

Schools & Family Learning

at Norwich Cathedral



Themed guided visit programmes and workshops for primary schools, academies, community groups and parishes.



www.cathedral.org.uk

**NORWICH**
CATHEDRAL



Contents

Welcome	1
About Norwich Cathedral	2
Challenging R.E. in action	3
How to book your visit	4
Useful things to know before booking	5
<i>Condensed guided visit programmes</i>	
~ Cathedral Revealed	6
~ Being a Christian Revealed	7
<i>Guided visit programmes</i>	
~ Discover worship and belief	8
~ Science in a sacred space	9
~ Maths, Art and R.E. cracked!	10
~ Be a monk!	11
~ Explore the Bible: Old Testament stories and the life and teachings of Jesus	12
<i>Festivals</i>	
~ Discover Advent & Christmas	13
~ Explore Lent & Easter	14
~ World faiths: Pilgrimage around the world	15
<i>History based programmes</i>	
~ Edith Cavell & ‘The lady with the lamp’	16
~ A Norman adventure!	17
Workshop add-ons	18
In school options	19
Risk assessment advice	20
Guidelines for visiting schools/groups	22
INSET for teachers/whole staff teams and trainees/NQTs	23

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/academies, parishes, community groups and families. We aim to make your Cathedral visit educational, inspirational, memorable and fun.

With a background in both primary and secondary education plus extensive experience of managing and delivering ‘sacred space’ education in the UK, I look forward to working with your school to plan and deliver exciting learning programmes.

Children and young people gain so much from exploring and experiencing historical, spiritual, awe inspiring places such as this and from handling objects, encountering art, meeting believers and taking an active part in the many challenging stories that the Cathedral has to offer.

Our skilled team looks forward to enabling you and your children to get the absolute best from this wonderful place. There are many programmes in this brochure to enhance your R.E, History, Science, Art 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. We can also come out to your school to deliver exciting programmes. I look forward to working with you.

Janet Marshall
Head of Schools & Family Learning



About Norwich Cathedral



Who are we?

We are a vibrant, working community of Christian worship. The Cathedral is the ‘Mother Church’ for the 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, prayed and worked here followed the rule and example of St Benedict.

Following on from this ancient tradition, the Cathedral is still a centre of prayer, discovery, learning and hospitality for the people of the city and surrounding counties. 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** For example 10.30am - 2.30pm. These may include ‘workshop add ons’.
- † **Half days** For example 10.00am -12.00pm or 12.30 - 2.30pm.
- † **‘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 for full details.

Please see separate price list for all visit charges.

Class sizes

Most of our programmes are adaptable for individual/multiple class visits or larger year groups.

Challenging R.E. in action

Our programmes are closely linked to the enquiry-based areas of study for Christianity in the Norfolk Agreed Syllabus for R.E. (and other county-agreed syllabuses). As required, our visit content will enable your pupils to:

- ENGAGE
- ENQUIRE
- EXPLORE
- EVALUATE
- EXPRESS

Our approach focuses on:

- † Engaging 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.

Our aim is to enhance your teaching of the areas of study set out for Christianity in the agreed R.E. syllabus. We aim to do this in a unique way as your pupils experience the awe and wonder of 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 in our programmes linked to History, Art, Maths, Science, English, Spiritual Development, Moral, Cultural and Social education, Sociology, Ethics, Geographical/Local studies. We offer unique ways to link your R.E. with other curriculum topics.

Something for all

All programmes are suitable for SEN and EFL pupils within mainstream schools. Special schools/academies 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 full details.

Our commitment to you

- † Competent visit leaders who aim to deliver high quality teaching throughout your visit.
- † A professional service. Your visit/workshop will be led by teachers and/or trained volunteers, all of whom have been DBS checked.
- † Content and resources that are in line with curriculum/syllabus developments, with clear aims and objectives.
- † Value for money. We keep our visit fees as low as possible.
- † A safe learning environment. There is a classroom in the Hostry (the Bowerbank Room) with coat/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 information and tours for teachers. Please tell us if you would like to arrange a preparation tour. These must 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 read through this brochure (also available to download at www.cathedral.org.uk/schools) and choose your preferred programme. Then call 01603 218320 or email headofschools@cathedral.org.uk to discuss your requirements, set a date and confirm costs.

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 the full fee (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 fee. 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 offer a refund for children who do not attend on the day of the visit.

Useful things to know before booking

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's Hostry entrance.

Packed lunches

You are welcome to eat packed lunches here but we cannot guarantee classroom space for all groups. The Cloister is an outdoor, covered, public walk way with a grassed area at its centre. This is ideal for picnics in warm weather, though you'll need to wrap up in the winter!

Pre-ordering lunch from the Refectory Café

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 Hospitality 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 short, guided visit is great value for money!

For the same price as self-guiding per pupil, pupils 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 can be provided by us on request. It is of course even better to have a half or full day here! Talk to us about options if you are unsure.

Preparing children for their visit

We want you to 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. Please tell us on your booking form how much the children already know about the particular topic you are covering. Further guidelines are available on page 22.



Condensed guided visit programmes

Shorter, cost-effective, guided visits with a general interest, History and R.E. focus.

Cathedral Revealed

45 or 60 minute special

KS1

KS2

SEN



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

Curriculum links

- † **History** The Normans, monastic life past and present, aspects of history that are significant to the locality.
- † **R.E.** Belonging/church (why Christians meet together, types of Christian churches, the impact of the church).
- † **Expressions of belief** Rituals, practices and sacrament. What happens when someone is baptised? Why do Christians share bread and wine together? How do 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. Pupils will experience the Cloisters as well as the Cathedral.
- † Children are led on a walk from the Great West Door, through the Nave to the Choir Presbytery and High Altar at the East End.
- † Pupils will be given the opportunity to view, question and explore the meaning of special furniture and objects they pass along the way (for example the font, altar, pulpit, lectern, prayer stalls, misericords, Bishop's seat, organ, candles, crosses, common symbols, roof bosses, stained glass windows and decorations).
- † Children will discover how precious areas in the building, objects and 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.
- † Pupils 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 or none).



Curriculum links

Covers agreed R.E. syllabus units including beliefs and questions, belonging and expressions of belief with a particular emphasis on:

- ✦ **Incarnation** Why is Jesus important to Christians?
- ✦ **Sacrament** Exploring what Baptism and Holy Communion mean for Christians.
- ✦ **Church** Why is meeting together in special buildings 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 liturgical colours, crosses, clothing and other decorations are used (children demonstrate a priest's and Bishop's vestments).
- ✦ Pupils will handle prayer objects and vessels, see stained glass windows, statues and memorials.
- ✦ There will be time for pupils 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.
- ✦ Children will think about how Christians mark and celebrate 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. See page 18 for details and ask us about this when you book.

Guided visit programmes

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

Discover worship & belief

Half or full day

KS1 KS2 SEN

Curriculum links

- ✦ **R.E.** Belonging/church (why Christians meet together, types of Christian churches, the impact of the church).
- ✦ **Expressions of belief** Rituals, practices and sacrament. What happens when someone is baptised? Why do Christians share bread and wine together? How do 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, the Word of God through Bible stories.
- ✦ **History** The Normans, monastic life past and present and 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 the 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.
- ✦ Pupils 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 and beads.
- ✦ 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 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.



Science in a sacred space!

Half or full day KS2 SEN

Bring your science teaching alive in a unique place, with challenging investigations and exploration linked to R.E. Mix and match topics to suit your specific learning outcomes with a bespoke programme designed for you.

Curriculum topic links to choose from

- ✦ Gravity, friction, pushes and pulls (investigate structures, symmetry, arches, strength and beauty).
- ✦ Experiment with light (reflection, prisms and stained glass windows).
- ✦ How does sound travel in a large, tall space?
- ✦ Music and voice.
- ✦ Properties of and changes to materials.
- ✦ Life cycles and birds (a spring time project when our peregrine falcons are nesting, delivered with the Hawk & Owl Trust).
- ✦ Plants, herbs and their medicinal purpose then (monastic) and now, the structure of flowers, flowers for beauty in a sacred space (a spring and summer project).
- ✦ Why do Christians have sacred spaces to worship and pray in? Christian art/icons, Bible stories in stained glass, plants in the Bible, creation, the parables of Jesus about nature and life, reflection and silence in a sacred space.
- ✦ When and how was the Cathedral built? How did they do it? Why has it been designed like this?

What's included?

Please tell us which topics you wish to cover in this half or full day. After a short introduction the children will take part in activities, experiments and investigations in our classroom and around the Cathedral.

Examples include:

- ✦ Investigate gravity and its effects by building arches, testing strengths, looking at pillars and arches, drama and medieval building techniques.
- ✦ Experiment with light rays, examine stained glass and explore how it enhances this beautiful Cathedral, prayer and worship. Explore music and sound.
- ✦ Discover materials in the Cathedral and its grounds and investigate their properties and uses. Find out how weather, time and human intervention change materials and structures.
- ✦ Encounter nature as the children find out about plants, herbs, life cycles and peregrine falcons (spring).



Maths, Art & R.E. cracked!

Half day KS1 KS2 SEN



A heady cross curricular mix, as children discover and investigate shapes, patterns, signs and symbols and explore patterns of faith, belief and worship and the way they impact on Christians in this sacred space.

Curriculum links

- ✦ **R.E.** 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, symbolism to express beliefs (Ichthus (fish), Lamb of God, Trinity, cross symbol, Icons).
- ✦ **Maths** Shapes (idenification and practical examples), measurements, symmetrical patterns and designs.
- ✦ **Art** Patterns, paintings, stained glass, icons, decoration, stone and wood carvings. Investigation of 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. 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, as well as handling objects.
- ✦ Find out about symbolic patterns, shapes and images. Measure and explore size and shape.
- ✦ 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 900 year old pattern of prayer and music used in Cathedral worship.
- ✦ Light a candle to reflect on the beauty and meaning of all they have encountered and spend a brief moment in silent reflection to offer thoughts or prayers.

Add-ons

'Top up' this visit with a mosaic or stained glass workshop. See page 18 for full details.

Be a monk!

Half or full day

KS1

KS2

SEN



Dress as a monk, make a procession around the Cloisters and Cathedral, take up your quill and ink and take a vow of silence! Along the way we'll unpack the history of monastic life in this sacred place. Recommended for KS1 Year 2 through to Year 6 KS2.

Curriculum links

✦ **R.E. & Church** A body/community of believers, expressions of belief: sacrament/ceremonies, the 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 & English** Patterns, symbols, decorations, monastic illuminations and hand writing.

✦ **Music** Sing 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 and investigating what life was like back then.

What's included?

On arrival the monastery maid, Martha, 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, to demonstrate the medieval custom of welcome and hospitality before introducing them to the present day Cathedral. 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 this affected their daily prayer, work and worship.
- ✦ Take part in some drama – you can prepare in advance back at school using our scripts. Find out about the individual roles/jobs the monks had at Norwich Cathedral Priory and put on your own monk's scapula apron!
- ✦ Discover the ancient Cloister 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 to find out more about the daily life of a monk.
- ✦ Encounter the beautiful Nave with its symmetrical arches, carvings and roof bosses. Walk in procession into the choir and sing plainsong in the ancient misericord seats.
- ✦ Stop for a short time of quiet reflection as a candle is lit, and think about the importance of candles as prayer symbols for Christians.
- ✦ Back in the classroom children get the chance to write with a quill using ink and medieval script. They will also illuminate their work like the monks of old.
- ✦ If time allows, pupils will 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 or a medieval herbal potion making session. Speak to us about this when you book.

Explore the Bible: Old Testament stories and/or the life and teachings of Jesus

Half or full day

KS1

KS2

SEN

Explore why the Bible is important to Christians worldwide, with particular emphasis on the life of Jesus and his teachings.

Mix and match your choice of content. You may wish to focus on either Old or New Testament stories, or both, or instead home in on the life and teaching of Jesus.

Recommended for KS1 Year 2 and up to year 6 KS2.

Curriculum links

R.E., Word of God Stories found in the Bible, parables Jesus told, explore how the Bible affects the lives of Christians.

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

What's included?

The visit commences with a short introduction in the classroom during which children explore the Bible's historic roots and structure. They find out about different versions of the Bible. Their guided journey of discovery then begins in the Cathedral as the children encounter Biblical characters and stories from old and new testaments (whichever you've chosen), along the way.

You can choose from the following, depending on what your learning outcomes are:

- ✦ 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.
- ✦ View Old and New Testament stories as depicted in the medieval 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.
- ✦ Encounter the beginning of the life of Jesus by hearing Mary's story, view the Nativity stained glass window, statues and paintings. Pupils explore the mystery of the Incarnation (God becoming human) and what this means for Christians worldwide.
- ✦ Explore parables and/or miracles of Jesus through 'Godly Play'/reflective story telling and drama.
- ✦ 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 explore how worshipping together helps Christians.
- ✦ Hear the story of Mary Jones, the Victorian Welsh girl whose love of the Bible led to Bibles being sent across the world by the British & Foreign Bible Society.
- ✦ Optional: spend time in our historic library and find out how the monks of old used to copy and illuminate books. Includes pupils seeing ancient books and Bibles.
- ✦ Light a candle before departing, with time to reflect and experience the wonder of the space.



Download our FREE medieval roof bosses app

Exploring the visual interpretation of Bible stories set in the Cathedral's medieval roof bosses (stone carvings) is a great way to prepare for your visit! Our app is available to iOS and Android devices and can be downloaded free of charge from the App Store or Google Play. Helpfully a wi-fi or data connection isn't needed to use the app once it has been downloaded.

Discover Advent & Christmas

Half day

KS1

KS2

SEN



Light up Advent with this special journey of discovery, as this great festival comes alive in the Cathedral! Available throughout November and December. Book early to avoid disappointment.

Curriculum links

- ✦ **R.E., Beliefs & 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?

- ✦ In an introductory classroom session, children will explore the season of Advent and its customs (such as Advent wreaths, Christingles, candles, prayer and calendars, plus Advent's purple liturgical colour code, used in many churches including the Cathedral).
- ✦ On a guided journey around the Cathedral pupils encounter characters from the Christmas story such as Mary, Joseph and a shepherd. Each tell a 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.
- ✦ Pupils are allowed time to reflect, ponder and question the meaning of this special story for Christians, as candles are lit at the crib.
- ✦ A festive craft workshop follows in the classroom. Make something to take back as a reminder of the approach of this special season.

Explore Lent & Easter

Half or full day

KS1

KS2

SEN



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

Curriculum links

R.E. 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 children explore Lent, an important time of preparation across the world before Easter. Pupils learn about customs and symbols associated with Lent and Easter across the world, such as the egg symbol, Shrove Tuesday/Ash Wednesday, fasting and hot cross buns!

Pupils will:

- ✦ Re-enact the first Palm Sunday when Jesus rode into Jerusalem on a donkey, including a procession through the Nave waving palms and flags.
- ✦ Gather round at the Feast of the Passover, learning about the symbolism of the foods and discovering how this meal turned into Jesus' Last Supper with his Disciples.
- ✦ Walk with Jesus and his friends to the garden of Gethsemane to find out about the arrest of Jesus. Pontius Pilate tells how he washed his hands of Jesus and sent him off to carry the cross on his back. Children reflect on the first Good Friday and what this still means for Christians across the world.
- ✦ Encounter the amazing mystery of the Resurrection at the empty tomb. A candle is lit as thoughts are gathered in a moment of silence at the end of the visit.
- ✦ The visit concludes with an Easter craft activity in the classroom.

World faiths: Pilgrimage around the world

Half day

KS1

KS2

SEN



Children will have fun exploring journeys to holy places as they themselves become pilgrims. Pupils learn about key furnishings and prayer/worship in the Cathedral.

Curriculum links

✦ **R.E., Islam & Christianity** Making comparisons between Muslims' pilgrimage to Mecca, Christian sites of pilgrimage, and/or pilgrimage sites in other world faiths.

✦ **Word of God** How teachings in the Koran and the Bible encourage 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 across the world. The journey of Christian life.

✦ **Expressions of belief** Rituals and practices - how and why do Christians pray and worship in different ways? What is mysticism?

What's included?

On arrival the children are met by a medieval pilgrim leader who introduces them to medieval pilgrimage. They then embark on a journey around the Cathedral.

On the way pupils will:

- ✦ Explore the meaning of pilgrimage for Christians and for believers across various world faiths.
- ✦ 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 the Cathedral.
- ✦ 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 symbolic actions are used by believers when they offer devotions.
- ✦ Find out about how the journey of Christian life commences with Baptism at the font.
- ✦ Think about their own journey of life.
- ✦ 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 in Norwich. This is a great way to compare and contrast places of worship, experience a shrine, complete a pilgrimage walk and learn about the famous mystic, Mother Julian of Norwich. There are other local city centre churches too that can be visited. Ask about a pilgrimage themed art workshop or stained glass/mosaic workshop.

Useful resources

Pilgrimage resource book for KS 1-2: *Special People, Special Places - Making Connections Between Pilgrimage and Everyday Life* by Janet Marshall. A great resource for teaching pilgrimage - ask for more information.

History based programmes

Includes a subtle measure of R.E. - Christianity, as pupils explore how faith inspires social action.

Edith Cavell & 'The lady with the lamp'

Half day

KS1

KS2

SEN



The engaging life story of Norfolk's WW1 nursing matron, Edith Cavell comes alive through an exciting, characterised storytelling experience for KS1 or KS2. Pupils also learn about Florence Nightingale and Mary Seacole.

Curriculum links

✦ **History KS1** The lives of significant individuals (Edith Cavell, Mary Seacole and Florence Nightingale).

✦ **Significant people and places in your own locality** Edith Cavell and the impact of WW1 on peoples' lives.

✦ **R.E.** Christianity, teaching and authority, Word of God. How does the Word of God influence Christians in their everyday lives and in making decisions? How did it influence Edith and Florence?

✦ **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 and how do they try to live out his teaching?

What's included?

On arrival the children are greeted by Edith Cavell in her WW1 nurse's uniform. 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 how nursing and hospitals have changed and developed through discussion and table activities in the classroom.

A journey around the Cathedral with Edith follows. An assistant nurse and male WW1 orderly (chosen from the class) are invited to put on their uniforms. 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 around her beloved Norwich Cathedral where pupils:

- ✦ Hear Edith's powerful story about rescuing WW1 allied soldiers in Brussels unfold in various side chapels incorporating visual art, storytelling and discussion, helped of course by Jack the dog!
- ✦ 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 KS1.
- ✦ Meet Edith's faithful friend, Jack the dog (puppet) who tells the sad end of the story, then visit Edith's grave in the Cathedral grounds.
- ✦ Find out about the worshipping life of the Cathedral today and aspects of it that were special to Edith (prayer, singing, Holy Communion). Hear about the healing miracles of Jesus and participate in some drama.
- ✦ Light a candle to reflect on the powerful story you have been part of and think about those who care for us today.

Support resource

One Step Ahead Jack, an illustrated story book about Edith's life by Janet Marshall. £6.99 from the Cathedral Shop.



Explore local History, especially 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 a discovery walk around the city. It takes children around the Cathedral precincts, to the riverside and around the Cathedral itself.

Curriculum links

- ✦ **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.
- ✦ **R.E., 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 comes alive through:

- ✦ An interactive classroom session that encourages children to explore life in Norwich after the Norman conquest, particularly in 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 from France to build the Cathedral.
- ✦ Activities to explore what life was like in Norwich at that time (social, economic, spiritual).
- ✦ Discovering the impact and function of the monastery and Cathedral church in Norwich and across the country and how it still impacts on peoples’ lives today.
- ✦ Investigate medieval stone masons’ saws, hammers and plumb lines, chip away at some stone, find out how they set about building the arches and pillars!
- ✦ A time of reflection on the wonder of this historic, sacred place. A candle will be lit to offer thoughts or prayers.

Workshop add-ons

The following options are available, which can be discussed when booking and finalising your timetable.

Super stained glass (45 minutes)

Children will make stained glass designs using tissue/cellophane, based on what they have seen in the Cathedral.

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 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)

Utilises the popular and effective ‘Godly Play’ technique, specially adapted for a school/learning setting, to explore 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 mention these when you book, as 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 and discuss 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. Pupils also have a go at creating their own Icon-style images using paper and collage techniques.

These workshop add-ons 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 costs.

'In school' options

If you cannot get to us, let our Schools & Family Learning team come to you!

Half or full-day options for KS1 and KS2 available. 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. Please see separate price list for costs.

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 (KS1-2)

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 (KS1-2)

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

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">• Public area – stranger danger.• Nettle stings, allergies to plants / pollen – allergic reactions.• Uneven paths and soil areas – trips and falls.• Thorns and prickly plants – injuries to fingers / faces / arms / legs.• Metal, heavy gates – trapped fingers or legs	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.
- † **Hats** 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 R.E. topics such as:

- ✦ Visiting a place of Christian worship and getting the utmost from the Cathedral to deliver your local agreed R.E. 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 day is £150, or £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, advisors' groups/schools from different faith backgrounds and SEN schools. Twilight sessions for teachers are a possibility.

Catering can be provided at an extra charge if booked in advance with our Hospitality Manager.

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!" *Norwich based Primary School.*

"The session had everything: inspiration for artwork, awe and wonder, shape and space for Maths, History, RE. An excellent morning." *KS3 teacher.*

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

For further information on all of the above please contact Janet Marshall on 01603 218320 or email headofschools@cathedral.org.uk.



