

Post-excursion information for parents and carers

Dear Parents/Carers,

Today the students visited us at Pullenvale Environmental Education Centre for a very exciting story adventure. Thank you for giving your child the opportunity to participate in the day. You can find more information about the program your child attended [here](#). I wonder what they will share with you about their day? They may even wish to show you how to do some of the activities that they participated in, particularly during our bush walk or nature time on the day.

Deep Listening, or spending quiet time being still and mindful in nature (which resonates with the Ngangikurumggurr word and practice of [Dadirri](#), as shared by the 2021 Senior Australian of the Year, [Dr Miriam-Rose Ungunmerr Bauman AM](#)) is a central practice within all of our programs, and one that is linked not only to health, wellbeing, nature connection and developing an interest in sustainable living, but also to developing greater focus and awareness (a very transferable skill within our classrooms and workplaces). Your child may wish to share this simple practice with you. We are so fortunate in greater Brisbane to be surrounded by accessible nature spaces, including state and national forests, but it is worth noting that **Deep Listening** can be practiced in any green space available to you – a backyard, local park, underneath a local tree or by spending time with your favourite plant, and of course, by sharing reflections with your favourite people.

As you can no doubt tell, here at Pullenvale Environmental Education Centre (PEEC) we are passionate about reconnecting students – and the wider community – to nature. For more information and resources about nature-connection activities you can take part in with your children, please visit our [Parent Resources page](#).

Kind regards,

The PEEC teachers

www.pullenvaleeec.eq.edu.au

Ticks

Ticks are part of life in Australia. Occasionally, a tick may attach itself to a child or adult during a bush walk.

Please check your child for ticks tonight. If you find one, it needs to be removed as soon as possible. More information and current guidelines for tick bites can be found at: www.healthdirect.gov.au/tick-bites .

If you do not know how to remove a tick, please check with a chemist or your doctor.