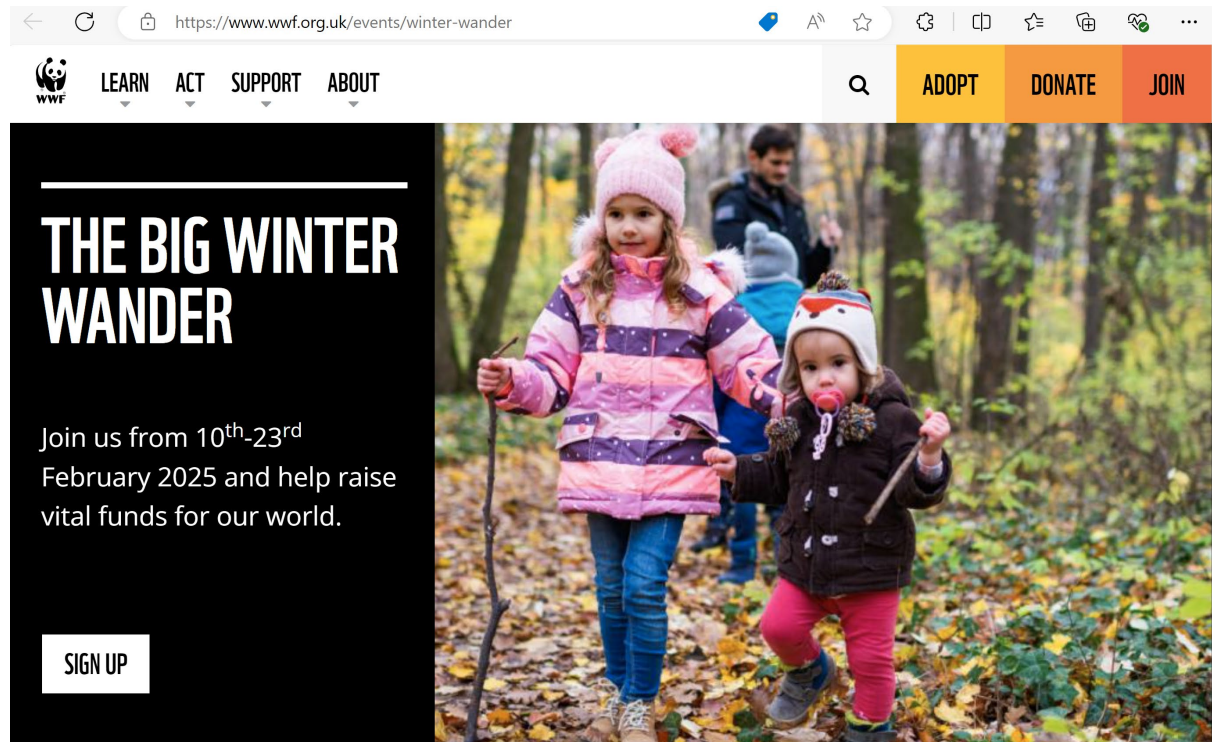


## Winter Wander February 2025

Our next sustainability initiative falls under our determination to promote “Healthy Living”. We are joining in on the WWF’s The Big Winter Wander: [The Big Winter Wander | WWF](https://www.wwf.org.uk/events/winter-wander), which challenges people to get out and about during winter, not only because all that fresh air is so healthy, but because being out in nature can lift the spirits and remind us of how important our green spaces are.



Time spent out in nature can help to lift your mood and reduce stress and anxiety. We want students and families to realise how revitalising it can be to take a walk out in nature and so support each other’s wellbeing.

How you’re helping: Our world needs help like never before. We’re destroying our forests, polluting our rivers and oceans, and causing devastating changes to the climate – and we’re seeing the effects on our own doorstep. Here in the UK, we’ve lost so much wildlife, we’re now one of the 10% most nature depleted countries in the world. But there is hope.

We are asking for your help (all interested Cheam students – any year) to advertise the benefits of walking out in nature by writing an article on a walk/walks you have taken over the winter. Submissions can be made from 10 February up to 23 February 2025. (Think about 100 words). Please tell us where you walked, with whom and describe the walk using your senses. A picture or map would be great so perhaps others can be inspired to take a walk. (on your walk you may even see some birdlife that can be noted on your RSPB Big Bird Watch sheet!)

We hope to publish as many of these as we can in a special edition newsletter and you’ll be helping us to protect and restore our world, keeping it safe for future generations (You’ll also get extra credits and kloodle points).

All articles can be sent to [curtiss@cheamschool.co.uk](mailto:curtiss@cheamschool.co.uk) or handed to form teachers.

See an example of a Winter Wander report below:

## My Winter Wander – Hawley Lake (Blackwater)

My family likes to walk around Hawley Lake, which is in Blackwater. This is partly because it's really close so we walk out of our front door and Minley Forest is only about fifty metres away. The scenery of the forest changes with the season, and in winter, it's full of rusty orange leaves and skeletal trees. There is still a lot of greenery thanks to many evergreen trees and the massive rhododendron bushes that are everywhere.

We walk up to the lake and then around it. There are several places where you can feed the ducks and, even in winter, there are usually swans, geese, ducks and gulls. There are grey squirrels everywhere and we often see deer and the occasional fox. In winter, the lake can freeze over.

Around the other side of the lake is the sailing club. It's not very busy in winter but there are always people walking their dogs or riding bikes with kids.

The walk is just short of 5km and as we start the loop back towards home, we walk past the beach section, which is sandy, and through a lot of forest, where the light is dappled.

Being out in nature is wonderful. When the sky is blue, especially on a chilly winter's day, this walk is spectacular. I recommend this walk to anyone. Just remember your coat and a beanie.

