

Hello!

Well I have been The Learning Development Officer at RSPB Forsinard Flows for the last 14 months and cannot believe how quickly that time has gone. Time, as they say, flies when you are having fun. I have an amazing job, where I have the privilege to visit lovely schools in Caithness and Sutherland, teaching about the wonders of the peatlands and the natural world and meeting so many wonderful young people and staff.

The Flows to the Future Project, through which I have been employed has ended. Over the last five years, the project has delivered many exciting initiatives throughout the Flow Country (and beyond), not least the fabulous Field Centre, Lookout Tower and board walk. The profile of the Flow Country and its importance has been raised substantially during this time. In educational terms it has delivered over 4000 interactions with the youngsters of the North Highlands over the last five years. That equates to 151 Outreach sessions, and over 60 fieldwork teaching sessions on the peatlands.

The RSPB has been the lead partner in the Flows Project and is very keen to see Education and Communities work continue, especially as we now have such a brilliant facilities at Forsinard.

The ending of the Flows to the Future Project is not the end of education at RSPB Scotland's Forsinard Flows reserve!

So this means ...educational opportunities in the Peatlands into the future! Please get in touch if you would like to come out to Forsinard for a day or an overnight stay in our Field Centre, or would like us to bring outdoor learning to your school. We can cater for very young pupils to those working towards Higher level qualifications. Hope to see some of you very soon.

Hilary (Community Engagement Officer RSPB Forsinard).



HOT TOPICS for the coming months! Book your places now!

Practical Conservation Work: End of November

We have a limited number of spaces for pupils P6 upwards to come out on the reserve, work with our team of staff and volunteers to learn the skills needed for controlling non-native conifers on our reserve. This includes tool work and you could even take home a Christmas tree!

Restoration Christmas and the Flow Country. (November/December)

Find out about the removal of conifers from our reserve, while learning about the plant and animals of the Flow Country. Make decorations from natural materials found around our reserve. We bring everything with us to make this a perfect way to decorate your classroom and learn about nature!

Big Schools Birdwatch—Have you registered yet? (January/February)

<https://www.rspb.org.uk/fun-and-learning/for-teachers/schools-birdwatch/>

We can come out to your school to help make bird feeders, carry out your big school birdwatch with you, and even make nesting boxes. Children learn about adaptation and different beaks as well as the different birds we find in Caithness and Sutherland.

Take a look at our updated website, it has lots of ideas to help link the Flow Country with your curriculum.

<https://www.theflowcountry.org.uk/>

All of our activities can count towards the **RSPB's Wild Challenge** – an exciting initiative aimed to help pupils aged 4–12 connect with nature. Registration is easy and free! It can help you work towards your Eco School Award too.

<https://www.rspb.org.uk/fun-and-learning/for-teachers/schools-wild-challenge/>

No paperwork! Easy to access! Great ideas!

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Learning with RSPB Forsinard. 2018/19



Art inspired by the Flows at Tongue
Primary



Bird boxes and bird feeders. Big
School's Birdwatch 2019



Learning about the local landscape and the won-
ders of the Flow Country on the Dubh-lochain Trail
RSPB Forsinard Flows



John Muir Award



Conservation work

'The more you look, the more you see'

How truly these words reflect our northern landscape where the bog holds many secrets and wonders.

Where better to have a school visit than to this beautiful, wild location in the heart of the Flow Country?

What do we offer?

- We have a fabulous field centre, with hostel facilities that can accommodate up to 16 people for overnight stays. It has a purpose built classroom and laboratory, making it suitable for a base and for day trips to the reserve.
- A brilliant visitor centre at Forsinard Station, which is packed full of fascinating information.
- An easily accessible boardwalk to the Flows Lookout Tower and into the pool systems.
- Trained Staff to deliver a programme to suit your needs.
- hilary.wilson@rspb.org.uk — 01641 571225

Education activities can take place at your school or at our RSPB Forsinard Flows Reserve.

- Forsinard is on the A897 and is clearly signposted from connecting roads to the North and South.
- Why not take the train to Forsinard and we will meet you on the platform!