

Groundwork Environmental Education Pack





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1. Introduction

Welcome to the Groundwork Environmental Education Pack!

This pack has been put together for Primary School teachers and provides everything needed to plan and teach lessons in the outdoor classroom.

It includes a guide to risk assessment, an introduction to some of the nature areas in Hammersmith and Fulham, example lesson plans to get you started, and a collection of different fun and educational activities to complement your lessons.

All of this information can be accessed from the education pack CD and via the Scrubs website (www.scrubs-online.org.uk).

I hope you find this pack useful. If you have any feedback on how future editions could be improved, please contact me on the details below, or complete and return the feedback form* (see Section 7).

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Stag Beetle and Brimstone Butterfly

*An electronic copy of the form is available on the CD

2. A Guide to Risk Assessment and Health & Safety

Knowing how to recognise and respond to hazards is an essential part of a child's development and learning. Throughout their day-to-day lives they will encounter different dangers, whether on the walk to school or playing in their local park.

As with all school trips there are the usual sorts of things to consider when planning and risk assessing. However, due to the isolation and lack of facilities at most nature reserves, there may be other issues that will need to be addressed.

Planning a visit to a nature reserve

Things to consider	Details
1. Transport	Nearest coach parking or walking routes and distance from station.
2. Site access	Any mobility issues visitors may have in terms of accessing and exploring the site.
3. Facilities	Availability of toilets and hand washing facilities, especially if you are staying for lunch.

It is important to ensure that children are appropriately dressed for outdoor activities. They should wear suitable footwear and have waterproofs with them. It is a good idea for the children to wear long trousers to protect against stinging nettles and plants with thorns.

Children should be asked not to pick any plants and to wash their hands after any activity session. They should also be warned off eating any berries.

The outdoor classroom presents children with a set of hazards that may be unfamiliar to them. The table below lists some of these, with suggestions on how to mitigate the associated risk. Generic hazards might be encountered in any of the sites in a variety of situations, whereas specific hazards will depend on the location and the activity.

Identifying hazards and control measures

Generic hazards	Control measures
1. Slips, trips & falls	Behaviour management and drawing children's attention to particular trip hazards (logs, uneven ground, tree roots etc.)
2. Weather conditions	Children should be dressed appropriately (sun block, sun hats, water proofs, warm clothes.)
3. Lost children	Behaviour management and adequate supervision.
Specific hazards	Control measures
1. Micro-organisms	Always wash hands before eating/drinking. Cover cuts when working near water.
2. Insect bites & stings	Children should not attempt to catch or handle any biting or stinging insects. Be aware of any allergies.
3. Hazardous plants	Identify the various plants on site with children (stinging nettles, brambles etc.)
4. Working around water	Ensure high level of adult supervision at all times.

Please see CD/website for an example Risk Assessment

3. Nature Conservation Areas in Hammersmith and Fulham

The London Borough of Hammersmith and Fulham is blessed with a number of public parks and open spaces. This section of the pack gives background information for four nature areas in the Borough, all of which are suitable for teaching children about the world around them.

The sites are all very different, and offer varied opportunities for teaching and learning.

For information about the many wildlife sites across London, visit:

<http://wildweb.london.gov.uk>



Photos thanks to David Lindo, the Urban Birder www.theurbanbirder.com

3.1. Wormwood Scrubs Park & Local Nature Reserve



3.1.1 Introduction

Wormwood Scrubs Park is the largest open space in Hammersmith and Fulham, and one of the best wildlife sites in the Borough. In 2002, seven areas of the site were designated as a Local Nature Reserve, in recognition of the site's special value to local wildlife and people.



Common Lizard on Wormwood Scrubs © Chris Gleed-Owen

Throughout Saxon times and during the Middle Ages, local people used Wormwood Scrubs for grazing their cattle and pigs. At this time the site would have had a lot more trees. By the mid-18th Century most of the trees had been felled for use in building or as firewood. Most of the current woodland dates from recent plantings in the 1980s and 1990s.

Wormwood Scrubs has long had links with the military. In 1812 it was used as a trooping ground, and in 1915 the Ministry of Defence tested early tanks there. These days, the Royal Horse Artillery regularly uses the site as a practice ground.

From the early 19th Century, the site was increasingly used for recreation. Today you can see people enjoying a variety of activities on the Scrubs throughout the year, including: walking, running, football, rugby, baseball, kite flying, model aircraft flying, sun-bathing, dog walking and bird watching.

Wormwood Scrubs is ideal for:

- *Working with larger groups of children*
- *Comparing habitats*
- *Games and activities requiring a large open space (e.g. orienteering).*

3.1.2 How to Get There



Wormwood Scrubs Location Map

Access

The park can be accessed from Old Oak Common Lane, Braybrook Street, Artillery Lane and Scrubs Lane.

Buses

Bus numbers 7, 70, 72, 272 & 283 stop on Du Cane Road, and number 220 stops on Scrubs Lane

Tube

Nearest tube stations are East Acton or White City (Central Line)

Parking

There are pay and display car parks off Scrubs Lane and Artillery Lane, and pay and display on-street parking is available on Braybrook street.

3.1.3 Site Description

The majority of Wormwood Scrubs Park is open grassland. In the east end of the park the grass is mowed short for football and rugby pitches. An area of grassland in the west end of the park has been allowed to grow long in recent years, and is developing a distinct structure and species composition.

The margins of the park are dominated by plantation woodland and the centre of the park is marked with a large area of woodland, known as the central copse. Together, these areas of scrub and woodland have been designated as a Local Nature Reserve (LNR). The LNR consists of 7 distinct areas, one of which includes a number of smaller meadows.



Wormwood Scrubs Aerial Photo

[Please see CD/website for a site plan](#)

3.1.4 Habitats & Species at Wormwood Scrubs

Habitats	Species of interest
Woodland (plantation) Scrub Hedgerow Meadow Damp coarse grassland (west of site) Amenity grassland (sports pitches)	Common Lizards 3 different species of bat 20 different species of butterfly 108 different species of bird

3.2 Little Wormwood Scrubs Park

3.2.1 Introduction

Little Wormwood Scrubs is a popular local park in the northeast of the Borough. Large areas of the site are managed for their nature conservation value, lending a wild feel to the park.

Little Wormwood Scrubs was historically part of Wormwood Scrubs, and was separated from the rest of the Scrubs by the construction of a new railway line in 1844.

The site is less heavily used than its big brother, but is very popular with local people for informal recreation. The site benefits from a very active 'friends of Little Wormwood Scrubs' group, which organises regular conservation workdays and an annual fun day.

Little Scrubs is ideal for:

- *Working with larger groups of children*
- *Comparing habitats.*
- *Games and activities requiring a large open space (e.g. orienteering).*



BTCV volunteers

3.2.2 How to Get There



Wormwood Scrubs Location Map

Access

There are entrances to the park on Dalgarno Gardens and Sutton Way.

Buses

Bus numbers 7 & 70 stop on Barlby Road, and number 220 stops on Scrubs Lane.

Tube

Nearest tube station is White City (Central Line)

Parking

There is limited pay and display parking on Dalgarno Gardens and neighbouring streets.

3.2.3 Site Description

The site consists of a central grassy area, half of which has been allowed to grow long, surrounded by a tarmac track. To the north of the site is a young plantation woodland, which has a bark chipped path running through it.



Little Wormwood Scrubs Aerial Photo

[Please see CD/website for a site plan](#)

3.2.4 Habitats & Species at Little Wormwood Scrubs

Habitats	Species of interest
Woodland (plantation) Scrub Amenity grassland (sports pitches) Rough grassland	Variety of birds A kestrel can sometimes be seen hovering over the long grass

3.3. Old Oak Common Sidings Birch Woodland

3.3.1. Introduction

The Birch Woodland is an exciting place, with a very natural feel to it. It is a quiet peaceful site, located adjacent to the Grand Union Canal.



Birch Woodland

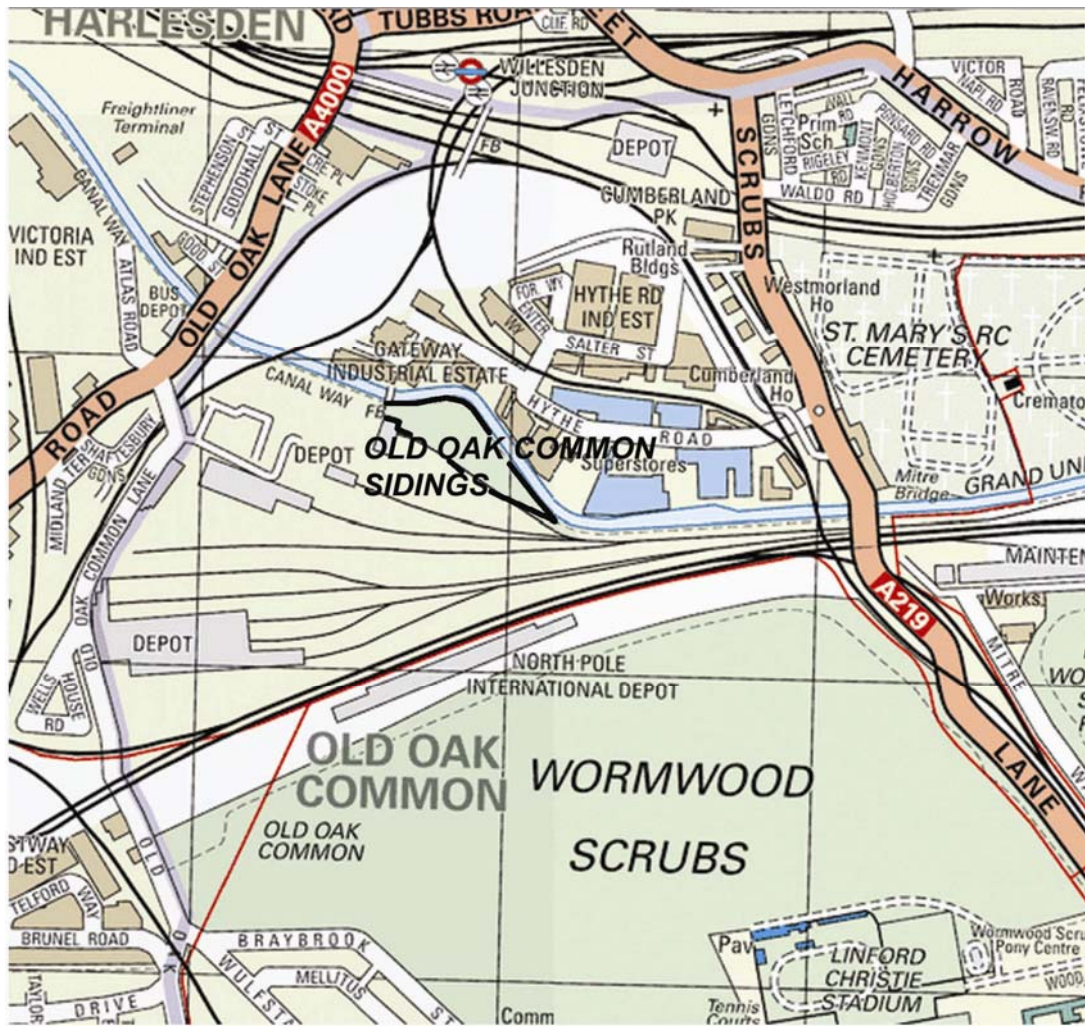
This site is formed of naturally regenerated birch woodland, which has developed on land formerly used as railway sidings. The site is bordered by the canal on one side and by railway land on the other.

Unfortunately, the isolated nature of this site means that it does attract a certain level of anti-social behaviour. It is a safe site, but it does suffer from vandalism and litter.

Old Oak Sidings is ideal for:

- *Teaching and observing succession and discussing natural habitats and colonisation*
- *Teaching about transport routes (railway & canal nearby)*
- *Discussing green links (i.e. role of canals etc. in connecting different areas of habitat).*

3.3.2 How to Get There



Old Oak Sidings Location Map

Access

There are three entrances from the canal towpath, which adjoins the site. The towpath can be accessed from Scrubs Lane or Old Oak Lane, or via the footbridge from Gateway Industrial Estate, Hythe Road.

Buses

Bus number 220 stops on Scrubs Lane, and number 266 stops on Old Oak Lane.

Tube

The nearest tube station is Willesden Junction (Bakerloo Line).

Parking

There is no parking near this site.

3.3.3 Site Description

The majority of the site is covered in young birch woodland, with several patches of bramble scrub at the margins of the site. A path runs through the site, accessible from the canal at three points, one of which is accessible by wheelchair.



Old Oak Sidings Aerial Photo

[Please see CD/website for a site plan](#)

3.3.4 Habitats & Species at Old Oak Sidings

Habitats	Species of interest
Naturally regenerated birch woodland Bramble scrub	Water birds on the canal



3.4. Ravenscourt Park Nature Conservation Area

3.4.1. Introduction

The Nature Conservation Area is an attractive space, home to a variety of wildlife. In contrast with the wider park it is a haven for wild plants, which have been allowed to grow and develop naturally. This wonderful habitat attracts a variety of animals, particularly the pond, which is found in the centre of the area.

In the 1980s, it was decided that the area would be managed for the benefit of wildlife and as an educational resource for local people. The pond and most of the planted trees date from this time.

The nature area is ideal for:

- *Smaller groups of children*
- *Younger children*
- *Comparing habitats*
- *Pond dipping*
- *Bird spotting*



Yellow Flag Iris

There is also a dog-free area nearby, which is ideal for playing educational games in, and an adventure playground adjacent to the site.

3.4.2 How to Get There



Ravenscourt Park Location Map

Access

The nearest park entrances to the nature area are on Goldhawk Road and Paddenswick Road.

Buses

Bus numbers 266 & 237 both stop on Goldhawk Road.

Tube

The nearest tube station is Ravenscourt Park (District Line).

Parking

There is limited pay and display parking on Paddenswick Road.

3.4.3 Site Description

The Nature Conservation Area is in the north-eastern corner of Ravenscourt Park. The area includes a pond, surrounded by a hedge, which is accessed via a boardwalk. The site can be explored via a wheelchair accessible path, which circuits the site, and by informal paths through the woodland areas.



Ravenscourt Park Aerial Photo

[Please see CD/website for a site plan](#)

3.4.3 Habitats & Species at Ravenscourt Park

Habitats	Species of interest
Woodland (plantation) Hedgerow Meadow Pond	Frogs, Toads and Newts A variety of pond invertebrates Variety of birds using the area Stag Beetles

4. Example Lesson Plans

The example lesson plans can be used as they are, or adapted to suit your needs.

For a selection of different activities to use with your lessons, see Section 5.

The following lesson plans can be found on the education pack CD and via the Scrubs website (www.scrubs-online.org.uk), and include worksheets to support the delivery of the lessons.

Title	Sub-title and Description	Year Group	NC Unit
<u><i>Nature Kids</i></u>	Exploring the natural world	Foundation Stage	N/A
<u><i>Nature Detectives 1</i></u>	Investigating animals and plants in the natural world	Year 1/2	Unit 2B
<u><i>Nature Detectives 2</i></u>	Investigating animals and plants in the natural world	Year 1/2	Unit 2B
<u><i>Habitat Detectives 1</i></u>	Investigating habitats and the range of animals found there	Year 3/4	Unit 4B
<u><i>Habitat Detectives 2</i></u>	Investigating habitats and the range of animals found there	Year 3/4	Unit 4B
<u><i>Catch of the Day 1</i></u>	Identifying animals using identification keys	Year 5/6	Unit 6A
<u><i>Catch of the Day 2</i></u>	Identifying animals using identification keys	Year 5/6	Unit 6A

5. Other Activities

In this section of the pack you will find fourteen additional activities to complement your lessons. These sheets are suitable for most age groups and range from fun games to nature trails and identification activities.

Full instructions and supporting information and materials can be found on education pack CD and via the Scrubs website (www.scrubs-online.org.uk).

Sheet	Title	Type of Activity	Indoors/ Outdoors
1	<u>Caterpillar Game</u>	Group	Both
2	<u>Birds and Mice</u>	Pairs	Outdoors
3	<u>Bat and Moth</u>	Group	Both
4	<u>Minibeast Hunt</u>	Group	Outdoors
5	<u>Minibeast On Holiday</u>	Individual	Indoors
6	<u>Design a Creature</u>	Individual	Indoors
7	<u>Tree Survey</u>	Groups/Pairs	Outdoors
8	<u>Tree Hugging</u>	Pairs	Outdoors
9	<u>Rainbow Ramble</u>	Pairs or groups	Outdoors
10	<u>Rainbow Ramble II</u>	Groups/Class	Both
11	<u>Swallow Migration Game</u>	Class	Both
12	<u>Colouring Activities</u>	Individual	Both
13	<u>ID Sheets</u>	Groups	Outdoors
14	<u>Seed Game</u>	Class	Both

6. Acknowledgements

Thanks to...

Chris Glead-Owen for use of the lizard photo and David Lindo for use of the Wormwood Scrubs photos.

Groundwork staff for their help and support in developing this pack.

Hammersmith Community Gardeners Association for designing the example lesson plans.



Groundwork Environmental Education Pack Schools Feedback Form

We hope that you have found the education pack useful. It would be very helpful for us if you could take a few moments to complete and return this feedback form to the address below:

Community Team, Groundwork London, 6 Stanley Gardens, London, W3 7SZ

School Name		
Your Name		
Telephone number		
Email address		
Do you feel that the education pack has given you greater confidence in teaching lessons in the outdoor classroom?		Yes/No
Have you taken your class to a park or other open space since you obtained a copy of the education pack?		Yes/No
If so, were you able to incorporate ideas from the education pack into the lesson that you taught there?		Yes/No
How did you find out about the education pack?		
Which parts of the pack did you find most useful, and why?		
Do you have any suggestions for improvements to the education pack?		

Thank you for completing this form