

Issue 6

Footprint

Norfolk's magazine for healthy and sustainable schools

Spring
2010

The *Global* Issue

This edition looks at the ways schools across Norfolk explore links with other countries and cultures, and how efforts to be sustainable can impact across the world.



Norfolk Education & Action for Development



Energy Busters



Healthy Schools



School Travel Plan Team



Schools Waste Action Club



Environmental and Outdoor Learning



School Grounds Support

Care at the core

The **DCSF Sustainable Schools Framework** supports school communities to reduce costs, become more resource efficient and put '**care**' - **care** for oneself, **care** for each other (across cultures, distances & generations) and **care** for the environment (near & far) - at the core of whole school improvement.

For more information please see

www.teachernet.gov.uk/sustainableschools



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



Norfolk County Council
at your service

School Travel

Plan Team

Travel Plans and the Global Dimension

School travel is a great topic to consider as part of your global studies, as children all around the world travel to school in different ways.

Perhaps you could compare the way your pupils travel to school and around their neighbourhood to how a partner school's pupils travel – they may

arrive on foot from several miles, by train, by boat or on horseback. What are the similarities and differences between journeys? Which schools travel the most sustainably and healthily? Whose journeys are shorter and which fuels are most common?

In High Schools you could extend this to look at the impact of biofuels, carbon footprinting and economic factors in car use. Lesson plans and 'food for thought' are available from your TP Officer.

Become a

"WHEEL HERO"

in Bike to School Week 2010

Can your pupils become Champion Chain Spinners? Start cycling this spring by launching the "Wheel Hero" challenge at your school for Bike to School Week - 22nd to 26th of March 2010.

Pupils can achieve a different rank each time they cycle to school, from 'Easy Rider' through to 'Champion Chain Spinner' and can personalise their certificate as well.

Bike to School Week is also a great time to start your cycle training programme or start a 'Go-Ride Skills Test' league. Information and certificates have been given to schools in your TravelPlan Pack. If you need extra copies please email: schooltravelplan@norfolk.gov.uk



Dates

21st January – School census, data collected from Autumn Footprint survey

22nd-26th March – Bike to School Week

17th-21st May – Walk to School Week

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



Norfolk County Council
at your service

Environmental & Outdoor Learning

Grassroots celebrates ten years in Norfolk schools

This year Children's Services hosted a reception to celebrate 10 years of wonderful work by Grassroots, theatre for development company from Bulawayo Zimbabwe. Since 2000, Grassroots' work through song, dance and drama has increased from seven schools across Norfolk to an annual tour of up to 30.

Grassroots bring vibrant performances and curriculum linked workshops focusing on global issues such as sustainability, cultural diversity, poverty, food and farming, citizenship and HIV and AIDS. In 2009 alone, Grassroots has reached 7041 children and young people. Over ten years almost 40,000 pupils and over 200 schools in Norfolk have benefitted from their wisdom, warmth and vitality.

Feedback is unrivalled in its enthusiasm. One child said "That was the finest assembly I've ever had in my life," with another school saying "Both staff and pupils had an amazing day." Bookings for autumn open in the summer term. For more details contact Anna McCarthy on **01603 638099** or anna.mccarthy@norfolk.gov.uk

The Global Dimension in West Norfolk

An exciting new partnership has been developed to bring the Global Dimension to more schools in West Norfolk. Norfolk County Council's Western Area Youth Work has joined up with NEAD (Norfolk Education and Action for Development) to build on the 'We Are Norfolk' primary programme. See page 6 or www.nead.org.uk for more on We are Norfolk

The project will use global education to facilitate a smoother transition from primary to secondary schools in a cluster of Primary Schools. It will also help develop global education as a learning tool in the Western Area Pupil Referral Unit. The project will be supported by teacher training, and is funded by the East of England Development Education Network (EEDEN). For more information contact Chris Murray on christopher.murray@norfolk.gov.uk

Wells Field Centre: Carbon Conscious, Content and Globally Aware

Sustainable living requires, at its heart, a love and understanding of the 'outdoor world'. A week at Wells, in any season, can provide you with the time, space and expertise to inspire your curriculum related work. The Centre creates motivating programmes using the beach, woods and vibrant town of Wells-next-the-Sea and makes links to waste, energy use, growing, cooking and living. Contact nell.seal@norfolk.gov.uk or visit the website below to learn more about Wells and Holt Hall Field Studies Centres.



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

Schools Waste



Action Club

Make do and mend

Did you know that 90% of the clothes bought in the UK are produced overseas and then shipped or flown into this country? As well as the environmental impact of bringing these items to the UK, the production of new clothes uses up a huge amount of energy and water. And what happens when you grow out of a t-shirt or jumper, or it becomes too worn to wear? Currently, nearly two thirds of unwanted clothes in this country end up in landfill.

So what can you do? Why not take your unwanted clothes to a local charity shop, or raise some money by selling them at a boot fair? There are lots of ways to recycle or reuse old clothes. During World War II, when resources were very limited, people would "make do and mend" their damaged garments, creating brand new from old rather than buying new! They would even make 'rag rugs,' using strips of old fabrics.

Why not let us know of any schemes you're involved in at school to recycle or reuse textiles? Email us at swac@norfolk.gov.uk and we will put the best ideas on our website. Or to get involved with SWAC's rag bag activity, go to www.norfolk.gov.uk/swac for activity instructions.

Competition: Lovely leftover pancakes!

The UK throws away 8.3 million tonnes of food and drink each year. But leftover food like bruised bananas can be used again in brand new meals. We're looking for original, exciting pancake filling ideas that use up any leftover food from your fridge or freezer.

Email your ideas to swac@norfolk.gov.uk by the 22nd of February, including your name, age and school, what ingredients you would use and how you would make your perfect pancake. The best five will win recycled goodies.

Bus Back Launch

Norfolk schools and colleges were challenged to transform the back of our school buses by creating innovative designs based on the theme 'Reduce, Reuse, Recycle', and so promoting positive action from the people of Norfolk. The project was a partnership by Norfolk County Council's Schools Waste Action Club (SWAC) and Norfolk County Services who manage the school buses.

Groups of students from Reepham High School, Broadland High School and Great Yarmouth College worked hard to produce the four winning designs. Students used their photography and design skills to produce an image and accompanying slogan that makes a global waste reduction statement, including "Save our world" and "grow yourself a better future." Well done to all who entered.



Waste

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

Contacts

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



Norfolk County Council
at your service



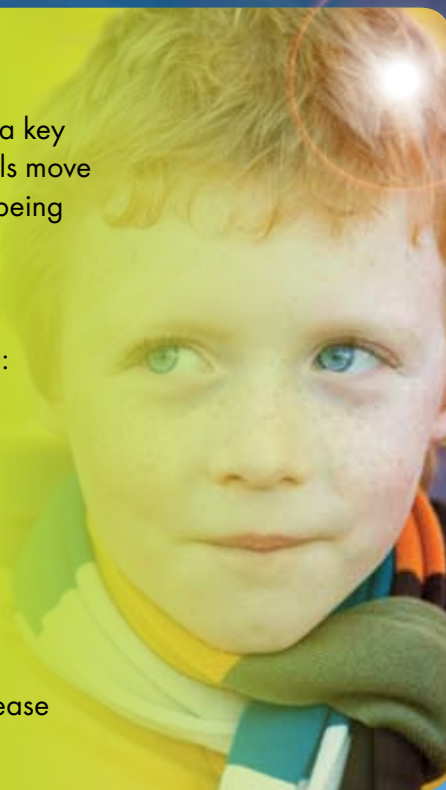
Difference and diversity

Addressing difference and diversity issues with children and young people is a key part of the emotional health and wellbeing agenda for schools. Helping pupils move away from the idea that difference is alien, strange and 'not like us' towards being excited and interested in diversity in the world around them can have a beneficial impact upon anti-bullying, community cohesion and inclusion.

A beneficial school's curriculum and ethos does a number of things, including:

- explores and challenges discrimination, stereotypes and prejudice
- celebrates difference and diversity - including developing respect for different cultures.
- looks at the similarities and shared experiences of all people
- explores belonging and what it feels like to be excluded
- develops empathy, tolerance and understanding.

For free INSET training exploring difference, diversity and inclusion issues, please contact Molly Potter on **01603 221826** or molly.potter@norfolk.nhs.uk



Taste the world around you

Food is an important element of a country's culture and so cookery with a global theme is a positive and enjoyable way for children to learn about the world and develop their cookery skills. Some schools have made global links, and celebrated their own community's cultural diversity, by inviting parents to take part in sessions.

As part of NEAD's We are Norfolk: West project, and the Around the World in 80 Dishes Food Festival, Whitefriars Primary school in Kings Lynn ran a world cookery week, with parents coming daily to make and taste dishes from their own cultural heritage. During the week the children made a range of savoury foods from countries such as Russia and Portugal, but finished on a Brazilian party theme by making a celebratory pudding and dancing along to Samba music!



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**



NEAD

NEAD

Global Learning

Norfolk Education & Action for Development

We Are Norfolk!

NEAD is now able to offer free training, activities and resources to primary schools in the Eastern and Western areas following our Eastern Area project launch at Edward Worlledge Junior School. Thanks to the fabulous kitchen staff who provided a buffet of delicious food from around the world, and to all the teachers present who gave us so many good ideas for how the project can support them. We look forward to working with you in the near future.

NEAD

We Are Norfolk

Local schools star in new global learning DVD

NEAD's new DVD for teachers showcases the achievements of pupils from 6 King's Lynn Primaries. Making Connections: Global Learning Activities is a series of 12 step-by-step music, dance and cooking activities for easy use by teachers in the classroom. Thanks to staff and pupils from the following schools who took part in the film and a

One World Day celebration with their parents and the wider community: Whitefriars, Fairstead, Eastgate, Gaywood, St Edmund's and St Martha's.

NEAD (Norfolk Education & Action for Development) is the first port of call for Norfolk teachers looking for resources, support and ideas for including a global dimension in their teaching. For more details on We Are Norfolk and our other work and news please visit: www.nead.org.uk or contact us on **01603 610993** or info@nead.org.uk

NEAD members' benefits

Joining NEAD's network supports our work AND gives you access to further resources and discounts, including a free copy of our innovative pen drive pre-loaded with a mini-website full of links to the best global learning resources available online.

Global Learning & One World Days

NEAD can provide bespoke global awareness sessions for individual schools or cluster groups, focussing on different countries or topics, such as cooking, music or dance at primary level (and also issues based work for secondary schools, such as deforestation, human rights, anti-racism, trade ethics). Sessions can be individual, week-long or fully integrated projects lasting half a term to a full academic year.

One World Days provide a celebration for parents and the wider community of their childrens' greater understanding of the wider world.



Energy



Busters

Artists for Climate Change: Creativity fired carbon reduction!

Children's Services are leading an initiative called Artists for Climate Change which aims to equip 20 artists with the knowledge and understanding to work effectively in schools, marrying an inspirational approach to measurable impact. We want to find new ways to support achieving and maintaining a 25% reduction in carbon emissions in Norfolk schools by 2013, building and linking with existing energy programmes. 20 artists were selected from over 140 applications.

Partners of the project include the UEA (Cue East, CRed, the Sainsbury Centre for Visual Arts) Low Carbon Britain, Professor Tim o' Riordan, Norwich University College of the Arts, NEAD and the Arts Council's Arts and Ecology Strategy Officer.

The three phases of the project are training, pilot sessions and then the distribution of an Artists for Climate Change Directory to all Norfolk Schools. The project was inspired by the philosophy and seven key themes of the London 2012 Olympic Games, and we will be applying for an Olympic Inspire Mark.

We want to build a resource for schools of knowledgeable artists who can combine artistic approaches with measurable outcomes working effectively with our young people. For more information contact Anna McCarthy, Arts Project Development Officer on **01603 638099**.

An International approach to Carbon Reduction

The six 'ANSWER' schools - five from Norfolk and one from Suffolk - involved in this EU funded project have completed their initial pupil surveys to find out knowledge and attitudes to climate change, along with participating Norwegian and Swedish schools.

They will now gear up to running energy reduction campaigns, compare the impacts of their efforts through a friendly league table, and most importantly share their successes over how they can maximise Carbon reductions before collaborating on an international scale. For more information contact Sue Falch-Lovesey susan.falch-lovesey@norfolk.gov.uk or to get involved in our eFutures energy education programme please see the contacts below.



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

Gardener's World

Could your school create a garden that would help students to learn about other cultures? A Japanese, Chinese or Middle Eastern garden would be a perfect place for pupils who want to escape from the noise of the playground and sit quietly. One Norfolk school created a 'Freedom Garden' to celebrate the release from prison of Nelson Mandela – you could create a similar garden using South African plants. Alternatively, how about an American garden with prairie-style planting? You could even include a totem pole!

Gardens provide an opportunity to learn about different historical periods as well as different geographical areas. Your school could have a Roman garden, a mediaeval 'Knot' garden or a Victorian Stump Garden. Some of these ideas take quite a lot of work, but would form a great project for a school gardening club.

If you'd like to discuss the creation of a new garden within your school grounds, please get in touch with David Yates, who can offer free advice and help with the design.

Be Part of England's Newest Nature Reserve!

This is what Natural England is asking schools and householders to do in the Big Wildlife Garden. It's an initiative to get people to sign up to make their gardens (or school grounds) more wildlife-friendly. Their new web-site has lots of tips for encouraging birds, butterflies, frogs and toads and other wildlife.

Natural England have also launched a 'School of the Year' competition. Schools have until July 2010 to gain points by making improvements to their grounds that will encourage wildlife. This allows them to progress through the Bronze, Silver and Gold levels, to finally gain a Green Award. Green Award-winning schools will be invited to submit an article and photographs showing what they have achieved, leading to one school from each region being crowned 'School of the Year'.

To find out more and to register for the 'School of the Year' competition, go to the Big Wildlife Garden web-site at www.bwg.naturalengland.org.uk.

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.norfolk.gov.uk/outdoorlearning
and go to **Grounds for Inspiration**

