

Seaton Park Primary School – Gardening Program

Students have the opportunity to participate in our school gardening program. Every week, students work in small groups, planting, growing and harvesting food in our school vegetable garden. Students prepare, cook and share the fresh food they have harvested with others. Students also maintain other areas of our garden, including weeding, planting, pruning and growing plants.

Gardening has many benefits for students and the school community including:

- Students learning how to plant, grow and harvest fresh food.
- Students learning how to prepare and cook healthy meals.
- Builds connections with healthy food and the natural world.
- Contributes to developing life-long healthy eating habits.
- Hands on learning, developing practical, real life skills.
- Encourages physical activity and being in the outdoors.
- Develops teamwork skills and an improved awareness and attitude to the environment.