

TRAILBLAZER

Finding your feet outside the Classroom!
Summer 10 2020

Hello! This week we're looking at Stonehenge where people usually visit to celebrate the summer solstice each year. There are some ideas below about building your own model of Stonehenge. We're especially keen on the biscuit option!

Take care,

The Hampshire Outdoors Team

Stonehenge

The stones at Stonehenge were placed to line up with the rising and setting of the sun at the midsummer and midwinter solstices (the longest and shortest days of the year). On the summer solstice, the sun rises behind the Heel Stone, the ancient entrance to the Stone Circle, and rays of sunlight are channelled into the centre of the monument. People probably



gathered at Stonehenge for ceremonies at the solstices, to mark the passing of the seasons. Light meant life for prehistoric people, who relied on the sun to grow crops and raise healthy animals. This may be the reason why Stonehenge was built so carefully to line up with the movement of the sun.

Build your own Stonehenge

Stonehenge is an amazing feat of engineering. **Can you build your own Stonehenge?**



You could use stones, sticks (Woodhenge), salt dough or even biscuits?



Make your own sundial

All you need to create it are a few simple items found in your garden. These tools are a straight stick, a handful of pebbles and something to tell the time. Find a sunny area to plant the stick. Look for a place that gets the sun all day long. On the hour, as the sun shines down on it, the stick will cast a shadow. Use one of your pebbles to mark the place where the shadow falls on the ground.

Do this every hour during daylight until your sundial is complete.



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PE at home!

This year has been like no other and, in recognition of the huge changes and challenges that we have faced, National School Sport Week looks rather different in 2020. Right now, young people are missing their friends and missing the sense of connection they get from enjoying sport and play. Millions of young people will be deprived of a school sports day this summer. Some young people are at home while others are at school, but we want everyone to come together to feel connected through the power of sport.

Youth Sport Trust National School Sport Week at Home, taking place from 20-26 June, will give schools, families, communities and sports clubs the opportunity to engage in a series of virtual sporting challenges which help young people capture the enjoyment, competition and camaraderie they are missing out on.

Hampshire School Games Organisers and Energise Me have used the National School Sports Week themes of Athletics, Team Sport, Artistic, Aiming and Adventurous to develop the 5 activities for the 13th set of daily challenges. activities the daily challenges, so you can get involved at school or at home. #HSGDailyChallenge - To find out more go to www.energiseme.org/schools/hampshire-school-games/hampshire-school-games-daily-challenge-june/

Stubbington Study Cente

Pounding Plant Pigments!

Things you will need:

- Light coloured material but blotting paper and kitchen towel will also work.
- A hammer, mallet, rolling pin or hand sized rock.
- A firm, flat surface that can withstand the hammering (wooden slice, chopping board or a flat stone)
- Selection of leaves, berries or flowers

Step 1 - Collect a selection of natural plant materials; to produce a good print the materials will need moisture in them. You could do this in your garden. Look for a range of different colours.

Step 2 - Now to get your bashing station set up; find a nice flat place to work. Place your cloth or paper on top and carefully arrange your materials onto the fabric. Finally, cover this with a second piece of material, paper or kitchen towel.

Step 3 - Gently tap the natural material underneath the fabric, trying to keep the tool as flat as possible as you bash it. The aim is to crush the plant gently so the colours are released but it is not smashed to bits.



Sunflower Diary



I haven't grown something from a seedling since I was at school, a long time ago. I had forgotten how much attention it would need. One minute it looks all healthy and tall (like the picture) and then it wilts and looks very sad. A little bit of water, suddenly it perks up and looks happy again. It is also growing very fast. In the newsletter two weeks ago it was 30cm, today it is 45cm. Next week it will get planted in the garden. **Can anyone predict how tall it will get?**

Why not send us your ideas or images of the amazing things you've been up to!
Email us at outdoor.education@hants.gov.uk