

November/December 2025

Hello everyone!

Over the next two months we will be heading from autumn into winter which means there are lots of changes outside. The autumn this year has been so beautiful, and it has taken a long time for the leaves to drop off the trees, because it hasn't been very cold yet. We would say that the weather is "mild" this year. This is why it still looks so colourful outside!

The trees will now start to go into "dormancy" which is like going to sleep. This helps them save energy while it's cold, helps stop the trunks from drying out, and lets wind blow through the branches. This is important as there are lots of storms and wind in winter, so fewer leaves mean less strain on the trees, and it means they won't fall over as easily.

In autumn some animals also go into hibernation, which is kind of like going to sleep over winter. They also do this to save energy, by slowing down their bodies. To get ready for this they eat lots of food in autumn, which is why you can see so many berries, seeds and nuts on the trees and bushes, ready for eating. This year has been a very good year for these foods too - great for the animals that eat them!

Because lots of animals do hibernate at this time of year, we have also learnt about how to build "bug snugs", which are places that animals can go to hibernate. Insects, as well as reptiles, amphibians and mammals like newts, toads, mice, and shrews will use them for shelter - and larger animals might even visit to eat the smaller animals inside!

We have also been thinking about nocturnal animals - creatures that come out at night. How many nocturnal animals can you think of, that live in Milton Keynes?

Thank you for listening and we hope you like getting outside over the next few months!