



The
Sustainability Centre



Eco Explorers



An exciting residential programme

At the Sustainability Centre

In the heart of the South Downs National Park

ECO EXPLORERS



Our home grown 4 or 5 day residential gives pupils the opportunity to explore many aspects of sustainability and gives an holistic approach to their experience. Staying in our Eco Lodge within our 55 acre site, pupils have access to our grounds and the surrounding beautiful countryside. It is the perfect location to bring this subject alive!

The 5 day programme is designed with direct links to the curriculum covering topics on sustainable food and farming, Fair Trade, wildlife, sustainability in building design, woodlands & forest skills, energy & resources, and team building.

The days are full of hands on activities that will provide excellent opportunities for team bonding and fun!

CURRICULUM LINKS:

Key Stage 2 :

Science:

- Explore and use classification keys to help group, identify and name a variety of living things in their local and wider environment
- Recognise that environments can change and that this can sometimes pose dangers to living things

Design and Technology:

- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed
- Investigate and analyse a range of existing products use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose, aimed at particular individuals or groups

Geography:

- **Physical geography, including: climate zones, biomes and vegetation belts, rivers, mountains, volcanoes and earthquakes, and the water cycle**
- **Human geography, including: types of settlement and land use, economic activity including trade links, and the distribution of natural resources including energy, food, minerals and water**

Art: to use a range of materials creatively to design and make products

Many Learning Outside the Classroom and PSHE expectations are also met.

The pack is aimed at Year 6 pupils but the residential can be tailored for other year groups very successfully.

Key Stage 3:

Science:

- How the environment can be protected, fossil fuels, energy resources.
- How the environment can be protected; habitats, survey the variety of living things within a habitat; classification between species, energy resources.
- Environment & feeding relationships, plants & photosynthesis, plants for food, protecting the environment, energy resources, management of food production, sustainable development in the countryside.
- Sustainability in building design; energy resources.

Geography:

- Sustainable development. Resources.
- **ICT:** Measuring physical data.

Design and Technology:

- Judging the quality of products; resources have been used appropriately; global environmental impact of products and assessment for sustainability.
- How people's values & attitudes, including their own, affect contemporary social, environmental, economic & political issues; environmental change and ways of managing it.

Citizenship:

- Debating a global issue, the interaction of people and the environment.
- Investigate the basis of concerns about biodiversity, genetically modified crops, and the use of growth hormones and antibiotics in the production of food.

Art & Design:

- Work independently and collaboratively, taking different roles in teams, explore areas that are new to them, including ideas, techniques and processes.
- Engage with contemporary art, craft & design, working with creative individuals and in creative environments where possible. Make links between art & design and other subjects and areas of the curriculum.



THE WEEK AT A GLANCE



DAY 1

Sustainable Farming:

Farm technologies, livestock and crops. Visit and explore a local farm.



DAY 2

Low Energy & Natural Buildings:

Eco building activities working in teams. Nature crafts. All using natural materials.



DAY 3

Out In The Woods:

Conservation tasks and habitat activities. Foraging and shelter building.



DAY 4

Energy Solutions:

Tour of our site, walk to a proposed wind turbine site, building electric snap circuits to power simple devices and water conservation activity.



DAY 5

Team Building Challenge:

Problem solving, fun, active, leadership/ group skills on the last day.



Evening Activities:

3 nights can include a campfire, an evening of storytelling or games, and a guided exploration of the site at night.



PROGRAMME FOR THE VISIT

Day 1 Monday

Arrival 11am

Settle into accommodation and welcome drink at Wetherdown Eco Lodge & safety talk
Packed lunch provided by The Centre to be eaten at The Lodge

1.30 pm Introductory food activities

2.00 pm Farm Visit – you will be taken to the local farm in tractor trailer transport provided by The Centre

4.00 pm Return to The Lodge

5.00 pm Evening meal in the restaurant
Free evening for your own activities or book activities with the Centre's education staff.

Day 4 Thursday

8.00 am Breakfast at The Lodge

9.30 am Morning guided tour of site

10.30 am Break

11.00 am Walk to Salt Hill

12.00 pm Packed lunch provided by The Centre

1.00 pm Afternoon activities in the classroom and outside

4.00 pm Free time

5.00 pm Evening meal in the restaurant
Campfire provided for your self- led fire circle



Day 2 Tuesday

8.00 am Breakfast at The Lodge

9.30 am Morning activities outside/ buildings area

10.30 am Break

11.00 am Morning activities outside/ **buildings area**

12.00 pm Packed lunch provided by The Centre

1.00 pm Afternoon activities outside/ buildings area

4.00 pm Free time

5.00 pm Evening meal in the restaurant
Free evening for your own activities.

Day 5 Friday

8.00 am Breakfast at The Lodge

9.30 am Team building activities on site at The Centre

12.00 pm Packed lunch provided by The Centre

1.00 pm Packing up and departure by 2.30 pm

This is a basic itinerary as a sample only.

The programme may change according to duration of stay and availability of spaces.

Day 3 Wednesday

8.00 am Breakfast at The Lodge

9.30 am Morning activities at The Centre outside.

10.30 am Break

11.00 am Morning activities in The Centre woodlands & Pole Barn.

12.00 pm Packed lunch provided by The Centre

1.00 pm Afternoon activities in The Centre woods and Pole Barn

4.00 pm Free time

5.00 pm Evening meal in the restaurant
Free evening for your own activities or book a story-telling evening with our popular story teller.



DAY 1

Sustainable Farming Option 1 : Hyden Farm



Hyden Farm is a small family farm located in the Meon Valley in the beautiful South Downs National Park. They have been farming there for five generations. Because of the way farming has changed in recent years, the way they farm and the variety of animals they breed and rear on one farm is very rare, and few working farms can offer such a varied picture of food production.

They have a passion & commitment to traditional breeds, sustainable farming practices and have exceptional welfare standards across the farm. They use no pesticides, chemicals or preservatives. Everything is born, bred and reared on their farm. Farmer Beth will lead the pupils around the farm with interactive activities and a wide range of animals.

The farmer will pick the pupils up from the Lodge with her tractor and trailer.

- The trailer will ride down country lanes through woodland to the farm.
- With farmer Beth, students will learn about where our food comes from and see organic & ethical farming in practice.
- Pupils will see free range chickens, turkeys, guinea fowl, geese, pigs, rare breed cattle and sheep.
- At the end of the experience the group will be dropped off back at The Lodge.

Note: 2 seperate trailer trips will be needed for a full class visit.
Farm visit subject to availability.



DAY 1

Down On the Farm Option 2 : Lower Farm



Lower Farm is situated at the head of the Meon Valley in the heart of the South Downs. It is part of a 1200 acre mixed holding run by the Atkinson family who have farmed it since 1905.

The low lying fields against the River Meon grow a variety of edible crops including wheat, barley and oats. The largest part of the farm is grassland supporting beef cattle and a large sheep flock. Sheep help manage the chalk downland which rises to the top of the farm, giving spectacular views of the Isle of Wight and surrounding landmarks.

Depending on the time of year pupils may see lambs and calves and will certainly see sheep, cows and horses. The Atkinsons are committed to preserving their environment and the visit will highlight the importance of preserving wildlife and preserving the unique character of The Downs.

The farm visit:

- George or Will the farmer will pick the group up from The Lodge with his tractor and trailer.
- The trailer will ride over The Downs across country with opportunities to stop and learn in the landscape.
- Pupils will learn about the history of the farm, the changes in the use of the land, different crops, where our food comes from and how the Atkinsons manages their livestock.
- The pupils will see amazing views of the South Downs National Park.
- At the end of the 2 hour experience the group will be dropped off back at The Lodge.
- *Farm visit subject to availability.*



DAY 2

Think Global, Act Local



This day helps to give pupils an understanding of how our choices and actions locally, impact globally. Pupils will spend the morning reflecting on what they learnt at the farm and carry out activities in groups based on Fair Trade; food miles; land use and farming & wildlife.

They will then get stuck in to some hands on building! Pupils will gain new skills whilst learning why using local materials can help the environment and can be a solution for affordable shelter for people all around the world.

This will be a brilliant opportunity for team building, gaining knowledge of simple eco building techniques and their applications; and to let the creativity flow!

- Classroom activities exploring ideas around food miles; land use; farming & wildlife; supermarkets; independant shops; organic food and GM crops.
- Tour to see our eco buildings built with local and natural materials including yurts, pole barn, and cobb oven.
- Build an earth bag archway and test it's strength.
- Build an cobb earth oven using sand and clay.
- Build rammed chalk model walls and make cobb earth bricks.
- See our woodland building with wooden roof tiles and practice tiling a miniature roof.



Day 3

Out In The Woods



Our site provides an excellent working example of land being restored to a diverse, native and natural woodland. We are transforming the existing conifer plantation into a biodiverse coppice woodland with native broadleaf trees.

Pupils will discover how important it is to maintain and conserve habitats and will forage for plants with historical and current uses.



Activities include:

- Conservation tasks.
- Foraging for plants with useful properties.
- Habitat studies of woodland and grassland sites.
- Making simple crafts from natural materials.
- Tree identification.
- Shelter/ den building in the woods.



DAY 4

Energy Solutions



At The Sustainability Centre we explore solutions that helps us to reduce our energy demands on the planet. We have a small community of people living 'off grid' and pupils will be able to explore some of our low energy buildlings.

Pupils will learn about energy resources including oil, gas, biomass, food, wind, solar, waves and batteries, and the pros and cons of each. They will make their own electrical snap circuits and learn about water as a resource. Our water game encourages reflection and discussion on the imporatance of fresh water locally and globally.



- Activities include:
- A tour of our site with our solar panels; eco renovated buildings with ground and air source heat pumps; eco campsite; kitchen gardens and woodland hall.
 - Connecting electrical snap circuits and testing wind and solar energy.
 - Walk to a local site where a wind farm was planned. Measure the wind speed. Discuss results and the pros and cons of using wind turbines.
 - Water game to learn about the precious resource of fresh water in a global context.



DAY 5

Team Building Challenge



The last day of the trip will be spent enjoying a range of fun and challenging group activities. They are designed to promote team building and problem solving and to encourage skills such as leadership; listening; confidence; self-esteem; a sense of responsibility and self-awareness.

The pupils will develop individually and so will the group. They will enjoy the challenge!



Activities include:

- Lava river challenge.
- Sensory awareness and tracking games.
- The egg in a tree challenge
- The travelling ball.
- Impossible rope trick.



Evening Options



There are optional evening activities that you can book which are provided and led by the Sustainability Centre Education Staff.

Games & A Guided Site Walk

An evening enjoying outside games and exploring our site.

(6pm - 7.30pm)

Walk Over the Downs

Trained leaders guide pupils on a long circular walk on an exploration of the south downs countryside.

(6pm - 8.30pm) *Subject to availability.*

Storytelling

A local storyteller will entertain by the fire, with wonderful stories brought to life. Also includes a small complementary craft activity.

(6pm - 7.30 pm)

Fire Circle

The Centre will provide a fire and log circle for teachers to lead their own farewell campfire experience.

(6pm onwards)



WETHERDOWN LODGE

Wetherdown Eco Lodge is set within the grounds of the Sustainability Centre and offers accommodation for a maximum of 38 children and adults. The Lodge is for your exclusive use during your stay. It will provide a comfortable, welcoming and secure base for your school group.

The Lodge features:

- Bunk rooms for 2-3 people
- Communal area for group activities
- Self service breakfast served from 08.00 (Kitchen available for staff use)
- Bed linen and towels are provided
- Showers and toilets, plus a disabled access bathroom
- Security system

Breakfast will be provided self-service style and will include a choice of cereals, a selection of fruit, orange juice, milk, yoghurt, hot drinks.

Breakfast will be in the communal area where each person will collect their breakfast and sit down. Part of the experience of staying at The Lodge will include clearing breakfast away. This could be done individually or in teams.

There will be a 4.00pm squash break with biscuit at the lodge after each day's activities. Teachers and assistants will be responsible for making the drinks for their children. There is a self-catering kitchen available for teachers and assistants. Teachers can ask for milk to make hot chocolate in the evenings.



WETHERDOWN LODGE

Security

The Lodge has the benefit of a modern security system. Every external door (a door that exits the building) can be alarmed.

During your stay you can be safe in the knowledge that when your group is in for the night no-one can exit the building unnoticed. For example if a child decides to go on a midnight walk, simply opening the door will set the security alarms off and alert us to the fact that someone has left The Lodge.

In an emergency these doors can be push-bar opened to allow a quick evacuation.

A member of staff lives in The Lodge, and there will always be a duty manager on site to deal with emergencies.

You will receive a full health and safety document relating to the lodge when you book your visit.



Eco features and Eco living



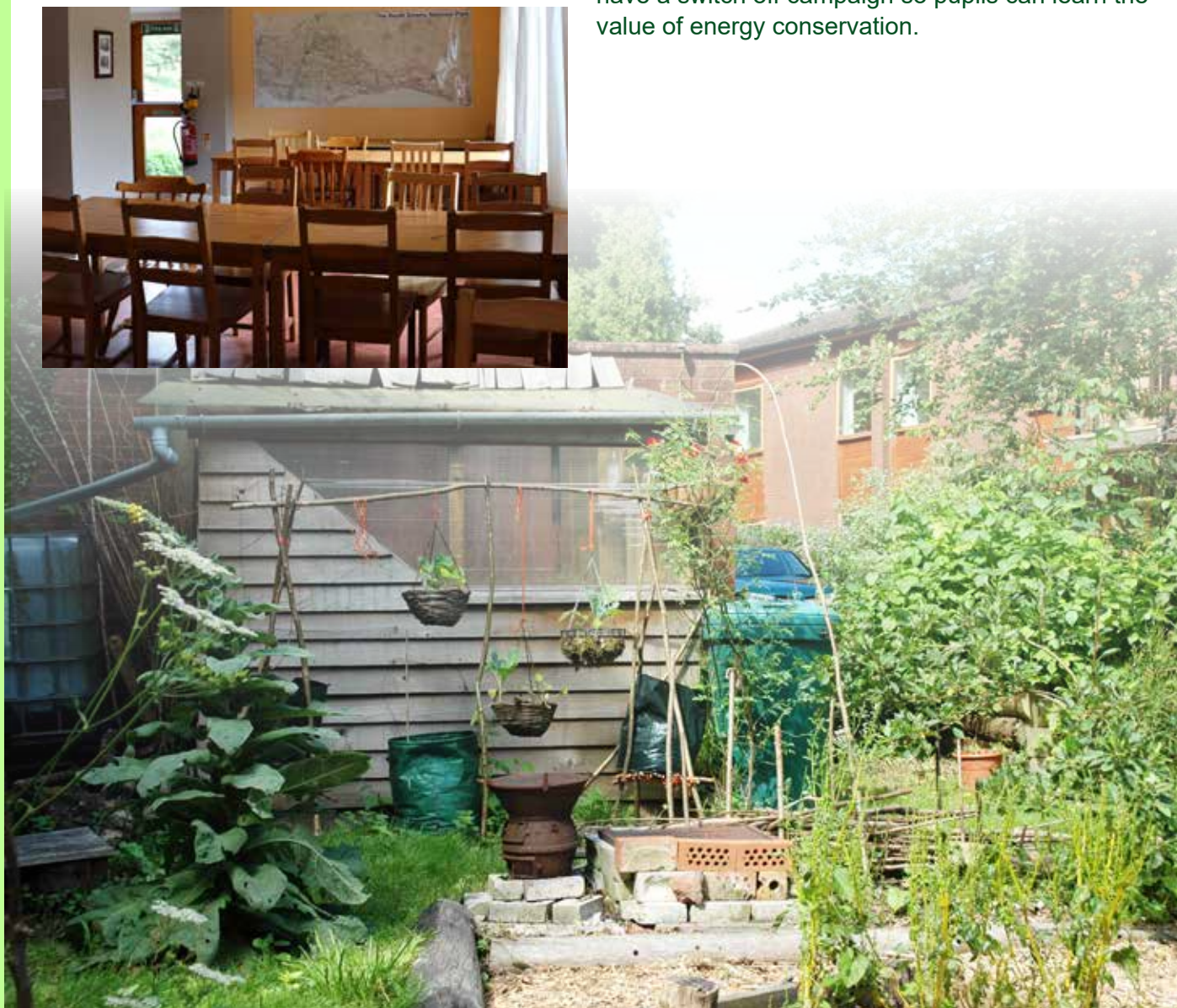
Wetherdown Lodge is an eco-refurbishment of an old naval accommodation building. There are many features of The Lodge that have been chosen for their environmentally friendly qualities. This environmental thinking extends to the way we run The Lodge and this will be built into the experience for pupils.

The Lodge's hot water and heating is provided by an air source heat pump. The windows are all triple glazed for best insulation and energy efficiency.

The roof has been insulated with Thermafleece, (sheep's wool).

The eco-message is promoted throughout the lodge to show how small but simple tasks can make a big difference.

Separating waste into paper, plastics, glass, cans and compost will be a feature of the visit. We also have a switch off campaign so pupils can learn the value of energy conservation.



FOOD GLORIOUS FOOD!



The lunches and dinners are all catered at The Centre by the on site **Beech Cafe**. The chef and her team freshly prepare all of the meals. Schools are sent menus before the trip to choose between available options. Food allergies and dietary requirements can be catered for.



Lunches are prepared in the mornings and lunch is eaten in The Lodge or outside; weather permitting.

Dinners are served in the Beech Cafe dining room every evening at 5pm. The Cafe doors open out to our beautiful wild flower garden

and pond area. Many of our fresh herbs are used in The Cafe and the vegetable waste is composted.

The Cafe is also open
Wednesday- Sunday 8.30am - 4pm
if teachers fancy a treat!

The food is a favourite on our residentials. Many schools have asked if they can take the chef back to school with them- sorry she's staying here!

All food is vegetarian.

A typical menu:

Lunch:

Choice of sandwich, crisps, flapjack and juice.

Dinner:

Baked Potato with Choice of Filling.
Vegetarian Chilli or Baked Beans.
Served with grated cheese and salad.

Chocolate Cake.

Fruit is available at all mealtimes.

"Thank you for the delicious dinner. It was one of the best dinners I have ever had!"

Joe Age 8



TRANSPORT



Transport is provided between The Sustainability Centre and the farms but you will need to make your own arrangements from your school to The Sustainability Centre and back to the school.

QUALITY BADGE



The quality badge for Learning Outside the Classroom is a national award that we have earned for our education provision. It recognises the essential elements of safety and learning for all types of outdoor provision. We have Quality Badge Route 2 for our residential service.

HEALTH AND SAFETY AND BOOKINGS PROCEDURES

Guidance on what to bring to The Lodge and what to wear for outdoor ventures will be detailed for you.

You will also receive information on health and safety procedures during your visit to The Sustainability Centre's Lodge.

A pre-visit to The Sustainability Centre is essential to appreciate the nature of the experience and to familiarise teachers with the environment in which the children will be staying.

All of our staff are experienced and trained leaders.

The Education Team at The Sustainability Centre are familiar with the farms included in the programme for DAY 1. Farm Tours are not covered by our Quality Badge status, a pre-visit to the farm can be arranged and advice will be given on health and safety for this trip. Hand washing facilities will be provided after the visit at The Lodge at The Sustainability Centre site.

We ask you to follow the County guidelines on off-site activities and educational visits and remind you that you are responsible for your pupils' behaviour at all times.

We will provide a range of educational activities and undertake to make your stay in The Lodge and throughout the residential a safe and enjoyable one.



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