

# **SCHOOL HEALTH RESOURCES**

## **Gardening, Food Preserving, Composting, and Outdoor Education**

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Resource/ Program	Description	For more information link/contact
<b>School Gardening Guidebooks/Toolkits</b>		
<b>SK School Boards Association</b>  School Community Gardens: School Ground Greening	<b>Guidelines</b> for school garden or greening projects. <ul style="list-style-type: none"> <li>– The rationale and benefits of school garden or greening projects.</li> <li>– Promising practices to guide your project.</li> </ul>	<a href="http://saskschoolboards.ca/wp-content/uploads/2015/08/07-06.pdf">saskschoolboards.ca/wp-content/uploads/2015/08/07-06.pdf</a>
<b>Project Greenhorn:</b> Community Gardening	<ul style="list-style-type: none"> <li>- Success stories</li> <li>- Challenges and overcoming them</li> <li>- Benefits of gardening</li> <li>- Ideas for working gardening into a variety of school subjects</li> </ul>	<a href="http://www.usask.ca/cuisr/sites/default/files/Project%20Greenhorn%20-%20Community%20Gardening.pdf">www.usask.ca/cuisr/sites/default/files/Project%20Greenhorn%20-%20Community%20Gardening.pdf</a>
<b>Making it Happen</b>  Healthy Eating at School: Start a School Garden	<ul style="list-style-type: none"> <li>- Challenges, barriers and how to overcome them</li> <li>- Toolkit for growing September –June</li> <li>- How to grow vegetables</li> <li>- Creating an outdoor classroom</li> <li>- Community garden guide</li> <li>- Home economics class explores what they can prepare from food grown close to home</li> </ul>	<a href="http://healthyeatingatschool.ca/in-the-garden">healthyeatingatschool.ca/in-the-garden</a>
Growing Minds  <b>Farm to School</b>	<ul style="list-style-type: none"> <li>- Basic Steps to starting a classroom garden</li> <li>- Tips for gardening with students</li> </ul>	<a href="http://growing-minds.org/school-gardens/">http://growing-minds.org/school-gardens/</a>
<b>FAO</b>  Running a Garden Project	<ul style="list-style-type: none"> <li>- Questions to consider when making the plan</li> <li>- Secrets for success</li> </ul>	<a href="http://www.fao.org/docrep/009/a0218e/A0218E02.htm">www.fao.org/docrep/009/a0218e/A0218E02.htm</a>
<b>Evergreen</b>  Greening School Grounds	<ul style="list-style-type: none"> <li>- Planning and Design Guide</li> <li>- Best Practices and Policies</li> <li>- Training and Resources</li> <li>- Grants Available</li> </ul>	<a href="http://www.evergreen.ca/our-impact/children/greening-school-grounds/">www.evergreen.ca/our-impact/children/greening-school-grounds/</a>
<b>Got Dirt?</b>  Garden Toolkit	<ul style="list-style-type: none"> <li>- Basic Steps for starting a garden (finding the right place, get seeds and tools, prepare the soil, start your garden, planting, caring for the garden, harvest time, preparing for next year</li> <li>– Gardening examples and resources (success stories, community gardens, child and adult care centre gardens, school gardens, helpful garden resources)</li> </ul>	<a href="http://www.dhs.wisconsin.gov/physical-activity/foodsystem/gotdirt.htm">www.dhs.wisconsin.gov/physical-activity/foodsystem/gotdirt.htm</a>

<p><b>Seeds for Change</b></p> <p>From Roots to Shoots: An Edible Gardening Guide for York Region</p>	<p>A month by month gardening guide including information on: plan and design, taking inventory, indoor seeding, planting directly outdoors, transplanting, weeding and watering, composting and staking, harvesting and storing, seed saving, garlic planting and extending the season, putting the garden to bed, reflecting planning and sprouting.</p>	<p><a href="http://seedsforchangegardens.org/index.php/network">seedsforchangegardens.org/index.php/network</a></p>
<p><b>Agriculture in the Classroom SK (AITC-SK):</b> Connecting Kids and Agriculture</p>	<p>Provides innovative, <b>curriculum-based programs and resources</b> to help increase students awareness and understanding of agriculture. Check out our programs and events and AITC featured resources to find out how to include agriculture education in your classroom!</p>	<p><a href="http://www.aitc.sk.ca/">www.aitc.sk.ca/</a></p>
<p><b>Local Healthy Food Fundraiser</b></p>		
<p><b>Fresh from the Farm Program</b></p>	<p><b>Program</b> which provides schools the <b>opportunity to raise funds by selling fresh, Ontario vegetables and fruit</b> to the community, while supporting healthy eating and Ontario’s farmers. Fresh from the Farm is modeled after Farm to School, Manitoba’s Healthy Choice Fundraiser.</p>	<p><a href="http://www.farmtocafeteriacanada.ca/about-us/what-is-farm-to-cafeteria/">www.farmtocafeteriacanada.ca/about-us/what-is-farm-to-cafeteria/</a></p>
<p><b>Indoor Gardening</b></p>		
<p><b>Little Green Thumbs</b></p> <p>AITC-SK</p>	<p><b>Indoor gardening program</b> that gives elementary and high school students the opportunity to become food producers right in their own classroom! This hands on, inquiry based education program helps young people value the health of themselves, the environment and their community.</p> <p>As students actively co-operate to care for their garden, they learn about nutrition, environmental stewardship, sustainable food systems, and community interdependence.</p>	<p><a href="http://www.littlegreenthumbs.org/">www.littlegreenthumbs.org/</a></p>

## Composting

<p><b>Your Guide to Composting</b> <i>City of Regina</i></p>	<p><b>Guide</b> to starting a school or class compost</p>	<p><a href="http://www.regina.ca/opencms/export/sites/regina.ca/residents/environment/media/pdf/composting_guide.pdf">www.regina.ca/opencms/export/sites/regina.ca/residents/environment/media/pdf/composting_guide.pdf</a></p>
<p><b>Green Calgary</b> School Wide Composting Guide</p>	<p>– Curriculum connections and how-to guide (how to build one, what material to use, where to put it, what to put in it, what to do with the finished product, etc.)</p>	<p><a href="http://murchiepages.weebly.com/uploads/1/3/4/3/13431671/schoolwidecompost_gc.pdf">murchiepages.weebly.com/uploads/1/3/4/3/13431671/schoolwidecompost_gc.pdf</a></p>

## Funding your School Garden

<p><b>School Garden Weekly</b> 10 School Garden Fundraising Ideas</p>	<p>- Fundraising ideas that go along with the garden theme to help support your school garden! (Seedling sale, dried herb bouquet, seed sale, plant sale, flower sale, recipe cookbook, garden art, selling at a farmer’s market)</p>	<p><a href="http://schoolgardenweekly.com/10-school-garden-fundraising-ideas/">schoolgardenweekly.com/10-school-garden-fundraising-ideas/</a></p>
<p><b>School Gardening Grants</b></p>	<p>- A list of grants available in Saskatchewan for school gardening projects put together by the RQHR Health Promotion Department.</p>	<p>Contact the Health Promotion Department <a href="mailto:healthpromotionrghr@rqhealth.ca">healthpromotionrghr@rqhealth.ca</a> or 306-766-7370</p>

## Food Preservation

<p><b>Put it up!</b> Food Preservation for Youth</p>	<p>- Curriculum - a series of informal educational lessons that guide youth to explore and understand the science of safe food preservation (can, freeze, dry, cure and smoke, ferment, pickle, make jelly and jam, store)</p>	<p><a href="http://nchfp.uga.edu/putitup.html">nchfp.uga.edu/putitup.html</a></p>
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## EDUCATION OUTDOORS

Resource/ Program	Description	For more information link/contact
<p><b>Connecting With Nature: Free Educational Guides For Teachers</b></p> <p>For Grades K-8</p> <p><i>David Suzuki Foundation</i></p>	<p>Studies have shown that spending time outdoors helps students do better in school by improving memory, problem-solving and creativity. Children who spend time in nature are also physically healthier and are more likely to care for nature as adults.</p> <p>Teachers across Canada agree! They've downloaded more than 10,000 copies of these guides. From coast to coast, educators are taking their students outside and reporting that it's good for students and those who teach them</p> <p><b>FREE outdoor classroom guide and lesson plans in both French and English visit: <a href="http://ow.ly/R6VPH">http://ow.ly/R6VPH</a></b></p>	<p><a href="http://www.davidsuzuki.org/what-you-can-do/connecting-youth-with-nature/#teachers-tab">www.davidsuzuki.org/what-you-can-do/connecting-youth-with-nature/#teachers-tab</a></p>