoke INSET day or half day with us?**

We can lead a workshop/activity session on RE topics such as:

- ✚ Visiting a place of Christian worship and getting the utmost from the Cathedral to deliver your local agreed RE syllabus areas of study for Christianity
- ✚ Prayer and spirituality – what is spiritual development and how do we include it in our teaching to enhance the spiritual development of our pupils?
- ✚ Reflective storytelling, drama, art and more
- ✚ Cross-curricular themes to explore at Norwich Cathedral

Your day / half day will also include a guided tour of the Cathedral that focuses on how to use the building/ achieve the above with your class.

## **Tell us what you'd like! We will do our best to meet your learning outcomes.**

The cost for a whole day is: £150. £90 for a half day.

## **NB If you book a series of guided school visits with us at the same time as you book your INSET we will reduce your fee considerably! Ask us about this.**

We welcome university course (teacher training and other) groups, 'cluster groups' of schools, Diocesan groups, advisers' groups/schools from different faith backgrounds and SEN schools. Twilight sessions are a possibility.

Catering can be provided (but there will be an extra charge) if booked in advance with our Refectory Manager.

Do contact Janet Marshall to discuss your requirements and to plan a programme:

**headofschools@cathedral.org.uk**

Comments from teachers who have attended INSET at the Cathedral:

*'We had an excellent morning, I think it's the first training day with all our staff (teaching and support) where everybody thoroughly enjoyed the day and felt they had gained something from it. We have already booked each class in for a guided visit!'*

A Norwich Primary School

*'The session had everything: inspiration for artwork, awe and wonder, shape and space for Maths, History, RE. An excellent morning.'*

KS 3 teacher

*'The Bowerbank classroom was an ideal venue and the combination of activities about spirituality and how to use the Cathedral as an RE or cross curricular resource was ideal. The sessions in the Cathedral brought it all to life.'*

Primary teacher

## **Devise your own day and lead it yourself at the Cathedral**

You may wish to use Norwich Cathedral as a base for a staff training day or a conference (led by yourself or a visiting leader). We welcome staff teams to our Schools centre and nearby Weston Room for this purpose. We can supply a screen and projector.

Although you are conducting your own programme on the day, you may wish to book an additional guided tour of the Cathedral with particular focus on how you might use it with your pupils. Our Schools team will lead these tours for you but they must be booked in advance.

Contact Janet Marshall for room hire prices and more information: **headofschools@cathedral.org.uk**

Visit our website: [www.cathedral.org.uk](http://www.cathedral.org.uk)



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