



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 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



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. Choice of two contrasting farms to visit and explore.



DAY 2

Think Global, Act Local:

Farming & wildlife, food miles & FairTrade activities. Hands-on sustainable buildings activities.



DAY 3

Out In The Woods:

Importance of trees, forest facts, wood crafts, observation games and shelter building.



DAY 4

Energy Solutions:

Energy saving & renewables at The Centre, walk to proposed wind turbine site on The Downs, solar models & testing pedal power.



DAY 5

Team Building Challenge:

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



Evening Activities:

3 nights can include a nightwalk, a campfire, or bushcraft / wilderness skills.

PROGRAMME FOR THE VISIT

Day 1 Monday

Arrival 12 noon

Settle into accommodation and welcome drink at Wetherdown Eco Lodge

Packed lunch provided by The Centre to be eaten at The Lodge

1.30 pm Introductory short tour

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

6.00 pm Evening meal in the restaurant
Free evening for your own activities or book an exciting night walk.

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

6.00 pm Evening meal in the restaurant
Campfire provided for your self- led fire circle or book after dinner activities run by The Centre's education staff.



Day 2 Tuesday

8.00 am Breakfast at The Lodge

9.30 am Morning activities in the classroom

10.30 am Break

11.00 am Morning activities in classroom

12.00 pm Packed lunch provided by The Centre

1.00 pm Afternoon activities outside in The Centre's grounds and woodland classroom

4.00 pm Free time

6.00 pm Evening meal in the restaurant
Free evening for your own activities or book activities run by The Centre's education staff.

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

Day 3 Wednesday

8.00 am Breakfast at The Lodge

9.30 am Morning activity in the woodland classroom

10.30 am Break

11.00 am Morning activities in the woods.

12.00 pm Packed lunch provided by The Centre

1.00 pm Afternoon activities in the woods and woodland classroom

4.00 pm Free time

6.00 pm Evening meal in the restaurant
Free evening for your own activities or book activities run by The Centre's education staff.



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 farm visit:

- 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.
- They will ride on the trailer to visit more distant fields of cattle.
- At the end of the 2 hour experience the group will be dropped off back at The Lodge.



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 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 George manages his 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.



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.

In the afternoon it will be time to 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 afternoon 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 with fact cards to explore ideas around FairTrade; 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, straw bale shower block, and cobb oven.
- Build an earth bag archway and test it's strength.
- Build an cobb earth oven using sand and clay.
- See our woodland building with wooden roof tiles and practice tiling a miniature roof.
- Design an eco dream house.



DAY 3

Out In The Woods



Our site is 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 explore our woods whilst learning about the importance of trees, different types of trees, different felling methods, what types of wood can be used for what types of products, and feel the qualities of wood.

They will be guided in how to make woodland crafts and enjoy developing their forest skills.



- Activities include:
- Classroom based activity on the importance of trees and linking trees to products. Introduction to woodland management.
 - A guided walk around our different woodland areas. 4 stops at coppice, clear fell plantation, continuous plantation and Woodland Burial Site looking at their management.
 - Making Woodland Crafts.
 - Learning Woodcraft Skills.
 - Tree Identification.
 - Shelter/ Den building in the woods.



DAY 4

Energy Solutions



At The Centre we have a small community of people living 'off grid' and pupils have the opportunity to see inside the yurts which are homes to some of the staff. The Centre is working towards solutions and exploring ways in which we can reduce our energy demands on the planet.

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 build their own solar models and pedal power their way to a make a scrumptious smoothie!

Pupils will also learn about water as a resource and about solutions to waste including seeing our beautiful sewage system! It is truly amazing as it harnesses the natural systems of nature to clean the water.



- Activities include:
- A tour of our site with our solar panels; biomass boiler; eco renovated building; our natural WET sewage treatment system and live-in off-grid yurts with solar panels and wood burners.
 - Building and testing interactive models to look at how solar power works to create 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.
 - Have a go on our bicycle powered smoothie maker machine!



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, problem solving and 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 tree puzzle.
- The travelling ball.
- Impossible rope tricks.



EVENING OPTIONS



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

Night Walk Over the Downs

Trained leaders guide pupils on a circular walk with torches and bat detectors on an exploration of the countryside at night!
(7pm - 9.30pm)

Wilderness Skills

Bushcraft experts from The Sustainability Centre lead groups through an engaging and inspiring series of activities that may include fire lighting, tracking skills, forest crafts and knot work.
(7pm - 8.30pm)

Fire Circle

The Centre will provide a fire and log circle for teachers to lead their own farewell campfire experience.
(7pm 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.

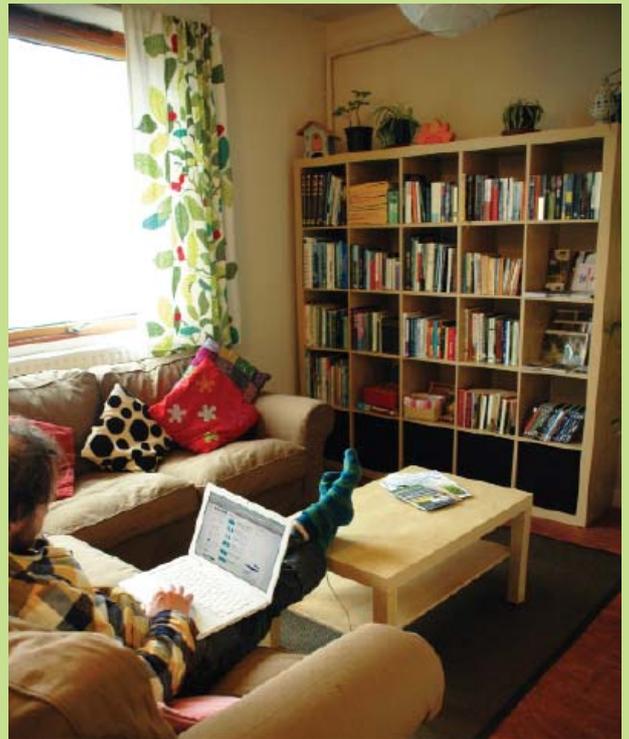
The Lodge features:

- Bunk rooms for 2-3 people
- Communal area for group activities (TV and DVD can be provided)
- 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, toast, 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 4.30 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 order extra milk and 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 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 the wood chip boiler. The windows are all triple glazed for best insulation and energy efficiency. The roof has been insulated with Thermafleecce, (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!

beechncafe



The lunches and dinners are all catered at The Centre by the on site **Beech Cafe**. All the chef and his team freshly prepare all of the meals using local and organic



ingredients. Schools are sent menus before the trip to choose between available options. All food allergies and dietary requirements can be catered for.

Lunches are prepared in the mornings ready for you to take with you on the day trips. On the days based at The Centre, lunch is eaten in The Lodge.

Dinners are served in the

Beech Cafe dining room every evening at 6pm. The Cafe doors open out to our beautiful herb garden and pond area. Many of the fresh herbs are used in The Cafe and the vegetable waste is composted.

The Cafe is also open Monday- Sunday 10am - 4pm if teachers fancy a treat!

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



A Typical Menu:

Lunch

Sandwiches with choice of fillings made with home made bread.
Snack bar, crisps, fruit and drink.

Dinner

Home-made lasagne with garlic bread and salad.

Home made pineapple upside down cake with cream or creme fraiche.

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

Joe Age 8

Dunhurst Junoir School



TRANSPORT



Transport will be provided between venues while you are on the residential, but you will need to make your own arrangements from your school to The Sustainability Centre and back to the school.



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 farm included in the programme for DAY 1. 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.

