



# Park Howard John Muir Award

Sustainability in the Early Years  
EAAE6005

# DISCOVERY

Unfortunately I live in a street with very small gardens so its not a good place where my children can enjoy and explore the outdoors, however, just across the road from us is the wonderful enchanting Park Howard.

This beautiful natural haven gives us the chance to explore the outdoors with lots of wild flowers and creatures.

The park has many walk paths leading to various places such as the duck pond, play areas and woodland.



# FLOWERS

Sitting in the park listening to all the noises and birds really makes you appreciate the beauty of nature and how wonderful all the different variations of flowers are and how important they are to sustain especially for Bees.



# WILD FLOWERS





# OUR PARK

We love to go to our local park To walk with the children and hear the dogs bark

See flowers with colours that shine so bright anytime day or night

We love to see the ducks as they glide across the lake, there's often children feeding them some cake.

Creatures everywhere that swim, crawl and fly, from crawling on the ground to high up in the sky

Sometimes when I'm sat at home I have my memories so I'm never alone.

To my family this place is gold with memories and stories that will never grow old.

# SOME OF THE PARKS RESIDENTS



# EXPLORING

When exploring amongst the trees my daughter brought me something she found and was curious as to what it was. I myself didn't actually know what it was either so after some help searching the internet we discovered it was an owl pellet, what an amazing rare find.

At first it was pink so I'm guessing it was freshly regurgitated. We took it home to investigate further, in the morning it was harder and more of a grey colour and was full of beetle and bone fragments, so even though we couldn't see any owls, there was sure signs of their presence at the park.



# THE GROUNDS



# SUSTAINING THE GROUNDS

When discovering Park Howard you cant help but notice how well kept it, was which made me wonder how do they sustain these beautiful grounds. So after some investigating I discovered they have a volunteer programme where you can help maintain the grounds and there were many there replenishing the garden needs with new flowers donated by Carmarthenshire County Council.



# CONSERVATION

While observing the ducks that migrate to the park, I noticed how many families take bread with them to the park for their children to feed the birds. On looking up what birds like I learned that bread is not very nutritious for ducks and shouldn't be given. Not only that, it attracts lots of seagulls to the area which kill the ducklings and destroy the nests eating the eggs too.



# SHARING IS CARING

When exploring and discovering the outdoors I realized I could do something to help maintain and sustain the area myself instead of relying on others to hopefully do it for us. Spending so much time up the park the last couple of weeks has made me want to start getting outside more and I feel much happier and healthier being out most evenings.

I decided to email Carmarthenshire County Council to ask if I would be allowed to make a few posters for the fence to make the public aware that there are much healthier options we could be feeding the visiting birds, such as seeds, grapes, sweetcorn and various nuts.

