

School Workshop Programme



Boston Manor Park Outdoor Education Programme

from January 2023

Early Years, Key Stages 1, 2, 3 and GCSE/A level biology/geography



London Borough
of Hounslow



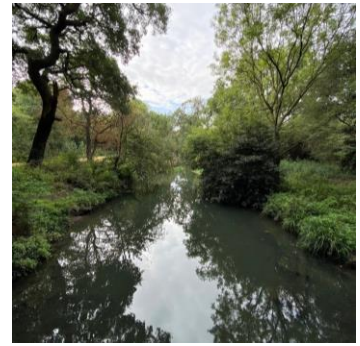
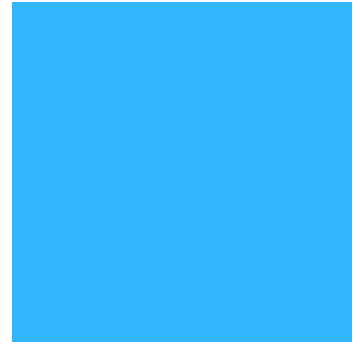
COMMUNITY
FUND



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Lampton
GreenSpace 360



School Workshop Programme: Concept

- The activities have been developed to make use of all the Park's facilities and habitats.
- The workshops are stand-alone, and schools/groups can pick up to 2 workshops (for a class of about 30) in a day (one AM and one PM).
- Schools can bring packed lunches to have in the Park.
- Workshops are open to SEND groups but please email us for our SEND outdoor/work experience programme (runs from September 2023)
- One workshop has been designed specifically to cater for the needs of Early Years children (3-6yrs), and the remainder are designed for KS1, KS2 and KS3 pupils.
- One workshop is designed specifically for GCSE/A level pupils studying biology/geography
- **Workshops are all approx. 1.5hrs long and cost £2.50 per pupil.**

Boston Manor Park Outdoor Education Programme: EY and KS 1,2,3

Part 1/5



1. Following the Hungry Caterpillar Trail: multi focus workshop designed for Early Years

This workshop is designed specifically for nursery and reception children, to engage with the topics of: natural habitats, growing food and eating healthily and bugs and why we need them. Through the story of the Hungry Caterpillar, the children will gain an understanding of caterpillar preferred natural habitats (plants for food and shelter), healthy eating (through the caterpillar's diet, and by going on a treasure hunt), how different fruit and vegetables grow (those featured in the story, using our kitchen garden and sowing seeds themselves). They will finish by being bug detectives, observing as many different types of bugs as possible under magnifiers. The workshop will take place across the kitchen garden, woodland and the wildflower meadow. Each group will receive a CD of songs all about fruit and vegetables to sing along to back in the classroom. *(Curriculum links: Science, PSHE, Literacy, Understanding the World)*



2. Perfect Plants: why the 'big' and 'mini' beasts all need them (summer term only)

This workshop will introduce pupils to the health benefits of different plants (especially vegetables) and trees around the Park. With a focus on healthy bodies and minds, pupils will embark on a journey of discovery, learning about how different parts and types of specific plants (including berries, leaves, tree sap, fruit, seeds) have been used to treat ailments, prevent and cure diseases and help keep humans healthy, physically and mentally. The class will also learn why plants (and weeds/wildflowers) are so important to pollinators ('mini' beasts), so that humans ('big' beasts) have food. Activities in this workshop could include a treasure hunt for fruit and vegetables, sowing vegetable/flower seeds, making wildflower seed bombs, doing a bee crossword or word search, creating beeswax candles (one per child) and a giant bug hunt. The workshop will take place across the kitchen garden, wildflower meadow/orchard and woodland areas. The group will get to take back a Healthy Eating Top Trumps card game to the classroom to continue their learning through play. *(Curriculum links: Science, PSHE, Literacy)*



3. Woodland adventure: learn basic survival skills

This workshop aims to introduce pupils to the way of life of our prehistoric ancestors, and to give them an experience of using some survival techniques that could still come in useful in today's world. The class will work together in groups doing various activities which could include using basic navigation techniques, fire lighting, building a shelter, erecting a hammock, filtering water, foraging for food, wildlife educational activities and creating a natural musical instrument. The pupils will leave with a sense of achievement, with greater respect for the natural outdoor environment, and the need to preserve it through sound environmental practices. This workshop will take place in our woodland area and requires 4 adult helpers (including teaching staff). *(Curriculum links: Science, PSHE, History, Physical Education)*

Boston Manor Park Outdoor Education Programme

Part 2/5



4. Interesting Insects: beautiful bugs and why we need them

This workshop turns pupils into entomologists, providing an introduction to the study of insects, the different types of insects found in the Park and their natural habitats. Pupils will learn about the importance of insects in pollination, the food chain and natural pest control. Activities could include: observation up close of a range of dead insects, and animals that eat them (a licensed bat and slow worm), bug hunting in pairs and identification, creation of a giant bug hotel or mini bee hotels, observation of and/or creation of a 'class wormery', pond dipping (warmer months only), making beeswax candles (one per pupil). The activities will take place near the lake, stag beetle loggery and canal in the woodland and in the kitchen garden. *(Curriculum links: Science, PSHE, Literacy, Understanding the World)*

5. Tremendous Trees: let's learn to look up



This workshop introduces children to key native/ common English trees, and the Park's more unusual/veteran trees, from a natural classroom with logs as benches. The workshop will begin with an introduction to the anatomy of trees, and why they are so important for pollution reduction, the air we breathe, to combat climate change and as habitats and food sources for wildlife. The group will go on a 'tree trail', learning to identify a number of trees, and to appreciate their uses in medicine, cookery, jewellery making (eg. amber) and to wildlife. Children will learn to identify about 12 trees, and how to age a tree, whilst exploring the habitats in the Park (woodland, meadow and wetland). The tree trail will combine physical games with moments of mindfulness (through heightened awareness of senses). The workshop may finish with an arts and craft activity using tree based natural resources (eg. decorating tree cookies/ making elder beads), or a quiz about what the children have learnt on their trail accompanied by a cup of herbal tea made from the leaves/flowers from trees in the Park. *(Curriculum links: Science, PSHE, Art and Design, Literacy, Understanding the World)*



6. Mini ecosystems in three natural habitats (summer/autumn terms only)

Children will be taken to explore three separate habitats in the Park: woodland, wetland and wildflower meadow. They will learn about and observe the inter relationships between trees, plants, fungi and creatures within these habitats (insects, reptiles, fish, amphibians, birds/bats, mammals). Through real examples in the Park, the workshop will explain the importance of photosynthesis, natural woodland decomposition, pollination by air/insects/animals, reducing pesticide use and pollution in waterways. Activities could include: ageing and identifying trees, bug hunting for natural recyclers, pond dipping (warmer months only), canal water quality testing, wildflower seed bomb making. The workshop will end with a short mindfulness session under a veteran oak tree (with *Lost Words* poetry/music). *(Curriculum links: Science, PSHE, Literacy, Understanding the World)*

Boston Manor Park Outdoor Education Programme

Part 3/5



7. Let's get physical: using Park furniture (and our senses!) for fun and games

This workshop is about getting active by using the natural features of the park as far as possible! In many ways, this is a return to the playtime of a previous generation. The workshop will start with a very brief introduction about why we need to keep active, and how we can do that, and some sensible 'rules' about play. Whilst moving through most areas and habitats of the Park, the group will then enjoy timed assault courses over logs, balancing games on tight ropes, a 'trust me' trail whilst blindfolded and swinging from and climbing trees. Each physical challenge will be followed by a more mindful and calm activity. Team games will also be included to ensure there is individual, small group and whole group activities and the workshop will end in the Park's own 'adventure playground'. *(Curriculum links: PSHE, Physical Education)*



8. Resilience: mindfulness and coping strategies for children in today's world

This workshop will help children engage with nature and the natural world of the Park, through well-established mindfulness techniques. The aim of the workshop is to calm minds, relax bodies, be present and enjoy the moment and surrounding natural environment. Using the different areas in the Park, children will be guided through more energetic activities and physical challenges (games, assault courses, races and balancing), followed by more reflective activities (focused breathing: 4-6-8/ balloon tummy/ high 5, using senses to calm the mind: tree hugging, listening to sounds, feeling wind/sun, smells of nature, playing mindful games: frozen statues, and doing mindful art: hand outlines (whilst counting) and mandalas. Pupils will leave with a selection of breathing techniques and coping mechanisms that they can use during periods of stress and anxiety in their lives, having enjoyed several of the Park's habitats and features in the process. *(Curriculum links: PSHE, Physical Education)*



9. Nightlife in Boston Manor Park

This workshop will introduce pupils to the nocturnal animals that visit the Park and surrounding area. The session will focus on the local species of owls, hedgehogs, bats and frogs. The life cycle and natural habitat of each animal will be introduced through an activity such as dissecting an owl pellet, making a clay hedgehog, observing a dead bat (under licence) and seeing how the bat detectors work (and where to spot bats in the Park). The workshop will end with a wildlife conservation activity such as making a hibernaculum or dead hedge to help hibernating creatures. The class will visit the natural habitats of these animals. *(Curriculum links: Science, PSHE, Literacy, Understanding the World)*

Boston Manor Park Outdoor Education Programme

Part 4/5



10. The urban environment: what's its impact on nature?

This workshop introduces pupils to the advantages and disadvantages of the city environment for wildlife, nature and humans. Spending time in both the more 'rural' habitats in the Park (woodland and riverside) and the more 'urban' environment (under the M4 flyover), children will learn about the benefits of each habitat – to humans and to wildlife. Bats (that live under the flyover), birds of prey and hedgehogs (in the woodland) and eels (that live in the canal and come from the Sargasso sea) will illustrate how an urban environment can both enable and endanger wildlife. Activities will focus on testing water/air for invisible pollutants, observing and understanding noise and light pollution (and how the Park reduces those) and removing visible pollutants (rubbish) with a team based litter-picker scavenger hunt to finish. *(Curriculum links: Science, PSHE, Literacy, Understanding the World)*



11. Discovering 'Lost Words' again: a creative nature writing workshop

This workshop is based on the book by Robert Macfarlane and Jackie Morris, about the words that have disappeared from the Junior Oxford English Dictionary. Through poetry, song, art and music in different habitats in the Park, children will become re-acquainted with the magical oak, the slippery newt, the singing skylarks, the creeping ivy, the thorny bramble and more. A *Lost Words* art trail will help pupils to explore the Park on a treasure hunt, during which they will write their own acrostic nature poem and 'spell song'. The workshop will finish under a veteran tree, where pupils will be enchanted by the *Lost Words* 'Blessing' song- and the nature named within it, that also lives in the Park. *(Curriculum links: Science, PSHE, Literacy, Understanding the World)*

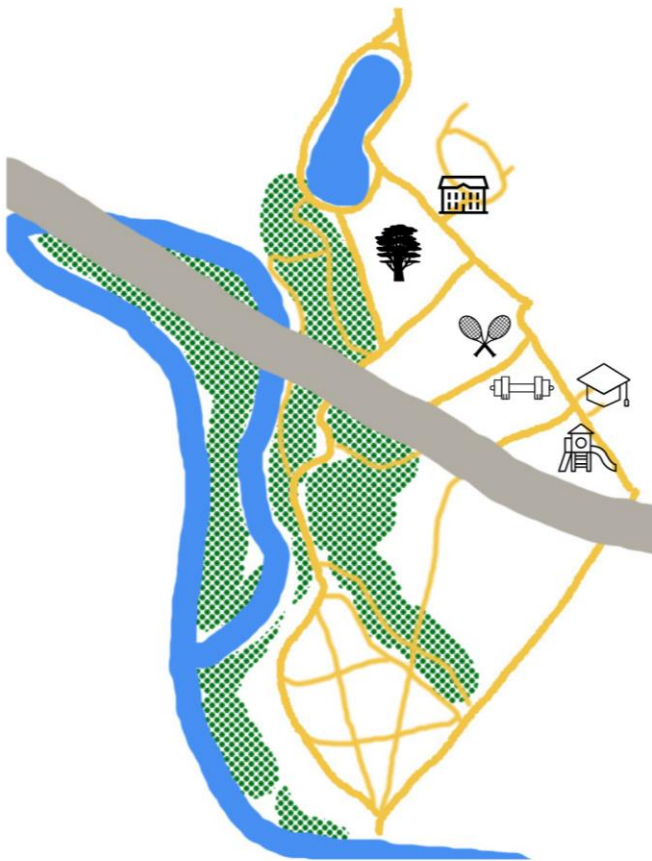


12. Naturally crafty: using natural resources to make art

This workshop will focus on allowing each child to produce one or two pieces of art using natural resources, inspired by the Park setting. Activities will take place in the Park near the beautiful, newly refurbished, Boston Manor House (weather permitting) or in the Park Hub classroom. Each activity will include a brief explanation of the origin and the history of the Manor and the natural resources, and how they have been traditionally used. Examples of activities on offer will include: charcoal drawing, mosaic making, stone painting, clay modelling, musical instrument making and watercolour painting. Schools will be able to select two activities. *(Curriculum links: Science, History, Art and Design Technology)*

Boston Manor Park Outdoor Education Programme: Orienteering workshop and GCSE/A level

Part 5/5



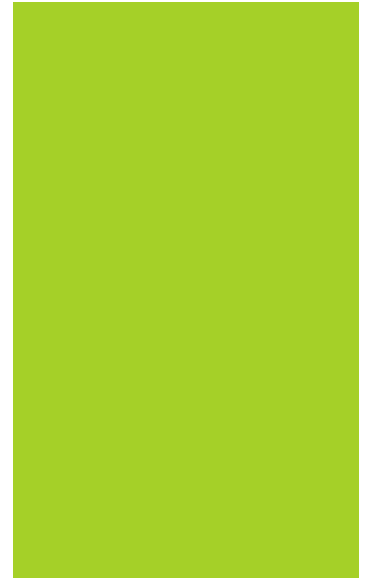
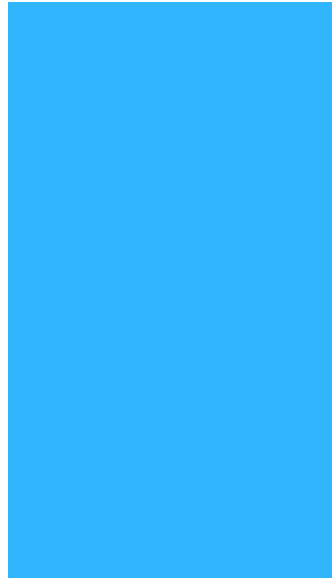
13. Activity Trail and orienteering challenge: discovering the Park using a self guided Trail

This workshop will allow pupils to explore the Park in smaller teams, each accompanied by an adult, using one of our self guided *Nature and Wellbeing Activity Trails*. Pupils will move from station to station using a map, and honing orienteering skills by finding markers from our fixed Orienteering Trail. All teams will re-unite at a single location after an hour, for a group game in a mystery location! (*Curriculum links: Science, PSHE, History, Literacy, Understanding the World*)



14. Biodiversity and conservation workshop for GCSE/A level pupils studying biology and geography

This workshop involves a photographic introduction to the urban wildlife in West London and the Park, through an informative and fast-paced talk in the classroom. The group will then tour BMP, observing numerous different conservation features in situ and learning how they help local living organisms to thrive and improve biodiversity. Conservation features include: eel passes, loggeries, hibernacula, dead hedges, snags, wildflower meadows, wildlife corridors, wetland areas such as scrapes and many more.



Boston Manor Park

Boston Manor Road, TW8 9JU

bostonmanorpark@hounslow.gov.uk



School Group Booking Form

Part 1/2

Boston Manor Road, TW8 9JU

Which workshop(s) are you interested in booking?:

Preferred date(s) of group visits (please give at least two options):

Approximate duration of visit (all day, AM or PM only):

Contact name:

Contact Number:

Contact email address:

School Name and address:

Date of planning pre-visit (if required):

Group Details

Group age/Year group:

Number of students (max 30 per workshop):

Number of Teachers/assistants:

Number of additional adults (parents/helpers):

Any allergies/disabilities or medical information that we should be aware of?:

Useful information

Would you like to have packed lunches in Park? (if the weather is bad we can provide a sheltered/indoor location):

Has your school visited BMP before?:

What method of transport will you be using to get to us?:

(We have a car park on site (payment is by Pay-By-Phone app), the Park is walking distance from Boston Manor Underground station, Brentford mainline station or Buses 195, E8, H91 have stops within walking distance.)

Which entrance will you be arriving at?:

Topics you are studying/curriculum links:

Payment

Once your booking is confirmed we will advise of payment mechanism. Charges for 2023 /24 are £2.50 per child per workshop.

Please note

The Learning and Volunteer Coordinator Natasha Gavin may change or cancel certain activities due to weather or other circumstances beyond our control. A brief health and safety induction will be carried out when your group arrives. For some activities classes will be split into smaller groups.

Teacher and organisation name:

Date

School Group Booking Form

Part 2/2

Health and Safety considerations

Please do follow guidelines set by your local Authority or parent organisation with regard to taking groups on trips and carrying out field work. Schools/organisations have overall responsibility for the safety and well-being of children during their visit, including during park staff-led activities.

Risk Assessments

Schools/organisations are responsible for carrying out their own independent risk assessments for their visit, however, we can provide our own risk assessments as guidance. Please ensure you have sent Natasha a copy of your Risk Assessment before your visit.

First Aid Provision

It is the responsibility of the school/organisation to provide first aid kits and qualified first aiders appropriate to the size of the group. It is the responsibility of the teacher, leader or child's guardian to carry and administer any medication that may be required. Park staff are also qualified in outdoor first aid provision however.

Suitable Clothing

Our sites are large open spaces with limited shelter. It is the responsibility of the school or setting to ensure that children have the adequate clothing and appropriate footwear for the activity. Sun hats, sun cream and plenty of bottled water is advisable during the summer months. Long trousers are recommended to avoid grazes, scratches and insect bites. We can advise on additional appropriate clothing prior to your visit.

Hand Washing

It is essential that children wash their hands after each activity, particularly after pond dipping and before eating, and do not put their fingers near their faces during the activities. Although rare, Weil's disease can be contracted through bodies of water, it is passed on through rat urine and efficient hand washing is the best way to avoid it. We also have anti-bacterial gel available.

Drinking water, eating and toilets

There are refill stations of drinking water in the park, so please bring re-usable drinking bottles. There are numerous places to picnic in the park, and toilets. Our café The Potting Shed is also open most days.

Please return this form to natasha.gavin@hounslow.gov.uk and contact her if you have any questions. Thank you.