

Issue 3

Footprint

Norfolk's magazine for healthy and sustainable schools

Spring 2009

Little Melton Primary school reduced their energy consumption by **9%** during switch off, keep cool week. This would save **£160** and **840kg** of carbon dioxide emissions per year.

How well could you do?



School Travel Plan Team - Page 2



Environmental and Outdoor Learning - Page 3



Schools Waste Action Club - Page 4



Healthy Schools - Page 5



Road Safety - Page 6



Energy Busters - Page 7



School Grounds Support - Page 8

This magazine has been printed on **100% recycled paper.**



Norfolk County Council
at your service

School Travel

Plan Team

Travel Transition from Primary to Secondary

Over the past year, students from St Clement's High School have been taking part in 'Talkin' Transition' along with pupils from their five primary cluster schools. The project explores travel choices during the change from primary to secondary school.

In March, the pupils organised a conference to come up with ideas for encouraging sustainable travel. Since then the schools have created pedometer challenges, linked into the PE and Maths curriculum, greened their pledge tree and are creating a series of new PSHE lessons based around healthy choices and student safety. The National Children's Bureau worked with Travel Plans on this project; please contact Elizabeth Walne using the contacts below for further details.



Key

Dates

January Jam Busters Week
19 - 23 January

Find Your Feet! 9 - 13 February

Shout About Climate Change Week 2 - 6 March

Milly's Marvellous Adventures (World Story
Telling Day) 20 March

Bike to School Week 20 - 24 April

Costessey Infant School stepping out

Last term, Costessey Infant School was one of the first schools in the county to host Milly the Millipede. Pupils have already run the Steppers scheme and created a route map showing park and stride locations for drivers.



The school regularly takes part in Walk to School Weeks and has just introduced the Big Feet to reception classes. The Steppers notice board keeps everybody up to date, and since the original Travel Plan figures in March 2004 the school has achieved a 15 % drop in car use from parents and teachers, showing that the small steps really can make a big difference. For information on any of these initiatives, please call your Travel Plan Officer.



Travel

Healthier, greener and safer travel to school with the Travel Plan Team.

Contacts

☎ 01603 638082
💻 schooltravelplan@norfolk.gov.uk
🌐 www.norfolk.gov.uk/schooltravelplans

Environmental & Outdoor Learning

Sessions available in your own school grounds

Did you know that the Environment and Outdoor Learning team now offer practical, outdoor learning experiences for children in Key Stage 1?



Over the last year we've been working with schools to plan and lead sessions at local woods and beaches. We're now delighted to be able to extend this exciting new project into school grounds.

We have three programmes available, Minibeasts, Shapes Around Us and Fairy Tales. Each one involves the children in investigative learning activities, building their social skills and confidence. It doesn't matter how big or small your school grounds are – the programmes are suited to fit all sizes! The day is led by an experienced teacher, and resources will be provided.

If you would like to find out more then please contact Jen Armstrong on 01263 713117 or via outdoorlearning@norfolk.gov.uk

Norfolk Field Study Centres are "Outstanding"

Children who attend Norfolk County Council's field studies centres are receiving a very good education with outstanding features, according to the Field Studies Council. To find out more about Norfolk County Council's 'outstanding' centres, please visit www.norfolk.gov.uk/outdoorlearning.

Bugging the garden

The walled kitchen garden at Holt Hall has seen an infestation of huge invertebrates appearing amongst the organic vegetables and fruit. The garden is home to the 'Roots and Shoots – growing for the future' project and is enjoying new residents created by our very artistic students, including a giant spider, woodlice and bumble bees.

'Roots and Shoots' caters for all ages and abilities, helping to develop key skills by providing opportunities for those that can benefit from a kinaesthetic approach to learning outdoors.

If you would like help or advice with your school or community garden, or would like to know more about the project then please contact Chris Wright on 01263 713470 or at outdoorlearning@norfolk.gov.uk



Environmental & Outdoor Learning

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

Contacts

☎ 01533 774023
✉ outdoorlearning@norfolk.gov.uk
🌐 www.norfolk.gov.uk/outdoorlearning

Pupils challenge Hellesdon to go plastic bag free

Did you know that 100,000 marine animals are killed by plastic waste including plastic bags each year? When a group of Year 8 pupils at Hellesdon High found this out they were determined to act! The group entered a video into the Npower Green SOS competition telling the judges (which included Piers Morgan from Britain's Got Talent) what they would do to persuade people to stop using plastic bags.

The 10 pupils are going to

- 1) Make leaflets
- 2) Visit local schools
- 3) Write to shop keepers
- 4) Make plastic bag holders
- 5) Design their own reusable bags to sell
- 6) Ask local people to sign a petition

The pupils have issued a huge challenge to Hellesdon. Go plastic bag free by February 14th 2009!



*The Hellesdon High School
Green SOS Team with Piers
Morgan and Konnie Huq.*

Does your school buy recycled?



Many schools in Norfolk are recycling one or more types of waste in their school, which is great news for the environment and can save schools money on waste disposal. The recycled material is processed in a recycling plant and turned into new items that are sold through shops and suppliers. It is important that people at home, businesses and schools buy these recycled items to keep the demand high, particularly as markets for recycling are becoming unstable in the current economic climate. Buying recycled does not mean sacrificing quality, infact this magazine is printed on 100% recycled paper!

Norfolk County Council's procurement policy states that, where items are of a similar cost, you should give preference to those manufactured with recycled content. Contact SWAC or see our webpage to use our **Buy Recycled Survey** for your school.

Top Tip – Find me a milkman

Narborough Primary school's milk is delivered by their local milk man in returnable glass bottles. For just 15 children this reduces the milk cartons that go to waste in their school by **3000 cartons** every year. For details of your local milkman please go to www.findmeamilkman.net and enter your post code.



Waste

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

Contacts

- 📞 01603 223829
- 💻 swac@norfolk.gov.uk
- 🌐 www.norfolk.gov.uk/swac



Healthy



Healthy Schools
Norfolk

Schools

The Big Norfolk Food Event

Wednesday 15th October 2008 saw the first food festival for secondary pupils being held at the Norfolk Showground. Nearly 700 people, including pupils from most of the secondary schools in Norfolk, took part in a huge range of activities and tastings from over 70 exhibitors.



Local chefs and cooks demonstrated their cooking and food preparation skills in the **Cookery Theatre**, and school cooks competed against each other in the Ready Steady Cook 'hot plate' challenge. In the Food, Nutrition and Action zone pupils discovered more about sports and nutrition by taking part in challenges and taster sessions run by sports specialists.

For ideas about promoting healthy eating in secondary schools, please contact Marian Fox on 01603 221810.

Dereham Church Infants Grow it, Cook it and Eat it

Despite not having a school garden, the Dereham Church Infants School Gardening Club have grown harvest cress, potatoes, sweet peas, tomatoes, pumpkins, runner beans and borlotti beans since their launch in spring.

The 60 members enjoy learning about all aspects of gardening, and on Monday 29th September discovered just how rewarding it can be. They harvested the beans they had grown and the kind kitchen staff prepared and steamed them, so the children could try them at lunchtime. As you can see they definitely got the thumbs up!!

Future plans for the club include windowsill gardening, growing winter-flowering bedding plants and bulbs in pots. Please contact Healthy Schools for advice and support.



Health

Support and advice on health issues and achieving Healthy School Status.

Contacts

- 01603 433276
- adele.godsmark@norfolk.nhs.uk
- www.schools.norfolk.gov.uk and click on **Health** then click on **Healthy Schools**



Road

Safety



Access the outdoors with cost price minibus training

Schools need minibuses, and minibuses need drivers. Since 1997 drivers who pass their test in a car have not been given D1 entitlement, which means they are not licensed to drive a minibus. Getting this licence involves another theory and driving test, a medical check and training charges in excess of £1000.

The cost of training often means that schools have limited options when planning school outings. So to make things easier, a training scheme has been developed especially for schools by the Driver & Rider Development Team. Offering training and testing through to D1 entitlement, the scheme is run on a cost only basis to minimise the expense.

For further information or advice please contact Nikki Hill, Driver & Rider Development Officer on 01603 223361.



Eco

friendly driving

In an ideal world we would all stop burning fossil fuels, but Norfolk is a rural county and many of us do use a car to get to work or school. It's not always possible to walk, cycle or use public transport, but did you know that by changing your driving style you can reduce your fuel consumption by up to twenty percent, and prolong the life of your vehicle?

Our eco friendly driving schemes not only promote safe driving, but show you how to reduce your fuel consumption and exhaust emissions by maximising the benefits of modern vehicle technology.

With a little training you can protect your car, yourself and the planet. To find out more information please contact the Norfolk County Council driver / rider development team on 01603 223361 or fax 01603 223417. We can also provide information on alternative fuel choices.

Road Safety

Support advice and training on road safety for young people.

Contacts

01603 223348
casualtyreduction@norfolk.gov.uk
www.norfolk.gov.uk/roadsafety

Energy

Busters



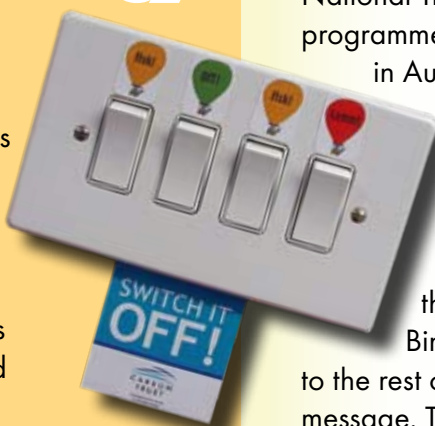
Northgate High School cuts its energy use by 17%

Teachers were amongst those who were busted by pupil energy inspectors during Big Switch Week at Dereham Northgate High School. The chosen year eight pupils, guided by ten group leaders, were not afraid to name and shame those members of staff or pupils leaving on lights, standby switches and projectors.

Students also wrote a short drama warning of the consequences of Global Warming, and educated their fellow pupils by performing it in assemblies. The new inspectors' hard work paid off, with results showing that during Big Switch Week the school had reduced its energy consumption by 17%.

Big Switch Week was organised by Learning Officers from the National Trust, who introduced the scheme to get students discussing global energy issues. For Northgate High School, the challenge is now to keep up the good work, with pupils hopeful that some of the money saved will be used on green projects around the school.

Bridget Fielden –Northgate High School



Energy Busting at Forncett St Peter

National Trust Officers ran an Energy Busters programme of workshops at Forncett St Peter Primary in Autumn 2008. Although primarily led by class 4, the programme has impacted throughout the school. The sessions were well organised and taught at the right level and the resources were fantastic. The children commented that their favourite parts were the Energy Busters Bingo and the Assembly that they delivered to the rest of the school to promote the energy saving message. The Governors were immensely pleased with the outcome of the project, and with the results and the changes it has since implemented in the school. The project is still the topic of discussion in the school and has made an ongoing difference with reminders to the teachers to switch off their lights when they are not in use. Overall it was great for the children, they learnt a lot during the sessions and I think it has had a lasting impact.

Helen Taylor - Forncett St Peter Primary



Energy

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

Contacts

- 01485 210719
- kathryn.leigh@nationaltrust.org.uk
- www.norfolk.gov.uk/outdoorlearning and go to **Energy Busters**



School

Grounds Support

Memorable Lessons in School Grounds

Some of the most memorable lessons for pupils take place in the school grounds. Just about every subject can be given a new dimension by exploring it outdoors. If you'd like to use the school grounds in your teaching but aren't sure how to get started, there are some excellent lesson plans freely available. Here are four internet sites that are well worth a look.

Maths outside the classroom - The National Centre for Excellence in the Teaching of Mathematics has maths activities for a range of age groups including Human Graphs, Playground Mazes, Designing Kites and Loci. Go to www.ncetm.org.uk then click on Resources then Learning Maths Outside the Classroom and finally School Grounds.

Step Outside - This site has school ground's activities themed around the topics of plants, animals, habitats, people and nature. Go to www.schools.norfolk.gov.uk/outdoorlearning and click on Step Outside. Or order a copy from Norfolk Wildlife Trust at £5.

RSPCA Education - The RSPCA's Education website contains free resources, including five lesson plans aimed at ways of making the school grounds more wildlife friendly. Go to www.rspca.org.uk and click on Education.

BBC Breathing Places

By registering your school on www.bbc.co.uk/breathingplaces you can download the BBC's Look Around activity sheet, which is all about getting children to explore their school grounds. Click on the link above, then on schools.

If you know of any other good sites, please email the details to David Yates to be circulated in a future edition of Footprint. If you'd like to make your school grounds more suitable for outdoor learning activities, please contact Norfolk County Council's Landscape Architects for free advice and design support.



Grounds

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

Contacts

- 01603 222771
- david.yates@norfolk.gov.uk
- www.schools.norfolk.gov.uk/outdoorlearning then click on **Grounds for Inspiration**

School Grounds Success

Congratulations to Erpingham and Banham Primary Schools, who have both won awards from the Norfolk branch of the Campaign to Protect Rural England, for the fantastic work they have done on improving their grounds. Another worthy winner of a 'Norfolk Award' this year was the 'Roots and Shoots' Growing Project at Holt Hall.



G22232/AB/DEC08

