

November, 2022

**Hello**, we are Junior Park Rangers and we are back to tell you what we have been up to and some more information about The Parks Trust.

This month we have learned about why it is **good to get outdoors**. As a group we discussed why we like being outside and how it makes us feel. There has been lots of **scientific research** that has found that being outside can make us feel **happier and healthier** so we want to remind everyone to try and spend some time outside, even when it's cold and rainy, we can wrap up warm and still **have fun** outside.

Last time we told you about The Parks Trust "Acorn Challenge" and we want to remind you that you can still collect acorns from the ancient woodlands (Howe Park Wood, Linford Wood or Shenley Wood) and plant them in a pot at home to grow into an oak tree. The Parks Trust will collect the oak trees back in once they have grown.

We have also learnt about one of the The Parks Trusts parks called **The Tree Cathedral**. It is near Gulliver's Land and Willen Lake. We found out that it is a very special park because it is made up of **lots of different trees** that were planted to look like a cathedral. A **cathedral** is a type of big **church**. It is very clever how different species of tree have been used to represent the different rooms in the cathedral. This park is a nice place to visit if you want to go somewhere **quiet and peaceful**.

(If you took part in the **JPR workshop** in October, you can say a little something about what you done/learned here)

We hope you have learned something from our assembly today, and we look forward to speaking to you next month. If anyone has any questions about JPR or The Parks Trust, please come and speak to us.

**Thank you for listening!**