

Issue 2

Footprint

Norfolk's magazine for healthy and sustainable schools

Welcome to the second edition of Footprint. Inside you'll find case studies, school visits, activity ideas and how to access free resources, workshops and advice from local teams and projects working together on health and sustainability.

Thank you to those of you who sent in feedback on the last edition of Footprint. 72% of you found Footprint a very useful resource and ideas for future editions included more information for secondary schools and case studies. Please send ideas for future editions to swac@norfolk.gov.uk. The cover photograph is of the Waste Sculpture created by three high schools, working with the Schools Waste Action Club and artist Chris Jackson.

Salhouse

Primary's

evaluation form was
drawn out of the hat
to win

£50

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.**



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at your service

School Travel

Plan Team

Mode of Travel Census

This term your school needs to survey pupils to see how they travel to school. This is to assess whether your travel plan is successfully reducing the number of pupils travelling to school by car and also prepare for your January School Census return, which requires Mode of Travel to School information for every pupil to be taken in the Autumn Term.

We urge all schools to complete surveys online if possible as this gives more accurate results, helps you prepare your census return, allows us to map the

data for you and automatically generates a travel plan update form.

Your officer will be in touch with your survey passwords and will be able to answer any questions you might have. More information is available on the dedicated page of our website 'School Census and Updating Your Travel Plan'.



Brand New Resources!



This term sees the launch of our recently named Millipede Millie and the continuation of the My Travel Big Feet. Both are aimed primarily at KS1 pupils and provide very visual ways to raise the profile of walking and cycling to school. How many stickers can each pupil gain in a half term for walking to school by plotting their progress on their class' foot? How long will it take for your school to give the millipede all his/her legs? Now is your chance to find out! Download a booking form from our website or contact your TP Officer.

Key

Dates

All Autumn term – School Census travel monitoring period

European Mobility Week, 16 – 22 September

In Town Without My Car Day, 22 September

International Walk to School Week, 6-10 October

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



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Environmental & Outdoor Learning

Environmental and Outdoor Learning Team's e-newsletter

Receive the latest from the team along with other outdoor learning news. There is information on the latest grant funding opportunities, forthcoming training events, information about courses at Norfolk's Outdoor Learning Centres and its programmes

To sign up just go to our website and follow the link from there:
www.norfolk.gov.uk/outdoorlearning
or contact outdoorlearning@norfolk.gov.uk and ask to be added to the mailing list.



Opportunities at Wells Field Studies Centre

Wells Field Studies Centre nestles on the North Norfolk Coast and offers children opportunities far beyond the science, geography and maths curriculum.

We hope that a residential visit to our Centre gives young people a holistic experience, linking closely to the PSHE curriculum and helping them to live together, work together and play together.

Norfolk Teacher Nicole King, from Hillside Avenue, said of her recent visit: "There are numerous social benefits of a trip to Wells; we all get to know each other on a much deeper level.

The children develop skills of teamwork, cooperation, compromise, compassion, self-awareness and participation, as well as taking responsibility for their own actions".

We help schools to achieve these outcomes through a variety of activities. To discuss your own school's needs please contact Nell Seal 01328 710525 or nell.seal@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
✉ Susan.falch-lovesey@norfolk.gov.uk
🌐 www.norfolk.gov.uk/outdoorlearning

Action Club

Free Christmas WORKSHOPS AND EQUIPMENT

With the amount of waste we throw away increasing at Christmas, there's no better time to remember the three Rs: Reduce, Reuse and Recycle. Please see our web page for Christmas assembly ideas, recycled decorations and Christmas card activity instructions, as well as free workshops and resources below:

Primary schools

Schools are offered a Christmas themed assembly followed by up to four workshops making Christmas tree decorations from biodegradable materials. The finished decorations will be displayed to the public. The workshops will run for two weeks from 24 November. Please email SWAC by Friday 17 October, stating the school name, contact name, telephone number and details of groups you would like us to work with. Please type the word 'Christmas' in the subject box. Schools will be selected at random.

High schools

Would your school council or eco-committee like to run your own eco-stand or fair promoting ways to reduce, reuse and recycle waste at Christmas? Please contact SWAC to discuss support in terms of creative activity kits and resources including display gifts, bags and cards.

Fakenham High School Case Study

Team Eco was formed in September 2007, with 25 student members of all ages.

Recycling

The team recycles ink cartridges, mobile phones, paper and even fluorescent tubes which come in from their feeder schools to be recycled.

Reduction

'Think before you print' posters are in all classrooms and printers are set up with a default to double-sided printing. Individual students are set printing limits and pay for printing over and above their limit.

Purchasing

Plastic bottles sold in the school café are recycled and the school shops sells recycled stationery. Recycled paper is being used in the school's computer rooms.

Communication and Community

Eco messages are promoted in the school on notice boards, in the student magazine, on an online discussion board and documents and at events such as a green no uniform day. Teachers are given commendations for good green behaviour.

Curriculum

All subjects are getting involved with eco themes, for example the language department have specifically designed a topic related to recycling. For the full case study please see our web page.

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 Cooking Bus

Sheringham High School played host to the Cooking Bus for a week in April, inviting schools in the area to take advantage of this wonderful resource funded by the Food Standards Agency. Students made tasty dishes such as crab cakes, sprouting bean and rice salad and citrus strawberry smoothie. These are some of their comments: "I think the Cooking Bus is a great idea as it gives children of all ages the chance to cook." "I learned about the benefits of vitamins." "I learned techniques such as the 'bridge' and the 'claw' to cut food." "A brilliant experience!"

The Cooking Bus is sponsored by the Food Standards Agency and run by

the Focus on Food Campaign, which aims to raise the profile and importance of food education and to help secure, sustain and strengthen the position of food in primary and secondary schools nationally. The specialist-built articulated lorry opens out into a spectacular purpose-built kitchen/classroom where qualified food teachers deliver lessons to children and young people of all ages on how to prepare, cook and enjoy real food.

Schools can register free to participate in the Focus on Food Campaign and will receive Cook School, the food education magazine. Once registered, schools are then eligible to apply for a free visit from the Cooking Bus.

For more information visit:
www.focusonfood.org

Grow it, cook it and then eat it!

Cooking in schools is definitely back in fashion. As well as being part of their curricular work, many schools have very popular cookery clubs. There is a wealth of information and support to help schools plan cooking events. Norfolk schools are already receiving funding, training and resources from the national **Let's Get Cooking** programme;

www.letsgetcooking.org.uk

Many schools are combining gardening and cooking. One such school is John of Gaunt Infant School where the children have been very successful with growing potatoes. Recently they cooked and ate home grown potatoes garnished with their own chives!

The Healthy Norfolk Schools team can offer further support and resources for any of these activities.

Health

Support and advice on achieving Healthy Schools Status.

Contacts

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



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Road



Safety

Basic Cycling

The Norfolk County Council Basic Cycling Skills Course is a fun way to help prepare children and develop their skills for on road training in year 5 and 6.

The course is available to all children of 7+ years, and takes place on the school grounds over 2, hour long sessions, at the school's convenience. The Road Safety Team provide all necessary paper work, including consent forms and certificates, and will train a member of staff or parent helper to carry out the courses.

The focus is on balance, control and skills, such as starting and stopping safely, looking behind and signalling left and right without wobbling and also covers basic cycle

safety checks. All children are issued with a certificate at the end of the course and a feedback sheet highlighting points (if any) which may benefit from extra practice before starting the on road course in years 5 and 6.

Since the introduction of this course, feedback from schools and instructors has been extremely positive and many have noticed an improvement in children's confidence and ability during on road training.

For further details please contact your Area Road Safety Officer.



Red Lights Green Lights

'Red Lights Green Lights' is a fun and competitive game show for Year 7, dealing with issues surrounding safe independent travel. Students between 12-15 years are the most likely to be involved in crashes which result in injury.

Norfolk County Council's Casualty Reduction Section has created this game show to allow students to discover the risks involved with independent travel in an exciting and memorable way. The show format allows full participation from both the audience and the contestants. The audience is given the opportunity to answer questions with our 'original' hand held traffic lights and the teams use coloured cones.

The session is designed to last 50 minutes, but longer periods can be provided. Before the game show takes place every child gets the chance to audition to be selected for one of the teams. This consists of a written quiz with questions covering pedestrian and cycling safety.

To allow schools to further explore the issues and risks identified during the show we provide the 'Making Choices' materials produced by the Department for Transport.

www.norfolk.gov.uk/roadsafety

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



The **Future of Energy** **Busters** Secured

Norfolk County Council has pledged to fund the Energy Busters programme for a further five years. This will ensure all Norfolk schools will have the opportunity to participate in the programme. The funding stems from Norfolk County Council's carbon reduction programme in which the County Council is aiming to reduce carbon emissions resulting from their operations by 25%. Schools contribute a large proportion of the 85,000 tonnes of carbon produced annually by council buildings.

The funding will see the energy outreach team grow, increasing capacity to work with 80 primary schools and 10 secondary schools each year.

Norfolk Secondary Programme Matches Success of Energy Busters

Four Norfolk secondary schools participated in the pilot secondary energy programme with the aim to reduce energy consumption through implementation of no cost actions. In each school a group of 20 year 8 or 9 students, supported by 10 older students acting as mentors, participated in a series of sessions.

Sessions covered global aspects of climate change, an energy audit of the school identifying no-cost energy saving actions and running a publicity campaign in school to promote the actions during a 'Big Switch' energy saving week. The 'Big Switch' weeks were a huge success with average day time reductions in electricity use of 27% achieved. Feedback from both students and teachers has been excellent. The programme will be rolled out to further schools from September 2008.

Energy

Reduce energy consumption and raise awareness of energy issues with the National Trust's Energy Busters.

Contacts

- ☎ 01485 210719
- ✉ clare.eke@nationaltrust.org.uk
- 🌐 www.schools.norfolk.gov.uk/go/energybusters

School

Grounds Support

Would a Wood be good for your School?

Have you considered doing any woodland planting within the grounds of your school? You might just want a small glade to provide a little shade and shelter on the school field. Alternatively, you could be more ambitious and create a woodland trail with a network of paths, rides and glades. In a few years' time, you can have a stimulating and exciting area with enormous value for teaching and for play. If your school is involved in Forest Schools, creating your own school woodland would be particularly valuable.

It's important to plan such areas carefully to avoid any potential problems with maintenance and annoyance to your neighbours. Norfolk County Council's landscape architects can offer advice, draw up plans for you and offer you 100% grant on up to 200 native tree and shrub transplants every year. All you need to do is acquire them, get them planted and maintain them. Tree-planting is something that children of most ages can get involved in and really enjoy doing.

The season for planting bare-rooted trees and shrubs is from November until the end of March, so now is the time to get planning. If you are interested in discussing the possibilities, please call David Yates on **(01603) 222771**.



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/go/envedu then click on "Grounds for Inspiration"

School Grounds Winners

Congratulations to the winners of the 'Grounds and Buildings' section of the Norfolk Sustainable Schools Awards this year:

- Terrington St Clement Primary School in the Primary Schools Section
- Costessey High School in the Secondary and Special Schools Section
- Methwold High School were awarded the Percy Garrod Cup for Soil and Sustainability

You can see what fantastic work that these schools have done to improve their grounds by looking at the Sustainable Schools Awards section of the Outdoor Learning website www.norfolk.gov.uk/outdoorlearning

