

# FOOTPRINT

Hill House School

Cambian  
International School

Edition #63 2024

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



## REWILDING THE MIND

As part of our One Planet Living® curriculum, the young people at Hill House have the opportunity to experience regular "ReWilding the Mind" sessions run by Zoe from the Hampshire County Council, [Outdoor Participation](#) Team.



These sessions focus on nature connection and well-being, with a range of nature-based activities that includes bushcraft, exploration, conservation, and interaction with animals. Making wormeries, building bird feeders, and constructing hedgehog houses are just a few of their accomplishments so far!

In addition, they enjoy the benefits of living in the New Forest, which enables them to access the countryside, learn more about local biodiversity, and recognise the value of nature on their health and well-being. The weather doesn't seem to make much of a difference to their fun either: sun-cream, wellies, woolly hats, coats and gloves are always to hand.

[#MAKEONECHANGE](#)

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## WELCOME!

As well as our chickens, we welcomed two more "wildlife" additions to Hill House last year. Meet Thistle and Clover! The guinea pigs have now taken up full time residence and are proving to be very popular! Everyone is keen to help with their upkeep and enjoy the occasional cuddle.

