



Beside the sea
2308571 John Muir Award .

Each morning as my children and I make our journey to school by the sea it is my welcome site, looking at the beautiful seaside view with both of them. Feeling happy, free and full of glee, I see this view every morning as we wave and say good morning sea, there's no other place, I rather be. Forgetting my troubles and worries. When watching and hearing the big waves crashing up the cliff top up high, wild and soft sea, high and low tide we have seen it all. My favourite time of all is at the end of the day where we get to step onto the beach and play with sandy toes and sun kissed noses there is really no place better place than being by the sea with both of you. Building sandcastles big and small, watching the waves take it all, collecting shells, pebbles and stones, the list goes on and on. Exploring rock pools with pinching crabs and smelly green seaweed that is not half bad. Chasing waves getting and wet toes. being in awe of it all. This is the favorite place to enjoying the natural world around us.



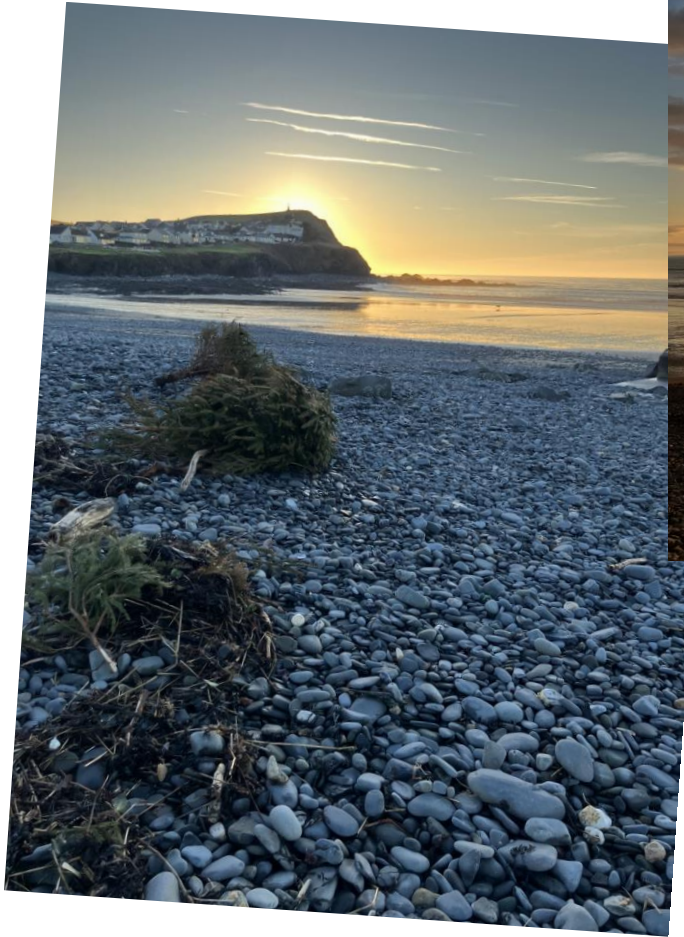


Listen to the waves



And close your eyes, my daughters and I are going to take you on a journey around the seaside.





Beautiful sunsets lighten the sky in vibrant colours red and orange on the horizon waiting for the moon to pop up and say hi.



Exploring the sea watching the waves .



Loads of laughter running into the sea
it is a great time indeed .



Finding and collecting hidden treasures to make a mermaid to look after and protect the wildlife on the beach and in the sea.



Exploring
rock pools
what did
we find .
Lots of
different
creatures
habitats



Sea snails
Sticking to
the rock .



Rock goby
Swimming
around.



Find out more scan me!



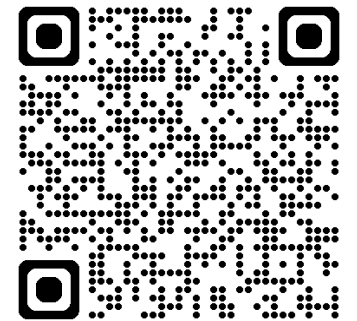
Algae and seaweed
grown in the rock
pool hiding crabs
and his friends



Jelly fish are washed up on the beach. They do not survive long out of water. Lets hope the tide comes in quickly to take them back out to the sea.

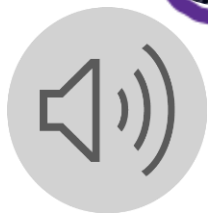


Scan me





Can you spot the Baby Gull fluffy chicks looking for food . Gulls will eat whatever food they can find in their environment, they mostly eat fish mollusks, invertebrates and human food .



Listening to the Gulls .

Gulls swooping down on people taking and snatching food is a learnt behaviour, it has been reinforced every time they get fed by the public (RSPCA, 2025)



For more information click the link blow .

[How To Keep Gulls Away | Deterrents | RSPCA - RSPCA - rspca.org.uk](https://www.rspca.org.uk/how-to-keep-gulls-away-deterrents)



As there is a nature reserve 8miles towards Machynlleth there is a flock of white-fronted geese often flying around .

[Ynys-Hir Nature Reserve, Powys](#)

As we looked a bit closer, we found rubbish on the beach that has been swept up by the sea.



Plastic and more plastic landing up on the beach . This flotsam can affect both human and wildlife health .

Creatures can get tangled in the rubbish and can be mistaking it for food sometimes causing injuries, illness of even death

Plastic pollution on UK beaches has increased again, ocean charity finds



GETTY IMAGES

Plastic pollution has increased on UK beaches, according to ocean charity

19 March 2025 · 12 Comments

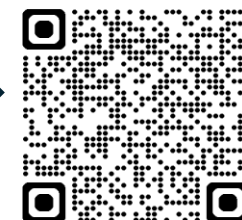
The amount of plastic rubbish found on beaches in the UK has increased by nearly 10%. according to new findings.

A Guide to Plastic in the Ocean

It's a problem, but it's one we can do something about.



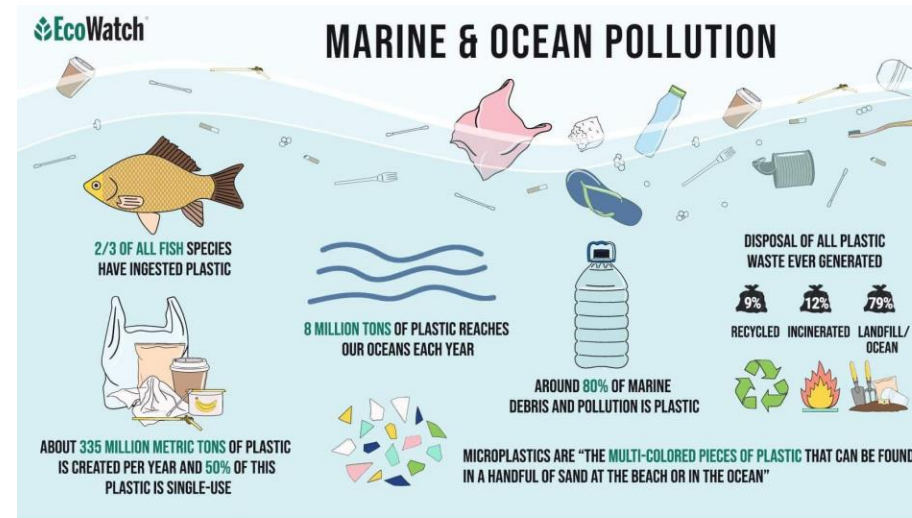
Find out more .



Link to the website

How does plastic get In the ocean ?

Plastic you throw could end up in the sea, this takes a long time to decompose, it breaks into microplastics which can get eaten by marine wildlife which is incredibly damaging to them and to the food cycle. At less 80% of plastic that is in the sea is from land, we need to recycle plastic to put an end to it ending up in landfill or in the sea with the rain or wind carrying it into the sea and products getting put down the drain many that are used all the time are flushed down the toilets for example wet wipes and sanitary products(WWF,No date).



Source: <https://www.ecowatch.com/ocean-plastic-guide-2653277768.html>

Click like for more information.

[How does plastic end up in the ocean? | WWF](#)

Plastic-Carbon footprint



BBC News
Plastic pollution :turning
the tide using seaweed.



We picked up the rubbish that we found and threw it in the relevant bin. Which made me think of having a litter picking station at the beach ,so everybody can help keep the beach tidy .



[The 2 minute foundation: Get-a-litter-picking-Station-in-your-community](#)

Having one of these stations should reduce litter by 61% with a mixture with both this and recycling and reducing our plastic –carbon footprint will help keep our seaside clean and enjoyable and preserve a place of natural beauty.



Plast Off! Beach Clean 2024



Young Voices

Highlights from our annual Plast Off! Beach Clean 2024. This year we covered two locations - Porth Tre Castell as usual and Trearddur Bay too. Two of our young people have written up their experiences from this successful January event,

[Plast Off! Beach Clean 2024 | North Wales Wildlife Trust](#)



Mystery illness leaves Borth swimmers 'projectile vomiting' but no sewage discharged

By Debbie Luxon | Reporter |
Tuesday 18th June 2024 4:17 pm
@DebLuxon
debbie@cambrian-news.co.uk

SPREAD THE NEWS
✉ ✕ f



Last year there were several reports of sewage in the sea , I remember smelling a revolting smell one evening when I was walking my dog on the beach .

Sewage in the sea has a really serious impact on human health and marine habitats.

GREENPEACE

[How sewage got into UK rivers and seas, and how to fix it - Greenpeace UK](#)

The cause of the sewage in the sea was heavy rainfall which overloaded the sewage systems, that climate change has played a part in.

Information on climate change.

<https://www.bbc.co.uk/news/science-environment-58073295>

Sewage spilled into rivers, lakes and seas in Wales for nearly a million hours last year

There was rise of more than two thirds in waste from households including toilets pouring directly into rivers, lakes and seas

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Comments 3

NEWS By Ben Summer Senior reporter
16:41, 28 Mar 2024 | Updated 16:44, 28 Mar 2024



Storm overflows discharge sewage mixed with rainwater into seas and rivers (Image: Getty Images)

Wales saw a huge increase in the sewage spills into rivers, lakes and seas from overloaded drainage systems last year. In total, untreated household waste poured into waterways for nearly a million hours in 2023, an increase of 68% o

WalesOnline

Mermaid Sparkle ,

I look after and protect the wildlife on the beach and in the sea. She needs your help. To keep the wildlife from harm ?

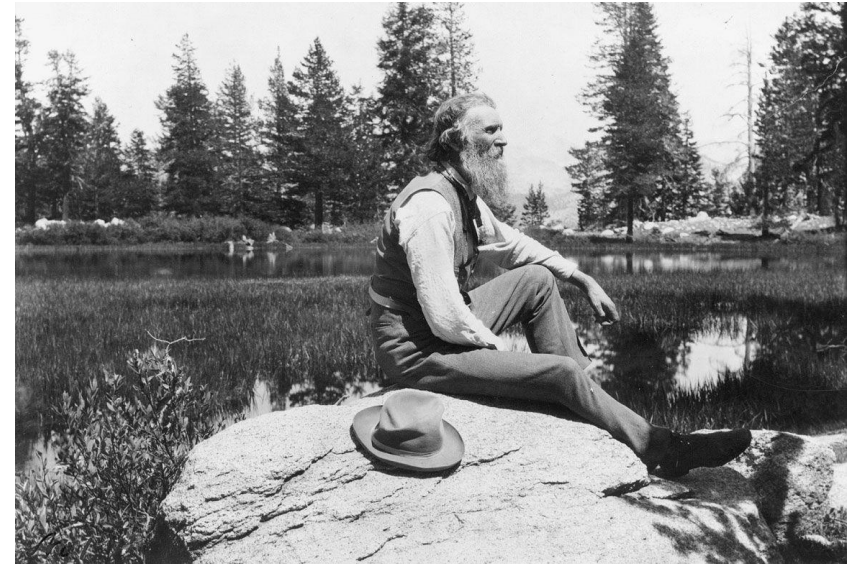
Please read her letter

Dear Children,
Our ocean is full of plastic and rubbish that does not belong here. It make animals sick and spoils our homes. Will you help me clean up the seaside and protect our planet, by being a sea saver by recycling and using less plastic, never litter. Together we can make the seaside clean again and a friendly happy place for all of us.
Thank you
Sparkle x



John Muir 1838-1914

John Muir was born in Edinburgh , where his passion and love for wild places began and developed. He moved to United States with his family, where his fascination of nature of everything living and he recognised that all life is connected . This passion for nature and wild places turned into a lifelong quest to preserve and protect them. Which brought awareness through his writing to help people to understand the importance of wildness (John Muir trust, no date).



John Muir(Muir,No,date).

Scan the link. To learn about John Muir trust.



Click link to learn more about John Muir

[Biography of John Muir](#)

Reference list

John Muir Trust (No ,Date) *About john Muir* . Available at :[About John Muir | John Muir Trust](#) (Accessed 7th July 2025).

Muir,J (No,Date) *John Muir*. Available at :[About John Muir | John Muir Trust](#) (Accessed: 7th July 2025).

RSPCA (2025)*Gull deterrents*. Available at: [How To Keep Gulls Away | Deterrents | RSPCA - RSPCA - rspca.org.uk](#) (Accessed : 5th July 2025).

WWF (No, date) *How Dose Plastic End Up In The Ocean* . Available at:[How does plastic end up in the ocean? | WWF](#) (Accessed 7th July 2025).