



23rd January 2024

Dear Parents / Carers

Fostering a passion for the environment and natural world in our children is the greatest action we can take to create a sustainably minded generation passionate about achieving a greener, healthier world for us all.

At Marlborough we are striving to become a more sustainable school and to help create a society fluent in the concepts of climate change and sustainability. As we expand our efforts to involve and intrigue our young people in environmental action, we find many opportunities for involvement, some of which we would like to invite families to be part of too.



26-28 January 2024



In an era dominated by digital distractions, the *Big Garden Birdwatch* provides a chance for us to step away from our screens, connect with the natural world and instil a love for wildlife in our children.

Research consistently demonstrates the positive impact of nature on mental health, particularly in children. By participating in the *Big Garden Birdwatch*, you not only contribute to a valuable citizen science survey but can also foster mindfulness and curiosity in young people. Did you know observing birds in their natural habitat has been linked to reduced stress levels and increased cognitive function?

As we navigate the demands of our busy lives, it's important for us to remember and to teach young people to seize the opportunities to slow down, be present in the moment and enjoy the peace of nature and one another's company.

The *Big Garden Birdwatch* also ties in beautifully with our 2024 *Big School Read*: *Twitch*; The story of a young birdwatcher on a mission to use his birdwatching talents to outwit an escaped convict. After a passionate presentation by author, M.G Leonard, introducing the books to all of years 7 and 8 on the 12th of January, many students are now keen to read the book and may enjoy the opportunity to try some bird spotting for themselves.



Let's grab our birdseed or binoculars and make the most of this weekend. Click [here](#) to register and to see the official RSPB video on how to take part.

If you and your children do decide to get involved, please also let us know what you saw at:
sustainability@marlborough.herts.sch.uk

All students that share with us that they took part, will be awarded house points for embodying our school value of endeavour.

Yours Sincerely



Miss E Broad & Mr A Dwane
Marlborough Sustainability Coordinators

