

**Dysgu yn yr  
Awyr Agored  
Cymru**

**Outdoor  
Learning  
Wales**



## Outdoor Learning Wales August 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:**

Cardiff, Vale and Caerphilly OLW networks groups are coming together to deliver a "Successful Futures through Outdoor Learning" conference at the Glamorgan Cricket Grounds in Cardiff.

Workshops on the 6 AoLE's and Digital Competency Framework will be available.

Date: 15/10/19

Cost: £40

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

**Carmarthenshire OLW** network group is offering a FREE training on *Wellbeing in the Outdoors*.

Date: 25th September

Time: 9.30am - 3pm

Venue: UWTSD Cynefin Centre, Johnstown

Contact: [carms@tircoed.org.uk](mailto:carms@tircoed.org.uk)



### **Blaenau Gwent OLW Launch**

Everyone welcome!

**Date:** 17/09/19, **Venue:** Gwent Wildlife Trust Offices, Ebbw Vale, **Time:** 4.30pm

### **OLW Meetings**

**Group:** Cardiff OLW, **Date:** 15/09/19, **Venue:** TBA, **Time:** 4pm

**Group:** Ceredigion OLW, **Date:** 16/09/19, **Venue:** Ray Ceredigion, Aberaeron, **Time:** 10am

**Group:** Carmarthenshire OLW, **Date:** 17/09/19, **Venue:** Cynefin Centre, Johnstown UWTSD, **Time:** 3.30PM

Keep in the know and share with us with us via: [Facebook](#) or [Twitter](#)

### **NRW**

Want to learn about the benefits of outdoor learning? Need to justify taking your learners outdoors? Check out NRW's information [posters](#).

Discover how the coastal area of [Gronant and Talacre](#) has changed over time.

NRW have published a new set of resources linked to the Curriculum for Wales Science and Technology Area of Learning and Experience. The [Animals and Habitats](#) booklet contains a range of fun, hands on learning activities and games.

### *Promoting Health and Well-being through Outdoor Learning course*

Want to learn how to use your setting's green spaces, local parks, woods or beaches as a natural intervention to promote health and well-being?

Date: 16th October at Clawddnewydd, near Ruthin.

Cost: Free

Venue: Clawddnewydd, near Ruthin

Times: 9.30 – 3.00pm  
Contact: education@naturalresourceswales.gov.uk

### Recipe of the month

#### *Rose Jam*

- 250 grams of roses (20 large petals)
- 5 cups powdered sugar
- 2 cups of water
- Half a lemon juice

Take the leaves off the roses and wash.  
Place the rose petals in a deep pot, add the sugar and cover with water.  
Place the lid on the saucepan and leave overnight.  
Add 2 cups of water to the pot and place on the hob, stir over heat until the sugar is completely dissolved.  
When the jam comes to a boil, turn the hob down.  
Boiling the jam for too long will cause discoloration, so boiling for 10-12 minutes is sufficient.  
Squeeze half a lemon juice into the pot.  
When the rose petals look slightly transparent and the jam has thickened remove from the hob.  
Put the jam in the jar while it is still warm.  
Allow to cool before putting the lid on the pot and store in a cool place.



### Quote of the month

*"Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain – unless it is done with play, in which case, it takes between 10 and 20 repetitions!"*

Dr. Karyn Purvis

### Activity of the Month

#### *Animal Sniff*

1. Create a set number of small cotton wool balls, e.g. 10.
2. Apply the different flavoured essences to each one, but replicate a couple.
3. Hide the cotton wool balls around your outside learning area.
4. Ask the learners to look for the cotton wool balls and smell each one without removing them from their location. How many different smells could they count?
5. Discuss how everyone has different levels of a sense of smell. How difficult or easy was it to identify the different scents? Was one easier to recognise than another? Describe the smells.
6. Another way to play this game is to have as many small cotton wool balls as learners. Divide them into as many groupings as you have essences and apply the essences to the cotton wool.
7. Hide the cotton wool balls around your outdoor learning area and invite each learner to find and pick up one cotton wool ball each.
8. Once everyone has found a cotton wool ball, ask your learners to use their sense of smell to seek out others holding a cotton wool ball with the same scent and to link arms on doing so.
9. Eventually, the learners should be in 'scent families'

### Fact of the Month

Did you know that moss collectively provides more carbon offset than all of the trees in the world which makes them important for us?

### Collective noun of the month

A leap of leopards

### Species of the Month

#### *Gannet / Morus Bassanus*

Gannets are easily identified. Adult gannets are large and bright white with black wingtips and a yellow head. They are distinctively shaped with a long neck and long pointed beak, long pointed tail, and long pointed wings.



At sea they flap and then glide low over the water, often travelling in small groups. They can be spotted circling high above the waves before performing their characteristic fishing dives. They feed by flying high and circling before plunging into the sea. Gannets catch fish, by diving head-first into the sea, their wings folded back. Diving from heights of 25 metres, they can hit the water at speeds of up to 100km per hour. They have an extensive network of air-sacs between their muscles and skin to help cushion this impact.

One of our largest seabirds, Gannets nest in large colonies at a handful of places, in Wales. They are an Amber List species. Gannets arrive at their colonies from January onwards and leave between August and September. Non-breeding birds can be seen at any time around the coasts and the main migration period offshore is during the autumn.

[www.wtwales.org](http://www.wtwales.org)  
[www.rspb.org](http://www.rspb.org)

### **Plant of the Month**

*English Yew / Taxus Baccata*

English Yew is a coniferous tree. It is also known as common yew or European Yew. This evergreen tree belongs to the Taxaceae family which is widely distributed throughout Europe and Asia. These trees are slow-growing and can live a very long time. Some trees are estimated to be more than 3,000 years old.

Yew can grow up to 25 meters tall and their crown becomes domed over time. They have small, narrow, linear, glossy and dark green leaves that can grow up to 4 centimeters. The seeds of these trees are very poisonous.

These trees are best grown in sunny to partly shady locations.

The trunks of these trees are often fluted with their bark reddish brown in color and flaking.



Being evergreen trees, they attract ravens as they nest in February and require shelter.

The seeds of these trees are dispersed by bird species that get attracted by the red, juicy and sweet berries. The wood of these trees is flexible and a hard softwood. It is suitable for woodworking. They are often used for topiary in gardens.

Yew trees are known to contain a chemical called taxol. Taxol has been found to have anti-cancer properties.

It was believed by the Romans that these trees grew in hell.

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

### **Courses/Events:**

Congratulations to the Woodland Skills Centre and Warren Woods, in Bodfari, who gained the top Woodlands Award at the Royal Welsh Show.

#### ***Welsh Wildlife Trust - recommended Outdoor Learning Training Network member***

**Award in Outdoor Learning Practice (Level 2)**

Date: 18 & 25/09/19, plus 04.12/19

Venue: Environmental Resource Centre, Ebbw Vale

Cost: £300 per person

**Assist at Forest School (Level 2)**

Date: October 2019

Venue: Tredegar House, Newport

Cost: £400 plus VAT

**Forest School Leader (Level 3)**

Date: October 2019

Venue: Tredegar House, Newport.

Cost: £800 per person (plus VAT)

Contact: [www.cambiumsustainable.co.uk](http://www.cambiumsustainable.co.uk)

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

**Forest School Practitioner level 3**

Dates: 11. 12. 13. 19. 20. 26. 27 September

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

**Forest School Swansea Neath Port Talbot – recommended Outdoor Learning Training Network member**

Forest School Leader Level 3

Date: 16, 17 & 18 September and 14, 15 & 16 October

Venue: Bishops Wood Countryside Centre

Cost: £900

Forest School & Coastal School Leader Level 3

Date: 16, 17 & 18 September and 14, 15 & 16 October and 2 & 3 October 2019

Venue: Bishops Wood Countryside Centre

Cost: £1100

Coastal School Leader Top Up

Date: 2 & 3 October 2019

Venue: Bishops Wood Countryside Centre

Cost: £240

Outdoor Learning Practitioner

Date: 25 Sept and 9 & 23 October

Venue: Bishops Wood Countryside Centre

Cost: £300



Outdoor Paediatric First Aid

Date: 7 & 8 November

Venue: tbc near Swansea

Cost: £125

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

**Coed Cadw (Woodland Trust Wales)**

Woodland Mindfulness - Want to understand what mindfulness is and how to integrate it into your woodland sessions? Then this CPD programme is for you!

Date: 9th, 16th, 23rd, 30th September

Cost: £140 for the programme

Venue: Marl Hall Woods, Llandudno Junction, LL31 9JB

Details and booking: <https://woodlandtrusttickets.cloudvenue.co.uk/mindfulwoods>

Contact: [kirstenmanley@woodlandtrust.org.uk](mailto:kirstenmanley@woodlandtrust.org.uk)

**Red Squirrels Trust Wales Fundraiser with Iolo Williams**

Date: 24/09/19

Venue: Pontio Lecture Theatre

Cost: £12

Tickets available at <https://redsquirrelstrustwales.eventbrite.co.uk>

**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.

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