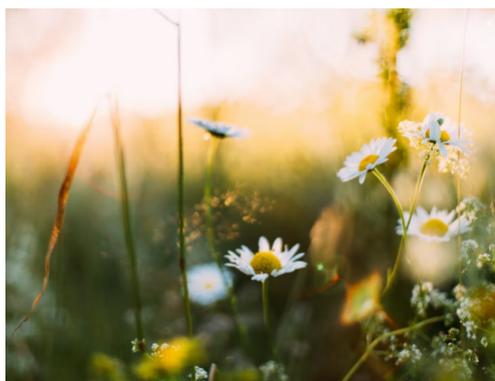




Spring Is Almost Here



As the seasons change and we start to see the first signs of spring, I am sure you will be looking forward to making the most of the opportunities this brings.

The world around us is opening up in many different ways, with the spring/summer term always being the most exciting for children. It is a

great time to be able to start looking at the world around us and seeing what differences we can all make - everyone, no matter how small, can contribute!

In the famous words of Dr. Seuss - The Lorax -

***"Unless someone like you cares a whole awful lot,
nothing is going to get better. It's not."***

It's vital that we put the same energy and determination into both maintaining and protecting the environment as part of a constant, ongoing challenge to keep the planet thriving as we do into other aspects of our daily lives.

Eco Teams are a great way to give your students a voice enabling them to make a difference.

"I speak for the trees, for the trees have no tongues."

Dr. Seuss - The Lorax

If your school is looking for support to make this or any of your eco plans happen then take a look at the PECT [website](#). If you would like to know more about the work we do or would like to share your schools eco journey, then please get in touch we would love to hear from you.

Best wishes,
Heidi Latronico-Ferris Environmental Education Lead
education@pect.org.uk 01733 568408



Wellbeing in the Outdoors - Training Day

Following the success of our first Outdoor Learning Skills Share in October, PECT has teamed up again with Nene Park Trust to offer another opportunity for teachers and education professionals to get together and share ideas for outdoor learning.



This time our focus will be on Mindfulness, with lots of ideas for activities to help support and boost your students wellbeing through mindful learning in the outdoors.

The day will take place on the 25th March from 9am - 3pm at the Forest School site in Ferry Meadows. The full day workshop costs £20 and will be led by the education team from PECT and Nene Park Trust. There will be plenty of opportunities for participants collaborate, including a campfire for you to be able to bring and cook your own lunch on whilst sharing learning from your own experiences and building connections with the other attendees.

Can't make the training? Then why not stay up to date with all our news by joining our private Outdoor Learning Hub Facebook group, which is for anyone with an interest in Outdoor Learning and sustainability. The private group helps to support you and others to share ideas and resources and network. The group is based in the East of England but is available to anyone with an interest in Outdoor Learning.

[Click here to book your place](#)

[Join The Outdoor Learning Hub](#)

The Eco Awards are Back for 2022

We are excited to announce that the PECT Eco Awards will be held on the 26th May 2022 at Railworld Wildlife Haven, Peterborough.



After a number of false starts due to the pandemic and with thanks to this years sponsors, we are now in a position to confidently move forward and bring you a fun packed event.

As always places are completely free for Eco Charter schools and are on a first come first served basis. This year we will have activities around -

- Zero Carbon
- Sustainable Lifestyles
- Zero Waste
- Bio-Diversity

Before, passing over to the schools to be able to show off all their wonderful work and projects from the last couple of years. There will be networking opportunities as well as idea sharing to ensure that you have everything you need to be able to start your next challenge at school.

Once again we are asking for schools to nominate an Eco Ambassador from your student body. This might be someone who has gone the extra mile, created behaviour change across the school or maybe a student who completed an eco project over the lockdown and you think they should be recognised for their efforts.

You can sign up to attend by completing the online booking form on our website - make sure your school is at the eco event of the year.

Secure your schools place at our 2022 Eco Awards

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We Wonder: Protect Our Planet

The National Literacy Trust is launching an exciting new competition aimed at students across the UK aged between 7-14 (Key Stages 2 & 3).

Supported by Turner & Townsend, The challenge is a fantastic and timely way of encouraging students to think more critically and carefully about a sustainable future. Consisting of activities ranging from reading to investigating to campaigning, this Reading Champions challenge is a great method of showing students to be more empathetic towards the planet, alongside effects to protect the future as a whole.

The National Literacy Trust offers a variety of resources to help with the challenge, such as:

- Teacher Guidelines
- Suggested Reading List
- Eco Terms Glossary
- Quiz Questions & Answer Sheets
- Eco Audit

The competition closes on Friday, April 1st 2022.

[Enter the competition](#)

Science Farm LIVE 2022

As British Science Week approaches, Encounter Edu are offering a revamped version of their Science Farm live lessons.



These broadcasts allow students the chance to learn more about the Great British countryside directly from speakers that themselves play notable roles in the farming community.

The lessons take place in March, with the aim of introducing students to the farming industry in a fun and engaging way.

There are three sessions:

- March 14th: Life Cycles Live (Ages 7-11)
- March 15th: Fantastic Minibeasts and Where To find Them (Ages 5-7)
- March 17th: Climate Change Superheroes (7-11)

The sessions vary between 30-45 minutes and are open to all school audiences with no obligation to attend all three.

[Find out more](#)



Waste Week is Back!

Get involved in Waste Week 2022 and help tackle the growing problem of e-waste!

As a nation, we throw away 155,000 tonnes of electricals every year, when we should be reusing or recycling our items instead.

Get the facts on e-waste this Waste Week and learn about the benefits of recycling tech for us and our planet. More importantly, motivate your students and their families to stop hoarding and start reusing and recycling electronics and electricals!

Waste Week is a fantastic opportunity to let your Eco Club shine by letting them decide how to run your campaign and educating others about the issue.

Waste Week takes place between March 7-11th 2022

[Sign up today](#)



We want to make sure that you are always up to date with the latest information on what is going on with Food Smart Accreditation in partnership with Healthy Schools.

This includes training opportunities, other free resources and links to national campaigns to support you in becoming Food Smart.

Food Smart about Careers

Food Smart has launched a brand new set of resources to help schools educate their students about the wide and varied range of careers within the food and drink industry.



With National Careers Week taking place from the 7th March we hope that this new lesson plan and associated resources will help your students learn that a career in food is much more than being a chef.

You can access these resources from the [Healthy Schools Cambridgeshire & Peterborough](#) website.

Food Smart Families

Did you know that Food Smart is also supporting the HAF Programme?

The Holiday Activities and Food programme (HAF) offers a free holiday scheme place to children in receipt of benefits-related free school meals during the Easter, Summer and Christmas holidays.



We have created a range of resources to support food and nutrition activities which can be used at home by families as well as during the programme

delivery. These include:

- Fun Activity Cards
- Recipe Book
- Cook-A-Long & Grow-A-Long Videos
- Home Learning Activities
- Kitchen Skills Passport & Certificate

The recipes included in these resources supports basic kitchen skills and cooking techniques as well as healthy eating principles for all the family.

All these resources are free to download from the [Healthy Schools Cambridgeshire & Peterborough](#) website.



Free Allergy Training from Food Standards

The Food Standards Agency have released a FREE online course focusing on allergies and food hypersensitivity.

Eating safely when living with a food allergy is a challenge. The only way to manage the condition is avoidance of the food that causes a reaction.

Approximately 8% of children in the UK suffer from some type of food allergy. As such, becoming more knowledgeable and learning more about how to support them and the effects of these sensitivities are vital in making sure you can deliver inclusive food teaching to all students.

The course consists of six modules, each with their own knowledge check at the end:

- Effects that allergies have in the body
- The rules for allergen information
- Managing allergens in the factory
- Providing accurate allergen information for prepackaged and non-prepackaged food
- Managing allergens in a catering environment
- The use of voluntary labelling

[Register to take part](#)

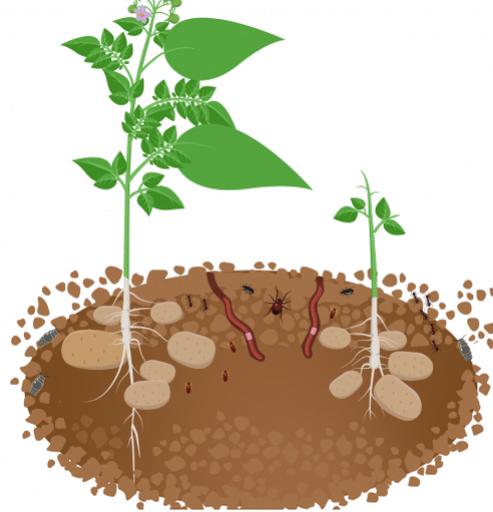


Have you heard that we have teamed up with ProVeg School Plates to offer school caterers support in becoming more inclusive and sustainable in their approach to school meals?

By working with ProVeg we hope schools will have the confidence to make relevant changes to their menus to have a positive impact on childhood health.

In taking part you will also be able to count it towards your Food Smart Accreditation which forms part of Healthy Schools.

[Find out more](#)



Grow Your Own Potatoes - is back for 2022!

Registrations are now open for you to get your schools kit but you will need to be quick as availability is very limited.

Launched in 2005, Grow Your Own Potatoes (GYOP) was one of the first primary school based growing projects. Since then, it has become the largest of its kind with over 5 million children taking part in learning where potatoes come from, how they grow and the health benefits.

[Apply for yours](#)



Local Family Trails in Local Parks

Living Sport needs your help in being able to launch trails in local parks to help families be active together.

To be able to launch these, Living Sport are looking for primary aged children from across Cambridgeshire and Peterborough to design a character. The character will be featured on all the signs around the trails and should be walking or running.

To enter, your design should be no bigger than A4 and must be scanned and emailed to thedailymile@livingsport.co.uk before the **18th March 2022**.

Please include your -

- Name
- Age
- School
- Name of your character

Entries will be voted for by the public ready for the launch of the trails in the summer.



Dates for your Diary

February 21st - March 6th - Fairtrade Fortnight

March 3rd - World Book Day

March 3rd - World Wildlife Day

March 7th - 11th - National Careers Week

March 7th - 11th - National School Breakfast Week

March 10th - International School Meal Day

March 11th - 20th - British Science Week

March 14th - 20th - Compost Week

March 18th - Global Recycling Day

March 21st - International Day of Forests

March 21st - 27th - National Tree Week

March 21st - 1st April - Sustrans Walk & Wheel Week

March 22nd - World Water Day

March 25th - Welbeing In The Outdoors Training

March 26th - WWF Earth Hour

May 26th - Eco Awards 2022



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