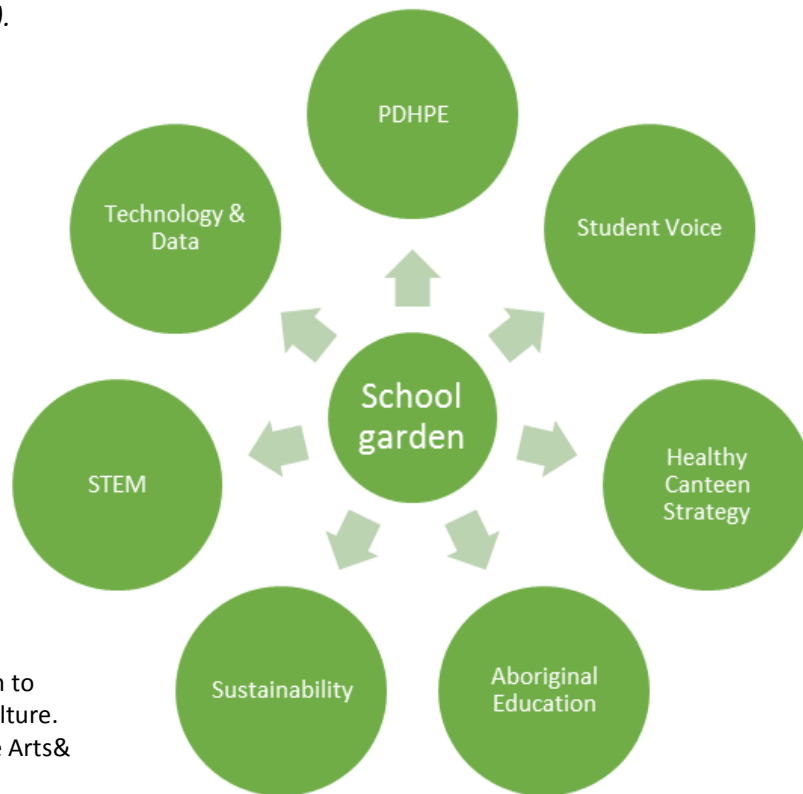


# Linking the Garden & Curriculum

A significant amount of learning can take place in the garden across all curriculum areas also contributing to the development of a range of verbal, leadership and social skills.

(Passey et al, 2010 p. 46).



**Figure 1:**

Linking the school garden to school curriculum and culture. Also Geography, Creative Arts & Well-being.

## Resources

### STEM

- Create lesson activities that support real-world learning and problem solving scenarios. e.g. Stage 3 STEM school project ideas: [www.stem-nsw.com.au/teaching-stem/stage-3-stem-projects](http://www.stem-nsw.com.au/teaching-stem/stage-3-stem-projects).
- NSW Department of Primary Industries School Program: [www.nswdpi-schools-program.com/investigate](http://www.nswdpi-schools-program.com/investigate)
- Design and production processes, and links to physical activity, healthy eating and personal wellbeing. Supports Living World (Science) and Healthy Safe and Active Lifestyle strands (PDHPE). Links to the curriculum priority of sustainability. -> Search 'A Patch from Scratch' at [education.nsw.gov.au](http://education.nsw.gov.au)
- Growing Food Curriculum kit: Search 'Growing Food' at [www.education.sa.gov.au](http://www.education.sa.gov.au)
- Outdoor learning and nature play lesson plans: [www.natureplayqld.org.au/education/lesson-plans](http://www.natureplayqld.org.au/education/lesson-plans)
- Science digibooks for the classroom -> [education.abc.net.au/home#!/home](http://education.abc.net.au/home#!/home)

### PDHPE

- The new PDHPE curriculum encourages schools to use a strength based, critical inquiry approach that promotes lifelong health and wellbeing. The garden is a valuable learning environment to use to help promote healthy, safe and active lifestyles in our students: Scroll down to: 'Kitchen gardening for sustainability and wellbeing K-6' at [education.nsw.gov.au/teaching-and-learning/curriculum/learning-across-the-curriculum/sustainability/teaching-and-learning/kitchen-gardens](http://education.nsw.gov.au/teaching-and-learning/curriculum/learning-across-the-curriculum/sustainability/teaching-and-learning/kitchen-gardens)

### Wellbeing

- The school garden is an excellent example of a wellbeing approach in action. See the [studentwellbeinghub.edu.au](http://studentwellbeinghub.edu.au) for lesson ideas and links to wellbeing.

## Sustainability

- Sustainability is a cross-curriculum priority within the Australian Curriculum. Students are provided with opportunities to develop sustainable practices in the school garden:
  - 'Kitchen gardening for sustainability and wellbeing K-6' at [education.nsw.gov.au/teaching-and-learning/curriculum/learning-across-the-curriculum/sustainability/teaching-and-learning/kitchen-gardens](https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-across-the-curriculum/sustainability/teaching-and-learning/kitchen-gardens)
  - [www.sustainabilityinschools.edu.au](https://www.sustainabilityinschools.edu.au)
  - Search 'Sustainability Resources' at [www.education.nsw.gov.au](https://www.education.nsw.gov.au)
  - Planet Ark: [planetark.org](https://planetark.org)
  - Cool Australia: [www.coolaustralia.org/](https://www.coolaustralia.org/)
  - Northern Beaches Council programs and free film screenings and shows:  
[www.northernbeaches.nsw.gov.au/services/rubbish-and-recycling/school-education](https://www.northernbeaches.nsw.gov.au/services/rubbish-and-recycling/school-education)  
[www.northernbeaches.nsw.gov.au/services/children/teachers-hub](https://www.northernbeaches.nsw.gov.au/services/children/teachers-hub)

## Aboriginal Education

- Bush tucker gardens and studies of Aboriginal culture within the school garden provide an opportunity to learn more about Aboriginal traditions, culture and environments and addresses this cross-curriculum priority: [www.environment.nsw.gov.au/funding-and-support/nsw-environmental-trust/grants-available/eco-schools/eco-schools-gardens](https://www.environment.nsw.gov.au/funding-and-support/nsw-environmental-trust/grants-available/eco-schools/eco-schools-gardens)
- Contact local Aboriginal Heritage Office: [info@aboriginalheritage.org](mailto:info@aboriginalheritage.org)
- Bush tucker gardens: [www.indigigrow.com.au/about](https://www.indigigrow.com.au/about)

## School Canteen

- Involve your school canteen in the garden and learn about foods in the canteen: Search 'School Gardens' at [www.healthy-kids.com.au](https://www.healthy-kids.com.au)

## Student Voice/Leadership Groups

- Using a Student Voice approach in the school garden ensures students are active participants in promoting wellbeing and sustainability at their school and influencing change. Leadership projects can include instigating [waste free lunches](#) (e.g. [www.nudefoodday.com.au](https://www.nudefoodday.com.au)), rostering garden maintenance, marketing and selling produce. Your local council may be able to assist.

## Technology & Data

- Students can record the garden stages from growth to rainfall and create apps or digital representations to roster garden volunteers, sell produce, stock take and graph plant growth.

## Other Ideas

### Preparing Garden Produce:

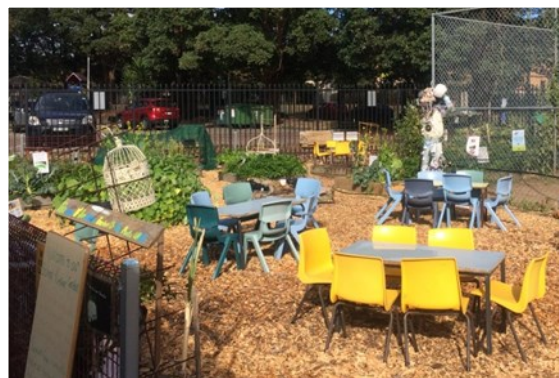
- Preparing garden produce KidsGrowKidsCook: [www.healthy-kids.com.au/teachers/kitchen-garden/](https://www.healthy-kids.com.au/teachers/kitchen-garden/)
- Non-cooking ideas and recipes for using your harvest: Visit Live Life Well @ School resources at [www.nshealthpromotion.com.au](https://www.nshealthpromotion.com.au)

### School Garden Grants:

- Search 'Eco Schools' at [www.environment.nsw.gov.au](https://www.environment.nsw.gov.au)
- Search 'Junior Landcare' grants at: [www.landcareaustralia.org.au](https://www.landcareaustralia.org.au)

### Competitions:

- STEM competition and classroom lesson resources: [www.nswdpi-schools-program.com/investigate](https://www.nswdpi-schools-program.com/investigate)
- Search The Great Backyard Pumpkin Challenge: at [www.rasns.wa.gov.au](https://www.rasns.wa.gov.au)



**Health**  
Northern Sydney  
Local Health District



Involving students in food gardens has many academic, social, behavioural and environmental benefits

## Live Life Well @ School

# Starting a School Garden

### 1

#### Getting started: composting & worm farming

- Contact your Local Council to speak to the School Waste Education Officer.
- Contact your Local Environmental Education Centre (EEC) e.g. Coal Loader, Kimbriki Eco House and Garden, Field of Mars, Gibberagong. They may provide onsite support or workshops for staff, volunteers or students.
- Watch a 'How to' video - compost and worm farm: [www.northernbeaches.nsw.gov.au/services/rubbish-and-recycling/waste-reduction/composting-and-worm-farming](http://www.northernbeaches.nsw.gov.au/services/rubbish-and-recycling/waste-reduction/composting-and-worm-farming)

### 2

#### Sourcing materials

- Contact local businesses e.g. hardware stores, garden centres.
- Source materials to reuse eg. Kimbriki, Council clean ups
- Ask your school community e.g. put a notice in the newsletter for seeds, spades, gloves etc.
- Contact a local professional sports team and ask about their community outreach program - they may provide funding and /or players to attend key events.
- Invite parents to involve their workplace if it has a Corporate Volunteer Program.
- Apply for grants e.g. Junior Landcare, Eco Schools, Nude Food.

### 3

#### Establishing the garden

- Identify the whole of school links to the garden e.g. curriculum, student voice, well being, canteen, sustainability.
- Share with your school executive and community the great outcomes such as engaging learners, behaviour and well-being that can be achieved.
- Consider if the garden will be for whole of school, stage specific, interest group?
- Consider what watering system to use - hosing, wicking bed or water system? Think about water requirements in the school holidays.
- Utilise a garden expert to provide advice e.g.. use of space allocated, soil needs, sun, design, irrigation, pest management. Your Local Council or EEC may assist; or pay a professional from school funds, fundraising, grants or school term fees.
- See [Munch and Crunch Garden](#) resource for great school garden information.
- How can you make your garden accessible, culturally specific to your community

### 4

#### Curriculum & community

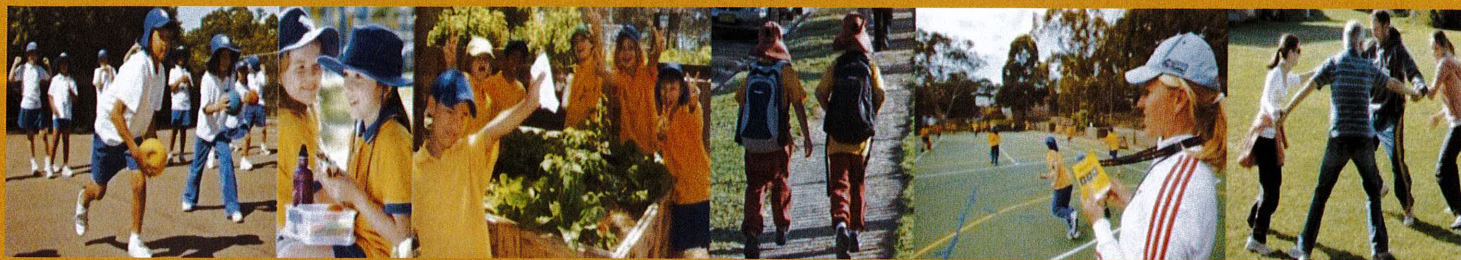
- Refer to the list of syllabus links to STEM, PDHPE, sustainability on the "Linking the Garden to the Curriculum" fact sheet from Health Promotion contact below.
- Consider how you can build the garden into teaching and learning practices e.g. students design garden plan; prepare healthy recipes; problem solve: irrigation, pest and weed management, rostering volunteers; measure: water use, plant growth, seed viability, probability of success etc.
- Link in with the canteen, P&C/P&F fundraising plans, before and after school care.

### 5

#### Maintenance

- Set up a garden club or a student leadership team.
- Nominate classes to undertake different garden care activities that link to their learning outcomes. Have more than one teacher or parent to drive this- it's a team project!
- Invite and encourage your parent community to working bees, or to assist before and after school or with the lunch time garden group.
- Use a social media page, a section in the school newsletter or notice board to provide garden updates and guidance on what help is needed in the garden e.g. watering, planting, pruning, pest and weed management.
- Arrange for the grounds assistant or paid professional to assist with garden maintenance.
- Use apps that provide handy plant and harvest reminders.
- Use your compost and worm farm castings on the soil to keep it fertilised & healthy.





# Live Life Well @ School

A collaborative initiative between NSW Ministry of Health and NSW Education sectors to support schools with creating healthy school environments.

## Newsletter and Snippets

Each term receive information on:

- Upcoming school events
- Professional development events
- Resources and grants
- School case studies

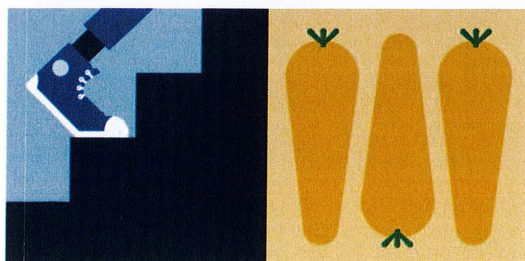
Use our latest snippets / media tiles on your communication channels to provide healthy tips and inspiration to families; that are linked with school policy & practices.



Scan me for previous versions & to subscribe!

Contact the School Years Team on (02) 8797 7294 or email:

[NSLHD-LiveLifeWellatSchool@health.nsw.gov.au](mailto:NSLHD-LiveLifeWellatSchool@health.nsw.gov.au)





# MOVE & IMPROVE

Brought to you by Live Life Well at School, Northern Sydney Local Health District



## Games Using Minimal Equipment!

Presented by former PE Teacher Sarah Riddington

### This session will cover:

- How you can instruct games using minimal equipment
- Engaging activities to incorporate into PE lessons
- Modifications to engage all students

### Choose your workshop:

- **Dee Why** - Tuesday 28th November 4pm to 5.30pm
- **Ryde** - Wednesday 29th November 4pm to 5.30pm

**Register now!**



Scan the QR code to register or [click here](#)

For more information contact  
Northern Sydney Local Health District:  
[NSLHD-LiveLifeWellatSchool@health.nsw.gov.au](mailto:NSLHD-LiveLifeWellatSchool@health.nsw.gov.au)

