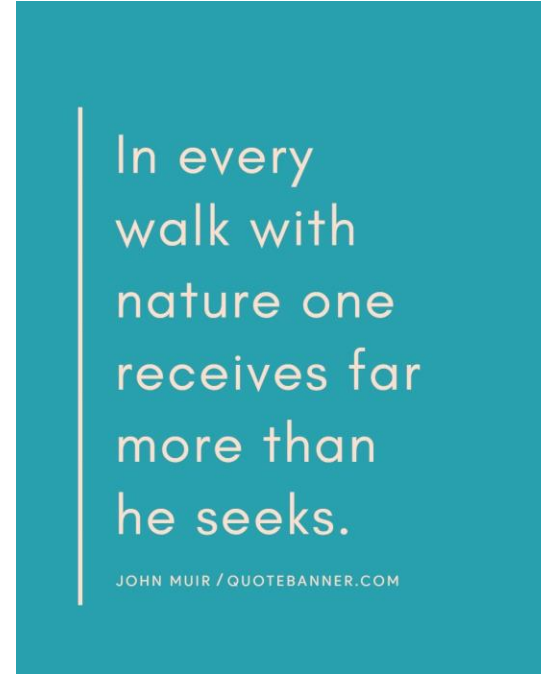




Sustainability

John Muir Award

1906347



- Welcome to Nash Point

I spend a lot of my time outdoors. My husband is a professional photographer and we go out as much as we can to capture landscapes.

The John Muir award requires individuals to visit, research and conserve a local area. We live by many beaches so this was the obvious choice for me.

Being by the sea makes me feel calm and evokes a sense of peace.

I always find that my children are happier outdoors and they can run free.

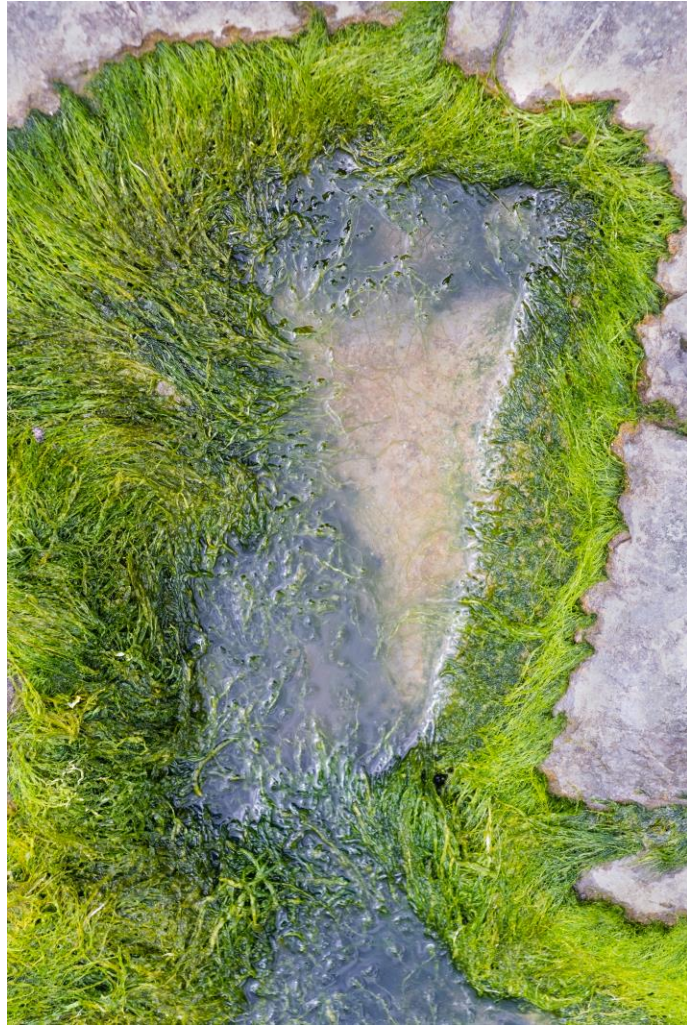


We visit the beach most weekends. We cook, eat, play and laugh. Monkash is around a 20 minute drive away and it is breathtaking. It is the perfect mix of land and sea with so much to explore.





Nature's paintbrush



Endless possibilities



Rich learning opportunities

An outdoor classroom

Tuning in and finding out

Monknash is a local beach to my home. I love to visit and see something new every time. My research has uncovered information that I didn't know.

This beach lies on the Glamorgan Heritage coast. When the tide is out, golden sands become visible and when the tide is in, a spectacular site can be found as the sea crashes into the cliff face, slowly eroding the historical rock.

Monknash was once a site of a Monastic grange run by monks providing produce to Neath and surrounding areas. The remains of the grange can still be seen today if you know where to look.

There is a lighthouse here and many years ago, ships sailed into the coastline, often becoming shipwrecked. According to historians, if you look, you can see the bones protruding from the rocks of sailors from days gone by.



I was surprised to find out that The Vale of Glamorgan's coast and countryside hold an amazing diversity of flora and fauna, making it one of the richest areas of biodiversity and natural beauty in south Wales. This stretch of coastline has everything from cliffs as high as you can see to rich green farms.

Common species found along the coast.

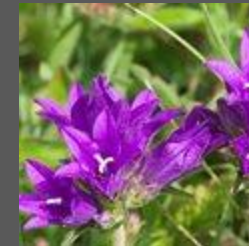
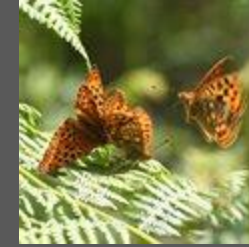
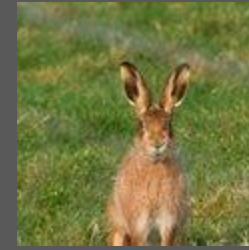
Land - Butterflies, adder, sheep and hare.

Cliff face – Peregrine falcons and chough.

Sea – Sea anemones, crab, prawns and periwinkles.

Coastal grassland - Clustered Bellflower, Purple Gromwell and Tuberous Thistle.

Woodland - Oak, Ash, Elm and Hawthorn.



Celebrating Welsh art



This hand crafted starfish can be found carved into a rock at Monknash beach.

- Kempsy is a South Wales based artist. He hand carves sculptures from natural resources. We are fortunate to have some of his work on our local beaches.
- His other artwork includes a large carving of a lobster on the next beach along from Monknash. It is my next mission to find this lobster with my children.

Wellbeing



Five Ways to Wellbeing



Connect – with the people and wild places around you

Be Active – enjoy activities outdoors in nature, from gentle walks to adventurous sports

Take Notice – tune in to wildlife around you and to how you feel in wild places

Keep Learning – try new things, rediscover old interests, challenge yourself or improve a skillset

Give – do something to care for wild places and your local community

If you listen carefully, you can hear where the land meets the sea.



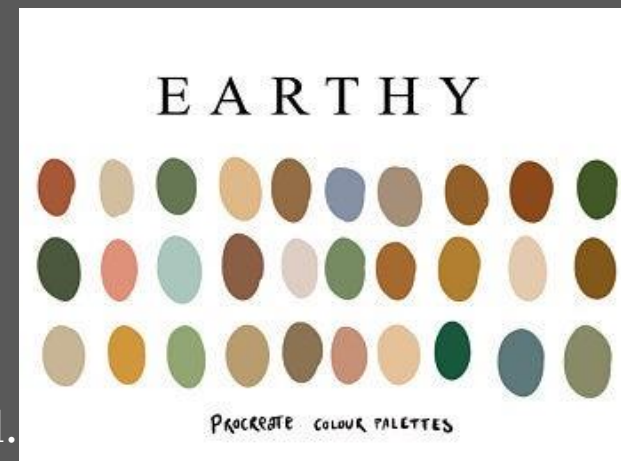
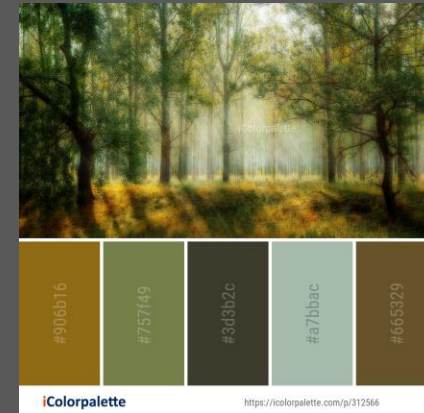


This is a very popular beach. However, I was surprised to see so much litter was left by others.

I love an outdoor fire although, we are careful to make sure we leave any area the same way we found it.....as if we were never even there.

And the dandelion
does not stop growing,
because it is told it is
a weed. The dandelion does
not care what others see.
It says, "One day, they'll
be making wishes upon me."

- B. Atkinson



I am inspired by the colours of nature. The more I looked, the more colours I found.

The Wild Inside

To think that light and chemistry
And gas and leaves
Forged humanity
That this blue air that's soaking me
Reacts inside
And I run free
That in this hill of scree and stones
Are minerals
That build my bones
That burns of blood hydrating me
Surge like these streams instinctively
No wonder then, that deep in me
The pulse of life
Beats eagerly
That I can't help but hike up high
Breathe rarefied air
And skim the sky
That ancient paths which roam the land
Are hewn like lines
In the palm of my hand
That rivulets ingrained in me
Are brought to still
When I reach the sea
That soaring peace
Unfurls joyously
When words fall short
And it's just
the wild and me.

Remember to
appreciate what is
around you!

During my research, I found this poem.
I thought it was poignant and thought
provoking.
Wellbeing is so important to me.
It provides the fuel I need to lead a more
balanced life.
It made me think of how I feel when I am
outdoors. This can be alone, with family or
friends and even with the children I work
with, turning an indoor activity into a rich
outdoor experience.



Taking action.....

During my research, I was shocked to find out how much plastic affects our environment, especially our oceans. This made me even more determined to take action. To help conserve my chosen area, I decided to do a litter pick with my family.

PPE on our beaches is a common sight due to Covid 19.



DID YOU KNOW?

400 MILLION TONS OF
PLASTIC WASTE IS CREATED
BY US EACH YEAR!

BE PART OF THE
SOLUTION.....

NOT PART OF THE
PROBLEM!

BECOME A TRASH HACKER

Each year the world generates over 2 billion tonnes of waste. Trash clogs our oceans, fills our streets and litters huge areas of the planet. **Trash Hack your life today and be part of the solution.**

Trash Hacks are small changes you can make that will help the planet. Becoming a Trash Hacker will help you to change the way you think about waste, take action to tackle trash and inspire others to do the same. Read tips and tricks on the Trash Hack blog, get updates straight to your inbox, follow #TrashHack on social for inspiration and share your own trash hacks with us. Together we will #TrashHack your home, neighbourhood and the world!



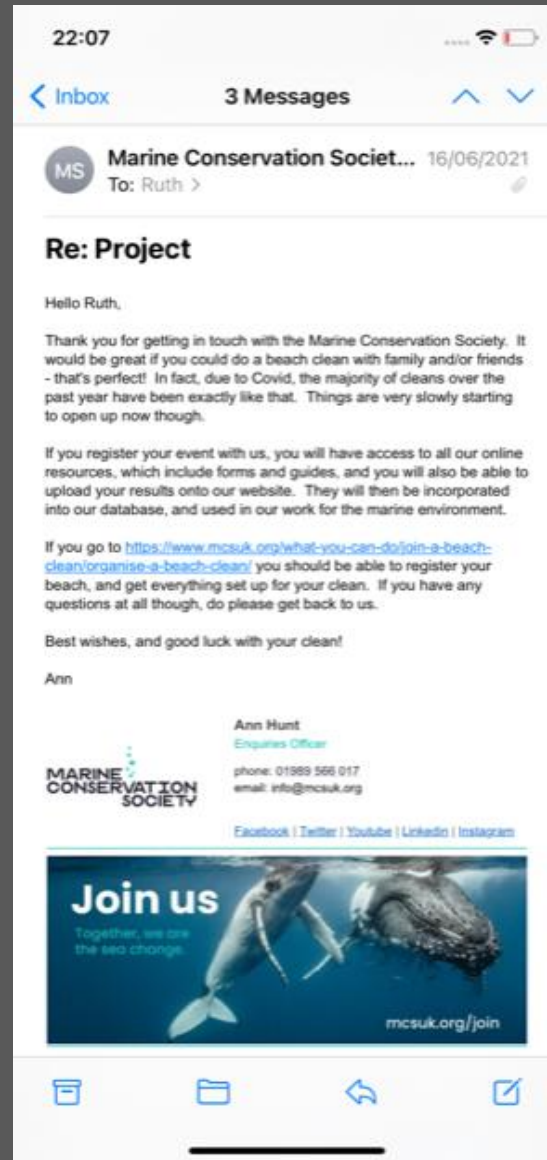
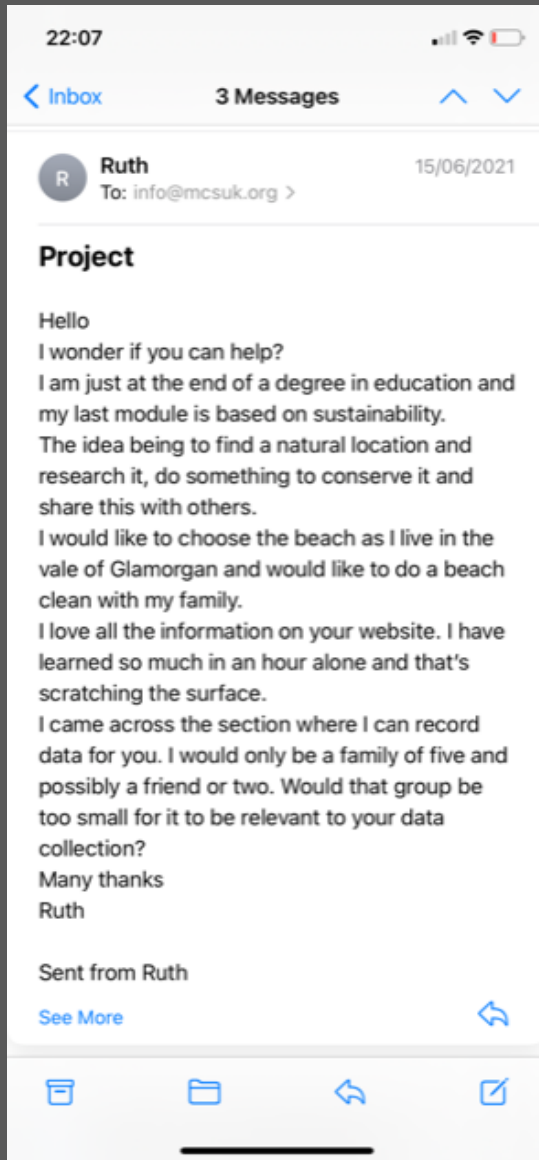
What can you do?



Take action



Reflect and share



As soon as I knew I would need to choose an area for the John Muir Award, I was certain that I would choose the beach.

After some research, I came across the Marine Conservation Society.

The work they do is inspirational and this inspired me to take action. I sent an email and they replied.

The beach clean I did with my family is just the start for us. We will invest in our own equipment and record data over the summer holidays.



These are my twin sons, Oliver and Thomas who are almost 10. They couldn't believe how some people drop litter and damage our environment.

They told me that they wanted to do another litter pick so we are planning to search for our own equipment together over the summer.



Conserving our area.

So, what
next?

The research I have done for this module and the John Muir Award has spurred me into action. I want to make my home and family more sustainable. Furthermore, I want to inspire and educate the children I work with. As a start, I am going to teach my children about the Global aims using the resources on their website and doing some collaborative research at home. Going forward, I have arranged to have a professional discussion with my phase leader in September so that I can introduce some activities in the Early Years at my setting.

I have enjoyed reading Welsh Government Legislation and learned so much. I did not realise how much our small nation is doing in order to achieve a sustainable future.



"Since 2015, our sustainable development legislation has stimulated both action and discussion about how we transform Wales into a more sustainable nation."

WAG (2019)

THE GLOBAL GOALS



EXPLORERS
for the Global Goals



In partnership with
unicef
for every child



CONGRATULATIONS!

You have shown that you are a
curious, creative, empathetic communicator and **problem solver**.

Wear your badge with pride!
You will be a brilliant Explorer for the Global Goals.

Good luck with all your future adventures!



This certificate is taken from the teaching resources area on The Global Goals Website.

I think this is an excellent way of celebrating the effort of children and young people in their contribution to helping the environment.

"Above all we want your children to be proud of what they achieve, and celebrate it! One day your students could be the ones building a better world".

Global Goals (2015)

