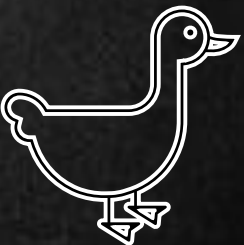
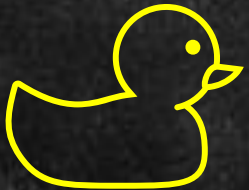


# A day at Roath park lake

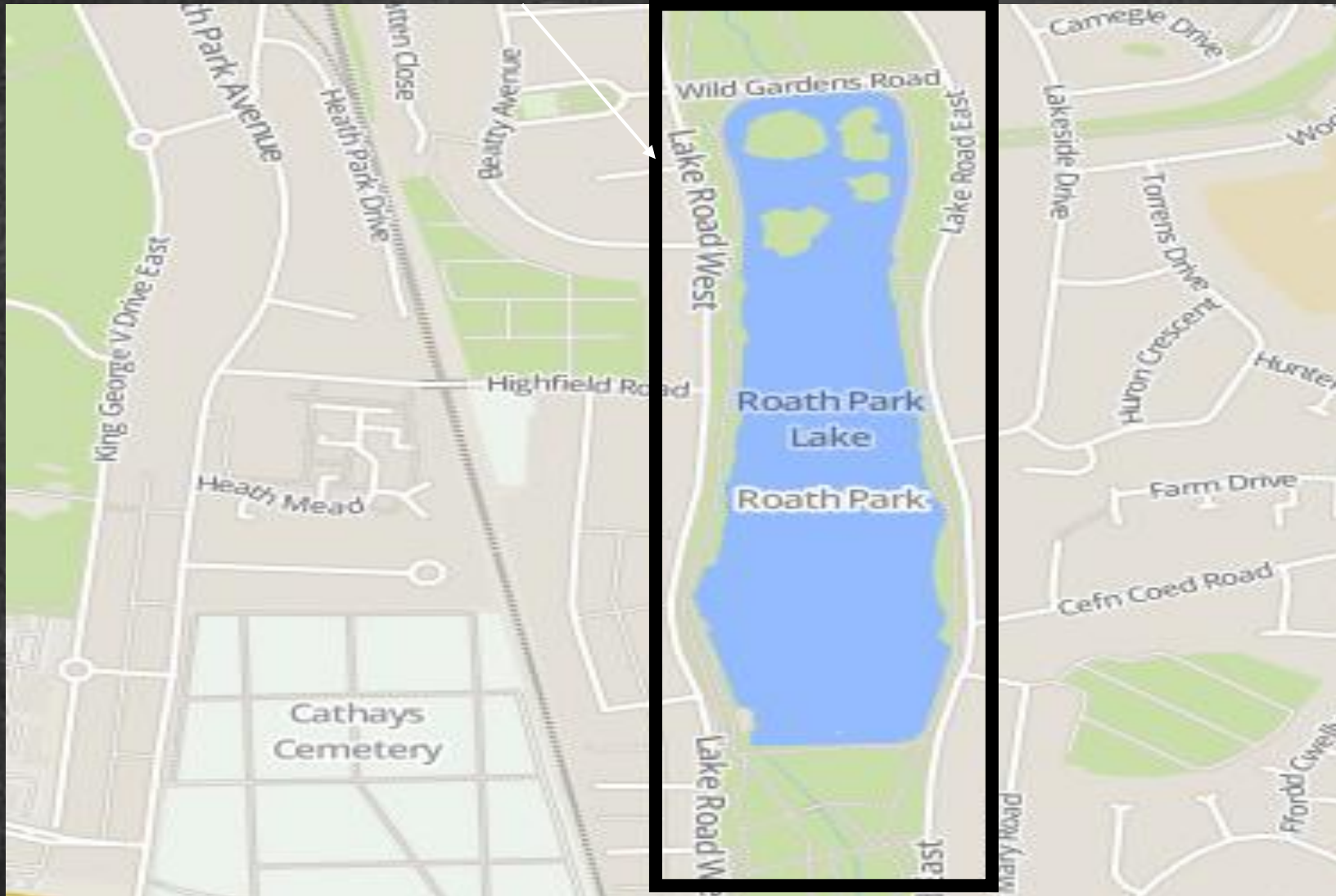
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By katie Thomas 2307138

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We are here on the map!



The whole of Roath park lake is around 30 acres, and it is man made and officially opened June 20<sup>th</sup>, 1894!



This photo of Roath park was taken around the early 60s which is five decades ago and still looks as beautiful today. The photo on the right is from 2024 from nearly the same point.

Can you spot any differences?

# Spot the differences

## The Staircase of the Waterfall Pond

Have you ever seen the pond that looks like stairs? Welcome to the waterfall pond by the big lake. In this special corner of the lake the water takes a little adventure of its own. It trickles and splashes down from one step to the next its like walking down a watery staircase. Splish! Splash! Swoosh!. The water makes a funny sounds as it tumbles down. Sometimes little ducks paddle over to have a peek at the steps “where does the water go”? They wonder its like a secret path for the water! Green moss grows on the top step, and the shiny stones sit quietly at the bottom. If your lucky you may even spot a tiny fish or a hoppy frog coming for a visit. The place is not for swimming but perfect for watching and wondering. The railings around keeps everyone safe while enjoying the show. People lean over to listen to the gentle rushing sound and feel the cool breeze from the falling water. So next time you visit the lake find the waterfall pond and say hello to the travelling water on its tiny adventure down the steps .



# The clock tower



Down by the lake where the ducklings play,  
stands a tall white tower watching all day. With  
a big round clock and a little blue door, it ticks  
and it tocks by the watery shore. The swans  
glide by with feathers so white, while the fish  
swim low just out of sight. The trees wave  
leaves in the soft breeze, and birds sing songs  
from the tallest of trees. The sun shines  
brighten the sky so wide, as clouds float lazily  
side by side. Children laugh, run and skip they  
toss crumbs for the ducks to nip. “hello clock  
tower!” the children cheer, “you tell the time so  
loud and clear!” and when the sun begins to  
dip the tower stands on its quiet trip. So if you  
visit the lake one day look out for the tower not  
to far away its always there both night and day.  
Ticking along with a happy tune.

One sunny morning down by the lake, all the birds were buzzing with excitement. It was a special day it was the day of the feathered picnic! Captain honk the wise old Canadian goose with a black neck and a proud strut had called the meeting under the big shady tree. “everyone is invited” he honked “bring your favourite snack and don’t be late!”. Soon the grassy patch besides the lake was bustling with birds. Percy the pigeon fluttered down first bringing some crunchy corn “I’ve brought enough to share with my friends” he cooed kindly. The swans glided gracefully to the edge of the lake where their cygnet chicks waddled behind them like little grey cotton balls. “we brought berry snacks” said mamma swan. Under the tree, the birds munched and mingled. Some played flap-tag, some splashed in the shallows and other just lay watching the clouds float by. Just as everyone was settling in a breeze blew Percy’s corn into the air “oh no!” he cried “quick! Catch it” honked captain honk. Waddles flapped her wings and made a gust of air to blow it back down. Percy swooped and caught a piece mid air and the others pecked up the rest from the grass all laughing. As the sun began to set the birds cuddled close under the big tree “that was the best picnic ever” whispered a sleepy cygnet. Captain honk nodded “any day spent with my friends is a good day” and with that the picnic came to a peaceful end as the birds drifted off to sleep their bellies full and their hearts even fuller . The end

# The feathered picnic at the lake





(Row, row, row your boat tune)

# Swan boat song

Swan boats wait for us, by the quiet shore, cool and shiny and smooth and round, one, two, three and more!

waves go Splish and splash, breeze goes whoo-who-who-who duckies quack and flap their wings “how do you do?”

Lighthouse tall and still watching from the side, hold my hand, well float along on a gentle ride

I had so many happy memories of going on the pedal boats with my nan and bampy I remember the first time being so scared then wanted to go on again. And going on as an adult its so peaceful and relaxing just watching the world float by

# Look who we found!

We're going on a turtle hunt, we're going to find a slow one  
what a lovely sunny day we're not scared uh-oh a wiggly  
lake! Cant go over it cant go under it were going tiptoe by it  
tippy-toe, tippy-toe, tippy-toe! We're going on a turtle hunt  
we're going to find a slow one! Look at all the trees we're  
not scared! Uh-oh a muddy path cant go around it, cant go  
under it we got to go through it, squelch-squish, squelch-  
squish, squelch-squish. We're going on a turtle hunt we're  
going to catch a slow one! What's that sound? We're not  
scared! Uh-oh a quiet log ! Lets peek around it peek... peek  
Its not just one turtle its two!

One is blinking, one is stretching they're sunbathing on the  
log!

Quick tiptoe back past the log, tippy-toe, tippy-toe! Squelch  
back through the mud squelch-squish, squelch-squish  
past the lake plip-plop, plip-plop, run to the bench, run-  
run- run

Phew!! We saw the turtles lets come back another day





### Little ducklings grow!

Baby ducklings so soft and small, waddle, waddle don't they sprawl!. In the pond they splash and play growing bigger everyday. Fluffy yellow turns to white wings grow strong to take a flight. From tiny feet to feathers wide they swim and glide with so much pride one day soon they will fly up high, flapping their wings across the sky.



# What have we found!?

2 small round eyes  
2 pointy ears  
1 big bushy tail

It's a squirrel!!

what does a squirrel like to eat?

Squirrels are furry, fast, and fun,  
They climb and jump and love to run!

But when it's time to have a treat,  
Here's what squirrels like to eat: 🌰 Nuts so  
crunchy—yum, yum, yum!

🍏 Apples sweet and full of fun!

🌻 Seeds from flowers, small and round,

🍄 Mushrooms growing on the ground

Sometimes berries, red and blue,

And corn that's yellow, just for you!

They nibble, munch, and fill their cheeks,  
With tasty snacks they find in weeks!





**What a beautiful site!**





**“Look at the  
Lake!”**

Look, it’s a big blue lake!

The water is shiny like a mirror.

There’s a fence with round shapes—see the golden ball on top?

The sky is blue with fluffy white clouds, like candy floss

There are green trees and little houses all around. It’s a quiet, happy place!



Shall we take a  
look inside ?

# What a lovely welcome made by tiles

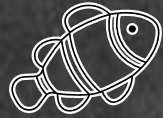
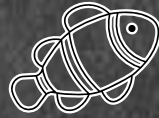
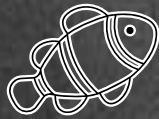




Tiptoe softly, come and see, A land as  
sweet as it can be! Through the trees and  
past the stream, We'll find a place just like  
a dream  
Hold my hand, don't be slow—  
To the magic we will go!  
With every step, a sparkle's near,  
In this world of joy and cheer.

## The Fishy Friends"

In a big, shiny pond,  
Lived fish that liked to play.  
Orange ones, gold ones,  
Swimming all day!  
They played hide and seek  
In the green, wavy weeds,  
And blew little bubbles  
That floated like beads.  
One sunny day,  
A boy came to see,  
The fish swam up—  
“Who could this be?”  
He giggled and waved,  
And sat by the shore.  
The fish made a splash—  
He laughed even more!  
Now every day,  
He comes to say hi,  
To his fishy friends  
Who swim





# Could this be one of our friends from earlier?

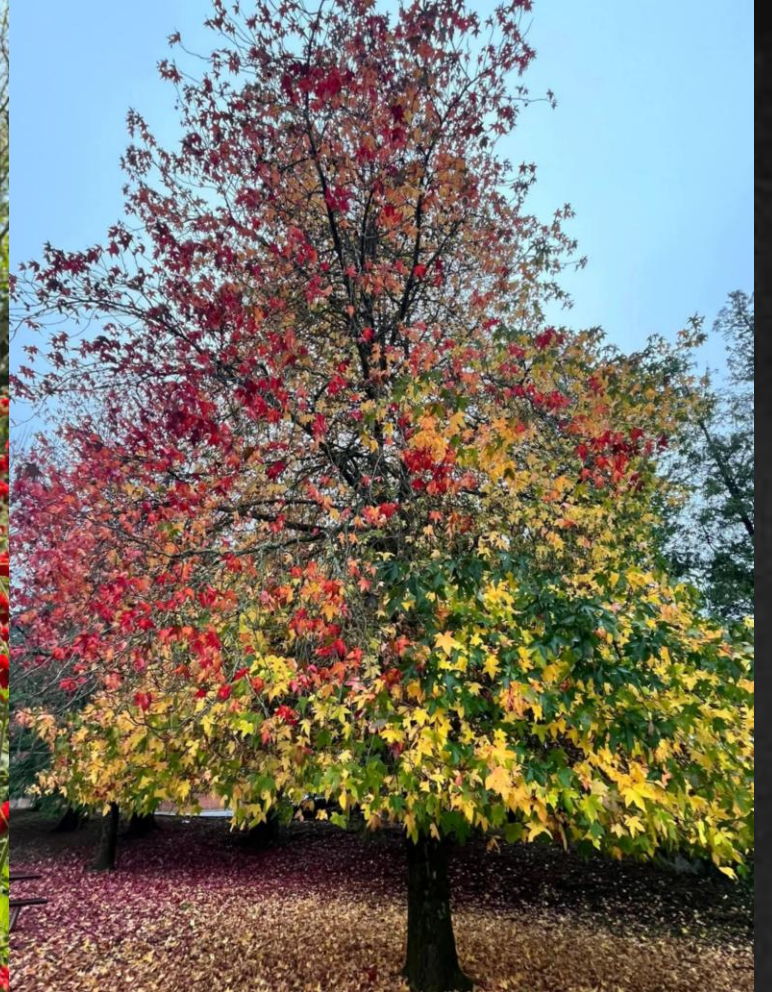
He was inside the conservatory having his dinner.



While his friends was having a snooze.

So many  
color's of  
green!





So many beautiful colours to be seen  
what is your favourite colour? What  
colours can you see here?



I think we need a break after all that exploring! Perfect spot a café.



Look at the size of that  
cake!!!



Perfect little break a  
cake and a cup of  
tea....





On the way back to our car we found a playpark... it was a little wet as started to rain! what's your favourite activity to do at the park? “I love the swings and having a ice cream afterward”

# What birds might we be able to see ?



# How can we conserve this area?

## Respecting wildlife and habitats:

- don't disturb birds, squirrels, fish or nests
- Keep dogs under control and out of sensitive areas
- Don't feed wildlife with bread make sure using seeds, grains or a specialist food

## Protect the plants and trees:

- Don't pick flowers, cut branches or trample on flowerbeds.
- Stick to paths to avoid damaging the grass and roots.

## Be water wise:

- Avoid throwing anything into the lake or stream(stones, rubbish or liquids)
- Don't dump pond or fish or invasive plants into the water

## Use facilities responsibly:

- Use toilets, bins properly don't vandalise them
- Report any damage or anything unsafe to council or park rangers

## Keep it clean:

- Take all litter home or make use of the bins
- Join or organise a community litter pick
- Recycle where possible if not take home and put in right bin.

## Raising awareness!

Teach children and the younger generation about nature and respecting it and why it is special

**Thank you for joining me on our  
adventure**

**I hope you enjoyed it as much as  
me!**



Name: David Attenborough

Age: 99 years old

Date of birth: 8<sup>th</sup> May 1926

Sir David Attenborough is one of the most influential conservationists of our time, with a career spanning over eight decades dedicated to educating the world about the natural environment and advocating for its protection. . David Attenborough began his career in broadcasting with the BBC, where he became a household name through groundbreaking nature documentaries like *Life on Earth*, *The Living Planet*, and *Planet Earth*. These series brought the wonders of the natural world into homes across the globe, fostering a deep appreciation for biodiversity and ecosystems. While Attenborough has always had a passion for nature, his role as a conservationist became more prominent in the 2000s. He began to speak more directly about the threats facing the planet, including climate change, habitat destruction, and species extinction. His 2020 documentary *A Life on Our Planet* is a powerful reflection on the environmental changes he has witnessed and a call to action for global sustainability. David Attenborough's legacy is not just in his films, but in the global awareness he has raised about the fragility of our planet. His voice has inspired generations to care for the Earth and to take action to preserve it for the future.

## Script

Hello, I am katie thomas my scrapbook as seen is at Roath Park this place has bought me many happy memories from going there with my nan and bampy when young to taking my niece and nephews there and one day will be able to take my own children there. It helped me develop more understanding of the variety of different birds and know their names. Along with so many different colours of flowers. There was only one type of bin all goes into one I think they could do with some recycle bins making sure it all gets disposed of properly. There wasn't any rubbish on the ground which is good to see people making use out of the bins. There was ice-cream van there and also an ice-cream hut Aswell as a café and a few toilets and there was park rangers patrolling around the lake.

Today, I'd like to talk about how simple, everyday experiences—like observing ducks and flowers in Roath Park, Cardiff—can play a powerful role in supporting Early Childhood Education for Sustainability, or ECEfS.

Now, at first glance, watching ducks or admiring flowers might seem like just a pleasant outing. But when we look through the lens of educational theory, policy, and research, we see that these experiences are deeply meaningful for young children's learning and development—especially when it comes to sustainability. ECEfS is all about helping children understand their relationship with the natural world. It's about nurturing values like care, responsibility, and curiosity—so that children grow up not only knowing about the environment but also feeling connected to it and empowered to protect it.

This approach is grounded in constructivist theories—especially the work of Lee Vygotsky (1978), who emphasized that children learn best through social interaction and engagement with their environment. When children explore a park, ask questions about ducks, or notice how flowers change with the seasons, they're actively constructing knowledge through experience.

Similarly, Bronfenbrenner’s ecological systems theory (1979) reminds us that children are influenced by multiple layers of their environment. Natural spaces like Roath Park are part of their immediate surroundings—or what Bronfenbrenner called the “microsystem.” These spaces shape how children see the world and their place in it. Another key idea here is place-based education, as described by Gruenewald in 2003. This approach encourages learning that’s rooted in local environments. So, when children visit Roath Park, they’re not just learning about “nature” in an abstract sense—they’re building a relationship with a real, living place.

This connection to place is crucial. Research shows that children who feel emotionally connected to nature are more likely to develop pro-environmental attitudes and behaviours later in life. In other words, caring for ducks today might lead to caring for the planet tomorrow. 0

Let’s look at some of the research.

A 2024 doctoral study by Enrile explored how early years settings in the UK and Gibraltar are implementing ECEfS. The findings were clear: when children engage directly with

nature, they develop empathy, critical thinking, and a sense of agency. These are exactly the kinds of qualities we want to nurture in future citizens. Another important study by Somerville and Williams (2015) reviewed sustainability education in early childhood and identified three key themes: connection to nature, children’s rights, and post-humanist thinking. The first connection to nature—is especially relevant here. It’s about helping children see themselves as part of a larger ecological system.

And in the UK context, Boyd, Hirst, and Siraj-Blatchford (2017) emphasized that early exposure to nature supports not just cognitive development, but also emotional and ethical growth. Their work shows that sustainability isn’t just a topic—it’s a way of being in the world.

These ideas aren’t just theoretical—they’re backed by policy. The Department for Education’s Sustainability and Climate Change Strategy (2023) calls for integrating sustainability into all levels of education, including the early years. It aligns with the UN Sustainable Development Goals, especially Goal 13 on climate action.

The Early Years Foundation Stage (EYFS) framework also supports this work. Under the “Understanding the World” area of learning, children are encouraged to explore their environment, observe living things, and talk about what they see. A walk in Roath Park ticks all these boxes.

And let’s not forget initiatives like Eco-Schools and the National Education Nature Park, which promote outdoor learning and child-led environmental action. These programs show that the UK is taking sustainability education seriously—even for its youngest learners.

So, you’re probably thinking how does all this theory and policy come to life in a place like Roath Park? Let me explain Imagine a group of children watching ducks swim across the lake. They might notice how the ducks move, what they eat, or how they interact. These observations can spark questions: Why do ducks float? What do they eat? Where do they go in winter? Or picture children exploring the flower beds. They might see bees pollinating, notice different colours and shapes, or talk about how flowers grow. These moments are rich with learning—not just about science, but about beauty, care, and interdependence. These experiences support key sustainability competencies:

Systems thinking—understanding how ducks, water, plants, and people are all connected.

Empathy and care—feeling concern for living things.

Critical inquiry—asking thoughtful questions.

Agency—believing they can make a difference

To sum up, experiences like those in Roath Park are not just enjoyable—they’re educationally powerful. They align with constructivist and ecological theories, they’re supported by UK policy, and they’re backed by a growing body of research.

Most importantly, they help children develop the values, knowledge, and skills they need to live sustainably. And in a world facing climate change, biodiversity loss, and environmental degradation, that’s more important than ever.

So next time you see a child watching ducks or picking up a fallen leaf, remember they’re not just playing. They’re learning how to care for the world.

Ultimately, Roath Park serves as a microcosm of sustainable living, offering children the opportunity to connect with nature, engage with their community, and begin to understand the interconnectedness of ecological, social, and economic systems. By embedding such experiences into early childhood education, we are not only enriching children's learning but also laying the foundation for a more just, resilient, and sustainable future. we can help conserve and protect the lake by a few simple ways Respecting wildlife and habitats:

don't disturb birds, squirrels, fish or nests

Keep dogs under control and out of sensitive areas

Don't feed wildlife with bread make sure using seeds, grains or a specialist food

Protect the plants and trees:

Don't pick flowers, cut branches or trample on flowerbeds.

Stick to paths to avoid damaging the grass and roots.

Be water wise:

Avoid throwing anything into the lake or stream (stones, rubbish or liquids

Don't dump pond or fish or invasive plants into the water

Use facilities responsibly:

Use toilets, bins properly don't vandalise them

Report any damage or anything unsafe to council or park rangers

Keep it clean:

Take all litter home or make use of the bins

Join or organise a community litter pick

Recycle where possible if not take home an put in right bin.

Raising awareness!

Teach children and the younger generation about nature and respecting it and why it is special

I will be going to share my scrapbook with my friend Bethan who isn't local so she can see how beautiful it is and see all nature

## Reference list:

**Boyd, D., Hirst, N. and Siraj-Blatchford, J. (2016)** *Understanding sustainability in early childhood education: Case studies and approaches from across the UK*. London: Practical Pre-School Books.

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