

SESSION TWO & THREE

November | December
Boosting Immunity.

Winter Gardening, Seed Libraries & Winter Market

Building habitat, Playing First Nation Games, Building Seed Libraries, Exploring How Hoop Houses extend growing, creating crafts for the winter market.

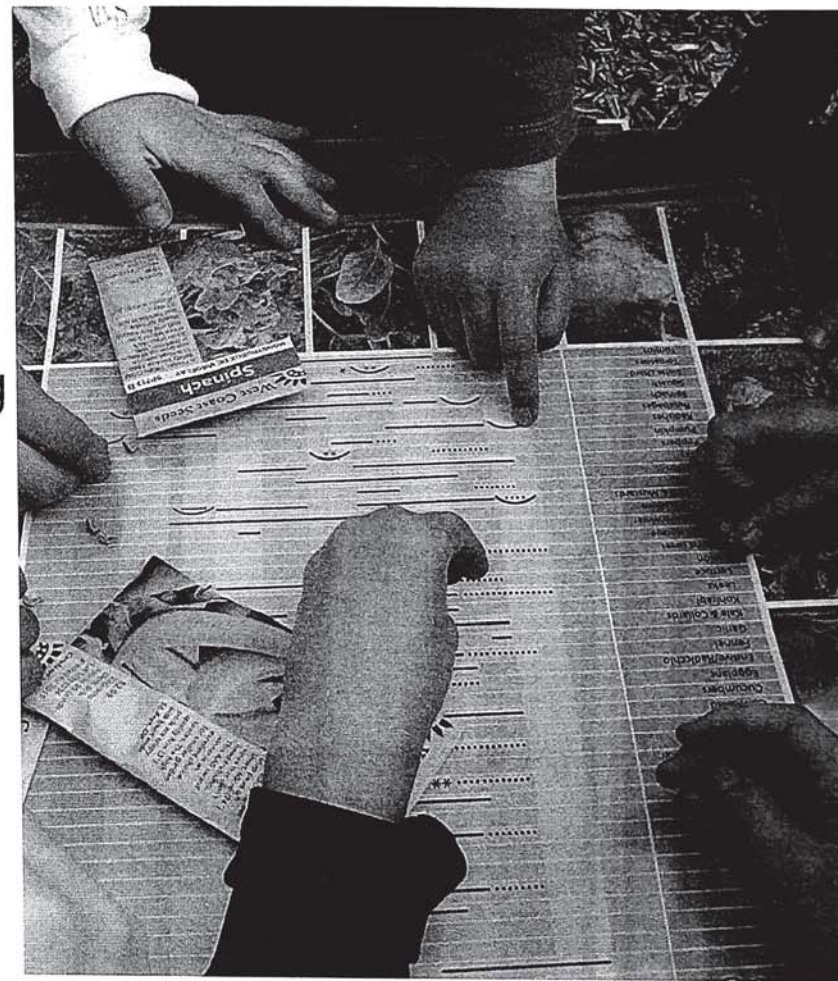
January | February
Garden Planning

Square Foot Garden Planning, Starting Transplants, Companion Planting.

Exploring Pollination

Birds, bees, bats and bugs. Building structures to encourage more pollinators to the garden.

Creating a honey or seed snack.



March | April

Garden Preparation, Spring Planting & Spring Market

Amend soil and plant spring seeds.

Urban Foraging

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

May | June

Spring Gardening

Water, weed and watch crops grow.

Harvest veggies to create delicious & nutritious snacks.

Year End Celebration and Feast!



INTEGRATED WITH THE EVOLVED CURRICULUM

We develop our five sessions in line with big ideas from the evolved curriculum.

Direct Links include:

Physical & Health Education

Social Studies

Sciences

Applied Design, Skills & Technologies

Maths

Arts Education

Aboriginal Connections



HEALTH EDUCATION EXAMPLE

Here is an example of big ideas we encourage teachers to explore further in the classroom with Health Education:

Eating homemade or purchased snacks with whole foods and low processed sugar is making healthy eating choices and promotes health and well-being. (K, Gr. 1)

Eating a variety of colourful vegetables each day will help get daily recommended nutrients needed to promote health and well-being. (Gr. 2)

Eating whole foods first, and limiting sodium and processed fats and sugar will help to support different activities and overall health (Gr. 3)

The revised Canada Food guide is soon to be published. Food groups and number of servings are expected to change significantly (Gr. 4)

Making food choices to support active lifestyles and overall health include local and seasonal foods. Follow <http://eatlocal.org/vendors/in-season/> to learn what is currently in season. (Gr. 5-6)

Explore

Explore how intuitive eating vs habitual eating can affect factors that influence personal eating choices such as food options at home, personal preference, and cultural heritage (Gr. 6)

OUTCOMES & BENEFITS

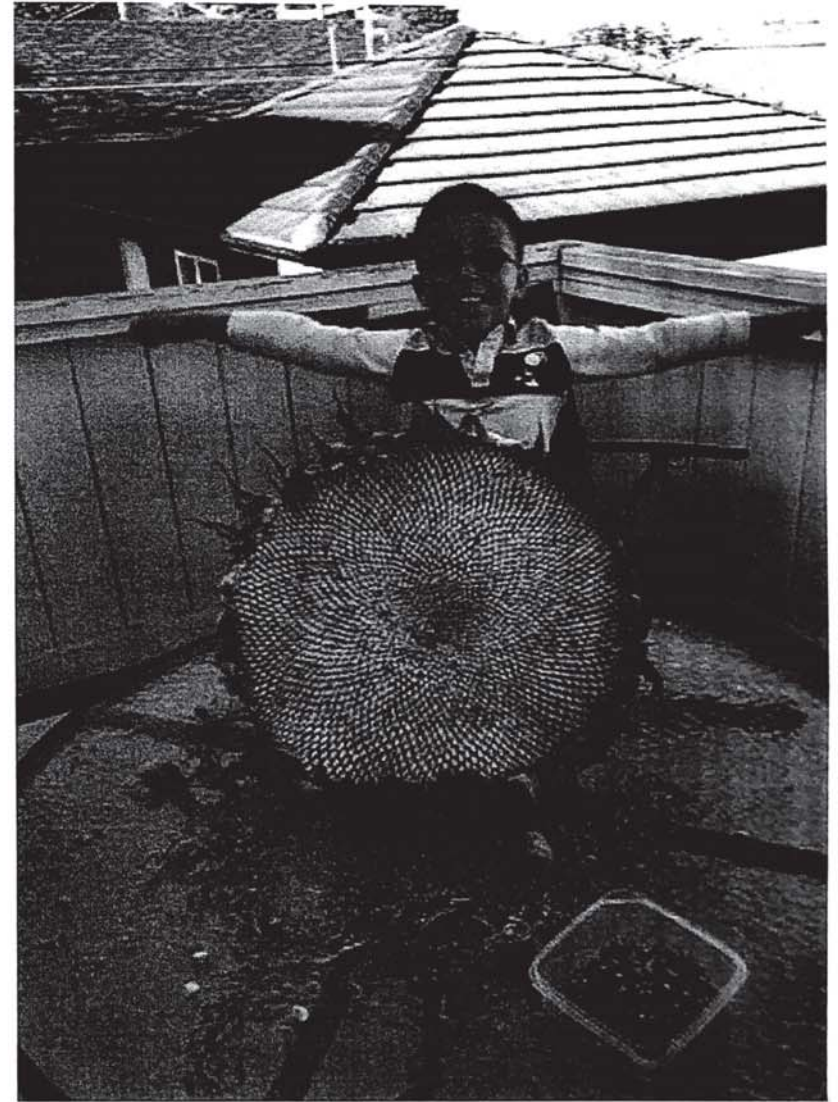
- Students & teachers are provided hands-on learning that connects growing food with nutrition and the production of food
- Teachers are provided with resources to lead garden sessions independent of EarthBites and to connect classroom learning to what is happening in the garden
- The school garden is fully utilized as an outdoor classroom & the garden is kept safe



WHAT STUDENTS HAVE SHARED

Students have shared how they have:

- Planted gardens with family at home
- Try the recipes at home
- Eat vegetables from the garden that they would have never eaten.
- Parents are beginning to shop differently on their child's requests
- Have an outdoor classroom to have hands on learning about eco-systems, habitat, healthy eating & community
- Teachers are working with EarthBites team to link classroom project to the garden. Such eco-systems, bees & butterflies.



HOW THE PROGRAM HAS EVOLVED

2015 Teachers & students developed their skills & confidence in the garden. Ensured the garden was safe, fully utilised growing food & used more as an outdoor classroom.

2016 We planned the expansion of the garden - every class has a food bed.

Linked garden teachings with the evolved BC Curriculum & suggested extension activities between visits.

Changed the program to reduce costs, introducing garden only classes.

2017/ 2018 Teachers chose a theme for each of their beds – Three Sister, Pollination, Herbs, Vegetables ABC Garden. They are responsible for caring, harvesting & using produce between garden visits. Some teachers have also tied their garden in with BC Curriculum projects.

We started a lunch time garden club and involving grade 4 – 7 students to grow their confidence in the garden. They create a lots of the crafts for the craft fair & help care for the garden.

WHAT IS NEXT?

We propose we create a committee: PAC members, teachers & teacher administrator & Earthbites to plan what is for the next two years.

What are the big questions to be explored?

