

**Dysgu yn yr  
Awyr Agored  
Cymru**

**Outdoor  
Learning  
Wales**



## Outdoor Learning Wales March 2020 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:

We are getting **very** excited to hear about all the fantastic activities being planned for **Wales Outdoor Learning Week** (30<sup>th</sup> March to 5<sup>th</sup> April)!!!!

Please make sure you use the hashtags [#WalesOutdoorLearningWeek](#) [#WythnosDysguAwyrAgored](#) so we can share and promote your social media posts and highlight the wonderful outdoor learning opportunities being offered to all age groups across Wales.

It is going to be amazing so make sure you get your learners involved!

Don't forget that OLW are offering each network group a **themed project fund** of **£500** to get involved and deliver a small project/event linked to Wales Outdoor Learning Week. Funding forms are available on the [OLW website](#).



**Swansea NPT OLW** network group are moving ahead with plans to deliver a Successful Future through Outdoor Learning in the area, possibly in June so watch this space.

Keep us posted on your network groups activities this year so we can celebrate your efforts. If you send a bit of information and maybe a photo, we can make a news story on the OLW website. Other groups find it interesting to see what's happening in other parts of the country so please share with us. Email [outdoorlearningwales@naturalresourceswales.gov.uk](mailto:outdoorlearningwales@naturalresourceswales.gov.uk)

### **Network Group Meetings:**

**Group:** Carmarthenshire OLW, **Date:** 04/03/20, **Venue:** Botanic Gardens of Wales, **Time:** 4pm

**Group:** Anglesey OLW, **Date:** 11/03/20, **Venue:** Coed Llwyn Onn, **Time:** 2pm

**Group:** Gwynedd OLW, **Date:** 11/03/20, **Venue:** Treborth Botanical Gardens, **Time:** 4pm

**Group:** Newport OLW, **Date:** 26/03/20, **Venue:** RSPB Newport Wetlands, **Time:** 4pm

### **Network Group Events:**

Newport OLW are delivering a Willow Structure Workshop. Booking essential.

Date: Friday 13th March

Venue: Seabreeze Flying Start, Newport, NP19 0NZ

Time: 9:45am-3pm

Contact: [Matthew.Rees@newport.gov.uk](mailto:Matthew.Rees@newport.gov.uk)

### Recipe of the month

*Cawl*

*In the month of St David's day - Cawl is virtually the national dish!*

*There isn't a precise translation. In Welsh it means soup or broth, but it is a meal, a classic one-pot dish, originally cooked over an open fire in an iron pot and containing all the goodness of the land.*

Recipes for cawl vary from region to region and from season to season, depending on what vegetables and produce are available. While cawl can be eaten all together, in some regions the broth is served first followed by the



meat and vegetables. It makes a warming, re-energizing meal on a cold, wet day outside.

#### Ingredients

1 onion, 1 kg lamb neck, cut into 5cm chunks, 1 kg swede, 2 carrots, 2 parsnips, 500g potatoes, 3 large leeks, Caerphilly cheese to serve.

#### Method

This can be cooked over a campfire in a heavy pan.

Pour 2 litres of water into a large pan with 2 teaspoons of sea salt, then bring to the boil over a high heat.

Peel and add the whole onion, along with the lamb.

Bring to the boil, skimming away any scum from the surface.

Simmer on a medium heat for 10 to 15 minutes, or until the lamb is cooked through.

Using a slotted spoon, remove the lamb to a plate and leave until cool enough to handle.

While it's cooling, peel the swede, chop into 1cm chunks, and add to the pan to get a head start.

Peel the carrots and parsnips, slice at a slight angle 1cm thick, and drop them into the pan.

Peel the potatoes and cut into 4cm chunks.

Return the meat to the pan with the potatoes. Bring back to the boil, then simmer it all for 15 to 20 minutes, until tender.

Wash the leeks and cut them into 1cm-thick slices.

Stir the leeks into the pan, bring to the boil again, then simmer for 10 minutes with the lid on until tender.

Taste and season.

Serve with lots of black pepper, a wedge of mature Caerphilly cheese and a slice of good bread and butter for dunking.

Michael Sheen's Traditional Recipe - [www.jamieoliver.com](http://www.jamieoliver.com)

#### Quote of the month

"We teach children to colour inside the lines, and then expect adults to think outside of the box."

*Frank Sonnenberg*

#### Activity of the Month

##### *Soil Jar Test*

A fun, repeatable experiment to do with children to identify different layers and soil types.

Fill a clear, glass jar halfway with your soil sample.

Fill the remaining half of the jar with water, leaving about an inch of air at the top.

Carefully attached the lid.

Shake the jar vigorously until any clumps of soil are broken up.

Set the jar aside to rest for 24 hours.

After this time the soil will have settled into distinct layers.

There will be a sandy layer at the bottom of the jar; then a silt layer, then a clay layer, with water at the top.

By examining the layer proportions, you can get an approximate picture of the soil type.

The higher the percentage of one of the layers, e.g. 25% sand, 25% silt, 50% clay = clay soil.

#### Fact of the Month

Did you know that scientists have identified a natural compound called narciclasine in daffodil bulb that is beneficial in treating some types of cancer?



#### Collective noun of the month

A host of daffodils.

#### Species of the Month

##### *March Brown Mayfly / Rhithrogena germanica*

The March brown is probably the most famous of all British mayflies. It is sacred to anglers across the UK and has been copied by them to help catch fish for over 500 years. Originally the March brown mayfly was confused with the False March brown. But, in 1931, the March brown mayfly was officially recorded in Britain.

This rare creature is found in large, clean rivers such as the River Wye.

The March brown is quite extraordinary for a mayfly. Most mayflies like to emerge as adults during the warm summer months. However, the March brown emerges right at the end of the winter, from March to early April.

Adults emerge from the river around about midday. The larvae drift in the water and then emerge at the surface. As they are emerging, they are an easy target for fish and birds, so they emerge very quickly, often taking less than 30 seconds to molt and fly off the water!



Mayflies are unique as insects in having two adult stages.

The adult that emerges from the water is called a subimago or 'dun'. Usually this stage is relatively short, with the subimago resting on bankside vegetation before molting its skin again and becoming an imago or 'spinner'. The March brown however has the longest subimago stage of any mayfly.

After they leave the water's surface they immediately fly to the bank and land on the ground they then fly up to a nearby tree. They'll then rest in the leaves of the tree for anything up to four days before molting.

Numbers of this species are in decline across Europe. Whilst the March brown can tolerate some pollution, it relies on lots of oxygen in the water. As a result, it favours faster flowing stretches of water. It's thought that because this species must grow rapidly during the winter that it might be more prone to disturbance due to natural or artificial changes to the conditions in the river during this period.

[www.buglife.org.uk](http://www.buglife.org.uk)

### Plant of the Month

*Wild Violet / Viola odorata*

The common wild violet is a native wildflower which tends to favour woods, thickets and stream banks. They can thrive in medium, well-drained soils although they prefer moisture-retentive, rich soils. Although they survive in full sun, they tend to prefer part shade.

This is a low-growing perennial which features heart-shaped leaves and large blue-violet flowers (sometimes yellow or white). Each flower appears on its own leafless stalk.

Depending on location, the flower blooms from early spring into the early summer months.

Purple/blue tends to dominate the wild violet flowers although they are also yellow and white.

The flower has an inner white area and is somewhat hairy. Each flower slightly droops.

Flowers bloom in early spring and usually by the time the temperatures get hot the flowers die off, but the leaves remain.



Violet leaves are palmate, alternate, and are somewhat an oblong heart or kidney shape. The leaf margin is serrated, and they do not have any hairs. They can grow to anywhere between 13mm and 50mm in width. Wild violets freely self-seed.

Wild violets, depending on geographical location and soil quality grow anywhere from 15cm to 25cm tall.

Violet flowers and leaves are edible with the leaves having a high level of vitamins A and C. They can be used in salads or cooked as greens. The flowers can be made into jellies, candied, or tossed into a salad.

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

### Courses

#### **Forest School SNPT – recommended Outdoor Learning Training Network member**

Forest School Leader Agored Cymru Level 3

Date: 16, 17 & 18 March and 27, 28 & 29 April

Venue: Bishops Wood Countryside Centre, Swansea

Cost: £900

Coastal School Top Up Agored Cymru Level 3

Date: 20 & 21 May

Venue: Bishops Wood Countryside Centre, Swansea

Cost: £240

Forest School Assistant Agored Cymru Level 2

Date: 16, 17 & 18 March and 28 April

Venue: Bishops Wood Countryside Centre, Swansea  
Cost: £400

Outdoor Learning Practitioner Agored Cymru Level 2  
Date: 12 & 26 March and 23 April  
Venue: Bishops Wood Countryside Centre, Swansea  
Cost: £300

Contact: [info@forestschooolsnpt.org.uk](mailto:info@forestschooolsnpt.org.uk)

**Cambium Sustainable** – *recommended Outdoor Learning Training Network member*

Award in Outdoor Learning Practice level 2  
Date: March 26th, April 2nd, and July 1st  
Venue: GWT Environmental Resource Centre, Ebbw Vale  
Cost: £300  
Contact: [magormarsh@gwentwildlife.org](mailto:magormarsh@gwentwildlife.org)

New courses on offer for 2020

- Dealing with Challenging Behaviour in the Outdoors
- Learning in the Outdoors - Qualifications for Young People
- Woodland Management
- Wellbeing in Nature

Contact: [info@cambiumsustainable.co.uk](mailto:info@cambiumsustainable.co.uk)

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

Beach Arts & Crafts

Use sand as paint, water to sculpt, shells to scoop, drift to make marks.

Loads of Visual Arts activity ideas to take away with you that are sustainable and sensitive to nature and the seasons.

Date: 13th March, 1.30 - 3.30pm

Cost: £45pp (students 40% off)

How to Rockpool

Handling techniques, identification skills, what equipment to use and much more. Lots of activity ideas to take away with you that are sustainable and sensitive to nature and the seasons. Date: 21st March 11-1pm

Cost: £45pp (students 40% off)

Beach Teaching the Basics

Build your skills and confidence. Training includes understanding tides, animal and plant identification skills, beach activity ideas and safety considerations.

Date: 25th March 10-3pm

Cost: £75pp (students 40% off) (Non accredited)

Contact: [www.beachacademywales.com/training](http://www.beachacademywales.com/training)

**RHS School Gardening**

Explorify in the Garden with the Wellcome Trust

Date: 13/05/20

Venue: Llwynrwn Primary School, Pontypridd

Cost: £40

Contact: [RHS School Gardening](#)

**Campfire Cymru**

Forest School Leader level 3

Date: 30/03/20 – 03/04/20, 30/04/20 – 01/05/20

Cost: £750 plus VAT

Forest School Assistant level 2

Date: 30/03/20 – 01/04/20, 30/04/20

Cost: £400 plus VAT

Venue: Wrexham

Contact: [becks@campfirecymru.org.uk](mailto:becks@campfirecymru.org.uk)

## Ramblers Cymru

All-Wales training programme is now open.

Courses:

- Basic Public Rights of Way training
- Basic map reading skills
- Navigation skills – level 2
- Navigation skills – level 3
- Leading family walks
- Leading a practical volunteer group

Cost: free to members, approx. £40 for non-members

Contact: <https://www.ramblers.org.uk/volunteer-zone/support-and-development/wales-training>

## Wildflower Turf Ltd

Wildflower meadow creation masterclasses.

Date: 17/03/20

Venue: Forest Lodge, Porthkerry Park, Vale of Glamorgan

Cost: £49 plus VAT

Contact: [rebecca@wildflowerturf.co.uk](mailto:rebecca@wildflowerturf.co.uk)

## Events and Funding

### World Wildlife Day

3 March

### Spring Clean Cymru

20th March - 13th April

### Daffodil Day

28 March (National Botanic Garden of Wales)

### Wales Outdoor Learning Week

30th March 5th April

### Local Schools Nature Grants

For schools in the UK.

As well as receiving up to £500 worth of outdoor resources of their choosing, school staff will also receive a two-hour training session on outdoor learning and play.

Applications open from Wednesday 25th March 2020.'

Contact: <https://trca.campaign->

### Contact Us:

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### 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.

**Disclaimer:** *OLW and NRW are not responsible for the content, standard or reliability of the linked websites, courses or resources from this bulletin from external sources. Listing should not be taken as an endorsement of any kind. We cannot guarantee that these links will work all the time and we have no control over the availability of linked pages.*

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