



**THE HAPPY GROW LUCKY PROJECT INCLUDES BOTH ALLOTMENT AND FOREST SCHOOL ACTIVITIES:**

**Allotment:**

Growing from seeds, nurturing plants, harvesting the crops and cooking the produce.

**Forest School:**

Exploring nature and the natural world, outdoor play and bushcraft.

**ACTIVITIES WILL PROMOTE:**

- Well-Being
- Healthy Bodies
- Resilience
- Creativity
- Positivity
- Confidence
- Encouragement
- Perseverance



PLANTED ALLOTMENT BEDS.



BUSHCRAFT - MAKING A FIRE



EXPLORING NATURE



BEING CREATIVE

Throughout this academic year Larkhill Primary have used the HGL project to continue to support wellbeing and their young people's development. The school chose to focus on specific areas agreed at the start and have gone from strength to strength. They have Outdoor Learning, Gardening and forest school elements across all year groups for a session and clubs a week.

“ The project delivered support for key workers children during the lockdown and have achieved a Level 1 RHS School Garden Campaign Award and evidence is in for level 2 & 3 Awards. The young people have embraced the challenges especially with the weather and are very excited for the pizza oven to be ready!

”

Emily, TA. Larkhill Primary School



## WHAT CAN THE HAPPY GROW LUCKY PROJECT OFFER?

**AWARDS** - RHS Campaign for school gardening

**BUDDY SYSTEM AND CONSULTATION** - Termly, biannual and annual advice and ideas. Supply of seedlings, redesigns or rotations of raised beds.

**CURRICULUM AND CLUBS** - Planning and teaching of high-quality Outdoor Learning sessions designed across key stages to include well-being, all areas of the programme of study if required by teaching staff.

**DESIGN OF ALLOTMENT** - The design and implementation of an allotment, raised beds, herb gardens, watering systems and if required teaching areas (outside classroom).

**EVENTS** - Seed swops, fetes, produce sales, ready steady veggie, cooking and use of produce, volunteering day to clear sites and donations of equipment, money or seeds?

**FOREST SCHOOL** - Forest school has a clear ethos and is set over a session of 1.5 hours long and for 14 Children max. Forest School is a child-centred inspirational learning process, that offers opportunities for holistic growth through regular sessions. It develops confidence and self-esteem through learner inspired, hands-on experiences in a natural setting. It is a long-term program that supports play, exploration and supported risk taking. 6 Principles for good Forest School Practice:

- **Principle 1:** Forest School is a long-term process of frequent and regular sessions in a woodland or natural environment, rather than a one-off visit. Planning, adaptation, observations and reviewing are integral elements of Forest School.
- **Principle 2:** Forest School takes place in a woodland or natural wooded environment to support the development of a relationship between the learner and the natural world.
- **Principle 3:** Forest School aims to promote the holistic development of all those involved, fostering resilient, confident, independent and creative learners
- **Principle 4:** Forest School offers learners the opportunity to take supported risks appropriate to the environment and to themselves.
- **Principle 5:** Forest School is run by qualified Forest School practitioners who continuously maintain and develop their professional practice.
- **Principle 6:** Forest School uses a range of learner-centred processes to create a community for development and learning

**GARDENING** - Overall maintenance of the garden: planting, weeding, thinning and feeding, with the exception of watering. (Parent teams are very supportive)



OUTDOOR SPACE FOR GROUP ACTIVITIES

FOR FURTHER INFORMATION PLEASE CONTACT US:

**Website** – [www.upandundersports.co.uk](http://www.upandundersports.co.uk) | **Email** – [enquiries@upandundersports.co.uk](mailto:enquiries@upandundersports.co.uk) | **Call us** – 07896814270