



## Headteacher Blog

14<sup>th</sup> January 2022 .... Get Involved

Dear Parents and Carers,

One of the things I love about being the Headteacher at Delamere is the sense of community.

The feeling you get from working as a Team towards something that is bigger than one person, or one family, and benefits a whole community.

Getting involved in any kind of community action is a great way to boost wellbeing too!

We have all come to realise over the last few years how precious and fragile the natural world can be. The Big Garden Bird Watch is coming up between 28<sup>th</sup> and 30<sup>th</sup> January 2022.

Anyone can take part and its free! Simply count the birds you see in your garden, from your balcony or in your local park for one hour between 28 and 30 January 2022.

This project run by the RSPB [ Royal Society for the Protection of Birds] is designed to raise awareness of how much bird populations are decreasing in the UK each year.

Apparently, we have lost 38 million birds from UK skies in the last 50 years, so it really is vital we do all we can to look after our birdlife.

Have a look on their website because as well as helping to count birds in your garden, you will learn the names of the birds you see and there are lots of extra activities and things to get involved in like creating a bird café!

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>

I am hoping that we can get some bird boxes and cameras up in our Outdoor Classroom this year – so watch this space for further updates!

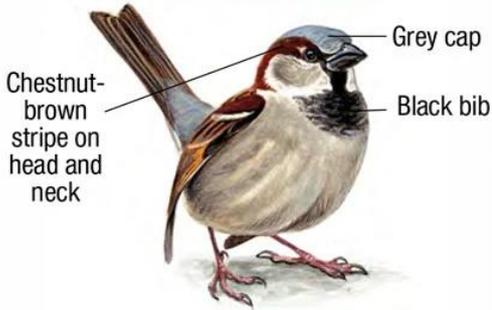
Recent research from the University of Exeter showed that **birds make people feel better**. It was reported that the more birds people saw in the afternoon the happier they felt, lowering their depression and anxiety.... why not give it a go!

Take care until next week,

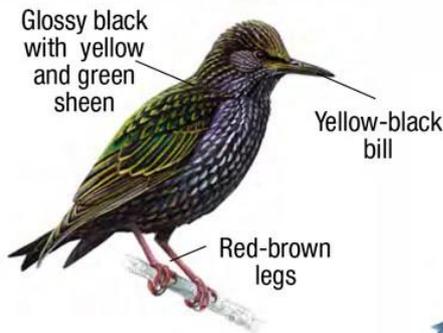
*Sally Judge*

# Guide to the top 10 garden birds

**House sparrow**



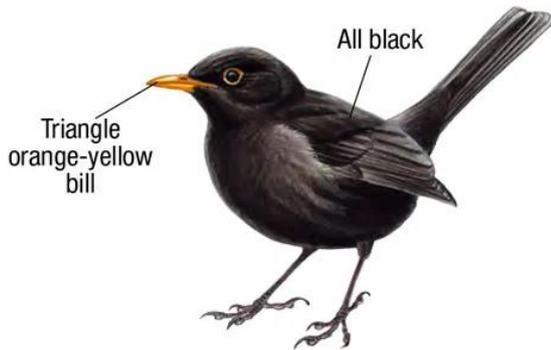
**Starling**



**Blue tit**



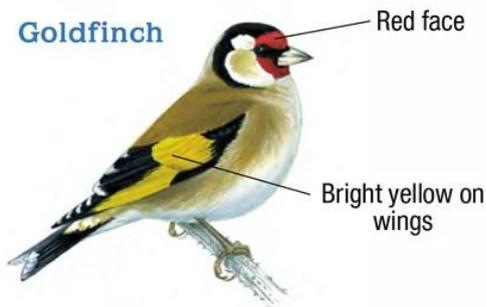
**Blackbird**



**Woodpigeon**



**Goldfinch**



**Blue-grey head**



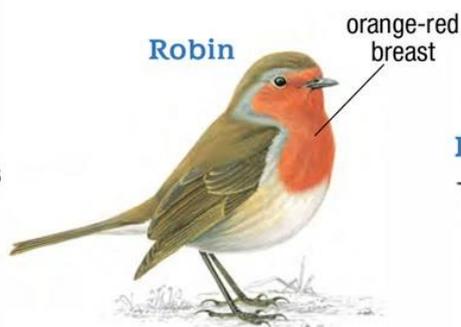
**Chaffinch**



**Great tit**



**Robin**



**Long-tailed tit**

