

Jane Doyle
Forest School Leader from St Marys

7th December 2018

Hi Sally

We have started our Almanac project, and it's going really well. We have chosen 8 Year 6 children, who struggle in the classroom, but who we know enjoyed our Forest School sessions.

We have already run 5 sessions, and are due to run our 6th session on Monday. All of the activities have been seasonal sessions and so far they have all taken place in Highfield Country Park. We are planning to deliver 20 sessions in all- here's what we have done so far:

Session 1- We met with a 'wise woman' in Highfield, who told stories, and showed us how to cook up rosehip syrup (traditionally drunk in the Autumn...Rose hips are rich in vitamin C, one of the highest plant sources, with 100 grams of dried hips yielding 2,000 mg of vitamin C. Rosehips contain vitamin A and B and the antioxidant lycopene, also found in tomatoes. Rosehips are also anti-inflammatory, immune boosting, and anti-oxidant)

Session 2- We visited John Rylands Library and the children bound (sewed) their own Almanacs (The have the 3rd largest collection in the country)- it was Halloween, and its a very spooky building, the children loved it.

Session 3 - We met a local woodsman Jason in Highfield, who told us about besom brooms (made from Birch twigs and hazel rods), and the children made one each

Session 4- The acclaimed storyteller from the charity Common Ground, worked with the children, helping them create their own 'Autumn' story. He told us about the 'Hunters Moon', and told a story about a hunter. The children made their own story, which we filmed.

Session 5 - We met Jason again in Highfield Country Park, and he told us all about charcoal making. The children then coppiced willow, put it into tins and cooked it to make charcoal. We made chocolate bananas on a charcoal barbecue

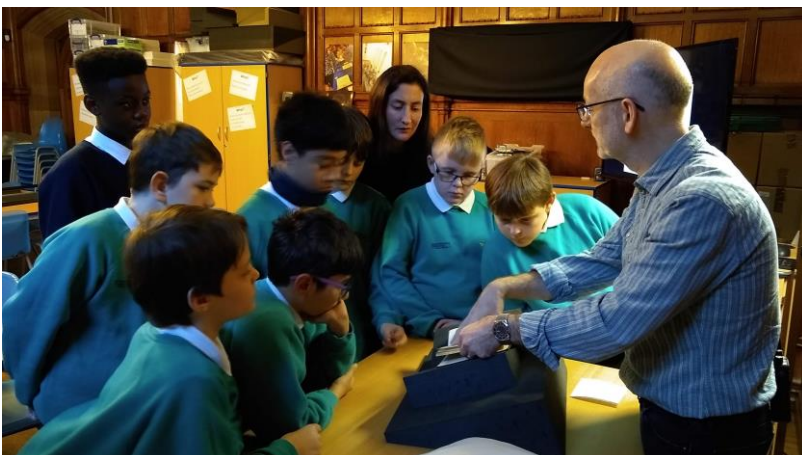
Session 6- We will weave willow into our willow arch at school, then make willow wreathes and willow stars, around the school campfire

Session 1



Di – the wise woman cooking up Rosehip syrup in Highfield

Session 2:



Bernie from John Rylands Library where we made our Almanacs

Session 3



Jason our local bodger who showed us how to make Besom Brooms from birch and hazel

Session 4



Martin Maudsley, the storyteller from Common Ground

Session 5:



Jason making the charcoal with us in Highfield

We received a £5K grant from The Nineveh Trust, and on the back of this we have also secured another £500 from the charity 'Common Ground', and are hoping to secure another £1K from 'The William Dean Trust', so that Martin Maudsley can visit us another 3 times over the coming year- for the children to create a Winter, Spring, and a Summer story.

So far the school have been very positive about how the children's school work is going, and we are already thinking that we would like to continue this project again next year.

Do you think The Nineveh Trust may be interested to fund this project again next year, and how would we best go about re-applying? We are thinking about ways we would tweak the project, and although we have been extremely careful with our spending (and think we have got great value so far)- we feel that £7K may be a more realistic figure to cover the costs of the project.

Yours faithfully

Jane Doyle