

Greenwood

news release

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Pupils Create a Green Kilometre

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Pupils from schools in Mansfield are encouraging local people to get out and get healthy on four parks in the Mansfield area. Children from Wynndale Primary, Sutton Road Primary and Heatherley Primary Schools have taken part in workshops led by the Greenwood Community Forest Team for partners Mansfield District Council.

The three classes of 30 children came up with several one-kilometre routes around Oak Tree Heath, Titchfield Park and Carr Bank Park to encourage local people to walk more for health on a green space close to where they live.

The pupils learned how to use pedometers, compasses, stopwatches and maps before getting down to planning a route that could easily be walked in about 15 minutes. They will keep their pedometer to encourage them to take more exercise.

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.

Now the routes have been chosen, the children will set about designing leaflets and posters to encourage Mansfield's residents to use the parks 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.

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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."

Colin Etches, from the Maun Conservation Group, a volunteer group that helps look after Titchfield Park, came along to the workshops to help the children with information for their posters and leaflets. He said: "It's really important to get children involved in the park and to get them to input their ideas. The Maun Conservation Group has a good relationship with Sutton Road Primary School and we encourage visits by the pupils whenever we can. Anything like this project that gets children out into the fresh air is brilliant!"

Photo 1: Wynndale Primary School pupils try out their route on Oak Tree Heath.

Photo 2: Sutton Road Primary pupils with their stopwatches

Further information: Gill Grievson 01623 827326

A Partnership Initiative of Nottinghamshire County Council, Ashfield District Council, Broxtowe Borough Council, Gedling Borough Council, Mansfield District Council, Newark & Sherwood District Council, The Forestry Commission and Natural England