

Outdoor Learning and Environmental Education





Using local parks to deliver and enrich the National Curriculum

Online Education Pack

Tel: (0191) 643 8115

Email: outdoor.learning@northtyneside.gov.uk





Our natural environment in North Tyneside is a valued resource that can support a broad range of school curriculum subjects. North Tyneside Parks provide diverse, safe and well maintained locations for interactive outdoor learning activities. They can present challenges and interactions that cannot be achieved within a classroom setting or in school grounds. Outdoor learning in parks is 'hands on' and creative, providing learners with real experiences and a chance to achieve beyond expectation.

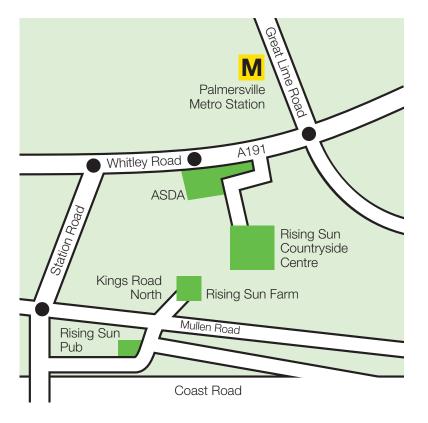




Why choose us?

- Our fully qualified outdoor learning team are experienced and knowledgeable at facilitating activities outdoors.
- All of our warden-led sessions and sites are fully risk assessed.
- We offer half or full day sessions and will provide advice and recommendations to school staff planning a visit.
- We work with all ages in all weather conditions and ensure a safe and enjoyable experience.
- We aim to promote environmental responsibility, sustainability and an understanding and appreciation of nature and wildlife at all times.
- Our services have a great reputation locally and regionally, with most schools booking repeat visits year-on-year.
- All of our parks follow Green Flag standards to ensure your pupils are visiting a safe, welcoming and well maintained public space.

How to find us









MAP REFERENCE

- 1 Countryside Centre
- 2 Cafe and Terrace
- 3 Sandpit and Play Area
- 4 Celtic Village
- 5 Arctic Cabin
- 6 Wooden Castle Play Area
- 7 Sheep at Rising Sun Farm
- 8 Cycling on the Waggonway
- 9 Rising Sun Hill
- 10 View over Rising Sun Hill
- 11 Stephenson Pond
- 12 Ridley Pond
- 13 Bird Hide
- 14 Bird Hide
- 15 Wildflower Meadow
- 16 Hare's Hips Carving
- 17 Dipping Pond
- 18 Butterfly Gate



How to find us

Directions travelling from the A19

- 1. Take the A191/A186 exit towards Whitley Bay/Gosforth/Earsdon
- 2. At the roundabout, take the exit onto Holystone Way/A191
- 3. At the first roundabout take the second exit, staying on Holystone Way/A191
- 4. Turn left, driving down the lane that initially skirts around the Asda car park
- 5. The Countryside Centre is at the end of the lane

Directions travelling from Newcastle

- 1. Take the A1058 Coast Road towards Tynemouth
- 2. Take the A186 exit towards Benton/Wallsend
- 3. At the roundabout, take the first exit onto Station Road/A186
- 4. Go straight on for the following four roundabouts
- 5. At the next roundabout, take the third exit onto Whitley Road/A191
- 6. Turn right immediately after Asda and drive down the lane that initially skirts around the Asda car park
- 7. The Countryside Centre is at the end of the lane

Coach Parking

Coaches should park in the main car park which is located on the left hand side at the far end of the lane, just outside of the Countryside Centre grounds.



Public Transport

Bus

There are regular bus links to Asda Benton and from here it is approximately a 10 minute walk up the lane to the Countryside Centre.

Please contact Nexus for all public transport details, at www.nexus.org.uk

Metro

Leave Palmersville station and turn right. You can then either walk down the main road which will take approximately 30 minutes, or come through the industrial estate which is slightly quicker and generally quieter.

From Palmersville Metro, walking along the main road:

- 1. Walk down Great Lime Road, passing a housing estate on your right and industrial estate on your left.
- 2. At the roundabout, turn right and head for the pedestrian crossing at the traffic lights by Asda.
- 3. Cross the road at the traffic lights. You will find it safest to keep going straight ahead, crossing the Asda car park, until you reach Asda's building.
- 4. Turn left when you reach the building and at the end of the building head up the pedestrian ramp to the top car park.
- 5. Turn right and onto the lane that leads up to the Countryside Centre.

From Palmersville Metro, walking via the industrial estate:

- 1. Go down the flight of steps that are adjacent to the Metro station wall. If these are slippery or you have young children you can head a short distance down the road before doubling back and using the ramp.
- 2. Follow the path with the Metro lines on your right and a housing estate on your left. (The path is fenced on both sides).
- 3. The path brings you out onto a road at the back of an industrial estate. Head straight ahead following the path/pavement as it crosses two entrances to unit car parks.
- 4. At the T-junction turn left and follow the road as it then bends to the right. You will pass Pennine Windows on your left and Screwfix on your right.
- 5. At the main road turn left and head for the traffic lights.
- 6. Follow steps 3 and 4 of the route above.

General information

The Rising Sun Country Park, a large green oasis of over 162 hectares located in the heart of North Tyneside, is an ideal place to relax and enjoy the outdoors through the seasons. The park features an extensive nature reserve with ponds, woodlands, grasslands and a working farm. These diverse habitats act as a haven for wildlife. The Countryside Centre has a cosy café, exhibition room and conferencing facilities. The country park actively promotes healthy living, enabling people to enjoy and get involved in a range of outdoor activities.

Heritage and wildlife

Rising Sun Country Park has a rich heritage and was once the site of a coal mine and an isolation hospital for infectious diseases. Our exhibition room in the Countryside Centre has beautiful wooden carvings displaying the history of the park.

Our wildlife is diverse, with a wide range of habitats – the centrepiece being Swallow Pond. The park is a Site of Nature Conservation Interest (SNCI) and the lake area is a Local Nature Reserve (LNR). There are also areas of young, mixed woodland, grassland, a wildflower meadow, wetlands and smaller ponds which provide a diverse habitat for birds, bats, butterflies, insects, bees, amphibians and small and large mammals.

There is something to see all year round and you may even spot a roe deer or one of our rarer bird species.

The Countryside Centre

Commanding a beautiful view over the park's open countryside, the centre hosts a café, an exhibition room with spectacular wooden carvings of the park's heritage and a selection of well-equipped rooms available for hire. Outside the centre are open lawns with views over Swallow Pond, a delightful place for a picnic. Children love playing on the wooden castle play area, in the sandpit or enjoying water play in a small pebbled paddling stream. We hold events and educational activities throughout the year. The centre is easily accessible from the car park and there is disabled parking adjacent to the centre.





Menu of activities

The table below gives a brief summary of our most popular activities with curriculum links. Please be aware that a lot of our activities are cross curricular and meet many other targets in other subject areas. The list is not exhaustive and we are always willing to work with teachers to plan new sessions, ideas and activities. If there is a specific target you would like to be delivered outdoors in the park, please contact us to discuss possibilities.

Activity	Suitable for key stage	National Curriculum links
Mini beasts Mini beast hunt and follow up activities. Activities vary depending on age and ability of the group.	EYFS KS1 and 2	ScienceWorking scientificallyLiving things and their habitatsAnimals
Seasonal exploration Sensory activities relating to Spring, Summer, Autumn, Winter. Exploring the park, looking at the wildlife, plants and weather for the specific time of year.	EYFS KS1	ScienceWorking scientificallySeasonal changes
Plants Practical activities covering plants, trees and flowers. Seed dispersal, pollination, seasonal changes.	EYFS KS1 and 2	 Science Working scientifically Plants Seasonal changes Living things and their habitats Evolution and inheritance
Habitats Practical and sensory activities looking at woodland and parkland habitats. Activities vary depending on age and ability of the group.	EYFS KS1 and 2	ScienceWorking scientificallyPlantsAnimalsLiving things and their habitats
Maps A selection of different activities based on the age of the children. These can include making maps and/or simple trails – real or fantasy, following maps to find clues or points of interest using direction and compass skills.	EYFS KS1 and 2	 Geography Geographical skills and fieldwork Mathematics Geometry – position and direction

Activity	Suitable for key stage	National Curriculum links
Fire - outdoor cooking A structured session including lighting a fire, safety around fire and cooking a healthy snack or meal on an open fire.	KS2 and above	Science
Environmental art Creating small and large scale art outdoors using natural materials. We also look at the work of Andy Goldsworthy.	EYFS KS1, 2 and above	 Physical Education Outdoor and adventurous activity GCSE PE Geography Geographical skills and fieldwork
Pond dip Pond dip and follow up activities. Activities vary depending on age and ability of the group.	EYFS KS1 & 2	ScienceWorking scientificallyLiving things and their habitatsAnimals
Orienteering We have a range of courses and activities for all ages from beginner stages to advanced, including GCSE PE and training for teachers.	KS1, 2 and above	 Physical Education Outdoor and adventurous activity GCSE PE Geography Geographical skills and fieldwork
Stone Age/ Iron Age On a full day visit children will thresh and grind wheat to make flour, cook flat bread on the campfire, go inside our Celtic Hut, handle simple tools and replica artefacts that would have been used at the time and build their own shelters using natural materials.	KS2	 History Changes in Britain from the Stone Age to the Iron Age Design and Technology Design, make and evaluate Cooking and nutrition

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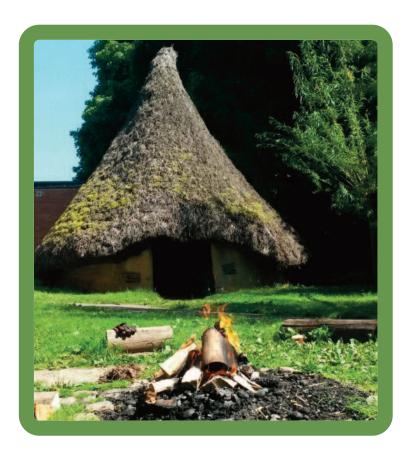


Menu of activities (continued)

Activity	Suitable for key stage	National Curriculum links
Changes in land use We use maps to navigate to points of interest throughout the park, learning about the history of the local area as we go. It can include for example a visit to our Celtic Hut, discussions on the coal mining heritage of the area and use of the centre as an isolation hospital and a 'time team' dig.	KS2	 History A local history study Geography Human and physical geography Geographical skills and fieldwork Science Living things and their habitats Geography Geographical skills and fieldwork
Den building Children use mainly natural materials to construct dens for themselves in our woodland. (We can tailor this session towards younger children by creating miniature dens or by mainly using fabric and pegs rather than natural materials)	KS2	 Design and Technology Design, make and evaluate Physical Education Outdoor and adventurous activity

Winter Special - Santa's Grotto

School groups are welcome to visit Santa in his outdoor Grotto in our festive Arctic Cabin. All children will receive a gift, create a Christmas decoration, make magical reindeer food to sprinkle in their garden on Christmas Eve and soak up the yuletide atmosphere with hot juice around the campfire.



Prices for educational visits 2017/18

Bookings

All visiting groups who would like a warden led visit must pre-book with us. Please contact us to check the availability of your preferred date. All bookings will be confirmed using our booking form - we ask that you read, sign and return this prior to your visit.

Education visit - warden-led	Per child	Minimum charge (group of 20 or less)
North Tyneside School Half day (approx two hours)	£4.50	£90
North Tyneside School Full day (approx four hours)	£7	£140
Non North Tyneside School Half day	£5.50	£110
Non North Tyneside School Full day	f8	£160

If, for any reason you cannot make your booking please contact us as soon as possible. There is a cancellation fee of the minimum charge for your group if the visit is cancelled within 10 working days of the booked date.

What's included?

- An Education Warden who will lead all planned activities, provide learning equipment and resources
- Access to a clean dry space to meet in the morning, leave bags and eat lunch
- Access to toilets. The majority of our rooms have their own toilets and there are also public facilities
- Health and safety information and risk assessment summary
- We have a limited selection of waterproofs and wellington boots that you can
 use if needed

Payment

We only invoice for the number of children attending on the day. We will ask you for the number of children attending and send an invoice to your school/department after your visit.

Typical visit itinerary

On arrival (9.45am - 10am)

You will be met by a member of staff who will take you to one of our education rooms within the Countryside Centre where you can store packed lunches, bags, etc. A member of the education team will give a short introductory talk, to include staffing, health and safety, behaviour, session plan and a toilet visit if necessary. Children can change footwear, put on extra clothing and have a snack. We allocate one Education Warden to no more than one class of children at a time.

Outdoor activities (approximately 10.15am – 12pm)

During the session, the Education Warden will lead all activities with the assistance of staff and parents. All activities take place outside in all weather conditions. The only exception would be if the weather was dangerous and the group were at risk, for example in high winds.

Lunchtime, 12pm – 12.45pm (minimum 45 minutes)

We aim to get back to the Countryside Centre for 12pm, depending on initial arrival times and weather. If you have booked a **half day** session, this is the end of your visit. Your Education Warden will make final checks with staff before leaving. You are welcome to have lunch inside the room that you have been booked into or outside in the park. You can leave bags etc in the room if you are staying for a play in the afternoon. Staff and visitors are welcome to purchase food and drinks from the café. If you have booked a **full day** session your Education Warden will agree a time with you to return after lunch.

Afternoon

If you have booked a **full day** visit your Education Warden will return after lunch at the agreed time. The Education Warden will lead all agreed activities in the afternoon and return to the Countryside Centre 10 minutes before your departure to collect bags and allow groups access to toilets.

Departure

On departure please ensure you have collected all belongings. We will ask all visiting groups for feedback either by a paper evaluation form or online survey. Feedback is very important to us, please take the time to fill it in.

Long term projects and other opportunities

We encourage all schools and groups to visit the park on a regular basis to experience the seasons and nature throughout the year.

Forest Schools

Suitable for EYFS, KS1 and KS2

Forest school is a holistic approach to education, where the whole person is developed. A Forest School learning experience gives participants opportunities to develop physically and emotionally as well as academically. Other areas that are likely to grow through attending Forest School would be a sense of self esteem, an ability to persevere through difficulty, improved social and communication skills and respect and care for the natural environment.



Inspiring literacy

Suitable for KS2

Working in collaboration with the House of Objects, this project aims to inspire an interest in literacy by creating stimulating learning opportunities. Children spend an equal amount of time participating in outdoor sessions run by the Outdoor Learning and Environmental Education Service team and sessions run by House of Objects staff. Monitoring of the children attending these sessions has recorded an increase in literacy levels.

Orienteering

Suitable for KS3 and KS4

We deliver blocks of orienteering sessions where students normally attend six sessions run over a period of time. Students initially work in groups using simple maps of the park, but progress towards using orienteering maps and working individually.

Teacher training

We can offer workshops, advice and guidance on most aspects of outdoor learning. Staff are available to deliver outreach work in schools or deliver in-house using the park as a resource. If there is an area of outdoor learning you would be interested in learning more about, please get in touch with us.



Booking procedure

- 1. Contact us via the online enquiry form on the North Tyneside Parks website. Completing all fields will help us plan your visit efficiently from the very start.
- 2. We will contact you to discuss your requirements and to agree the details of the visit.
- 3. You will then receive a confirmation of booking via email which you must read, sign and return prior to your visit. Please check that all the details on the letter are accurate.
- 4. Inform us of any changes that deviate from the confirmation of booking as soon as possible by phone or email.

Self-led visits

We welcome all groups into our parks to access our facilities and learning opportunities. If you are planning on bringing a group to the park on a self-led basis, there are some things you need to be aware of:

- Before your visit, please email the centre at risingsun@northtyneside.gov.uk and let us know how many children you are bringing, your travel arrangements and which area of the park you are planning to work in. This is so that we can ensure that we do not have multiple groups attempting to use the same areas of the country park.
- There are likely to be other visiting school groups on site.
- You will not have access to an indoor space.
- There are rooms available to hire for a charge.
- You must complete all of your own Risk Assessments for your visit to the country park.
- Fires are not permitted at any time.





Outdoor Learning and Environmental Education Risk Management Summary

North Tyneside Council recognises the need for visiting groups to assure themselves of the quality and safety of our provision. The purpose of this document is to clearly state the roles and responsibilities of North Tyneside Council staff and visiting staff, taking into consideration Health and Safety requirements and the principles underpinning our service.

Risk Assessments have been undertaken for all activities carried out by the education service, which are reviewed and updated regularly. Schools and visiting groups can contact North Tyneside Council to view our detailed risk assessments. Alternatively, you can request our self-declaration form depending upon the requirements of your LEA or organisation. We do not send out Risk Assessments, however we do provide a summary of our risk assessments in this information pack.

Health and Safety systems in place include DBS checks on all park staff and volunteers working with children, following procedures consistent with North Tyneside Council's child protection policies. Park staff are trained in First Aid and emergency procedures are in place for gaining assistance while out on site.

North Tyneside Council Park staff will be responsible for	Visiting staff will be responsible for
Providing Risk Assessment for activities carried out under their supervision	Providing Risk Assessment for travel to and from the Centre, lunchtime and any self-led activity
Leading and organising activities within the agreed programme	Supporting the educational staff by managing the behaviour of the children to ensure maximum participation in activities
Leading the groups around site using the safest or most suitable routes depending upon the ages and abilities of the children	Ensuring staffing ratios are correct, that no child is left alone or wanders away from the group and carrying out regular head counts
Providing all the necessary equipment for agreed activities, unless previously discussed with the teacher bringing the group	Providing resources that may be required over lunchtime or extra equipment that may have been previously discussed with the park education staff
Providing an appropriate space for lunch, which is clean, dry and has good toilet facilities	Ensuring the children have a packed lunch and a drink
Offering first aid under the guidance of visiting staff, who should bring parental consent forms on visit	Providing parental consent forms and accurate information and advice on children's needs
	Ensuring parental permission is given for children to be photographed during visits

Risk Assessment Summary

North Tyneside Council parks have full Risk Assessments for all of the activities that are led by education staff in our parks. These are available to view online.

As recommended by the Department for Education (HASPEV,1998) we suggest that visiting school staff come and see the park beforehand to gain first-hand knowledge of the site and facilities.

Activity	Risk and associated hazards	Risk level	Controls in place and action required by park staff and visitors
Visit to the park - weather conditions	Hazards Exposure to the elements. Heat exposure, wind, getting 'wet', sunstroke, sunburn, colds and chills.	Low	It is the responsibility of visiting staff to ensure that all children have sufficient protection for all types of weather. Children/young people must be appropriately dressed for inclement weather. This includes suitable footwear (wellies/boots) and a waterproof coat. In hot sunny weather we advise sun hats and sun cream to be worn at all times. The Rising Sun Country Park have some spare waterproofs and boots, but not enough for a large group of children.
Group supervision when travelling around the park	Rough, uneven terrain. Large unfamiliar (to the children) area open to public. Dogs off leads. Dog faeces on ground Lost children. Several ponds within the park. Traffic on lane to get to many areas of the park that we use with school groups. Slips, trips and falls. Minor bumps and bruises. Bites and frights, infection from dog faeces. Children may wander off, get lost, stranger danger. Risk of falling in water and drowning. Ingesting water causing sickness. Getting soaking wet.	Low/medium	The supervision of the children remains the responsibility of the visiting teachers, parents and group leaders at all times during the visit to the park. Park Education Wardens lead all planned activities and will only take a group out on site if there are sufficient adults with the visiting group. See Health & Safety Executive guidelines for adult: child ratios. We would advise teachers to pay a preliminary visit to the park prior to their group visit. Use of pedestrian crossing when moving between parks.

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Risk Assessment Summary

Activity	Risk and associated hazards	Risk level	Controls in place and action required by park staff and visitors
Group activities led by Education Warden	1. Mini beast hunt – bites and stings.	Low	1. The Education Warden will give a demonstration to the children of how to collect mini beasts without handling them where possible and also asked not to catch wasps or bees in their collecting pots.
	2. Pond Dipping - falling in the pond	Low	2. The Education warden will instruct children in how to dip safely. Children instructed not to run, push etc.
	3. Mirror walk – loss of balance, motion sickness.	Low	3. Education Warden leads the group along terrain. Children reminded to take their time.
	4. Building woodland animal homes and nests – children choosing large sticks, waving them/hitting someone.	Low	4. Education Warden discusses the activity with the group before it starts and advises them to select small materials to use.
	5. Collecting natural materials – children may accidently pick up dog faeces or sharp litter.	Low	5. Children reminded about looking out for dog-poo and not to pick up any litter. If they see something and they don't know what it is children are asked to tell their grown up or an adult with the group.
	6. Den/shelter building – Minor injuries, cuts/ bruises from broken sticks, falling branches during construction. Muscle strains or limbs damaged from lifting or falling heavy logs.	Low	6. Children reminded of how to safely construct a shelter. Demonstration given by Education Warden of how to lift heavy materials and logs. Dangers of falling logs and poor construction pointed out to the children.
	7. Butterfly catching/ winged insects – using long handled nets the children may get injured from improper use.	Low	7. Children are given a demonstration of how to use the net safely and exercise caution when "swooping" the net.
	8. Duck feeding on the lake – children may eat the duck food. Risk of falling, slipping into the lake.	Low	8. Education Warden gives quick talk about the difference between human and animal food emphasising that it is not for human consumption. Procedure explained to group whereby all children throw the food into the lake at the same time and do not go past a point identified by the warden.

Risk Assessment Summary

Activity	Risk and associated hazards	Risk level	Controls in place and action required by park staff and visitors
Group activities led by Education Warden	9. Fire making, sitting around a camp fire – group exposed to open fire in the park Risk of burns and scalds.		9. Discussion with group before activity starts about the dangers of fire and expected behaviour when working around and with the fire. Warden demonstrates safe fire lighting technique. Groups separated into smaller groups with an adult in each to supervise. Fire blanket and water within close range to the group.
	10. Making and cooking flat bread/dampers, marshmallows on the fire – Use of open fire to cook bread on griddle pan or using withies Burns and scalds.		10. Staff to place bread on flat irons and hand out when cooked. Withies or sticks must be put down as soon as the food has been eaten. Not to be used for poking the fire. Children advised that food straight from the fire is very hot and to wait till it cools before eating.
	11. Threshing, winnowing and grinding – bumps and bruises from mallets, eye injury from chaff, injuries to hands and feet from grind stones.	Low	11. Warden to demonstrate all stages of activity providing information on how to work safely.
	12. Hapa zome – hitting themselves or other with hammers.		12. Lightweight jewellery hammers are used. Education Warden to provide demonstration on how to use hammers safely.

Rising Sun Country Park Risk Benefit Statement

North Tyneside Council parks staff recognise the importance of allowing children and young people to access risk in the outdoor environment. Our well-planned activities and sessions allow participants to access risk in a managed environment with qualified, experienced staff. We recognise that risk cannot be removed completely, but take into account risk assessments and put in place control measures where necessary.

The main risk benefits we acknowledge from children accessing the natural environment in a parkland setting are:

- Exposure to fresh air, a relaxing environment, pleasure, fun, mental and social health and wellbeing improvements
- Opportunities for new unstructured and unpredictable physical challenges
- Enhanced subject knowledge through direct experience of the natural environment and natural elements
- Development of self confidence
- Learning through experience: learning from accidents
- Endless opportunities presented by the natural environment and the use of natural materials, allowing for creativity, problem solving and resourcefulness

What's on, where?

	Rising Sun Country Park	Wallsend Parks	Northumberland Park
Mini beasts	•	•	•
Pond dipping	•		
Seasonal visits	•	•	•
Plants	•	•	•
Habitats	•	•	•
Maps	•	•	•
GCSE PE Orienteering	•	•	•
Fire	•	•	
Outdoor cooking	•	•	
Iron Age/Stone Age	•		
Environmental art	•	•	•
Den building	•		
Change in land use	•		
Forest schools	•	•	•
Literacy	•	•	
Soft archery		•	
Team building	•	•	
Self led activities		•	•
Teacher training	•	•	

North Tyneside Parks



Rising Sun Country Park, Whitley Road, Benton, NE12 9SS

Telephone: (0191) 643 8115

Email: outdoorlearning@northtyneside.gov.uk

A large green oasis of 162 hectares featuring a nature reserve with dipping ponds, woodlands and grasslands. The Countryside Centre has beautiful views from the café and terrace over Swallow Pond, children's play areas and an exhibition room. This site has a deep industrial past to learn from, as well as an Iron Age Celtic village with fire pits, Giants Garden and Woodland Quarry.



Wallsend Parks, Richardson Dees Park Lodge North Road, Wallsend, NE28 8RH

Telephone: (0191) 643 7797/7897

Email: wallsendparks@northtyneside.gov.uk

Three connected sites covering over 16 hectares of public parkland. The parks include woodland walks, sculpture trail, flower beds, streams and bridges, a lake and kitchen garden with orchard. Each park has a distinct character mixing wildlife with Victorian history alongside modern activities.



Northumberland Park Visitors Centre and Tea Room King Edward Road, North Shields, NE30 2ES

Email: northumberlandpark@northtyneside.gov.uk

A beautiful green space of 12 hectares situated within a natural dene with bridges and a lake. The park was once the site of the medieval hospital which has been explored using archaeological digs. Today it hosts a vibrant herb garden, sculpture trail, children's play area and dirt bike track.

All of the parks include on site cafés, public toilets and a dedicated space for your visit in our community pavilions or education rooms. These provide somewhere to leave bags or take shelter in wet weather. All Education staff are experienced and knowledgeable at facilitating activities outdoors. We offer a wide range of activities to suit all ages. Please contact us to discuss your requirements.