

# Schools Programme

Curriculum Linked Learning about food growing, seasonal healthy cooking and nature with Bristol's biggest vegetable producer.

# Sims Hill

Shared Harvest

Sims Hill Shared Harvest invites schools to come and do some hands on learning at our beautiful site brimming with seasonal vegetables and wildlife in North Bristol.

We work with schools to connect children to healthy nutritious local food, following the process from seeds to plants and harvests to meals.

Children learn about:

- field scale food growing
- plants through the seasons
- how to prepare simple nutritious meals....and lots, lots more at the same time as boosting their well-being through fresh air and connecting to nature.

KS1 and KS2 activities that fit the 'Cooking & Nutrition', Geography and Science curriculum.

Come for a one off visit or regularly with our seasonal programme - see over for details.

Sessions hosted by Avon Wildlife Trust's 'Feed Bristol' project with accessible facilities & learning spaces. All activities run by insured Forest Schools leader with DBS check.

For more info check:  
[www.simshill.co.uk/schools](http://www.simshill.co.uk/schools)



## Curriculum linked activities, for KS1 & 2 meeting 'Food and Nutrition' (DT), Science and/or Geography objectives:

**FIELD TOUR:** come & get to know the site including the fields, polytunnels, ponds & much more (theme optional e.g common native plant id, wildlife, habitats)

**FROM SEED TO SALAD:** look at different seeds, see the plant cycle in action, discover plants needs and sow seeds to take away

**SHARE THE HARVEST\*:** pick and prepare veg to eat and cook a seasonal lunch for all children. Design a meal wth seasonal produce.

**WHERE'S MY FOOD FROM?** Look at 'Eat Well Plate', origins of different foods, parts of plants & what we eat.

### Key Stage 1:

**FARMERS' FRIENDS+FOES:** Explore different habitats & wildlife & how they help/hinder food growing.

**DELVE INTO THE SEASON:** experience the qualities of different seasons, associated weather and day lengths. Find out what farmers do at this time of year. Get involved with seasonal craft/growing.

We're very happy to tailor activities to you - Please get in touch for info.

Activities marked with '\*' incur an extra materials charge of £1.50/child.

### Key Stage 2:

**STARTING WITH SOIL:** Explore what processes and materials make soil. Look at sucession, how land changes over time and what different plants need to grow? Find out how organic farmers look after the soil so it looks after the plants.

**KNOW YOUR NUTRIENTS\*:** find out about nutritional qualities and benefits of different plant families. Look at plant classification, reproduction & how to look after them. Plant seeds to take away.

**DAILY BREAD:** look at different staple grains around the world. Have a go at processing wheat and preparing and cooking some bread.

**DAY VISITS:** pick any 2 of the above activities. £8/child (£140 min. spend)

Enjoy 20% off with the **SEASONAL PROGRAMME:** Come 3-6 times a year to immerse your pupils in the field. Choose 2 activities per day & the opportunity to take on your own school plot, which we help you plan, plant up&harvest. Pupils benefit from close observation of plant cycles & growing success, without putting pressure on teachers/school grounds.

Find it difficult to come to us?  
Get in touch & we may be able to come to you.

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[www.simshill.co.uk/schools](http://www.simshill.co.uk/schools)

