

# Medieval Period at Stanwick Lakes

It is not known whether or not the Stanwick Lakes site has been continuously occupied over the past 5,000 years but archaeological excavations have identified settlements that can be dated using the finds.

**Medieval Period: -1450AD**

**Stanwick Settlement: 1154 - 1450AD**

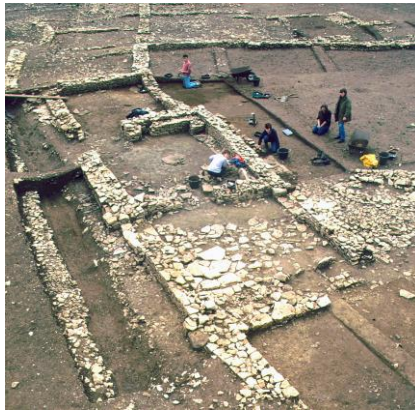
Over the past 5,000 years, the Nene Valley has been home for Neolithic, Bronze and Iron Age, Roman, Saxon and Medieval Settlers.

*Artwork by Andrew Hinchcliffe © Rockingham Forest Trust (Settlers of the Nene Valley)*

# Medieval Period at Stanwick Lakes



"This is the site of the Medieval period excavation at West Cotton at Stanwick Lakes, and an artists impression of what it may have looked like.."



"And this is a stone carving of a Medieval praying knight, found during the dig.

It can be seen on display in our Heritage Zone in the Visitor Centre!"



# Medieval Period Word Search

## West Cotton Hamlet

West Cotton was a **hamlet** created in the late Saxon period, around the mid-10th century.

A Saxon Thegn (Lord) built a **hall** and **mill** here.

After the **Norman Conquest** (1066) and through the rest of medieval times, **Lords** of the Manor and Abbeys controlled all milling, and so **peasants** had to pay to have grain ground to flour, providing income for the **Manor** and its Lord.



However, following the **Black Death** in the mid-14th century, there were not enough peasants to farm all the land and as a result poor land was often **abandoned**, as at **West Cotton**.

Many peasants moved to better farm land and became more prosperous.

**Can you find the words in bold in my wordsearch?**



**West Cotton Mill  
Excavation of the  
water wheel**

W	Q	D	V	K	L	T	G	B	T	L	V	Q	F
T	E	U	E	O	G	E	T	G	L	U	F	D	J
F	R	S	R	N	D	L	Z	A	T	B	A	K	Z
E	K	D	T	T	O	X	H	Q	H	H	R	O	O
X	S	C	V	C	S	D	K	K	O	T	M	C	G
G	X	C	A	Q	L	U	N	S	P	A	Y	O	F
N	M	I	L	L	L	W	T	A	Q	E	T	T	X
R	O	N	A	M	B	N	G	X	B	D	S	T	L
W	O	R	P	H	A	M	L	E	T	A	E	O	S
O	I	H	M	S	Y	B	M	E	N	V	U	N	Z
L	R	Q	A	A	X	X	X	R	X	S	Q	H	E
S	R	E	K	X	N	E	J	J	J	H	N	U	W
T	P	S	F	Z	O	E	G	R	G	S	O	C	C
F	L	H	O	Y	G	J	G	L	F	A	C	W	D



# Medieval Period Motte and Bailey Castle

The Norman Conquerors built their castles where they could keep control of the local population or at important locations such as river crossings or on key roads.

The advantage of this type of castle was that it was quick to construct. Making a fortification from wood was much easier than making one of stone.



An example was Higham Ferrers Castle, a large, medieval motte-and-bailey castle built soon after 1066 and abandoned in the late 1400s. There are no visible remains today.

Motte-and-bailey castles consisted of a tower and fence built on top of a large mound of earth (the motte), with an enclosed courtyard below (the bailey).



# Medieval Period

## Design your own Castle



Why don't you  
design your  
own castle  
here?

# Medieval Period Word Search



## GUILDS

Groups of craftsmen were called **guilds** during this period. Each guild had specialties. For example, there was a guild for **weavers, dyers, armorers, painters, masons, bookkeepers, bakers, and candlemakers.**

They had well-defined skill levels including **apprentices, journeyman, and masters.**

Despite being skilled workers during this period, women were not allowed to join or form their own guild.



## ROYAL FORESTS

**Rockingham Forest** was one of Northamptonshire's medieval forests.

The forest area supported a range of industrial production, including an important **iron** industry, based upon the local ores, and fuelled, at least in the medieval period, by a large **charcoal** industry,

**Can you find the words in bold in my wordsearch?**

L	D	C	N	L	E	M	B	C	Z	U	I	X	S
G	L	Q	A	X	Z	F	O	M	N	R	A	W	D
V	A	T	N	N	B	Z	O	Z	O	P	W	E	L
O	O	P	V	A	D	A	K	N	P	S	C	A	I
W	C	G	A	O	M	L	K	R	I	E	P	V	U
D	R	D	Z	I	I	Y	E	E	Z	P	W	E	G
Y	A	Z	K	Q	N	N	E	M	R	J	A	R	X
E	H	N	V	M	T	T	P	N	A	S	E	S	T
R	C	E	Q	I	I	P	E	T	R	K	W	G	X
S	D	X	C	F	Z	M	R	R	S	U	E	L	H
S	R	E	T	S	A	M	S	Y	S	E	O	R	C
E	S	M	A	H	G	N	I	K	C	O	R	J	S
J	B	T	A	R	M	O	R	E	R	S	K	O	Q
R	C	D	E	M	A	S	O	N	S	E	I	K	F

# Medieval Period Feudal System

Settlers of the  
Nene Valley

William the Conqueror (1066-1087) introduced a feudal system which consisted of a king, lords, knights, vassals, and peasants.

During the Middle Ages, feudal society worked because the king granted vast lands called fiefs to noblemen and bishops. These landowners needed peasants to plant and harvest their lands. In exchange, peasants could live on the land with protection from local lords in case of invasion.

During this period, about 90% of the population worked on lands as peasants or serfs.



The peasants were at the bottom of the Feudal System and had to obey their lord, to whom they had sworn an oath of obedience on the Bible.

Because they had sworn an oath to their lord, it was taken for granted that they had sworn a similar oath to the duke, earl or baron who owned that lord's property

Two things a peasant had to do in Medieval England were to pay rent for his land to his lord and to pay a tax to the church called a tithe.

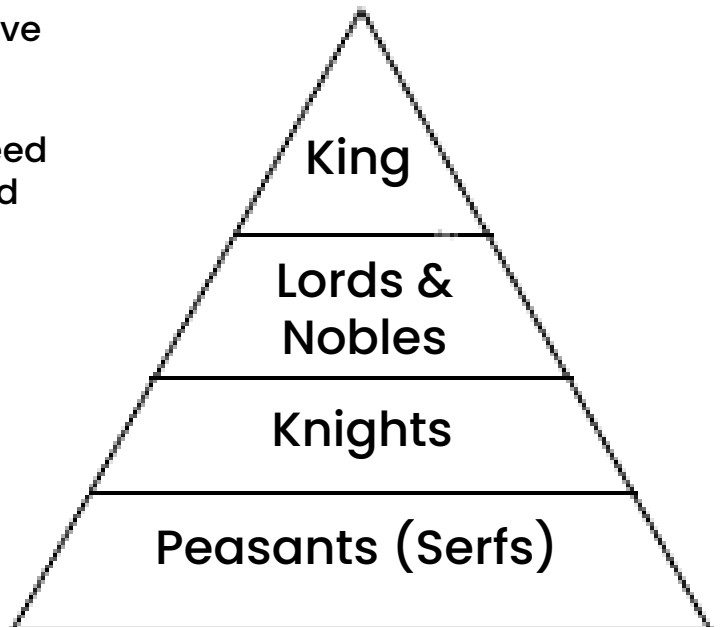
The King owned all the land in the country and made the laws. He gave an area of land called a fife to rich lords and nobles. In return the lords and nobles agreed to supply the King with soldiers and horses for his army.

The nobles also gave land to professional soldiers.

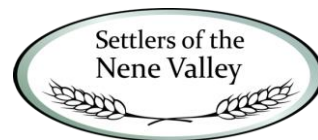
In return the knights fought for the nobles and the King.

The peasants worked the land for the nobles and knights, who in return offered them protection.

## Feudal Pyramid



# Medieval Period Heraldry



Heraldry is about showing people who you are.

In England it started in the late 1100s, when knights began to wear helmets which covered their faces, and they couldn't be recognised. They began to paint unique combinations of colours, shapes and animals, called their 'arms', on their shields and banners. Only one person was allowed to use a particular combination of arms, so when people saw a knight wearing them in a battle or tournament, they could tell who he was.

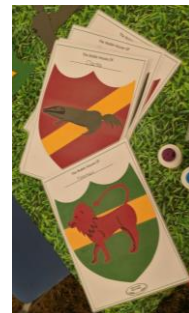


When heraldry began, knights and their families spoke Norman French. Expert 'heralds' still use this language to describe coats of arms.

You don't have to know this 'code' for your shield, but it's a very precise way of describing coats of arms, and it can be fun.

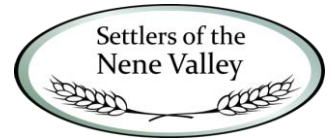
In the next few pages *some* of the heraldic names are written in *italics*.

*Some simple designs can be seen here.*












# Medieval Period Heraldry Shield Colour



Each coat of arms begins with a bright background colour.








There are five traditional colours.

Colours	Otherwise known as:	Meaning
1. Red 	<i>gules</i>	is a symbol of a warrior, military strength and justice
2. Blue 	<i>azure</i>	is a symbol of truth and strength
3. Black 	<i>sable</i>	is a symbol of wisdom or grief
4. Green 	<i>vert</i>	is a symbol of joy, hope and loyalty
5. Purple 	<i>purpura</i>	is a symbol of royalty and majesty
Gold (used yellow paint) 	<i>or</i>	is a symbol of wisdom, generosity and faith
Silver (used white paint) 	<i>argent</i>	is a symbol of peace, innocence and truth.

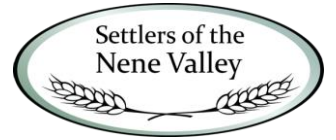
# Medieval Period Heraldry Shield Ordinaries



Just like the colours and metals, each of the ordinaries has its own meaning.

Ordinaries	Description	Meaning
<b>Chief</b> 	A band across the top of the shield. Nothing should be laid on top of the chief.	Prudence, wisdom and success in war
<b>Pale</b> 	A vertical stripe down the centre third of the shield	Strength and skill in defence
<b>Bend</b> 	Diagonal band	The symbol of a protector
<b>Fess</b> 	A horizontal stripe across the centre third of the shield.	The barer will always act in the best interests of the people
<b>Cross</b> 	Crossed vertical and horizontal bands	A symbol of the Christian faith and representative of St George
<b>Saltire</b> 	Crossed diagonal bands	Represents faith in difficult times, the cross of St Andrew, common in Scotland
<b>Chevron</b> 	A horizontal band which is bent in the centre. The centre point of the band is higher than the	A symbol of protection and loyalty, commonly used in England and France

# Medieval Period Heraldry Shield Charges



The heraldic charges are the images that are placed on the shield, they can be shapes, animals or even buildings.

Each of the heraldic charges had its own meaning.

In reality there were actually hundreds of objects used as heraldic charges.

Perhaps you can think of some more examples to add to the list.

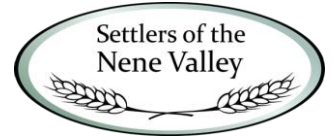


Charges	Symbolises
<b>Axe</b> 	military service
<b>Badger</b> 	intelligence
<b>Castle</b> 	sign of safety
<b>Dragon</b> 	courage
<b>Eagle</b> 	someone who is brave and wise
<b>Hare</b> 	someone who is intelligent, especially in battle
<b>Lion</b> 	strength and valour
<b>The eastern/antique crown</b> 	Has several meanings. These include victory, success in the eastern Mediterranean and as a symbol of God.

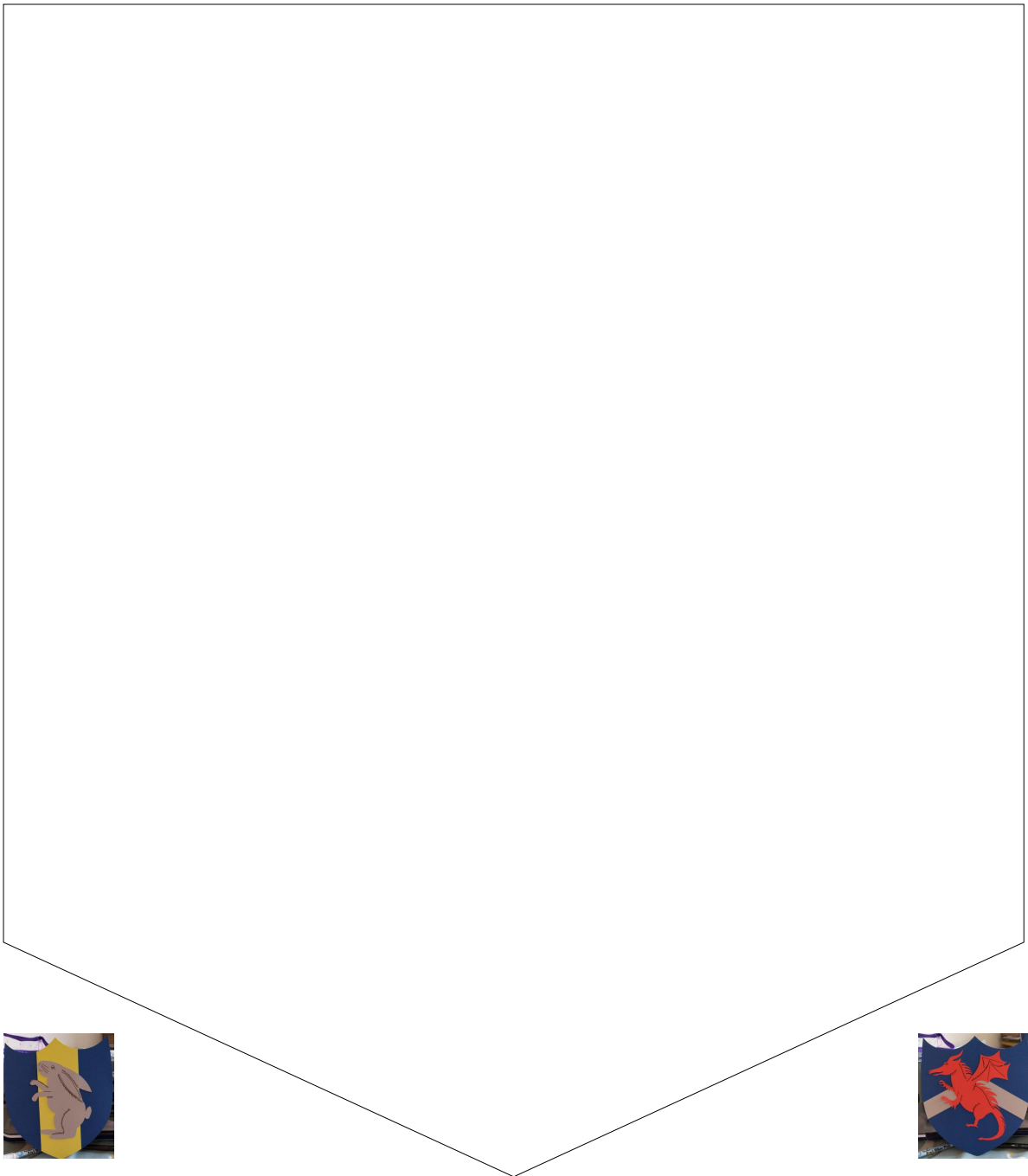
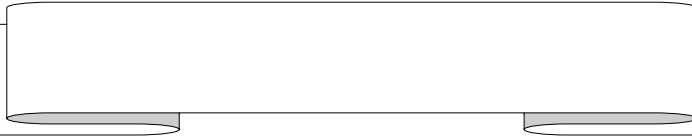


# Medieval Period

## Design your own Coat of Arms



Why don't you design your own coat of arms?  
Add your family name to the banner at the top.





# Colouring



What you wore depended on who you were in the medieval period and your rank in the 'feudal' system.

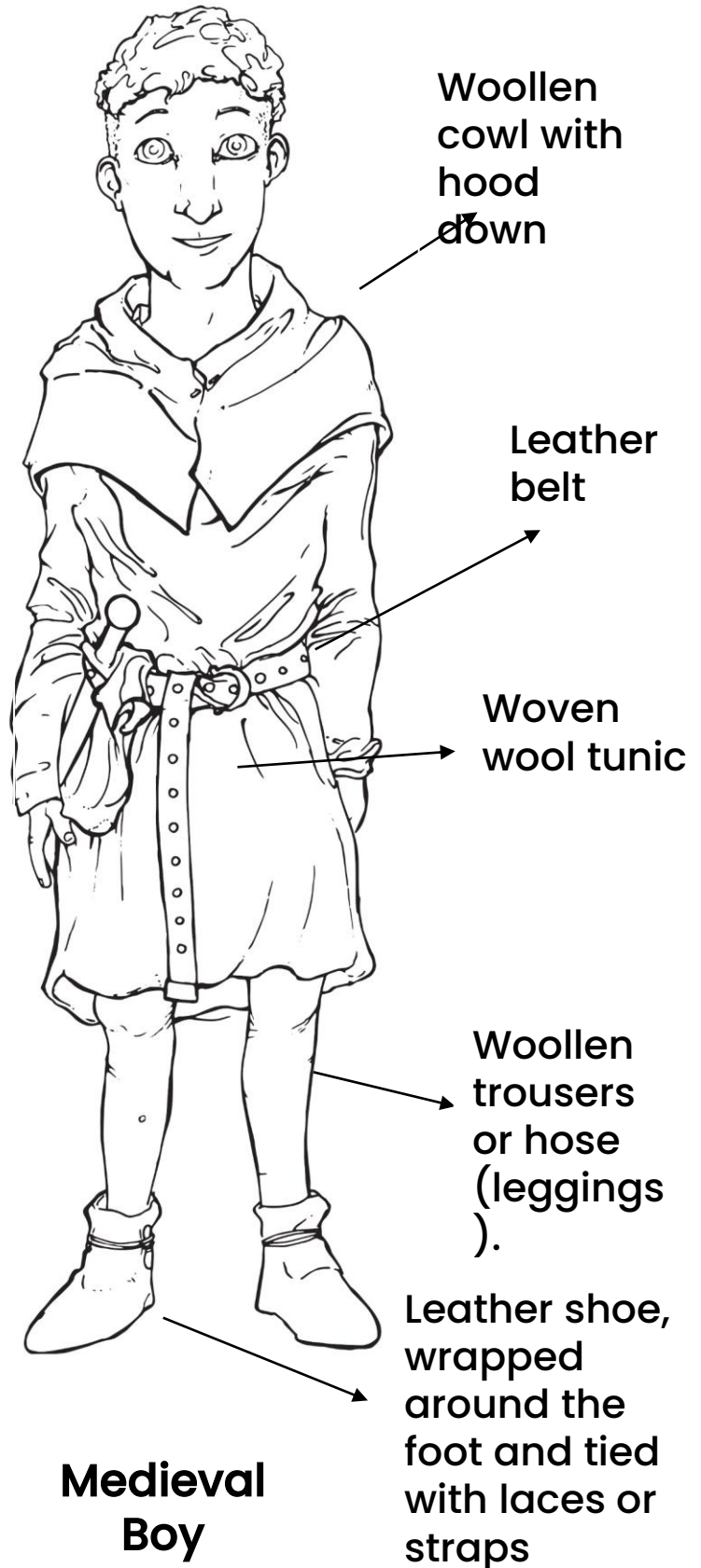
Most clothing was made out of wool which made garments itchy, difficult to wash and dry and very hot in the summer. Some linen, hemp and sheepskin would be available too.

Peasants wore basic, practical and undecorated clothes.

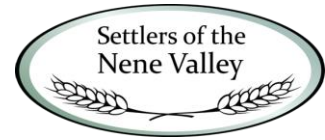
If you were rich you would probably own a variety of clothes. The rich and the nobility could afford silk and cotton from abroad.

Men and boys wore short woollen tunics, belted at the waist, over short woollen trousers.

If you were a poor peasant you may only own one, possibly two tunics.



# Colouring



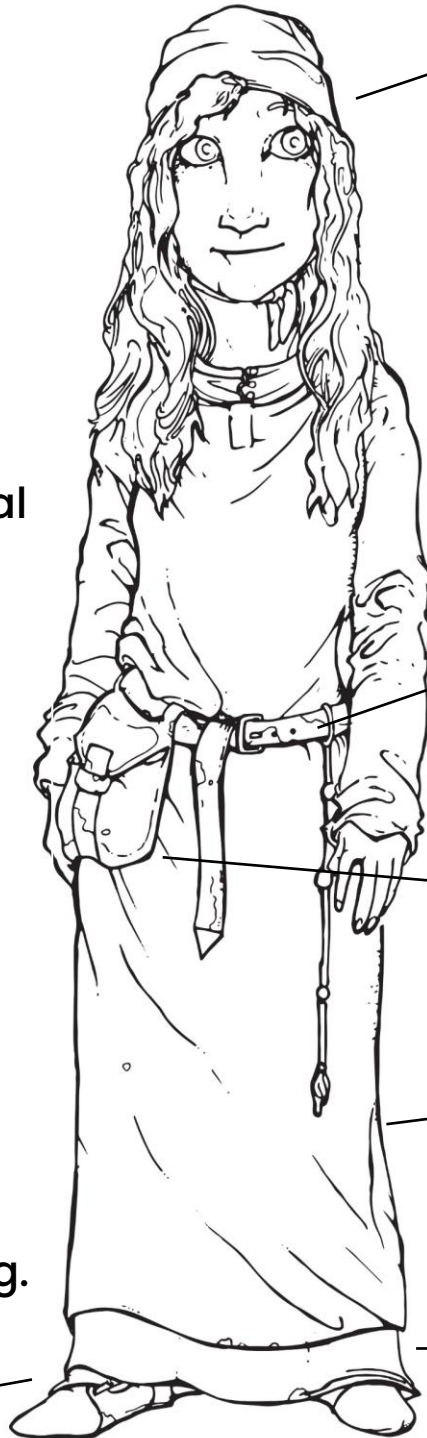
Medieval fashion varied depending on gender, age, profession, geographical location and place in society.

Children under 10 years wore practical and functional clothing.

Women wore long or short sleeved tunics, sometimes with a wool or linen under-tunic and some sort of head covering.

Women's tunics usually had a slit bodice kept together with lacing.

Leather shoes



It is believed due to the influence of Christianity that women wore a cape or kerchief over their head in public

Leather belt

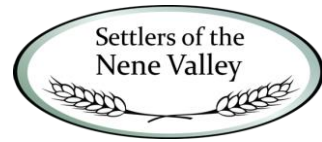
Leather purse

Woven wool tunic

In this picture it is worn over a linen under clothes.

**Medieval Girl**

# Medieval Quiz



Use the information in this pack to you help answer these quiz

1. In a Motte-and-Bailey Castle,

the Motte was a .....

.....

the Bailey was a .....

.....

2. West Cotton was a hamlet created in?

- a. 8<sup>th</sup> Century
- b. 10<sup>th</sup> Century
- c. 12<sup>th</sup> Century
- d. 14<sup>th</sup> Century

3. In the Medieval Period, the king granted vast lands called?

- a. Fields
- b. Acres
- c. Fiefs
- d. Hectares

4. Who was at the bottom of the feudal pyramid?

- a. Lords and Nobles
- b. The King
- c. Knights
- d. Peasants (Serfs)

5. What is the name of the set of **rules** for creating your own coat of arms?

.....

6. Which of these is not a traditional colour for a Medieval coat of arms?

- a. Red
- b. Black
- c. Green
- d. Pink

7. What % of the population worked on lands as peasants and serfs?

- a. 40%
- b. 50%
- c. 75%
- d. 90%

8. Which of these industries were supported by Rockingham Forest?

- a. Iron Industry
- b. Mining Industry
- c. Charcoal Industry
- d. Gas Industry

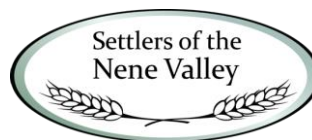
9. The most common fabric used for making clothing was?

- a. Cotton
- b. Silk
- c. Wool
- d. Hemp

10. Children under 10 wore:

- a. Bright and colourful clothing
- b. Practical and functional clothing
- c. Bold and patterned clothing
- d. Dull and dreary clothing

# Medieval Quiz



## Answers

1. In a Motte-and-Bailey Castle, the Motte was a *large mound of earth tower and fence built on top of a the Bailey was an enclosed courtyard*
2. West Cotton was a hamlet created in?
3. In the Medieval Period, the king granted vast lands called? *Fiefs*
4. Who was at the bottom of the feudal pyramid? *Peasants (Serfs)*
5. What is the name of the set of rules for creating your own coat of arms? *Heraldic Code*
6. Which of these is not a traditional colour for a Medieval coat of arms? *Pink*
7. What % of the population worked on lands as peasants and serfs? *90%*
8. Which of these industries were supported by Rockingham Forest? *Iron Industry Charcoal Industry*
9. The most common fabric used for making clothing was? *Wool*
10. Children under 10 wore: *Practical and functional clothing*