

INTRODUCTION TO EARTHBITES

We have been working with Laurier students, teachers, administrators & parents since 2015 to create a safe & fully productive school garden that is connected to the evolved BC Curriculum.



WHY GARDEN WITH STUDENTS?

The research is overwhelming learning out-of-doors provides a valuable context for academic, social and emotional skill development. Learning in school gardens can:

Encourage imaginative and flexible thinking, which has been correlated with efficient problem solving later in life.

Improve outcomes in all academic areas, specifically expressive language, math reasoning and scientific understanding.

Reduce anxiety and depression in children & improves overall health.

Increase opportunities for positive social interaction, communication skills, group cohesion and teamwork.

Develops positive relationships between teachers and children, that can then vastly improve a child's school experience.



WHAT YOUR FEES INCLUDE:

Pablo, your urban gardener & Bara, your registered holistic nutritionist visit your school once a week to:

Plan and cultivate your school garden giving each teacher a themed food bed of their choice.

Provide students & teachers with hands-on learning activities that connects food production with nutrition, from soil-to-plate.

We visit each classroom/division five times a year.



WHAT YOUR FEES INCLUDE:

Plan & hold two seasonal markets; selling produce from school garden as well as student-made nutritious snacks & crafts. Markets are led by upper graders who develop leadership, accounting & marketing skills.

Provide teachers with resources to lead garden sessions, independent of EarthBites, to connect classroom learning to what is happening in the garden environment



WHAT YOUR FEES INCLUDE:

Encourage teachers to use of school garden space as an outdoor classroom – co-developing projects for students to learn hands on about habitat, ecosystems, bees & butterflies.

Maintenance of the school garden, including summer breaks.

Seeds and soil for the garden

Groceries to create snacks with students throughout the year

End of year celebration feast



September | October **Preserving the Harvest**

Explore various ways to preserve the harvest – use preserved foods to create a healthy snack.

Winter Gardening

Planting garlic, kale, spinach, and radishes.

Learning to build hoop houses to extend the growing season.

Urban Foraging

Discovering how weeds & plants can be used as foods & medicines.

