

# FOOTPRINT

Hill House School

Cambian  
International School

Edition #30 2022

Promoting happy, healthy and sustainable living at Hill House and beyond.

## SUMMER!

With more opportunities to get outside and the abundance of fresh, home grown or locally produced fruits and vegetables, it is no surprise that summer is considered to be "good for us" - just don't forget your hat and sunscreen, and remember to drink plenty of water! At Hill House, the season is synonymous with school trips to the zoo and outings into the forest or to the beach with picnics and ice cream. Our young people have certainly been making the most of the sunny days so far to improve their health and well-being in lots of ways. We will let the photos speak for themselves in this **BUMPER** edition of our newsletter!



As well as having access to the Hub and lots of grassy areas, the site is also up in adventure play, which provides a focused outdoor learning space; it's a great area to use for storytelling and other woodland activities. The education team have been taking full advantage of it for some of their lessons and exciting Bushcraft activities where the young people have the chance to learn more about nature up close!



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## BUSHCRAFT



## HOW GREEN IS IT ... TO EAT ICE CREAM?

Ice cream is rooted in the dairy industry, which is resource intensive (one scoop of ice cream takes 42 gallons of water) and has a reputation for polluting local waterways; not to mention the methane contribution from all those cows! So, while ice cream is delicious and good for you in small quantities - don't forget it's loaded with sugar - unfortunately, it's **Not-So-Green**. The best "green" solution is to think of it as a treat, choose an environmentally friendly brand, and eat it in an edible cone or with a wooden spoon - not plastic!



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## HILL FRESH

Back in the autumn of 2020, we started the "Hill Fresh" initiative where homes can order fresh ingredients through our Let's Eat Café to prepare healthy meals in their own kitchens.

Each season, we publish a Let's Eat Leaflet that contains information about healthy eating and recipes that everyone can access and cook together.

The Summer 2022 Let's Eat leaflet is now available! It is packed with more symbol-supported recipes and looks at the benefits of picking your own strawberries - whether from our own allotment or from a local PYO farm. Not only is it good for your physical well-being, it is also beneficial for your mental health. And, of course, there's the simple pleasure of eating a sun-ripened berry that you have just picked yourself.



"Food Tastes Better Outdoors" is a project by the [Sensory Trust](#) to enable people with learning disabilities to prepare and package healthy food for picnics and discover suitable places to eat outdoors.



The latest Let's Eat Leaflet includes recipes exploring healthy eating options that can be enjoyed outdoors. The best part is that all of the recipes are symbol supported!



food



tastes



better



outdoors

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## OUT AND ABOUT

