

**Dysgu yn yr  
Awyr Agored  
Cymru**

**Outdoor  
Learning  
Wales**



## Outdoor Learning Wales March 2019 Bulletin

**Outdoor Learning Wales (OLW) is a national network, facilitated by Natural Resources Wales. OLW aims to increase the understanding, appreciation and sustainable management of natural resources in relation to Wales by drawing expertise, knowledge and inspiration from a range of partners, leaders and educators.**

The aim of this bulletin is to update our members in Wales on news, projects and initiatives related to sustainable management of natural resources (SMNR).

### OLW Update:

**BIG NEWS!** We are excited about this!

Natural Resources Wales (NRW) is launching the first ever **Wales Outdoor Learning Week** in conjunction with the Wales Council for Outdoor Learning.

The campaign, run between the 1<sup>st</sup> to the 7<sup>th</sup> of **April** this year, will encourage and inspire teachers, learning groups and families across Wales to embed outdoor learning within school and family life. It will promote practical ways people can connect with nature and highlight the important role outdoor learning plays within the Curriculum for Wales and the multiple benefits for lifelong learning and the environment.



NRW will be celebrate this campaign with a day of curriculum linked STEM outdoor learning activities in Pool Parc, part of Clocaenog forest – including planting young oak trees that have been grown on from local acorns collected as part of the Acorn Antics project. It will also be celebrated with Junior Ranger events at NRW's visitor centres and a conference for 150 teaching delegates in North East Wales.

**Celebrate this national week with us!** It couldn't be simpler.....

Just note the week in your diary, plan some fun activities to get your learners and family outside – a nature walk, a trip to the beach, run some of our activities and games, then **do it!**

We are providing OLW Network Groups with £500 to deliver a linked small project, with an additional £100 if it is delivered during the campaign week. Simply complete and return the Themed Project Form.

This is an amazing opportunity to showcase **Wales largest and best classroom** – our natural environment!

We would love to get a conversation going, hear about your plans and photos of your Wales Outdoor Learning Week activities so please share them with us via: **[Facebook](#)** or **[Twitter](#)** and use the hash tag **#WOLW**.

### Network Group Events:

Impio Outdoor Learning Wales Network **Group** invites you to attend the North East 'Creating Successful Futures through Outdoor Learning' Conference.

**Venue:** Greenfield Heritage Park, Flintshire

**Date:** 04/04/19

**Cost:** £30

**Contact:** [education@naturalresourceswales.gov.uk](mailto:education@naturalresourceswales.gov.uk)

Coming soon.....South East Wales OLW network groups - Newport, Monmouthshire and Torfaen, will be delivering this conference at Tredegar House, Newport, on **23/05/19** so put the date in your diary now!

### Meetings:

**Group:** Anglesey OLW, **Date:** 05/03/19, **Venue:** Coed Llwyn Onn, **Time:** 10am

**Group:** Vale OLW, **Date:** 11/03/19, **Venue:** Dow Corning Nature Reserve Centre, **Time:** 4pm

**Group:** Newport OLW, **Date:** 12/03/19, **Venue:** Malpas Court Primary, **Time:** 4pm

**Group:** South Powys OLW, **Date:** 14/03/19, **Venue:** Mount Street Primary, **Time:** 4pm

**Group:** Torfaen OLW, **Date:** 18/03/19, **Venue:** Garnteg Primary, **Time:** 4pm

**Group:** Cardiff OLW, **Date:** 21/03/19, **Venue:** St Pauls Primary, **Time:** 4pm

**Group:** Impio OLW, **Date:** 21/03/19, **Venue:** Greenfields Country Park, **Time:** 10am

### Natural Resources Wales

The Children's Commissioner for Wales, Sally Holland and NRW education staff are pencilling in a meeting to look at ways of making sure that our children and young people get a chance to have their say on outdoor learning, looking after the environment, etc, including at policy level. We will keep you posted on progress.

Upcoming training sessions run by NRW:

- **Connection to Nature for a Healthy Future**, Date: 06/03/19, Venue: Porthkerry Park, Vale of Glamorgan
- **Connection to Nature for a Healthy Future**, Date: 12/03/19, Venue: Clawddnewydd Village Hall and Bod Petruel Woodland, near Ruthin

Contact: [education@naturalresourceswales.gov.uk](mailto:education@naturalresourceswales.gov.uk)

- **Developing Natural Resources for Learning**, Date: 03/04/19, Venue: RSPB Conwy
- **Developing Natural Resources for Learning**, Date: 10/04/19, Venue: Garwnant Visitor Centre

Contact: [andrea@techniquet.org](mailto:andrea@techniquet.org)

### Recipe of the month

#### *Indian Spiced Baked Potato Foil Packets*

Lovely winter warmer on a cold day and suitable for any meal of the day.

#### Ingredients

730g of sliced potatoes or diced sweet potato

3-4 tbsp olive oil

1/2 tsp smoked paprika

1/2 tsp garlic

1/2 tsp curry powder

1/4 tsp salt and pepper each

Foil

Optional - 4 eggs



- toss potatoes in the olive oil and seasonings.
- Divide the potatoes into 4 foil packets.
- Place packets over a camp fire on a cooking rack for about 30 to 40 minutes until potatoes are tender.
- If you want to add an egg, remove from the heat after 20 minutes, open the packet and crack an egg on top of each foil pack.
- Place back in oven for about 10 minutes or until yolks look firm but not overcooked.
- When cooked remove, carefully allow steam to be released before eating.

[www.cottercrunch.com](http://www.cottercrunch.com)

### Quote of the month

"It is not happy people who are grateful. It is grateful people who are happy!"  
*Valpha*

### Activity of the Month

#### *Grass Pom Poms*

You will need:

- Long grass
- Cardboard
- Fishing line
- String
- Scissors



Collect long stems of grass. Ideal opportunity for measuring to see who can find the longest piece.

Put two pieces of cardboard on top of each other and cut out a circle.

Then cut another circle out of the middle of that circle.

Hold onto the end of a piece of grass while you wrap the grass strand through the hole and around the outside circle and through the hole again.

Keep threading it over and over until there's no more grass strand left. Continue to do this with more grass strands. The more grass you wrap around the cardboard the

thicker the pom pom will become.

Once you can't wrap anymore grass through the hole, get your scissors in between the two cardboard pieces and cut around it, cutting the grass wrapped there.

Now squish the grass back towards the cardboard.

In between the two pieces of cardboard, wrap and tie the fishing line around the grass.

Take the cardboard pieces off and squish the grass again and give the pom pom a little trim if there's a few uneven areas.

[www.mothenatured.com](http://www.mothenatured.com)

### Fact of the Month

Did you know that a woodpecker's tongue is 3 times as long as its beak, so long that it has to wrap its tongue around its brain?

### Collective noun of the month

A descent, a whirlagust or a gatling of woodpeckers

### Species of the Month

#### *Golden Eagle / Aquila chrysaetos*

The golden eagle is one of Britain's rarest birds of prey and can only be found in small areas of Scotland and Northern Ireland. There are just around 500 breeding pairs of the birds remaining in the wild after they were hunted down in the 1850s. But now a new project hopes to reintroduce them to the Snowdonia region in Wales with eagles re-introduced to the area by 2020.



The golden eagle is a huge bird of prey, with only the white-tailed eagle larger in the UK.

With its long broad wings and longish tail, it has a different outline to the smaller buzzard.

It likes to soar and glide on air currents, holding its wings in a shallow 'V'.

Eagles have traditional territories and nesting places which may be used by

generations.

They have been illegally killed in the past and are still occasionally poisoned, or have their nests robbed.

They are listed as a Schedule 1 species.

They eat other birds and mammals as well as some carrion.

Golden eagles grow to a length of 75-88cm with a wingspan of 204-220cm and can weight: up to 8-4.5kg (male); 3.8-6.6kg (female).

## **Plant of the Month**

### *Butterbur / Petasites hybridus*

Butterbur is the common name of a creeping ground plant that has its own genus, Petasites. Butterbur is a perennial herb, that spreads mainly by vegetative reproduction from fragments of an underground creeping structure called a rhizome. Individual plants function either as males or females, a condition known as 'dioecy.'

Found throughout the U.K, Butterbur grows to a height of 70cm and can be found mostly in damp wooded areas, especially around the edges of ponds, lakes and streams

The butterbur is a member of the daisy family and related to sunflowers. Its huge leaves can grow to 100cm across, and years ago people used to wrap butter in them, hence the common name for this plant. During the middle ages, the roots were used to remove skin blemishes. The butterbur flower spikes are popular with early bumblebees. The flowers can be seen between March and May and are a pale purple colour, and male and female flowers grow on separate plants.



There is also an invasive species called white butterbur. It is a native of mountainous parts of Europe and South West Asia and was introduced to the UK in the late 1600's. The flower heads tend to be more spherical and the leaves are much more pointed.

Butterbur have a very different structure and a unique combination of chemicals that make the plant highly sought after. From the rhizomes, leaves, and stems of this plant, certain alkaloids and other chemical compounds can be extracted, which can be used for a wide variety of health conditions. Health benefits include its ability to reduce fevers, prevent and treat migraines, eliminate spasms, soothe pain, calm allergic reactions, lower inflammation, and clear out the respiratory tracts.

[www.organicfacts.net](http://www.organicfacts.net)  
[www.uksafari.com](http://www.uksafari.com)

## **Courses/Events:**

### **Wales Outdoor Learning Week**

**1 -7/04/19**

#### ***Beach Academy Wales – recommended Outdoor Learning Training Network member***

Beach Teaching the Basics

Get ready for summer. Suitable for teachers and group leaders wanting to deliver learning opportunities at the coast. Understand tides, beach wildlife, beach activity ideas & safety considerations.

Date: 27th March 10-3pm or 30th March 9-2pm

Cost: £50

Venue: Glamorgan Heritage Coast

Contact: [beachacademywales@gmail.com](mailto:beachacademywales@gmail.com)



#### ***Ray Ceredigion – recommended Outdoor Learning Training Network member***

Certificated Emergency First Aid course (suitable for the outdoors)

Date: 09 & 10/03/19

Cost: £125

Venue: RAY Ceredigion, Aberaeron

Contact: [gill.byrne@btconnect.com](mailto:gill.byrne@btconnect.com)

#### ***Plas Derw Trust – recommended Outdoor Learning Training Network member***

Job opportunity for project delivery up until September 2020.

We are looking for L3 Forest School trained or experienced Outdoor Education professionals with a full DBS, Insurance and First Aid qualification, who are able to plan and deliver 2 hour sessions across South Wales. Sessions to be delivered on Sundays, supporting families of children with disabilities to access the outdoors and connect with nature.

Contact: [anjela@plasderw.co.uk](mailto:anjela@plasderw.co.uk)

## RSPB

Curriculum linked outdoor learning sessions for schools  
Venue: Newport Wetlands  
Contact: [newport-wetlands@rspb.org.uk](mailto:newport-wetlands@rspb.org.uk) / 01633636363



**International Year of the Salmon**  
[www.cefas.co.uk](http://www.cefas.co.uk)

## World Book Day

01/03/19

### Contact Us:

*Karen Clarke  
OLW Coordinator  
Natural Resources Wales  
0300 065 3609 / 07721 302667  
[outdoorlearningwales@naturalresourceswales.gov.uk](mailto:outdoorlearningwales@naturalresourceswales.gov.uk)*



### **Contributions:**

Please submit suggestions for content or items of interest for upcoming bulletins by the 20<sup>th</sup> of the month. All submissions are subject to Coordinator approval.

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