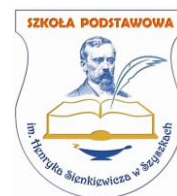




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ECOLOGICAL BULLETIN

PLANTS IN OUR LIVES



How important are plants for our lives?

If it were not for plants, we would not have living conditions. They take carbon dioxide, which we exhale and produce in huge quantities, and in return give us the oxygen necessary for our lives. Thus, they are something like a natural filter. In addition, many plants, mainly trees, are the habitat of many organisms. Trees retain rainwater. This is a very important function, especially since the climate has warmed up a lot, the number of dry months during the year has increased, more and more often in summer we have a fire threat in forests. Plants help reduce stress levels and reduce the level of aggression. It is worth ensuring that there are as many plants as possible in our surroundings.

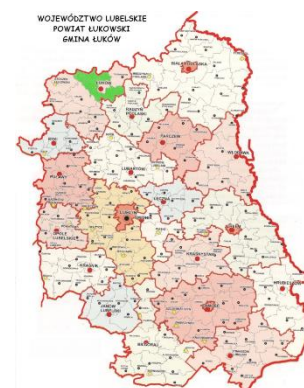
Taking care of plants is a relaxing and therapeutic activity.

Watching them grow or relaxing surrounded by green plants is a wonderful feeling. Plants help us cut off negative emotions. Green is the color of life, there is nothing aggressive in it, on the contrary, it gives peace and inner harmony. Nature is part of man and we are part of nature. It has always been like this and this longing for nature flows in the form of plants in homes, schools and offices. We surround ourselves with plants, regardless of culture and location on the map, we rest in the bosom of nature, we absorb the sounds of the forest while walking. It is natural that we feel good only when we see greenery and listen to the sound of trees.

Plants - they give us life, respite, joy and peace
- these are the best arguments!



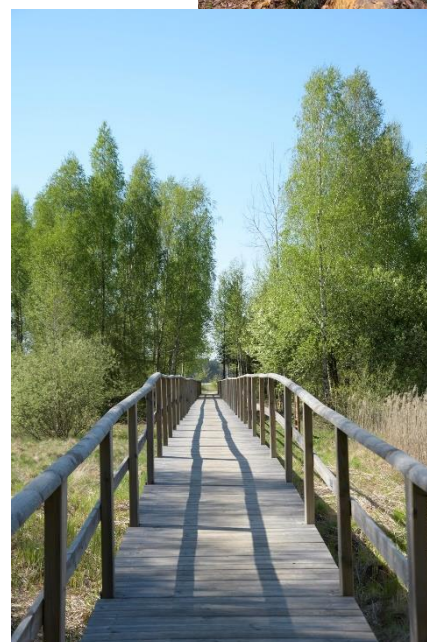
Welcome to our green thresholds of the Łuków Land



The Łuków Land is a naturally rich land located in the north-eastern part of the Lublin region. In its area there are Jata and Topór nature reserves overgrown with fir trees, as well as rich forest areas, e.g. Kryszczak and the Wagram Forest.

The pearl in the crown of our pure green region is Jata nature reserve. It is one of the largest and most interesting reserves in Poland, established in 1933, it protects the natural environment of fir. The area of the reserve is 1116.94 ha, the vast majority of which is located in the Łuków commune.

The students of our school visit the Jata reserve several times a year. They walk along the paths, take pictures and listen to the guide's stories about the species of plants and animals inhabiting this area.





Plants, greenery and nature! You will find our school in the Świder river valley.



The Stoczek Łukowski commune is characterized by a diverse landscape, attractive in terms of tourism and recreation, also thanks to the picturesque valley of the Świder River crossing the commune. Picturesque landscapes of the Świder river valley, clean natural environment, lack of burdensome industry are significant advantages that create opportunities for the development of recreation and tourism in the commune.



Plants in our environment

Long-leaved sundew - Plant species belonging to the sundew family. The name sundew comes from the fact that on the glands of its leaves a sticky substance is formed that attracts insects, resembling dew.



Goldenrod - Numerous species are grown as ornamental plants. Some species are also used locally as medicinal plants.



Juniper forkbeard, is a species of perennial plant in the family Forkbeard. It occurs throughout the Polish, but it is quite a rare plant.



Fir is a genus of evergreen trees in the pine family.



Our green school space.

How we created our school mini-palm house.

We are a small ecological school for which plants and ecology are very important. We have always dreamed of creating a green space in our school with plants that we could take care of together.

Thanks to the opportunity to participate in international projects, we managed to create our school mini-palm house.

The first stage was the planting of green plant seedlings. All the students took part in the preparation of this extraordinary place. We wanted to put plants from other countries in our palm house. During a trip to a partner school in Greece, we observed plants growing in a different climate together as part of the project. We brought olive trees, flowers, tangerine trees to our mini-palm house. From each trip we take as part of ecological projects, we bring more plants that decorate our school mini-palm house.





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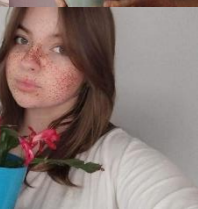
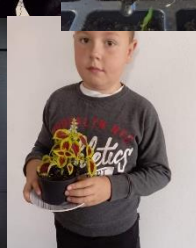
Ecological Competition "Plant in my room"



In our school, we have been organizing the ecological competition "PLAN IN MY ROOM" for two years. Each student was given a green potted plant to care for. Every two months we took pictures of the growing plants. Pictures with plants decorated the school corridors of our school. "PLANTA IN MY ROOM" is an amazing ecological initiative. The photos we took showed how our plants are developing and growing. This showed the commitment of the students. We wanted to show how important plants and ecology are to us. The youngest students of our school were very happy that they could take part in this competition and take care of their plant. Students of our school showed responsibility by taking the plant under their roof. We continue our ecological competition



OUR FRIENDS
GREEN PLANTS



Prepared by ;

The Students of Henryk
Sienkiewicz Primary School in Szyszki