



Sustainability & Outdoor Learning for Schools & Home

Happy New Year!

As we leave 2020 behind us and enter 2021 the future still seems very uncertain. However, one thing we can be certain of is the need to continue to drive forward with actions to tackle climate change and improve our natural environment and increase biodiversity.



PECT has supported schools and home learning environments throughout the pandemic and now that we find ourselves in another lockdown scenario we will continue to offer a range of opportunities to engage children and young people in learning, enhancing and enjoying the natural world around them. We hope that this focus on the natural environment and outdoor education will inform a positive legacy from this time, which will inform decisions on how schools deliver their curriculum in the future.

We cannot under estimate what the impact of sustainable learning and learning outside has on students' welfare, wellbeing, aspirations and achievements. The studies below all demonstrate the positive impact the natural environment has on children.

[Bringing Children Closer to Nature](#)

[Noticing Nature Report](#)

[Natural Connections Project](#)

Our freely available [Nature's School](#) resources continue to be popular with teachers and parents alike and you will be pleased to hear that we are currently working on more new challenges as we move from winter to spring. If you haven't checked them out yet, there are already over 125 different ideas for you to get involved with, as well as our Nature's School in Autumn and @ Christmas.

Virtual PECT is also still available for our ECO Charter & Food Smart schools, offering students a different online learning experience both in school and

at home. If you would like to find out more about these or would like to book us to 'ZOOM' into your classroom please get in touch. As with everything we do, we will tailor make the session to be specific for your school - so let us know what you need or want.

For more information about PECT's Education opportunities, access our free resources or get in touch about a specific enquiry please visit our [website](#).



Best wishes,
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Did you know that PECT has teamed up with The Nene Park Trust to launch a brand new Outdoor Learning Hub on Facebook?

The hub has been created to help teachers and other professionals share ideas, resources and good practice, as well as providing the opportunity be able to support each other in providing outdoor and sustainable learning experiences for students.

[Click here to join the Outdoor Learning Hub](#)



One bin to rule them all!

MIBIN™

The multifunctional intelligent bin.



Recycling Challenge - Design a Wheelie Bin!

Rubbish is a huge problem for our environment. Every week we dispose of around 3kg of rubbish, per person! The more we waste, the more natural resources we use and the more we increase pollution across our world. Did you know that about 10% of the world's plastic ends up in the ocean? Over 1 million seabirds and 100,000 marine mammals die every year from trying to eat these plastics which they mistake for food.

Recycling decreases the use of resources, reduces pollution, and reduces the amount of rubbish ending up in our oceans and in landfill sites. We need people to - **REDUCE, REUSE** and **RECYCLE**.

The Skills Service and PECT have teamed up with MIBIN Ltd who have created a new compartmentalised wheelie bin to try and overcome the problem of multiple bins and **now we want to know what you think**.

DESIGN A NEW WHEELIE BIN OR OTHER METHOD OF WASTE COLLECTION.

- Your product must be made of sustainable materials
- Use bright colours but make sure the materials are available and not too expensive
- Think of a unique selling point (USP) such as sensors to notify people when it's full, a sanitising method or something similar.
- Consider ease of use - can a person with physical difficulties use it?

Download your entry pack and get creative. All entries will be judged by Bob O Connell - the Managing Director of MIBIN Ltd.

[Click here to download your entry pack](#)



1,000 Hours Outside Challenge

1,000 Hour Outside originated from the US and has gradually made its way to the UK. There are many groups now adopting this principle and

here in the East of England there is a dedicated Facebook page to share ideas and different experiences.

The idea being that, if children can consume an average 1,200 hours a year of media through screens, they have the time to spend on activities that will benefit health and wellbeing.

Research shows that the simple act of playing outside offers the [most developmental and health benefits](#) for children. The journey provides an insight into a different way of family life, where nature time can be chosen before other activities.

During this period of lockdown, what better way to enhance the mental and physical health of children than encouraging them to go outside for exploration, learning, activity and exercise. The 1,000 Hours Outside website has a [downloadable tracker sheet](#) to be able to log all the time spent outdoors. And if you're stuck for ideas of what to do then why not combine it with other initiatives as well, such as the [Daily Mile](#), and [RSPB Bird Watch](#), as well as PECT's very own [Nature's School](#) activities?

Young Imagineers Challenge



Join the **Young Imagineers** for some new and exciting live lessons! Covering the topics of **Sustainability and Health**, the 30-minute live lessons will be hosted by popular TV presenter Dallas Campbell with some amazing experiments from the **Science Museum**.

Date: February (days TBC)

Time: 11:30am

Where: Live on [Equinor's Facebook](#)

Register for the resources and submit your challenges to the **Young Imagineers [website](#)** by **Sunday 31st January 2021!** After that, your challenges could be featured in the next live lesson.

After taking part in the **Young Imagineers Challenge**, your pupils will have learned how science plays a pivotal role in helping to shape a better world.



Laptops for Schools

"Are many of your students and staff still missing a laptop to work from? Has your school's allocation of laptops been cut by 80%?"

Reconome is a purpose driven *B Corp* on a mission to put a long-lasting, sustainable laptop in the hands of every student. Engineers at Reconome have been hard at work throughout the pandemic, carefully upgrading the devices large businesses around the UK choose to recycle with the company. In this way, valuable equipment is kept in circulation, saving the planet energy, raw materials and emissions.

Reconome has also partnered with internet4everyone and Onestream to provide affordable home WiFi solutions custom tailored to school administrators' needs.



Clean Air for Schools

The Clean Air for Schools Framework is a free, online tool to help every school create a tailored clean air action plan to tackle air pollution in and around the school.

The framework is designed to help your school to:

- Reduce air pollution from your own operations
- Tackle air pollution at the school gate, including the school run
- Educate the next generation to help them and their families make cleaner air choices.
- Become a local leader on air pollution, working with local partners to improve air quality in the local area.



Less CO2 - Lets Go Zero 2030

The LESS CO2 sustainable schools programme is a **free** energy efficiency programme available to any UK school, regardless if you are council run, an academy or independent.

- Reduce energy usage.
- Save money on bills.
- Lower CO2 emissions.

Through a series of half day workshops spread through the year, peer mentoring, expert advice and resources, staff are empowered and equipped to make changes and improvements to their school to reduce their energy usage, save money on bills and lower their CO2 emissions.

Healthy Selfie Campaign

The healthy selfie campaign is for schools and families to show how they stay active and promote and celebrate healthy lifestyles.

It can be anything from walking to school, PE lessons, active breaks, trampolining in the garden, active learning, a trip out in nature, cooking healthy foods or making healthy snack options.

This is a great way of sharing ideas, celebrating those big and small healthy choices and inspiring others to be active and eat well.



To get involved as a school all you need to do is:

- Set aside a noticeboard area for children and staff to display their pictures
- Set the healthy selfie challenge as a home learning task
- Celebrate children's successes
- Tweet what you have been getting involved with, using **#CandPHealthySelfie**

The Daily Mile Spring Challenge



Join schools across the county in an expedition up **Mount Mile!** launching during Children and Young People's Mental Health Awareness Week on **5th February**. Unlock wellbeing focused rewards and resources along the way which will help both you and your pupils, as you travel up the mountain by doing your Daily Mile.

All schools who reach the summit by the end of the challenge (**May 28th**) will be entered into a draw to win a live Q & A session (either in person or virtually) with The Daily Mile Local Champion, Paralympian, Sam Ruddock.

The same day as the launch of Climbing Mount Mile, is the nationwide event - **'England Does The Daily Mile'** (Friday 5th Feb) which hopes to get #1MillionMoving with 1 million children doing their Daily Mile on the same day - we would love for as many of our Cambridgeshire and Peterborough schools to take part in both of these super fun events!

[Sign up here](#)



Healthy Schools Update

In view of the very different circumstances in which everyone is working, the process for applying for Healthy Schools status has never been easier! Having been reviewed, the new online [health check](#) has been streamlined and should take no longer than 15 minutes.

This provides the benefit of a self-assessment with sign posting to the next steps to help comply with the requirements of the new [Health Education Curriculum](#).

The Healthy Schools Audit Tool, also supports the requirements of the [Food Smart Accreditation](#) as well as the completion of the [Active Lives Survey](#).

Wellbeing for Education

The programme aims to support staff working in educational settings to respond to the additional pressures some children and young people may be feeling as a direct result of the pandemic. The programme is aimed at educational settings for children and young people aged 5-19. This includes maintained schools, academies, independent schools, further education colleges, specialist settings, pupil referral units, and alternative provision providers.

Five (one hour, virtual) sessions will be offered, between **January 2021** and **June 2021**.

- It is expected that participants attend every session. There will be three options for attendance for each session
- Attendance on the programme is free. However, attendees that register and then fail to attend will be charged

[Find out further information](#)

Food Smart - NEW Resources



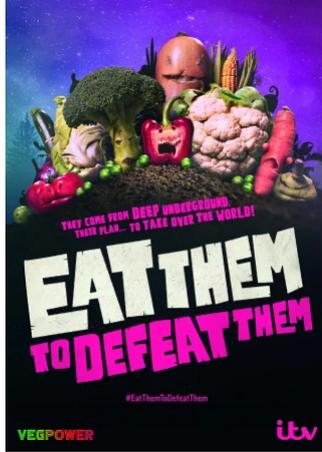
We are continually reviewing the resources available for schools based on your feedback and our continuing changing situation! As such the Food Smart Accreditation is now available to both Primary and **Secondary** schools. It has been updated to include elements relating to all aspects of the National Curriculum and New Health Education schemes of work. If you would like to know more or think you might meet the criteria for accreditation please get in touch.

Next week will also see the launch of some brand new resources for use both in school and as part of home learning -

- Food Waste & The Environment
- Food 4 Fuel
- Food 4 The Senses & Food Reactions
- Food Skills Passport
- Food 4 Thought Assembly

If you have used any of our Food Smart resources and would like to offer any feedback or suggestions on how these could be improved or added to please do get in touch - education@pect.org.uk

Veg Power Returns in 2021



The campaign returns this coming February and will be led by a £3m TV campaign from ITV, Channel 4 and Sky Media.

Following the feedback received from schools and caterers regarding the current challenges and uncertainty facing schools, this year's programme has been simplified, introducing nothing new and improving the best elements.

Last year only selected schools were able to take part due to the funding available. We are pleased

to announce that this fully funded FREE opportunity will be open to all schools in the area. Places are limited on a first come first served basis, so get in touch!

Each participating school will receive an Eat Them to Defeat Them Power Pack. These will include:

- Reward chart and sticker packs for every child including a puzzle book sponsored by Change4Life
- Sticker for each weekly veg to reward children who give them a try
- Posters for each themed week
- Table decorations for each themed week
- A guidebook full of ideas & inspiration with links to online resources

[Check out Veg Power video](#)

[Register your school](#)

Fairtrade Fortnight

The climate crisis is happening now!

For Fairtrade producers, this is one of their biggest challenges. Low prices for their crops mean that they are struggling to fight back.

Fairtrade gives them higher income so they can meet their everyday needs and deal with the challenges of climate change.

This Fairtrade Fortnight, thousands of schools across the UK will come together to learn about, and celebrate, the people who grow our food and drink and explore the topic of 'Climate, Fairtrade and You'.

By bringing you lots of resources to support teaching and learning about the climate crisis and how it affects farmers in different parts of the world, young people will have the opportunity to discover how their choices as individuals can make a difference to the lives of people around the world and the planet that we share.

Four ways your school can get involved -

- Teach a lesson about Fairtrade & the Climate Crisis



- Request a Fairtrade speaker for your school
- Join the Fairtrade festival online
- Share your student's vision of the world they want

Visit the [website](#) to find out more and register your school

Training Opportunities



Education for a Sustainable Planet

As educators, how can we best respond to our students' concerns for the future of the planet? And how can we help to empower them to make a difference to the world around them?

If you want to bring Education for Sustainable Development (ESD) to the heart of your teaching and school life, and nurture a new generation of sustainability champions, this course is for you!

WWF's new free online course - for education professionals anywhere in the world - aims to help you further your understanding of sustainability and equip you with relevant information, tools, activities and good ideas from other skilled practitioners to make Education for Sustainable Development a cornerstone of your teaching practice and of the school community.



Childhood obesity: How much is food education in schools part of the solution?

This conference is one of a series around the UK and is aimed at teachers in primary and secondary schools in England.

Each conference tackles the importance of childhood obesity, which has been raised further as an issue since lockdown. The conferences will be presented through a series of inter-related presentations, focusing on key themes of obesity, curriculum, whole school, qualifications, food supply and, teaching and learning.

While the context is childhood obesity, it is also very much about the 'here and now', the challenges presented by Covid-19, but also the green shoots of opportunity. The sessions will be of interest to colleagues involved in food and nutrition education from primary

through to secondary phases. Each event will have a regional flavour.

Resources

To support you and reduce the amount of time spent looking for resources we have compiled a range of our top recommendations.



You can find a wealth of free, downloadable resources to help with teaching and learning at home on the themes of food, farming and the natural environment.



Discover a wealth of practical, engaging online video courses empowering those who work with or cares for children to develop skills around



Challenging and thought provoking real-world STEM projects for young people of all ages. A nationally recognised scheme for student-led project work.



Home Learning on the theme of 'Climate, Fairtrade and You' provides eight learning activities that can be completed at home or in the classroom.



Free live 30min lessons for children aged 7 – 11, looking at underwater species and their habitats. Email education@mcsuk.org.



Free Global Goals teaching resources **do your :bit** is a micro:bit challenge for 8 - 18 year olds

based around the UN Global Goals for

sustainable development.



The [Words for Life](#) website provides parents, children and young people with activities and support to improve their language, literacy and communication skills from home.



Lesson plans and ideas for classroom or distance learning. As well as try at home activities and ideas to occupy students, in their garden or local outdoor space.



environment.

Nature's School resources to enhance children's understanding of the world around them and to enable them to discover more about the



This student led education programme equips and empowers young people with the tools to create positive and lasting environmental change.



learning

Connecting teachers with free learning resources and expert knowledge to inspire children about sustainability through National Curriculum



nutritional needs.

New resources which explain what veganism means, the various reasons for choosing a vegan lifestyle and how a vegan diet can meet

A banner for "Upcoming Events" featuring a teal-tinted background image of children's faces.

Upcoming Events

Dates for your Diary

5th January - 22nd February - RSPB Schools
Birdwatch

19th - 22nd January - Breakfast Week

1st - 7th February - Childrens Mental Health
Week

5th February - England Does The Daily Mile

8th - 14th February - Student Volunteering
Week

22nd February - Veg Power Begins!

22nd - 7th March - Fairtrade Fortnight

4th March - World Book Day

5th - 14th March - British Science Week



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