



Health and Wellbeing

Making a connection between ecology, sustainability, physical activity and communicating shared experiences.

Mental and emotional health and wellbeing is paramount and the basis for pupils to achieve challenging targets in their academic life; in this school, it underpins the ethos of all activities.

(Head Teacher – Lamphey Primary School)



Image – children from a Pembrokeshire Outdoor School physically engaged in learning

The school

Lamphey Primary School in Pembrokeshire, Wales, has just over 200 pupils between the ages of three and eleven. The school was one of the first Pembrokeshire Outdoor Schools and all pupils regularly take part in outdoor learning experiences to enhance their learning. The school has received the highest level of award by the Welsh Network of Healthy

School Schemes as a result of their focus on health and wellbeing. Outdoor learning is very important to their ethos.



Key focus

Ecological and well being

Who was involved?

Pembrokeshire Outdoor Schools (a partnership of local authority advisors, headteachers, and regional, national and global partner organizations such as Pembrokeshire Coast National Park Authority, Healthy Schools and Eco Schools), staff, students, and parent volunteers.

Project overview

Pembrokeshire Outdoor Schools encourages and supports schools to make use of their grounds as well as local greenspaces – making a connection between ecology, sustainability and physical activity by encouraging children to explore become familiar and

understand their local area with an emphasis on biodiversity in any space be it in the countryside, the town or the city. As one of the first accredited Pembrokeshire Outdoor Schools, Lamphey Primary has an active learning approach and uses their grounds and the local environment to enhance curriculum experiences. The school garden has become a wonderful resource for environmental studies and personal and social education. They have also developed a conservation area and nature garden complete with willow maze, wildlife meadow, woodland and orchard.



Physical and mental health

As an 'Outdoor School', Lamphey Primary teaches its pupils to become fully engaged with, and confident in, their local outdoor environment. Through regular, planned and curriculum linked visits to their local outdoor areas the children develop a strong sense of belonging, well-being and high levels of physical activity.

Ecology and communicating shared experiences

Through these practical outdoor activities, students acquire a useful knowledge of their local ecology and approaches to sustainability. They use their communication skills to share this knowledge with others while improving their school space. Having the opportunity to develop literacy and numeracy skills in an outdoor context, promotes their mental and emotional health and wellbeing.

Key messages

- Facilitate the understanding and appreciation of the natural environment in the local area and then reflect it in the school grounds.
- Ensure that outdoor learning is embedded across the curriculum and across the stages so there is no additional work for teaching staff.
- Delivering curriculum linked lessons in an outdoor context promotes mental and emotional health and wellbeing.

Lessons learnt

- The outdoor learning environment takes away the fear of failure. All pupils have the opportunity to experience success when learning outdoors.
- Applying skills and knowledge in unfamiliar contexts promotes greater independence for all pupils.
- The excitement and challenge of experiencing unfamiliar environments fosters a culture of appropriate risk taking for both staff and pupil. These experiences embody all aspects of the four purposes in the new Curriculum for Wales

Reflection

- How might happier and healthier, physically active children and young people approach learning?
- What impact could this have on their attainment?
- What skills do pupils who are connected to their local environment and can communicate this to others have that will help them meet their academic goals?