

Newsletter No. 45 – February 2016

Learning Outdoors; training for teachers and early years practitioners

Over the winter Suntrap has received funding from Waltham Forest to run training for teachers and practitioners on enhancing learning using the outdoors. A number of these sessions were delivered at the Learning Lodge, Pimp Hall Nature Reserve in Chingford (run by the Hornbeam Centre) with others run at Suntrap.



Making leaf crowns and nature's binoculars



A miniature Make-believe world

Early years training

The sessions run for Early Years Practitioners included getting creative with natural materials to make tactile resources which can be used in nurseries' and pre-schools' grounds to enhance children's language and numeracy development. Particular thanks must go to Paul, the Suntrap caretaker, who made a mud kitchen, letter and number discs, a water wall and make-believe furniture.

We have had some great feedback from practitioners including this; *"I thoroughly enjoyed the session and now have lots of ideas to share with my child minders to encourage them to use all that outdoor space they have for free more effectively."*



Using a measuring stick



Cooking in the mud kitchen



Trying out the natural resources

NQT, KS1 and KS2 training

In addition to the early years training we have also delivered three full days of training aimed at learning Maths and English outside the classroom for teachers in schools; either in their own grounds or in the many open spaces in Waltham Forest.



Investigating invertebrates



Making smelly smoothies



'The Gruffalo' trail

EYFS/KS1 garden at Suntrap

We are currently developing the front garden into an outdoor play and exploring area for younger children to enjoy during their visit. This will include fencing the front pond, a quiet reading area, a music wall and a mud kitchen. Please let us know if you have an old metal sink, pallets or old shelving that could be built into our mud kitchen.



Open Day 2015

We had a very successful Open Day with over 400 visitors enjoying an afternoon of different activities including forest walks, meeting the Suntrap animals and exploring our pond. Thank you to the many volunteers who helped on the day.

Make nature a home

As part of the development of the front garden; in November families helped us to make a bug hotel from pallets and lots of different materials. We hope many different invertebrates are enjoying the straw, bamboo sticks, crockery and dead leaves! You might be able to set up a small invertebrate log pile up in a corner of your own garden.



Lantern making, bonfire and burgers

In November, 80 people enjoyed designing lanterns and walking up the field where they ate burgers and marshmallows around the camp fire. This event is very popular and if you missed out this time, please make sure you book early to avoid disappointment.

Upcoming events

Bird Bonanza Tuesday 16th February, 10-1pm (drop-in). Come and dissect an owl pellet (£4 per pellet), make a bird feeder (£1 per feeder), have a go at the forest bird trail (£1 including souvenir pencil) and bird themed craft activities (£1 per craft).

Family Orienteering Saturday 19th March, 11am-1pm (drop-in). Come to Suntrap's orienteering taster day to exercise both the mind and the body. Learn to read maps and navigate before taking your family for an adventure either in Suntrap's grounds, or for the more adventurous, in Epping Forest. £2 per person.

Suntrap Spring Surprise Tuesday 5th April, 10am-1pm (drop-in). Visit Suntrap to take part in spring crafts and outdoor activities in our grounds, and in Epping Forest. £1 per activity.



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If you have anything you'd like to contribute to the Friends Newsletter please send it to Suntrap, Church Road, High Beach, Loughton, Essex, IG10 4AJ or by email to: suntrapcentre@walthamforest.gov.uk or phone: 0208 508 0611