

Greenwood

news release

Greenwood Community Forest Team
The Sawmill
Rufford Country Park
Ollerton
NG22 9DG

27 May 2011

Tel: 01623 827326/0115 9772116
Fax: 01623 827321

Pupils Create a Green Kilometre on Erewash Valley Trail

www.greenwoodforest.org.uk
E.mail: gill.grievson@nottscc.gov.uk

Pupils from schools in Broxtowe Borough are encouraging local people to get out and get healthy on the newly created Erewash Valley Trail. Children from four schools based close to the trail have taken part in workshops led by the Greenwood Community Forest Team for the Erewash Valley Trail Partnership.

The four classes of over 100 children came up with several one-kilometre routes on, or close to the trail at:

- Smithurst Meadows, Eastwood (Brookhill Leys Primary School)
- Bramcote Hills Park (Fernwood Junior School)
- Awsworth Recreation Ground (Awsworth Primary School)
- Toton Fields, Toton. (Bispham Drive Junior School)

The aim of the project is to encourage local people to walk more for health along the 30 mile trail which stretches from Langley Mill basin along the Erewash and Nottingham canals to Trent Lock, Sawley.

The workshops encouraged pupils to learn how to use pedometers, compasses, stopwatches and maps before getting down to planning a route that could easily be walked in about 15 minutes.

The pupils used pedometers to test how many steps they had used throughout the day and some pupils timed the routes too. The children were encouraged to work together as a team and helped each other with the planning, and then trying out each route to see if it could be followed.

Continued

Now the routes have been chosen, the children will set about designing leaflets and posters to encourage local people to use the trail for exercise. Once completed, the routes can be uploaded to the Change4 life website, which encourages people to make small changes to their life to help them improve their health.

Gill Grievson, Community Liaison Officer for Greenwood said: "It was great to see all the children working together as a team when planning and trying out the routes. All in all we did about 14,000 steps each day – so it's great that the children got plenty of exercise too."

Jigisa Naik, teacher at Fernwood Junior School, said: "An important outcome for me was seeing how, with a little planning, it can be easy to use our local green space and get involved in projects to help local people. We had a fantastic day and it really got the children thinking about using the area more."

Photo: Fernwood Junior School plan their route

Photo: Pupils from Toton Bispham Drive try out a route

Further information: Gill Grievson 01623 827326 / 0115 9772116 / 07740 845574