

POWELL RIVER LANDED LEARNING @ SCHOOL



A GARDEN-BASED LEARNING PACKAGE
FOR GRADE 4/5 STUDENTS
2020-2021
Updated October 2020



1. OVERVIEW

The Food Literacy Program's *Landed Learning @ School* provides garden-based learning for all elementary schools, with the aim of helping staff maintain and use school gardens as vibrant outdoor classrooms, and providing students with hands-on food literacy education opportunities.

The program consists of a range of activities (targeted at Grades 4 and 5, but adaptable for any class), supported by classroom extension resources, advice on garden maintenance, and opportunities to partner with adult volunteers, visit local farms and learn from community experts. The Food Literacy Coordinator works with school staff to determine each school's needs and adapt program content and delivery accordingly.

The volunteers who participate are experienced in gardening and screened to work in schools.

There is no cost and all resources and materials are provided.

The program includes the following elements for all elementary schools:

- **Four seasonal, curriculum-connected learning sessions** in school gardens, with classroom extension resources for teachers;
- **A trip to a local farm** focused on showing students a functioning food-producing ecosystem and demonstrating what is involved in growing organic food at a larger scale (CURRENTLY ON HOLD DUE TO COVID-19 RESTRICTIONS, replaced by classroom activity);
- **Preparing and eating food** harvested from the garden*;
- **Support with winterizing the school garden**, summer maintenance plans and other school garden know-how;
- **Garden materials** (e.g., potting soil, seeds, seedlings);
- **A *Powell River School Garden Calendar*** for teachers to use for year-round garden activities specific to our area;
- **Opportunities for students to connect with multigenerational adult volunteers** from the community, who bring a range of skills and experience to share*.

* Covid-19 safety modifications in place; see next page.

2. COVID-19 SAFETY PLAN

In light of the current Covid-19 safety protocols in schools*, the following adaptations have been made to the program to continue to provide teachers and students with the opportunity to engage in food literacy education. Developing students' knowledge and skills to grow and prepare food for themselves and their communities is arguably more important now than ever before.

Location

As much as possible, sessions will take place outside in the school garden and surrounding areas. This will significantly reduce any risk. When weather conditions do not allow for comfortable outdoor learning, we will work either under cover outside or back in the classroom, using the teacher's existing set up of chairs and tables. Distancing will be maintained wherever possible.

Use of volunteers

Previously, GBL sessions have been delivered by the Coordinator and two or three Landed Learning volunteers, which results in a high adult-student ratio and creates an environment for rich and effective learning.

In the current situation where the number of adult contacts with each student cohort needs to be limited, **two volunteers will be linked with one learning group in each school**, and will not work in other schools or with other groups at the same school while restrictions are in place.

For each session, only one of these two volunteers will be in attendance. This will minimize the number of different adults coming into schools, while supporting activities that benefit student learning and wellbeing, in keeping with the guidelines. This means **one learning group needs to be chosen to take part in the GBL program** while the current restrictions are in place.

*Both the Coordinator and the attending volunteer will be required to complete a **COVID-19 self-assessment** before coming onto school grounds.*

Signing in

Volunteers will be required to sign in upon arrival at a school and follow all school protocols as directed.

Masks and gloves

The Coordinator and volunteer will wear masks at all times while on school grounds, and gloves will be worn whenever interacting closely with students.

Sharing of materials

Wherever possible, workshop materials will be provided for each individual in the class. Where this is not possible (gardening trowels, pot-makers, watering cans, etc), these items will be shared only between small groups of 3-4 students and/or will be sanitized between uses.

Volunteers will wear gloves to distribute equipment.

Food preparation and tasting

Engaging students through the tasting and enjoyment of shared food is a large part of the Landed Learning approach. The guidelines advise that schools can continue to include food preparation as part of learning programs for students, as long as standard food safety and hand-hygiene protocols are followed and students only eat food they have prepared themselves.

This means that **Session 5: Harvest Celebration** can take place, but instead of preparing a large salad to share, students will make individual "hand salads" by picking various things from the school garden and rolling them up in lettuce leaves to eat. This activity has been tried successfully as part of the 2109-20 program pilot).

Any ingredients to be used by students as part of the program will have been untouched for at least 48 hours and will be served by gloved volunteers in individual portions.

Hand-washing and sanitization

In addition to the usual hand hygiene measures occurring at schools, there will be outdoor hand-washing/sanitization available for each Landed Learning session.

3. PROGRAM SCHEDULE

Each seasonal activity is offered in a number of time-slots, during one week, so that teachers can sign up for the session of each activity that works best for them. It is intended that the same class (Grade 4 or 5) be signed up to take all five activities, creating continuity of learning and thus generating maximum impact.

Activity	Suggested dates	Length	Delivered by
Session 1: All About Seeds <i>Outdoor</i>	Oct 6, 7, 8 10:45-12:00 or 1:00-2:15	1.5hrs	Coordinator + 1 volunteer
Session 2: Healthy Soil and Compost <i>Outdoor</i>	Nov 24, 25, 26 10:45-12:00 or 1:00-2:15	1.5hrs	Coordinator + 1 volunteer
Session 3: Planning and Planting <i>Indoor/outdoor</i>	Feb 23, 24, 25 10:45-12:00 or 1:00-2:15	1.5hrs	Coordinator + 1 volunteer
Session 4: Pollination <i>Farm Visit if allowable, otherwise outside at school</i>	Mid to late May (can be arranged for any day (other than Wednesdays), morning or afternoon - allow three hours to include transport if at Farm).	2 hrs	Coordinator + volunteer/farmer
Session 5: Harvest Celebration <i>Outdoor</i>	June 22, 23, 24 10:45-12:00 or 1:00-2:15	1.5hrs	Coordinator + 1 volunteer

Please note: in addition to the sessions listed above, garden-based and food skills workshops are available upon request. These can be tailored to meet the learning goals for any grade, in consultation with the class teacher.

4. SESSION CONTENTS

1. *All About Seeds*

- Observe patterns of nature as they relate to plant lifecycles and nutrient cycles
- Learn about what seeds are, and collect different types
- Identify and save healthy, mature seeds for planting next spring
- Optional in-class germination experiment

2. *Healthy Soil and Compost*

- Explore different types of soils and what lives in them
- Remove dead plants from the garden and compost them
- Observe and understand the process of organic waste becoming compost
- Cover garden beds with mulch to protect them for winter

3. *Planning and Planting*

- Use seed catalogs to select plant varieties for planting in the school garden
- Make a planting map of the garden
- Make biodegradable paper pots for starting seeds
- Start seedlings in the classroom that will be transplanted into the garden
- Optional outdoor pea-trellis building activity

4. *Pollination (at local farm)*

- Observe bees and other pollinators at work in the garden
- Learn about how pollination works and pollinator-friendly gardening practices
- Make “Bee Happy Wildflower Seed Balls” to take back to school to plant
- Optional Bee Watering Station making activity

5. *Harvest Celebration*

- Identify and harvest a variety of plant parts (roots, stems, leaves, flowers, fruits, seeds)
- Wash, and prepare seasonal crops
- Enjoy a nutritious and tasty salad bar grown from seed
- Optional in-class Seed to Plate Poster activity (will need additional class time)

5. EXPECTED OUTCOMES

Teacher/s will:

- Be able to prepare students for activity sessions by using provided extension materials to introduce key concepts and practices
- Become more confident in managing and guiding students in the garden setting
- Develop an understanding of the curriculum connections to garden-based learning
- Be resourced to implement follow-up activities (such as in-class watering of seedlings, some outdoor planting, etc.) as necessary
- Have the opportunity to join a Garden Educator Network to share ideas and promote learning
- Be given opportunities to provide feedback to Coordinator for ongoing development of program

Students will learn to:

- Plant, tend and harvest food plants
- Observe and document the natural world around them
- Ask questions about what they are curious about and develop strategies for answering them
- Understand what tools are needed for garden tasks and learn to use them safely
- Work in teams to achieve mutual goals
- Relate to and work cooperatively with non-parental adults
- Understand the concept of “seed to plate” eating and its benefits to themselves, their communities and the environment
- Care for and understand their roles as stewards of the garden as part of the local ecosystem
- Understand the role of growing and eating fresh food in maintaining personal and community well-being

Specific curricular connections are outlined on the next page.

For more information and bookings please contact: Vanessa Sparrow, Food Literacy Program Coordinator
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Grade 5 Learning Outcome	Landed Learning Session				
	<u>All About Seeds</u> Observe patterns of nature as they relate to plant lifecycles and nutrient cycles Learn about what seeds are, and collect different types Identify and save healthy, mature seeds for planting next spring Optional in-class germination experiment	<u>Healthy Soil and Compost</u> Explore different types of soils and what lives in them Remove dead plants from the garden and compost them Observe and understand the process of organic waste becoming compost Cover garden beds with mulch to protect them for winter	<u>Planning and Planting</u> Use seed catalogs to select plant varieties for planting in the school garden Make a planting map of the garden Make biodegradable paper pots for starting seeds Start seedlings in the classroom that will be transplanted into the garden Optional outdoor peat-trellis building activity	<u>Pollination</u> Observe bees and other pollinators at work in the garden Learn about how pollination works and pollinator-friendly gardening practices Make "Bee Happy Wildflower Seed Balls" to take back to school to plant Optional Bee Watering Station making activity	<u>Harvest Celebration</u> Identify and harvest a variety of plant parts (roots, stems, leaves, flowers, fruits, seeds) Wash, and prepare seasonal crops Enjoy a nutritious and tasty salad bar grown from seed Optional in-class Seed to Plate Poster activity (will need additional class time)
Science					
Questioning and predicting	x	x	x	x	x
Planning and conducting	x		x		x
Processing and analyzing data and information	x	x	x	x	x
Evaluating	x	x			
Applying and innovating	x		x	x	
Communicating	x	x	x	x	x
Mathematics					
Reasoning and analyzing	x		x		
Understanding and solving	x		x		
Engage in problem-solving experiences that are connected to place, story, cultural practices, and perspectives relevant to local First Peoples communities, the local community, and other cultures	x	x	x		

Grade 5 Learning Outcome	Landed Learning Session				
	<u>All About Seeds</u> <ul style="list-style-type: none"> • Observe patterns of nature as they relate to plant lifecycles and nutrient cycles • Learn about what seeds are, and collect different types • Identify and save healthy, mature seeds for planting next spring • Optional, in-class germination experiment 	<u>Healthy Soil and Compost</u> <ul style="list-style-type: none"> • Explore different types of soils and what lives in them • Remove dead plants from the garden and compost them • Observe and understand the process of organic waste becoming compost • Cover garden beds with mulch to protect them for winter 	<u>Planning and Planting</u> <ul style="list-style-type: none"> • Use seed catalogs to select plant varieties for planting in the school garden • Make a planting map of the garden • Make biodegradable paper pots for starting seeds • Start seedlings in the classroom that will be transplanted into the garden • Optional outdoor pea-trellis building activity 	<u>Pollination</u> <ul style="list-style-type: none"> • Observe bees and other pollinators at work in the garden • Learn about how pollination works and pollinator-friendly gardening practices • Make “Bee Happy Wildflower Seed Balls” to take back to school to plant • Optional Bee Watering Station making activity 	<u>Harvest Celebration</u> <ul style="list-style-type: none"> • Identify and harvest a variety of plant parts (roots, stems, leaves, flowers, fruits, seeds) • Wash, and prepare seasonal crops • Enjoy a nutritious and tasty salad bar grown from seed • Optional in-class Seed to Plate Poster activity (will need additional class time)
Language Arts					
Comprehend and connect (reading, listening, viewing)	x	x	x	x	x
Create and communicate (writing, speaking, representing)			x		x
Applied Design, Skills and Technology					
Applied Skills	x	x	x	x	x
Applied Technology	x	x	x	x	
Physical and Health Education					
Physical literacy	x	x	x	x	x
Healthy and active living	x	x	x	x	x
Social and community health	x	x	x	x	x
Mental well-being	x	x	x	x	x
Social Studies					
Use Social Studies inquiry processes and skills to — ask questions; gather, interpret, and analyze ideas; and communicate findings and decisions					x