



THE SOUTH DOWNS



EXPERIENCE

TEACHER'S PACK



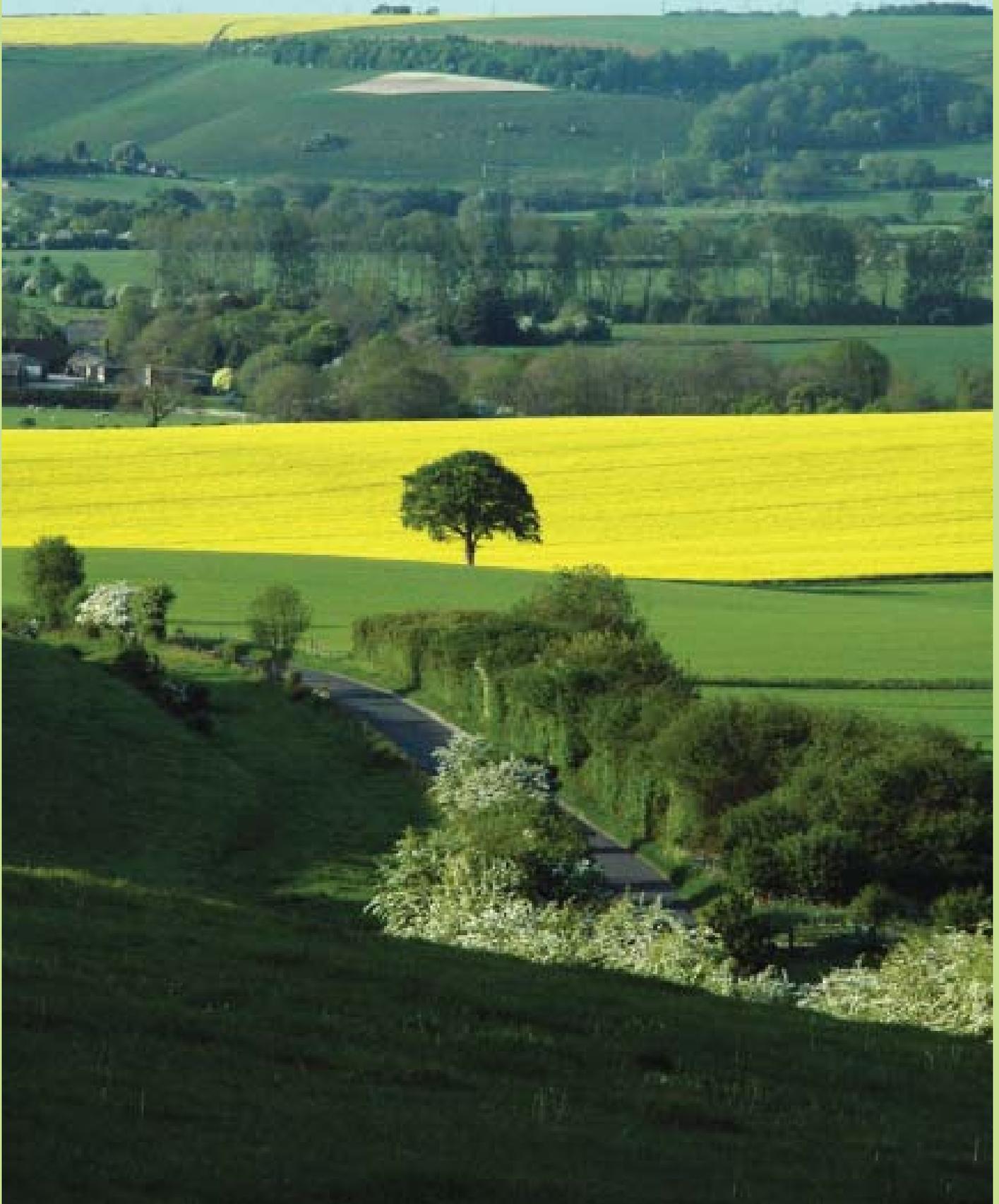
An exciting residential programme
for KS2 Pupils

In the heart of the South Downs National Park

Hosted and organised by the Sustainability Centre

"The cross curricular nature of the programme was unlike any residential trip I had come across - helping the children to discover the true nature of a landscape. Each day proved to be very different. The structure of the week certainly catered for the wide range of interests that Primary age children have. I can't praise the centre staff highly enough for their care and attention to detail. We had a thoroughly enjoyable and worthwhile week and have already booked up for next year."

Richard Catchpole (Headteacher) Rowledge Primary School





AN EXCITING FIVE DAY RESIDENTIAL PROGRAMME FOR KS2 PUPILS



Hosted and organised by the Sustainability Centre, this residential provides a focused study of this unique area of Hampshire, supporting education for sustainable development within the national curriculum. Key curriculum areas are history, geography, science and citizenship.

The residential provides a wonderful opportunity to combine many topics in the form of a diverse, fun and challenging field trip for KS2 pupils. We provide a range of refreshing, intriguing activities, which all relate to this local area, its wildlife, its history, its sustainable future and its recreational value.

Stay at the Sustainability Centre in it's stunning 55 acre woodland site and visit three different study centres.

Throughout the week pupils will discover how the area was inhabited in the past and how it is farmed and managed today. There are opportunities to discover some of the diversity of wild life to be encountered in the area and to see what the future might hold.

How did our ancestors survive here? How have animals adapted to their habitat? Is wind power an option for the Downs?

In the evenings activities can be booked based in the stunning grounds of the centre and a campfire can be arranged for your use.

There will also be some free time for play or your own activities before and after dinner.

The final day will involve the class in an outdoor team building experience that brings the Downs alive as a venue for recreational activities that challenge young people to use their environment interactively and physically.



Areas where the South Downs Experience enhances your curriculum:

- History – The Celts, Romans and Anglo-Saxon life on the downs in the past and how it affected the landscape today.
- Science - Habitats, Adaptations, Food Chains, Living Things, Art and Literacy. Find out about Park Uses.
- Geography - Environmental Change. Find out how people affect the environment and how they are affected by it. What is our future?
- PSHE - Exploring Values that Determine Peoples Actions. Exchange opinions relating to environmental issues and accept the team building challenge.
- Design and Technology - Energy Efficiency, Renewable and Non Renewable Resources. Evaluating existing and historic designs.



THE WEEK AT A GLANCE



DAY 1

Down on the Farm:
Farm technologies, livestock and
crops. Farming today for wildlife.



DAY 2

Lifestyles in the past: Ancient
Farm, Iron Age Roundhouse and
Roman Villa. Hands on activities.



DAY 3

South Downs Wildlife:
Habitats, Food Chains and Guided
Trails. Out and about.



DAY 4

Environmental Change:
Renewable Technologies,
Sustainability in buildings. A working
environment. A view of the future.



DAY 5

Recreation:
Team building and
an outdoor team challenge



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 the 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 for this first day experience.

Day 4 Thursday

8.00 am Breakfast at the lodge

9.30 am Activities on site at the Sustainability Centre

Packed lunch provided by the Centre to be eaten at the site

Afternoon activities at the Sustainability Centre

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 Transport will be provided to Butser Ancient Farm

10.00 am Morning's activities at Butser

Packed lunch provided by the Centre to be eaten at Butser

Afternoon activities at Butser

4.00 pm Transport will be provided to return you to the Centre

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 Sustainability Centre

12 noon Packed lunch provided by the Centre to be eaten on site

1.00 pm packing up and departure by 2.30 pm

Day 3 Wednesday

8.00 am Breakfast at the lodge

9.30 am Transport will be provided to Queen Elizabeth Country Park

10.00 am Morning activities at the Country Park

Packed lunch provided by the Centre to be eaten at the Country Park

Afternoon activities at the Country Park

4.00 pm Transport will be provided to return you to the Centre

6.00 pm Evening meal in the restaurant

Free evening for your own activities or book activities run by the Centre's education staff.



THE SOUTH DOWNS EXPERIENCE DAY 1

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 children 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.



THE SOUTH DOWNS EXPERIENCE DAY 2

BUTSER ANCIENT FARM

Bringing the past to life



A day at the Ancient Farm offers your pupils the opportunity to experience some aspects of Iron Age life.

A coach picks the pupils up from the Centre and drops off at the Farm. The group is welcomed in the car park and given a short safety talk. You are then led through the Farm into a Roundhouse, where you sit around the fire for an introductory talk about the Ancient Farm and life in Iron Age and Roman Britain.

A tour of the Farm then explains both the Iron Age Roundhouses and the Roman Villa on site. There is a selection of "hands on" activities which help pupils engage with living tasks of the past.



You will need to choose your hands-on activities before the trip. These may include:

- Spinning with a drop spindle
- Making Roman mosaic patterns
- Weaving a stick wattle fence
- Carrying out an archaeological dig
- Making an Iron Age mud wall

At lunchtime, you may eat your picnics either outside if the weather is good or inside the Roundhouse if you prefer.

The small souvenir shop is designed with children in mind and most of the items for sale are educational and affordable.



THE SOUTH DOWNS EXPERIENCE DAY 3



The day will begin high up on the Downs at Butser Hill.

Pupils will spend the morning on Butser Hill looking at the many aspects of a chalk downland habitat.

They will identify plants and animals that live in this National Park Nature Reserve and find out how the area is managed for people and wildlife.

There are chances to enjoy breathtaking views of Ramsdean Down and surrounding areas.

After lunch pupils walk into the woodland and investigate this diverse habitat making comparisons with the grasslands of Butser Hill.

The days activities will include:

- Sweep net and beating sheets search for minibeasts on Butser slopes
- Map work on top of Butser Hill
- Environment games and art activities in the woods
- Comparisons between different habitats and Natural an Plantation Woodland.

There will be time in the lunch hour to visit the shop.

Transport will pick you up and take you back to Centre.



THE SOUTH DOWNS EXPERIENCE - DAY 4



The future of our landscape, our homes, our recreational space and our wild life are of concern to many people. This day at the Sustainability Centre will focus on some of the challenges we face and some of the possible solutions.

Hands on activities will take place both out of doors and indoors at our site with our woodland classroom, yurts and tipis, solar panels, biomass boiler, gardens and straw bale shower block.



- Activities include:
- A tour of the site to see the use of renewable energy, natural eco buildings, the pond and plant sewage system, tipis and yurts
 - Walk up Salt Hill to learn about Wind Turbines in the landscape
 - Build shelters in the woods to learn about survival and team building
 - Try out different eco building techniques with natural materials

There will be plenty of hands-on activity throughout the day and pupils will have the opportunity to consider how the Centre works to improve the quality of life in this unique area.

In the evening the time is your own but you could take a walk around our Woodland Trail (c. 30 minutes) and then run a fire circle as a farewell ceremony.



THE SOUTH DOWNS EXPERIENCE - 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.



THE SOUTH DOWNS EXPERIENCE -EVENING OPTIONS



There are optional evening activities that you can also 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.

Fire Circle

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



WETHERDOWN LODGE



The lodge is set within the grounds of the Sustainability Centre and offers accommodation for a maximum of 38 children and adults.

Wetherdown is for your exclusive use during your stay.

It will provide a comfortable, welcoming and secure base for your school group.

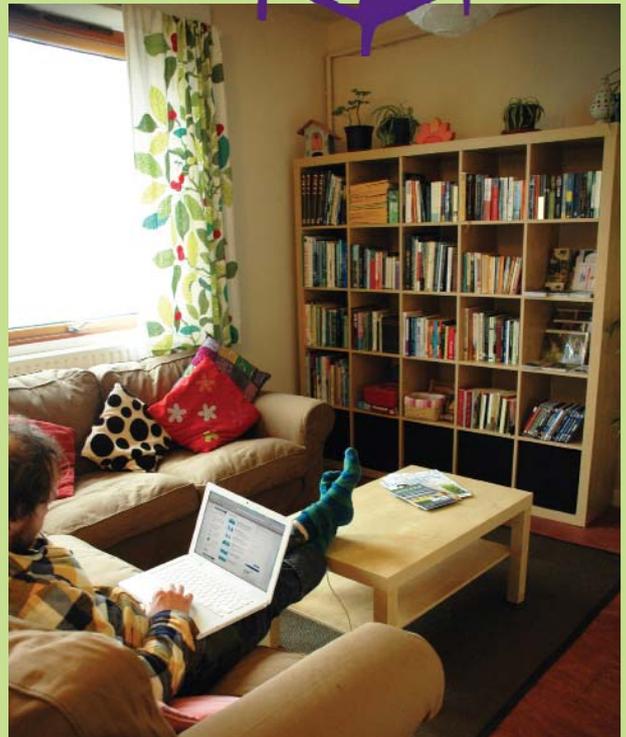
The lodge features:

- 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 set 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

Wetherdown has the benefit of a modern security system. That is every external door (a door that exits the building) can be alarmed.

The advantage of this is that 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!



beechcafe

The lunches and dinners are all catered at the centre by the on site **Beech Cafe**. Ali 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 to 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 Lipman 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 Centre and back to the school.

Transport provided will easily seat 36 individuals and will be fully equipped with seat belts. There will be full recovery and backup services available. Transport will be by coach or by minibus.



HEALTH AND SAFETY AND BOOKINGS PROCEDURES

Each of the venues will have their own site specific guidance for visits and these will be presented to teachers via the Sustainability Centre when you book onto the South Downs Experience.

Guidance on what to bring to the lodge and what to wear for outdoor ventures will also be detailed.

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.

Pre visits can also be made to each of the individual venues by appointment with the Education Officer for each site.

The Education Officer for the Sustainability Centre is 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 venues and undertake to make your stay in the lodge and throughout the residential a safe and enjoyable one.



CONTACTS



The Sustainability Centre

Janet Hammerton, Education Manager

The Sustainability Centre, Droxford Road, East Meon, Petersfield, Hampshire, GU32 1HR

Tel: 01730 823166 Fax: 01730 823168

education@sustainability-centre.org

www.sustainability-centre.org

Wetherdown Lodge

Sara Osman

The Sustainability Centre, Droxford Road, East Meon, Petersfield, Hampshire, GU32 1HR

Tel: 01730 823549 Fax: 01730 823168

accommodation@sustainability-centre.org

www.sustainability-centre.org

The Beech Cafe

Alasdair Sim

The Sustainability Centre, Droxford Road, East Meon, Petersfield, Hampshire, GU32 1HR

Tel: 01730 823755

ali@beechcafe.co.uk

www.sustainability-centre.org

Queen Elizabeth Country Park

Rebecca Bolton Education Officer

Queen Elizabeth Country Park, Gravel Hill, Horndean, Hampshire, PO8 0QE

Tel: 023 9259 5040 Fax: 023 9259 2409

<http://www3.hants.gov.uk/qecp/>

Butser Ancient Farm

Maureen Page, Education Officer

Butser Ancient Farm, Chalton Lane, Chalton, Waterlooville, Hampshire PO8 0BG

Tel/Fax: 023 9259 8838

<http://www.butserancientfarm.co.uk/>



Working in partnership to encourage enjoyment and understanding
of a protected landscape