

Hello everyone!

This month in our Junior Park Rangers group we have been thinking about Spring wildflowers and the different colours and species that can be found in Milton Keynes. Some wildflowers are very happy in lots of sunlight, but others like shady places better, like bluebells. That's why you see lots of them in local woodlands.

Did you know that it is against the law to pick, tread on or dig up bluebells on purpose, as they are what's called a protected species? It takes between 5 and 7 years for a bluebell plant to recover after someone has trodden on it! More than half of the bluebells in the whole world are found in the UK so we are very lucky to have these beautiful plants in our city. Some people travel all the way here from other countries to see them!

We have also been thinking about trees that live nearby and want to challenge you to "make friends with" your favourite tree and get to know it over the next year. You can take photos of it, measure it, try and work out what kind of tree it is, and watch as it changes, grows flowers, and even produces nuts, seeds or fruits! This is a lovely thing to do if you are feeling worried or sad as spending time in nature is really good for our mental health.

This month is Water Safety Day and, as there are so many ponds and lakes in Milton Keynes, we want to remind you all to be very careful if you visit parks with water in them. Remember that you shouldn't play near water and swimming in swimming pools is much safer! There are lots of dangers that you can't see in lakes and rivers and they are very cold, even in Summer. If you do fall in you should try not to panic, shout for help, and float on your back like a starfish.

We hope you keep safe in the parks when the weather warms up. Thank you for listening!