

Part one script.

Hello my name is Katie Taylor, and I am going to share my digital scrapbook "footprints in the sand". Throughout this digital scrapbook I will be looking at nature including the benefits it has not only to the environment but to us as human beings.

When deciding the area, I would choose for the John Muir award I went back and forth with different ideas however I knew I wanted it to be an area close to water. This was to represent my grandfather who played a significant part in my life as he was in the Navy, and his family worked on the trawlers resulting in my uncle being the captain on the biggest fishing trawler in Europe. However, unfortunately during this module my uncle passed away, and he spent a lot of his time walking along the beach and every Saturday I would sit with him and my son Charlie in his living room which would look over the mumbles. I have a lot of memories at the beach from my childhood and with my son especially as he gets older, he enjoys going for a run along the beach and running the sand dunes. With my son, grandfather and Uncle Roger in mind I knew that the beach and water would need to be included.

The area I chose brings me peace and tranquillity it is an area I go with my partner who I met while completing my degree it is an area where I have watched him train for fights, and due to the water, a place that makes me feel close to passed family members. This led me to choosing Burry Port harbour. While I didn't visit here growing up, I spend a lot of time here during this chapter of my life.

This area is special to me due to the way it makes me feel not only physically but emotionally to. Walking around this area it relaxes my nervous system. I feel calm and relaxed during my walk I feel the sun hitting my face and the birds tweeting. Burry port harbour sits on a coastline that is traffic free, offers calmness with breathtaking views that overlook Carmarthen Bay and the Gower Peninsula.

As well as being a beautiful calm place to visit, Burry Port Harbour has a history behind the stones. I enjoy walking down the harbour wondering what happened here when Ameila Earharts landed her seaplane, to the moments of love and sadness that has happened at the lighthouse. This area gives me time to reflect on past chapters and memories while I plan for my future goals. One thing I have reflected on is the person I am now compared to when I first started my degree, I have

changed physically and mentally, and I am slowly each day becoming the best version of myself while learning to appreciate nature more.

I take a second to pause throughout my walk and I can see the geese in the water, birds flying close to sea and I sit with my thoughts. I remember the importance of nature and the benefits these have not only to the environment but for us as humans.

Since taken a moment to reflect on what I have done so far to conserve this area I don't want to stop there. Next I would like to scatter cornflower seeds along the path of Burry Port Harbour and the costal path to Pembrey. The environmental reason to why I would like to scatter conflower seeds are because they are a vital food source to bees and butterflys due to their colour they have a high amount of nectar. Similar to wildflowers cornflowers are resilient to the soil they grow in so they are able to adapt to where the are scattered and still flourish. While cornflowers will support the environment I will be scattering these in the memory of those who have past. I will be doing this in the hope that when the local community and toursits are walking they pick these flowers as they support with a natural source of anti-inflammatory.

While taking a moment to reflect on my scrapbook and the changes I have started to make to conserve the area its also given me a chance to reflect on myself. As mentioned, this module has not been easy and I have faced a lot of challenges with that being said being in Burry Port Harbour with my thoughts it have made me reflect on the past two years. From conserving the area of Burry Port it has made me reflect on my future and I have realised I need to build my resilience like a wildflower to survive all the seasons, as there will be times where a storm hits me or I face exhaustion but it's the getting up and carrying on that counts and overcoming the seasons and adapting to every chapter I take including the highs the lows and everything in between.

This scrapbook has provided me with an opportunity to take a moment from work, completing a degree, boxing training with my son and appreciate what is surrounding me. It has made me feel close to nature and appreciate the beauty of it. I have shared this digital scrapbook with pupils I support and the coach of a local boxing gym in Llanelli. When deciding who to share the scrapbook with I knew I wanted to target people who can support with conserving and keep making a change. I decided

to share with the pupils I support as they often visit different beaches and coastal paths so they are also able to make a change to the environment and to support them in gaining a deeper understanding of the importance of looking after what is around us and not taking it for granted. My reasons of sharing this scrapbook with a boxing coach is due the positive influence he has on the children and adults he supports as they support beyond physical benefits but emotionally and mentally becoming a community rather than a gym. My aim for sharing this with him is with the hope when he trains at the beach with his club he will take a moment with them to scatter wildflowers or pick up litter. Individually we can start to make a difference but coming together as a community will have a larger impact and will provide good habits beyond burry port harbour.

I have lots of memories in a short time in Burry Port harbour and my son is starting to build his bank of memories there and one day he will be sharing these with his children. I am going to continue enjoying nature, appreciating Burry Port harbour and carry on making memories with my partner and our family as we flourish through the seasons.

I was going to edit this video to hide my emotion, but I wanted it to show the rawness of not only life but nature. Life is similar to the weather while there are storms there will always be sunshine to chase. If you look hard enough you will find the footprints in the sand that tell a story.

Thank you for listening to my reflection of my scrapbook footprints in the sand I hope this has supported beyond developing your knowledge of the environment but the similarities it has with life and that the storm won't last if you can adapt and overcome.

Part two – Script.

During this presentation it will look at the term suitability and what that means. There will be reference made to the curriculum not only in Wales but the wider world finally there will be a focus on those people who have supported change in suitability and the environment.

According to the children and young people's commissioner Scotland (no date) the United Nations Convention on the Rights of the Child (UNCRC) state under article 26 that all children have the right to the best health. It is in this particular article it dives into the impact environmental pollution has on children's and young people's health with the UNCRC in mind it is article 29 which outlines education aims that this is an opportunity for children and young people to gain an understanding of the environment and learn good habits to respect and protect the environment. The Department for Education (2023) has developed a policy for all educational settings to support sustainability and reducing our environmental footprint.

What is suitability?

Greenpeace (no date) describes the term sustainability as something that can be carried out without causing any harm and does not run out of resources. Within this article it outlines that through being sustainable it will support making a difference to climate change while looking after the environment.

People who make a difference?

There are many people who have made a difference to suitability and the environment including Sir David Attenborough, Rachel Carson, Medha Patkar, Greta Thunberg and Dr Jane Goodall who have all carried out life changing work for the environment. In this area of the presentation the work Sir David Attenborough has carried out will be analysed. David Attenborough is considered to be a 'legend' for the outstanding work he has carried out and presented about the natural world around us. Before delving into the impact Sir David Attenborough has had on the environment, he has also inspired people from all different walks of life to take more care and pour more love into nature (WWF, no date). David Attenborough has used his platform to develop and deepen people's understanding of the world that surrounds us. Williment (2026) state that part of the work Sir David Attenborough has

carried out is global campaigns regarding ecosystems and the challenges the environment face.

According to an article published in the Big Issue by Tom Horn (2026) one the largest positive impacts that Sir David Attenborough has had on the environment is removing plastic from the sea. Through his works the number of volunteers who participated in beach cleans has doubled and major supermarkets have come together to make a pledge to make products made with plastic materials recyclable or reusable.

Early Years.

Within the early years stages of a child's life this is a crucial part for development. It is during this stage that significant development physically, emotionally and cognitively happens and their futures start to shape. This a key time to start teaching and proving early years children with the knowledge of sustainability and will also coincide with the four purposes set out in the Curriculum for Wales. However, how does sustainability look within the curriculum for Wales and broader destinations.

When analysing how sustainability is incorporated into the curriculum in Italy, Norway and Sweeden it is suggested that this has been done to a high standard. Meilis, Borg and Falicchion (2026) state that within these three countries sustainability has been integrated within the Italian curriculum by putting an aim of sociocultural expectations, more than sweeden and Norways curriculum.

Three other countries have been acknowledge and it is clear to see that early years children in that area of the world and learning about sustainability during a crucial part of their developmental stage. So how is sustainability incorporated for early years children in the curriculum for Wales?

Within the curriculum for Wales it is made up of the four purposes. Suitability coincides with supporting children to become ethically informed citizens. Within the curriculum for Wales children are taught about sustainability and the environment thought the area of learning experience (AOLE) humanities. Welsh Government (2020) state that within the humanities area of learning and experience some of the descriptions s of learning that children will experience including exploring the world and looking and the natural world.

Throughout this part of the presentation there has been acknowledgement to what is sustainability and the people who have supported in making a difference not only to sustainability but the environment. There have been an acknowledgement made to the curriculum for Wales and the wider world while taking into account that it is during the early years the most impact can be made.

References

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