

Issue 7

Footprint

Norfolk's magazine for healthy and sustainable schools

Footprint Magazine Awards Success!

Footprint magazine has recently seen success at a national level. In October it was nominated for an excellence award by the Chartered Institute of Public Relations, and received the 'Highly Commended' accolade.

It also won a Green Apple award for environmental best practice and, in a ceremony at the Houses of Parliament in November, Chairman of the Council Shelagh Gurney, Cabinet Member and Councillor for Environment and Waste Ian Monson and Cressida McLaughlin from SWAC collected the award. We hope that the magazine continues to be an inspirational way of finding out about sustainability ideas and opportunities across Norfolk.

Also in this issue

This issue we are focusing on the theme of food, including some unusual recipes and a look at growing your own fruit and vegetables in school.



Environmental and Outdoor Learning



Energy Busters



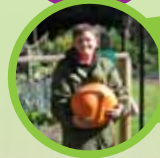
Healthy Schools



School Travel Plan Team



Schools Waste Action Club



School Grounds Support



Road Safety



Summer
2010

This magazine has been printed on 100% recycled paper.



Norfolk County Council
at your service

School Travel

Plan Team

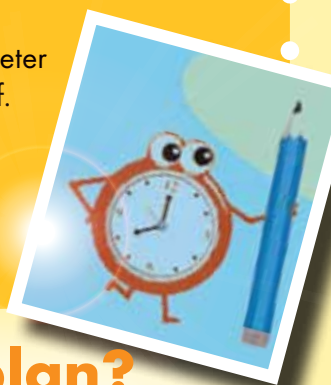
Walk to School Week 17th – 21st May 2010

Win a pedometer for every pupil and member of staff in your school!

The focus of Walk to School Week is physical activity and how the journey to school contributes to the recommended 60 minutes of physical activity for children per day.

Norfolk County Council is running a competition called 'Tick Tock the Walk to School Clock.' Pupils record how many minutes they walk to and from school during the week and the school with the most minutes per pupil will win a pedometer for every pupil and member of staff.

Your Travel Plan Officer will send you more information before Walk to School Week.



Does your school dinner have a travel plan?

School Travel Plans focus on reducing car use on the school journey and promoting sustainable forms of travel such as walking and cycling to benefit pupils' health and the environment. There are other issues your travel plan can tackle, such as visitor travel to the site and food miles – how far food travels from where it is grown to your plate.

In the UK our food travels 30 billion kilometres each year. This includes imports by boat and air and transport by lorries and cars. Your school can reduce food miles by buying produce from local suppliers where possible, growing vegetables, fruit and herbs in your school garden and using them in school meals and only cooking meals with seasonal vegetables.

Bike It!

Kevin and Georgie are Bike It officers in Great Yarmouth and Thetford and work with schools to increase cycling. There have been lots of successful events to date including Bike to School Days and the launch of a virtual Bike Race.



Picture – the Bike It crew at Hillside Primary School and Nursery in Bradwell, Great Yarmouth

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

Chocolate and beetroot cake

As part of the Holt Hall Field Studies Centre's food policy, the fruit and veg grown by young people in the walled garden are taken straight to the kitchen. Duncan, the chef, came up with a great way of using the heaps of beetroot that finds its way into the kitchen. If you have an unusual recipe that is a winner please contact Duncan at office@holthall.norfolkedunet.gov.uk

Recipe

250g margarine, 250g self-raising flour, 250g sugar, 5 eggs, 60g cocoa, 100g grated raw beetroot (peeled)

Mix the sugar, margarine, eggs and flour together to form a basic sponge mix. Add beetroot and cocoa. Mix and place in greased baking trays. Cook at 180 degrees, gas mark 6, for 20-25 minutes. For best results leave for 2 days.

Mud, Mud Glorious Mud

Edwards Eco Building was recently awarded a grant from the Broads Authority Sustainability Development Fund. Teachers will learn how to build an earthen pizza oven, and link it with sustainable construction methods. It's an INSET unlike any other, with many subsidised places. Contact Charlotte Eve on 01493 369952/07766 220526 or charlotteevecreative@hotmail.com

Tots and Pots!

The Environmental and Outdoor Learning Team are running INSET training days specifically designed to help Early Years practitioners develop growing projects and gardening skills. The day is a mix of practical projects, ideas and inspiration from the beautiful walled garden at Holt Hall. And of course, a hefty helping of fun and laughter is added throughout the day! 'A really fun and hands on course.' 'Fab day! Very interesting and inspiring.' If you would like to be included please contact outdoorlearning@norfolk.gov.uk

Training dates for your diary

7 May: Raising Achievement in Science Through the Outdoors: Key Stage 2

18 May: Investigative Opportunities in Food, Farming and the Countryside

21 May: Tots and Pots! Growing Projects with Early Years and Key Stage 1

16 Jun: Creative School Grounds. Design and Sustainable Use at Key Stage

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

Waste Free Lunch

Has your school ever tried a Waste Free Lunch? The amount of packaging waste created by packed lunches is astonishing, but there are lots of simple ways you can cut down on plastic, foil and food wrapping.

One school lunchtime ask all the children to look at the packaging in their packed lunches and record it on class tables, including the types and amount of waste. Decide on a day to have the waste free lunch, then prepare by:

- Drawing posters and giving a presentation to the rest of the school on what a 'waste free' lunch is all about.
- Writing a letter to the parents explaining what they can put in the children's 'waste free' lunch boxes.

On the day of the waste free lunch count all the pieces of packaging again, recording the numbers and types of rubbish. You can compare the results and give a prize to the least wasteful class!

Top tips for preparing a waste free lunch:

- Use a tub for your sandwiches or wrap them in kitchen roll
- Avoid cling film and foil because they cannot be reused
- Bring your drink in a refillable bottle instead of a carton or foil pouch
- Yogurts – buy a large one and spoon some into a refillable pot
- Buy biscuits in bulk rather than in individual wrappers
- Eat fruit for snacks and the leftovers can be composted

If your school is thinking of doing a waste free lunch contact SWAC for more information, or tell us about the waste free lunch you've already organised. Email us at swac@norfolk.gov.uk



School Food Waste Pilot Project

The Schools Waste Action Club is working with Healthy Schools and five primary schools on a project looking at food waste created by school lunches. The five schools across Norfolk are taking part in a trial to measure the amount of food waste they create and coming up with ways of reducing it.

The project will look for solutions around portion sizes, menu choices, composting and general food waste awareness. We hope to have some more information for you about how the project is going in a future edition of Footprint. We would like to thank the five schools taking part: St Martins at Shouldham Primary, Stoke Holy Cross Primary, Redcastle Furze Primary, North Denes Junior and Drayton Community Infant school.



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

Healthy



Healthy Schools
Norfolk

Schools

Can you make food in schools eco-friendly?

Lots of schools are certainly trying to and it is at the heart of their work to become a Sustainable School. But it can also be part of their Healthy Schools work, as we aim to encourage that healthy food across the school day is also sustainable. Here are some ideas from schools across the county. Wherever possible schools have looked for ways of having locally produced food on offer; this might be the honey at the Breakfast club coming from the beehives down the road, and include a visit to see the hives, or growing strawberries themselves

for the Tuck shop. Many schools have flourishing gardens in their grounds and some, like Browick Road Infants, have even taken on an allotment.

Seasonal food ideas can be included in suggestions for packed lunches and children can be involved in making and tasting new and seasonal things. Carrots are in season so making a delicious cheese dip to go with crisp carrot sticks would be right up to the moment!

But it's not just what is eaten that's important; schools are also considering what is thrown away and how this can be reduced. Parents are being encouraged to use reuseable containers in the

lunch boxes and some schools have a 'nothing in wrappers' policy for break time snacks. There can be quite a lot of food waste at lunchtimes and a quick and easy way to reduce that is for the children to say how hungry they are and not take too much!

We would love to hear from schools that have had a brilliant idea, for example perhaps someone has set a sustainable packed lunch challenge or designed a meal just using seasonal foods.



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**



Norfolk County Council
at your service

Road



Safety

It is impossible to put a monetary value on the life of a child. Amazingly the services of the Casualty Reduction Section education team in supplying road safety advice, education and training to schools and pre-school groups are still free of charge.

Road Safety Presentation

Bethany and Benjamin are the stars of a half hour imaginative role play presentation where two teddy bears impart important and appropriate road safety information to pre-school and reception level children. Two different presentations are available but the most important is one where the bears talk about holding hands with an adult when near the road and wearing your seatbelt whilst in a vehicle.



Step On it

This is a simple, easy to use scheme to allow Key Stage 1 children to learn basic pedestrian skills and knowledge in a way which is understandable and safe. Groups of no more than six children are taken out by an instructor and three hand-holders to look at subjects including using the footpath safely or walking in the road in a rural setting and road crossing.

Cyclist Training Courses

The Level 1 Cyclist Training Course allows cyclists of 7 + years to practise the basics of balance and control in a safe off road setting over a two hour period. Good cycling habits are encouraged from the very start and various enjoyable activities allow the student to gain skills in bike handling and basic observation skills.

The Level 2 Cyclist Training Course allows students of 9+ years to start to learn techniques and strategies, so as to safely interact in a structured manner as a cyclist with other road users, in a real road setting. Students are assessed at the end of this six hour course on their control skills, observations and awareness and knowledge of supplied booklets. They are then recorded as having completed or successfully completed the course and certificated appropriately.

Road Safety

Support, advice and training on road safety for young people.

Contacts

- 📞 01603 223348
- ✉ roadsafety@norfolk.gov.uk
- 🌐 www.norfolk.gov.uk/roadsafety

Energy

Busters



All Saints Are All Right!

Energy Busting definitely works best as part of the big picture. Using our energy resources wisely is just one of the key elements involved in being a Sustainable School. When the concepts of caring for each other, recycling, healthy eating, the way we travel to school and the way we realise the potential of our school grounds are all given equal prominence - then each inspires the other and we end up with a real community of a school that is working hand in hand with the planet!

Dawn Burden's Year 4 class at All Saints Primary School in Stibbard, near Fakenham, are doing exactly that. Not only did they achieve a swashbuckling 30% energy saving during their 'Switch Off, Keep Cool' week but through their Gardening Club they are pioneering the idea of a school garden that finds its way right into the classroom!

Miss Burden's 'School Garden Handbook' is far more than a month-by-month 'Jobs to do in the Garden' diary. It is full of inspired ideas for all kinds of easy culinary creations and crafty art with fruit & veg as well as exciting links to celebrations and events throughout the whole school year. In fact it's a wonderful example of incorporating the idea of being a sustainable school into the curriculum as a whole.

Back to the Sun!

From humble beginnings (National Trust Acorns would seem quite appropriate here), with a handful of Primary Schools, the Energy Busting partnership between the Trust and Norfolk County Council has gone from strength to strength so that the project is now being rolled out in High Schools, First Schools and, beginning this year, Special Schools.

Woodfields School in Sheringham and Chapel Road School in Attleborough have both achieved impressive energy savings but have also made positive contributions to the countywide scheme in ways which we could hardly have imagined.

The young people's extraordinary sensory appreciation of the energy saving message and their enthusiastic embracing of it, left us feeling not only incredibly welcome but also inspired to explore more deeply with children the whole idea of the sun as the source of all life as well as energy. Thank you everyone. It's been a brilliant experience.

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
💻 clare.eke@nationaltrust.org.uk
🌐 www.norfolk.gov.uk/outdoorlearning
and go to **Energy Busters**



Norfolk County Council
at your service

School

Grounds Support

Q. How do you get children to eat healthy food?

A. Get them to grow it themselves!

Spring is here – the perfect time to get outside and start a school garden or develop your existing one. Our young people should all be able to experience the mystery of planting seeds and seeing them grow. There is plenty of support available if you want to grow your own fruit and vegetables in the school grounds.

- If you need help, support or encouragement, you can call Chris Wright (manager of the 'Roots and Shoots' project) at Holt Hall Field Studies Centre. He can offer advice and support, training and encouragement. For more details, see the Root and Shoots website: www.schools.norfolk.gov.uk/outdoorlearning and go to 'Roots and Shoots' tab.
- The Royal Horticultural Society runs the 'Campaign for School Gardens' to encourage growing projects in schools. Their website has lots of useful information, and a chance to sign up to the twilight training sessions for Norfolk teachers run by their regional Education Officer, Alison Findlay. www.rhs.org.uk/Children/For-schools
- The Department for Children, Schools and Families offers some excellent resources through the 'Growing Schools' website: www.growingschools.org.uk
- Garden Organic has a section of their website dedicated to schools, with useful information about organic growing, curriculum links and games: www.gardenorganic.org.uk/schools_organic_network/index.php
- The Food for Life Partnership runs an awards scheme that encourages organic gardening in order to promote a culture of healthy food: www.foodforlife.org.uk/awards
- If you want help in designing a garden area within your grounds, Norfolk County Council's landscape architects can offer free advice. Contact David Yates at the address below.



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**

