

MEADOWPARK MATTERS NEWSLETTER 11.09.2020

We are all feeling grateful for decent weather this week and pupils have been enjoying outdoor activities including painting, gardening and mindfulness walks. All classes participate in a daily walk and have been encouraged to extend this walk, or go twice a day and pick up the pace as indoor PE is still not possible in the current climate.

Esk class have been using a tracker to count up their daily and weekly miles to indicate improvements in time and distance. Esk class are gathering this information for the John Muir Award. John Muir walked 1,000 miles across America aged just 29 years old. "In September 1867, age 29, John Muir undertook a walk of 1,000 miles from Indiana to Florida to experience and study the natural world, which he recounted in his book A Thousand Mile Walk to the Gulf. He had no specific route chosen, except to go by the "wildest, leafiest, and least trodden way I could find."

<https://discoverjohnmuir.files.wordpress.com/2013/03/1000-mile-walks1.pdf>

Our walks are perhaps not as unplanned as John Muir's was but we all recognise the importance of walking not only for physical health but for mental health too. In the current climate walking within your family group or with a close friend has been a lifeline for many people. In the early weeks of lockdown I met more of my friends out walking than I would normally do as well as re-connecting with some acquaintances.

Walking is often called the perfect exercise. It's remarkable something so simple – putting one foot in front of the other – can be so restorative and invigorating. But the medical evidence is compelling. Taking regular brisk walks helps you stay healthy, live longer and boosts your self-esteem and mood.

Not only will Meadowpark pupils be gaining recognition through the John Muir Award but later this year preparations will begin for the Duke of Edinburgh module for walking, which will involve 7 pupils participating in a walking activity over 2 days.

It was only a few weeks ago that I discovered the delights of John Muir Country Park in Dunbar <https://www.visitscotland.com/info/see-do/john-muir-country-park-p252991> with its mix of pine woodland and breath-taking seascapes, it is well worth a visit.

Clyde are exploring Goblin Ha' which I also discovered in the summer holidays and even braved the dark tunnel into Goblin Ha' itself. <https://www.thecastlesofscotland.co.uk/the-best-castles/scenic-castles/yester-castle/>

We know the value of walking and are blessed to have so many fantastic walks on our doorstep. Which walk will you do this weekend?

Ms C P Prime

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