

# INSET DAYS

We train teachers to develop skills, ideas & confidence in using outdoor environments to enhance learning & in starting or developing a productive school garden to increase opportunities.

## TOPICS WE COVER INCLUDE...

### NUTRITION & LEARNING

- \* School food culture (inc Ofsted, Bristol \* Healthy Schools, School Food Matters)
- \* Effects of nutrition and exercise and fresh air on learning
- \* The Eat Well Plate – freshness & seasonality

### GROW YOUR OWN GARDEN

- \* Help to locate and design growing space
- \* Ideas to make it low maintenance, productive and with opportunity for learning
- \* Suggested plants (and varieties) to grow which are hardy, productive and should be ready to harvest in term time
- \* Options for growing in ground, in planters (self watering), in classroom
- \* Designs for planters and materials needed. (option to build own/buy)
- \* Creative ways of minimizing inputs and maximizing outputs
- \* Perennial v annual growing
- \* List of 'go to' resources for design

### PREPARING FOOD WITH KIDS

- \* Simple seasonal healthy recipes
- \* Kit lists food prep
- \* Stories to introduce kids to eating vegetables/trying new foods
- \* Activity ideas for designing menus/finding out where food comes from (linking topics)

### APPROACHES TO TEACHING

- \* Experiential learning – process+benefits
- \* Risk Benefit strategies
- \* Matching this style to the curriculum (case studies, ideas, practice)
- \* Use of outdoor spaces (onsite, locally, trips)
- \* Learning through stories

**Sims Hill**  
Shared Harvest



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