

TRAILBLAZER

Finding your feet outside the classroom! Summer 13 2020

Hello!

We're buzzing about bees this week!

We hope you can make use of our ideas to bring bees into your garden or you may just want to do your own 'sting'! We'll leave it there...

Take care

The Hampshire Outdoors Team

Bees' Needs Week 13th-19th July 2020

Bees' Needs Week is a campaign from 13-19 July to help raise awareness of bees and other pollinators. <https://www.bumblebeeconservation.org/bees-needs>

There's a little something that everybody can do for pollinators. There are five simple actions you can take to help pollinators and make sure their populations are sustained:

1. **Grow more flowers, shrubs and trees**
2. **Let your garden grow wild**
3. **Cut your grass less often**
4. **Don't disturb insect nest and hibernation spots**
5. **Think carefully about whether to use pesticides**



Make a Bee Friendly Meadow

Creating wildflower habitat is great for pollinating insects and can create a colourful summer buzz in your garden. You can help by creating a mini wildflower meadow or window box. Nectar rich flowers are perfect for pollinators. Bees, flies, wasps, moths and butterflies are just some of the creatures you might find in your mini meadow next summer. So, get sowing. Sow the seeds in autumn or early spring. Scatter on bare earth (weed free) in full sun. Once sown, lightly tread the seeds to bring them in contact with the soil. You do not want to bury them.



How To Make A Simple Bee Water Station For Your Garden

Do bees drink water?

All living things need water, and bees are no exception. As well as drinking it themselves, bees also gather water to take back to their hives and nests. Here, the bees use water to dilute honey, regulate humidity, feed larvae and cool the hive.

You need a shallow dish and some stones, twigs or marbles for the bees to land on. Put some water in your dish and raise off the ground. Put your stones, twigs or marbles into the water for your bees and insects to land on.



HAMPSHIRE SCHOOL GAMES ORGANISERS – SUMMER PROGRAMME TREK TO TOKYO



Since Lockdown the role of the 15 Hampshire School Games Organisers has changed from organising and running different levels of competition and developing leaders to support with the events, to actively promoting daily physical activity.

The Hampshire SGOs Daily Physical Activity Challenge was launched on 23rd March 2020 and has had significant success in engaging children in daily physical activity. With the support of Active Partners, Energise Me, a programme to keep families active during the summer holidays has been created.

To commemorate the Tokyo 2020 Olympics, which have been postponed until 2021, Hampshire SGO's would like to challenge families to keep active by engaging in the 'Trek to Tokyo'. This is a 6-week challenge for the summer holidays, asking pupils to complete daily physical activities and creative challenges throughout the week. Pupils can earn miles for each activity completed and record daily miles on a chart as they trek towards Tokyo.

Each week a new booklet can be downloaded from the Energise Me website www.energiseme.org. Bronze, Silver and Gold Certificates will be awarded when you reach certain milestones en route!

For more information contact Portsmouth SGO Madeleine Campbell via email mcampbell@priorysouthsea.org



Sunflower Diary

It has been a challenging week for the sunflowers, I am sure that they enjoyed the rain but the wind was a little bit of a challenge for them. I went to check on them and both were bent over, now they are loosely attached to some stakes to help them.

Both plants have lots more leaves as they are growing, the leaves seem to be growing in pairs. One plant has also become a habitat for spider and her family as there is at least one egg sack in the leaves.



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