

## MEDIA RELEASE

July 18, 2018

### **Council, volunteers nurture plants for National Tree Day**

Gladstone Regional Council and some dedicated volunteers have been nurturing native plants for schools and the community to participate in National Tree Day (NTD) activities on Friday, July 27 and Sunday, July 29.

Schools Tree Day (Friday) and National Tree Day (Sunday) are Australia's largest annual tree planting and nature care events.

Gladstone Region Mayor Matt Burnett said packs of up to 20 plants are being offered to all primary schools throughout the region for their own activities in the lead up to July 27.

"Our Conservation team will be helping some of our local schools to plant trees at Agnes Water and Tannum Sands with assistance from the Gidarjil Sea Ranger trainees and volunteers from the Friends of Conservation group," Councillor Burnett said.

"We will also be providing trees and tools for the community planting at Lake Callemondah on the Sunday."

Councillor Glenn Churchill invited Gladstone residents to join Council's Conservation team, the Conservation Volunteer Australia (CVA) crew and the Bill Robertson Toyota team from 9am at Lake Callemondah on July 29 for some community building through tree planting.

"This year, everyone is asked to 'get their hands dirty' and spend more time immersed in nature rather than being glued to their mobile screens," Cr Churchill said.

New research from Planet Ark and Toyota Australia has found Australians are spending just four percent of their week enjoying the outdoors, while they're glued to mobile devices for at least three hours a day.

This is despite 89 per cent of us agreeing time spent outdoors helps to reduce stress and increase levels of calmness.

Planet Ark CEO Paul Klymenko said one in three Australians believe spending time in nature makes them feel more relaxed with a positive impact on their mental and spiritual health.

Ninety percent of us also thought outdoor activities had many benefits for the wellbeing and development of children.