

# UNDER THE CANOPY

Welcome to Newsletter No:4



## ***Growth:***

***"noun: the process of increasing in size. Something that has grown or is growing. (Oxford Dictionary)***

As we begin to turn the corner and move from Winter to Spring, we will be ready to celebrate the arrival of this season with a new theme "Growth". This is another of our core values at Canopy Forest School, one which will allow us to look not only at the physical changes in the natural world but also the developments that we have each made since September. This will be achieved through reflections and evaluations and we will also consider how we would like to move forward in the next step of our learning journey.

During Spring 1 we explored adventures, had fun with compasses, made dens, learnt how to care and look after our hazel trees through coppicing. Coppicing is an ancient art which involves felling trees down to their base to create stools where new shoots will grow. This process rejuvenates the trees and allows more sunlight through to come through to the woodland floor and encourages more wild flowers to grow. The children all understood the importance of being stewards for nature and it was been wonderful to watch their care and love for the world around them flourish. I have been so impressed with the growth and development of children's skills and I have really noticed how self-motivated, self-reliant and engaged they have become.

***"Spring is nature's way  
of saying lets play"  
Robin Williams***



The group should be very proud of all their accomplishments and as the spring arrives there will be other signs of growth all around us. We will tap into this energy and use it to help us to think about how we can continue to look after and nurture our forest school environment.

Fingers crossed there will be lots more sunshine in Spring 2 and if this doesn't turn out to be the case there will be more colour and lighter evenings. As the weather will probably still be very changeable, warm and waterproof clothes will still be needed,

Activities such as building bird boxes, planting summer bulbs, starting nature journals, using natural dyes to decorate clothing and fabric, pressing flowers, making natural string may capture our imagination but it will of course be up to the children which direction our learning takes.

**A Few Spring Facts**

Spring officially begins on March 21st or 22nd. The first day of Spring is called the Vernal Equinox. Vernal is Latin for Spring. Equinox is Latin for Equal Days. On the first day of Spring, the sunrise and sunset are about 12 hours apart, everywhere on the Earth and the hours of daylight and night are almost equal. The Vernal Equinox occurs when the tilt of the Earth's axis is not facing towards or away from the sun.

On the Vernal Equinox, the sun is directly above the equator. This also happens on the Autumnal Equinox in Fall around September 22nd.

Again, we have included in this newsletter an activity that you might like to do with your child at home which draws upon and celebrates the spring. Planting and growing a vegetable garden at home is such a wonderful thing to do at this time of the year. Get them digging, planting and watering and this summer they will get to harvest and then eat their own home grown goodies.

Thank you for your continued support and I hope you have a super half term holiday and we look forward to a healthy Spring 2 half term.





# GROWING A VEGETABLE GARDEN FOR KIDS

Kids love planting, digging and watching plants grow. Now is the ideal time to plant some seeds in a patch of ground at home. Great plants to have a go at growing now are peas, green beans and lettuce.

## WHAT YOU NEED :

- PEA SEEDS
- BEANS
- LETTUCE SEEDS
- TOP SOIL
- CONTAINERS/RAISED BED OR A DESIGNATED PATCH IN YOUR GARDEN



## PROCEDURE :

- 1 WHEN YOU ARE MAKING A CHILDREN'S VEGETABLE GARDEN, ALLOW THEM TO BE INVOLVED IN DECIDING WHERE AND WHAT TO PUT IN THE GARDEN.
- 2 LET THEM HELP WITH SOIL PREPARATION, SEED PLANTING, AND ROUTINE MAINTENANCE.
- 3 MAKE SURE THAT THE CHOSEN SITE GETS PLENTY OF SUNLIGHT AND AN AMPLE SUPPLY OF WATER.
- 4 VEGETABLE GARDENING WITH CHILDREN ALSO INCLUDES TASKS, SO CREATE A SPECIAL AREA FOR STORING GARDEN TOOLS. ALLOW THEM TO HAVE THEIR OWN CHILD-SIZED RAKES, HOES, SPADES AND GLOVES.
- 5 LET THEM HELP WITH WATERING, WEEDING AND HARVESTING.