



Little steps leading to big strides in progress
Inclusion



Spring 2 - 2019

The Great Outdoors



Nature is a fantastic way to nurture pupils with Special Educational Needs

Sometimes, the best way to get the most out of the classroom is to leave it and take learning outside. Outdoor learning can make for happier, healthier, well-rounded students – particularly for those with special educational needs (SEND).

The outdoors also provides a new setting to take on challenges, and learn life skills without even realising it. Children with SEND benefit from how the outdoors relieves stress and anxiety, develops social skills, motivates learning across the curriculum (and beyond) and allows them to be practical, responsible and productive members of the community.

The potential for outdoor education to foster independence is particularly beneficial for SEND pupils.

Outdoor activity requires pupils to adapt to unpredictable weather and the changing seasons, and this can be another positive challenge.

Gardening is so levelling for students with special needs, it's very inclusive. It takes a long time to see things develop and grow, but having patience is a really good life skill.



Allotment at Southfields

At Southfields we are very lucky to have lots of outdoor space.

We have our own environmental area, sensory garden, allotments, forest school area, pond, willow classroom, mediation garden and mud kitchen.

Throughout the year the children take part in caring for the environment, learning how to grow vegetables from seeds and investigating the world around them.

Many of our SEND pupils, including those with Social, Emotional and Mental Health or Communication and Interaction difficulties, blossom through additional small group outdoor learning with Mr Buckingham or during lunchtime nurture groups.

There is also an abundance of outdoor space for physical activity and social interaction (2 football pitches, 4 playgrounds, a trim trail and a climbing wall) and for pupils to develop their imagination.

As a school we are committed to becoming an outstanding reading school. Our outdoor space is an extension of our classrooms and the children are encouraged to share stories and information texts in a relaxed environment. Imaginative play linked to stories using the outdoor resources is actively encouraged.

**The more that you read,
the more things you will know.
The more that you learn,
the more places you'll go.**
-Dr. Seuss

Exploring the outdoors with your children

There are so many fantastic places to visit in Peterborough and the surrounding areas to make the most of the Spring sunshine.

Why not check out your local park. A great place to run around, build physical strength and stamina, blow off some steam, learn to interact with other young people and take turns, meet friends for a game of football or rounders.



It is well worth venturing a little further to Nene Park which includes Ferry Meadows and Bluebell Woods. Both offer fantastic opportunities to talk to your child about nature and the changing seasons.



Badger Playground at Ferry Meadows

Ferry Meadows has a choice of three parks, woodland to explore and build a den as well as a well used path around the lakes to walk, scoot and cycle. If you visit the information centre you can also get duck food for a small donation.



Feeding the ducks at Ferry Meadows

Visit the cafes, have an ice-cream or take a picnic.

Whatever you choose to do remember to talk to your child about all the fantastic things you discover together.