Ranger Led Activities
Educational Sessions at Stanwick Lakes
A Guide for Schools and Group leaders

Fantastic opportunity for children to gain first hand, practical experiences!

Options include:
pond dipping, sensory explorers, river systems, outdoor art, the Romans and more!

Use of Discovery Zone and adventure play included!

from £4 per child per activity

For more info please contact us

www.stanwicklakes.org.uk
s.ridge@rftrust.org.uk
01933 625522

2019
Nestled in the heart of the Nene Valley, Stanwick Lakes has a fascinating history, making it the ideal location for children to learn about science, geography, history, art and more!

The extraction of gravel deposits from the Ice Age resulted in the formation of the lakes, which are now a haven for wildlife and people. Archeological digs have uncovered evidence of human settlements dating back as far as 5500BC, including a Roman villa, a Saxon manor and Bronze age burial mounds and a railway line used to run through the middle of the site.

Since 2006, Stanwick Lakes has become a hugely popular countryside attraction and is managed by the Rockingham Forest Trust, an environmental charity that works to bring wide-ranging community benefits through creating and conserving special green spaces, and exploring local heritage, in ways which educate, involve and inspire.
Facilities available to School Groups

- All groups on an educational visit with the Rangers get the use of either the 'Discovery Zone' in the Visitor Centre or the log cabin next to the Ranger’s cabin. The rooms can fit 30 pupils at any one time with room for bag storage as well as seating.

- There is a coach park with sufficient space for several coaches and the Visitor Centre offers a shop, café and indoor toilets.

- The Adventure Playground is very popular with children and has several picnic tables around it. A 10 minute walk from the hub will lead you to the full-sized Assault Course, popular with older children. The Adventure Trail is a mile long circuit with climbing rocks, a rope bridge, some large tyre swings and a zip-line on the way around it. There are also some large grassy areas on the adventure trail suitable for playing games or picnicking, as well as bird hides and a sculpture trail that may be used as part of your visit.

- Our shop is a great place for the children to purchase a memento of their visit and to practice their math's skills! With a whole range of nature and historical toys and gifts available for as little as £1.20. Our friendly staff are used to dealing with groups of children in a smooth and efficient manner. Groups who aren’t planning a visit to the shop needn’t miss out though. We offer tailor-made gift packs which can be pre-ordered and boxed up to be given out on your return to school.

- We also offer the opportunity to pre-order ice creams for a treat during the day.
Important Information

Pricing

The cost of our ‘Ranger led’ activities is £4 per child, per activity with a minimum charge of £80 per visit.

‘What’s included?’

- A Ranger led activity (usually 90 minutes)
- Coach parking
- All day use of either the Discovery Zone or Log Cabin
- Use of other on-site facilities i.e. adventure play equipment, shop, bird hides, sculpture trail (please note that these facilities cannot be reserved for sole use by the school).

How to book

To make a booking, please contact Steph (s.ridge@rftrust.org.uk) with your preferred dates, activity and group size. A booking form will then be sent and once this is returned, your booking is confirmed. A confirmation e-mail will be sent to the school and a timetable will be sent a few weeks before your visit.

Please note that availability is limited and demand is high and, as such, we are unable to confirm your visit until the booking form has been returned to us. We also recommend that you check coach availability before you book.

Payment

Once your booking has been confirmed, our administration department will invoice you for the full amount of your visit.

If the number of children attending changes from the number that you have indicated on your booking form, please notify us as soon as possible so that your invoice can be amended.

Cancellation policy

If you have to cancel, we will do our utmost to find another booking for that session. However, the Rockingham Forest Trust is a small charity and if no booking is made, a cancellation fee will be deducted from your refund at the appropriate rate (see below).

>30 days before = zero cost
10 – 30 days before = 50% of fee
<10 days before = 100% of fee
Important Information

Session information

- The maximum group size for a given session is 30, with the exception of pond dipping sessions when it is reduced due to extra supervision requirements.
- Sessions last approximately 90 minutes and schools usually aim to arrive by 10am to allow sufficient time for snacks, toileting etc.
- If you would like to bring more than 60 children then this can usually be accommodated but does mean that sessions will be shortened to 1 hour so that we can fit everyone in.

Health and Safety

Although the Rangers are happy to give advice and guidance on health and safety matters before and during your visit, the ultimate responsibility for the children lies with the school and we expect the school to:

- Provide an adequate ratio of adult supervisors (minimum 1 adult to 8 children, not including the Ranger)
- Look after every individual in the group including registration, checking numbers and ensuring that no-one gets lost.
- Maintain discipline. We reserve the right to stop a session if we feel that discipline has not been maintained and we cannot adequately deliver the session in hand. You will still be charged the full price.
- Ensure everyone has suitable clothing and footwear for your visit, whatever the weather.
- Comply with any safety requests.
- Provide first aid cover and equipment for your visit.
- Undertake your own risk assessment for your visit (we can provide risk assessments that can be used as guidance for this).
- Provide insurance for your visit
Activities Offered

- Mini-beasting
- Pond Dipping
- Rivers and the Nene Valley
- Shelter Building
- Outdoor Art
- Sensory Explorers
- Explore Stanwick’s Past

If you would like to do an activity that’s not listed in this booklet, please get in touch and the Rangers will do their best to accommodate you.
**Mini-beasting**

**Subject:** Science

**Age group:** 5-11yrs

**Max group size (per session):** 30

**Time of year available:** April- September

**Accessibility:**
The mini-beasting area is accessible by hard paths but the area itself is fairly rough ground and probably not suitable for wheelchairs.

**Could be combined with:**
- Pond dipping

---

**Activity overview:**

**Introduction (25 minutes)**

- Following a health and safety briefing in the classroom, the children will be taken to the mini-beasting area and will play a game that introduces them to the idea of camouflage.

**Main activity (50 minutes)**

- The Ranger will introduce the mini-beasting activity, explaining to the children how they should look for the mini-beasts and the importance of handling them carefully.
- The children will then be given bug pots and brushes and will be encouraged to explore the mini-beasting area to look for invertebrates. Identification keys will be provided so that the children can attempt to identify their findings.

**Plenary (15 minutes)**

- The children will bring their bugs to the Ranger where there will be a group discussion about the animals have been found, how the animals may be classified, their diet, how they move and how they’re adapted to their surroundings.

---

**Links to curriculum:**

- Observing closely, identifying and classifying
- Understand how to take care of animals taken from their local environment
- Describing and comparing the structure of a variety of animals
- Recognising that animals get nutrition from what they eat and identify carnivores, herbivores and omnivores
- Observing and comparing the movement of animals with and without skeletons
- Recognise that environments can change and that this can pose dangers to living things
- Identifying how animals are adapted to suit their environment and how this may lead to evolution

---

**Subject:** Science

**Age group:** 5-11yrs

**Max group size (per session):** 30

**Time of year available:** April- September

**Accessibility:**
The mini-beasting area is accessible by hard paths but the area itself is fairly rough ground and probably not suitable for wheelchairs.

**Could be combined with:**
- Pond dipping
Activity overview:

Introduction (20 minutes)
- Following a health and safety briefing in the classroom, the children will be taken to the pond dipping platforms.

Main activity (45 minutes)
- The Ranger will introduce the pond dipping activity, explaining how the children use the nets and trays and the importance of handling the creatures that they catch carefully.
- The children will then be given pond dipping nets and allowed to take it in turns to pond dip. Identification keys will be provided so that the children can attempt to identify their findings.

Plenary (25 minutes)
- There will be a group discussion with the Ranger about which animals have been found, how the animals may be classified, their diet, how they breathe and how they’re adapted to their surroundings.
- The children will then play a game that illustrates how animals depend upon each other in a food chain.

Links to curriculum:
- Observing closely, identifying and classifying
- Use observations and ideas to suggest answers to questions
- Understand how to take care of animals taken from their local environment
- Describing and comparing the structure of a variety of animals
- Recognize that animals get nutrition from what they eat and use the idea of a food chain
- Identifying how animals are adapted to suit their environment and how this may lead to evolution
- Notice that animals have offspring that grow into adults and describe differences in life cycles
Activity Overview

Introduction (10 minutes)

- Following a health and safety briefing in the classroom, the Ranger will briefly discuss the key features of the water cycle.

Main activity (60 minutes)

- The group will head out onto site and visit key locations that demonstrate how the course of a river changes over time, how the river can be controlled to reduce the risk of flooding, how the power of the river can be harnessed, how the Nene Valley has changed over time, how the lakes were formed and the problems associated with erosion.
- During the session, the Ranger will introduce and explain key words such as meander, erosion, deposition and transportation.

Plenary (20 minutes)

- The children will be given clipboards and will use the knowledge they have gained to produce a field sketch of the river, labelled with key words, which can then be taken back to school.

Links to curriculum:

- Understand the processes that give rise to key geographical features, how these are interdependent and how they bring about spatial variation and change over time.
- Study the human and physical geography of a small area of the UK
- Use basic geographical vocabulary
- Understand key aspects of geography including rivers, the water cycle and the distribution of natural resources
- Use fieldwork to observe and record geological features using a variety of methods including sketching.

Subject: Geography
Age group: 5-11yrs
Max group size (per session): 30
Time of year available: All year
Accessibility: Most of the areas visited are accessed by hard paths but some areas may become muddy at certain times of year.
Could be combined with:
- Pond dipping
Shelter Building

**Subject:** Design and Technology

**Age group:** 7+

**Max group size (per session):** 25

**Time of year available:** March to October

**Accessibility:** The ground of the shelter building area is uneven and unsuitable for wheelchairs.

**Could be combined with:**
- Outdoor Art

**Activity overview:**

**Introduction (20 minutes)**
- Following a health and safety briefing in the classroom, the children will be taken to the shelter building area and introduced to the materials and tools available to them.
- The Ranger will discuss with the group the main properties that the shelter should have if it were to be used in a survival situation.

**Main activity (50 minutes)**
- The children will be divided into groups, each with their own adult supervisor and will work together to construct their shelter.

**Plenary (20 minutes)**
- There will be a group evaluation and discussion of the different shelters that have been built.
- The shelters will then be disassembled and the materials put away, emphasizing the importance of ‘leaving no trace’ when in a natural environment.

**Links to curriculum:**
- Critique, communicate, evaluate and test ideas
- Perform practical tasks
- Build structures, exploring how they can be made stronger, stiffer and more stable
Outdoor Art

Subject: Art and Design
Age group: 5+
Max group size (per session): 30
Time of year available: April to September
Accessibility: Most of this session takes place on hard paths and so should be suitable for wheelchairs.

Links to curriculum:
- Produce creative work, exploring ideas and recording their experiences
- Evaluate and analyse creative works
- Know about great artists

Activity overview:

Introduction (20 minutes)
- Following a health and safety briefing in the classroom, the Ranger will initiate a discussion about what art is.
- The group will then head outside to look at and discuss different art forms including photography and sculpture, temporary and permanent.

Main activity (45 minutes)
- The children will be divided into groups, each with their own adult supervisor and will discuss their ideas for their own outdoor art project.
- Each group will then gather the natural materials that they need for their artwork, before working together to create their outdoor art.

Plenary (25 minutes)
- There will be a group evaluation and discussion of the different pieces of artwork that each group has produced.
- Finally, each child will create their own ‘story stick’ using materials from their artwork, which they can then take back to school.
Activity overview:

Introduction (15 minutes)
- Following a health and safety briefing in the classroom, the Ranger will discuss what the different senses are.

Main activity (60 minutes)
- The group will head outside and each child will create a texture pallet using natural materials.
- They will then play a series of games that encourages them to use their own senses and also think about how animals may use their senses differently i.e. lots of animals use scent to communicate with each other.

Plenary (15 minutes)
- The Ranger will go over all of the different senses again, encouraging the group to recap what they have learned.

Links to curriculum:
- Learn about the 5 human senses
- Find out how animals use their senses in different ways to humans
An exciting new community heritage project at Stanwick Lakes looking at the past ‘Settlers of the Nene Valley’. The project is working with schools to explore, re-create and celebrate the lives of the settlers as they travelled, settled and traded along the Nene Valley.

Who were the Settlers? How did they live?

Topics available:

- Prehistoric Past
- Romans
- Anglo Saxon and Viking

These sessions can be taught either in your school or onsite, here at Stanwick Lakes. For more information about the Settlers of the Nene Valley schools sessions please contact Alison Neville at a.neville@rftrust.org.uk.