



*The Office of the State Superintendent of Education
Presents...*

Lessons From the Ground



Incorporating the school garden into classrooms
and cafeterias





Basic Training

Time: 30 Minutes

Summary: An overview of the School Garden and Farm to School services available from OSSE through the requirements of the Healthy Schools Act. Also included is an introduction of the School Garden Coordinator and a sample lesson and activity.

Materials:

Training Folder:

- Candid Camera Activity
- 101 Activities in the School Garden
- Farm to School one pager
- School Garden one pager
- HSA Infographic handout
- Contact information for School Garden Specialist, Farm to School Specialist and School Garden Coordinator (if applicable)
- List of Curriculum
- Seed packets with OSSE Label

Questionnaire: What are Teachers Interested In?

1. Introduction (10 minutes)

- a. Ice Breaker- ask teachers to think of a time in the life when they were influenced by school garden/ farm to school things
- b. Tell teachers that these memories are powerful and we want to ensure students have similar experiences.

2. Healthy Schools Act overview (5 minutes)

- a. Review HSA infographic, Farm to School and School Garden one pagers

3. Garden Coordinator Overview (10 minutes)

- a. Have SGC introduce him/herself and share how he/she can support teachers in the garden.
- b. Provide an example of what has been done (if applicable) and list of 101 activities

4. Questions (5minutes)

- a. Hand out seed packets





Basic Training with Garden Lesson Extension

Time: 60 Minutes

Summary: An overview of the School Garden and Farm to School services available from OSSE through the requirements of the Healthy Schools Act. An introduction to the School Garden Coordinator, with a sample lesson and activity outside in the school garden where teachers will have the opportunity to explore the space. An interactive discussion about the correlation between what is growing in the garden and what is served in the cafeteria is included.

Materials:

Training Folder:

- Candid Camera Activity
- 101 Activities in the School Garden
- Farm to School one pager
- School Garden one pager
- HSA Infographic handout
- Contact information for School Garden Specialist, Farm to School Specialist and School Garden Coordinator (if applicable)
- List of Curriculum
- Seed packets with OSSE Label

Questionnaire: What are Teachers Interested In?

1. Introduction (10 minutes)

- a. Ice Breaker- ask teachers to think of a time in the life when they were influenced by school garden/ farm to school things
- b. Tell teachers that these memories are powerful and we want to ensure students have similar experiences.

2. Healthy Schools Act overview (5 minutes)

- a. Review HSA infographic, Farm to School and School Garden one pagers

3. Garden Coordinator Overview (10 minutes)

- a. Have SGC introduce him/her self and share how he/she can support teachers in the garden.
- b. Provide an example of what has been done (if applicable) and list of 101 activities

4. Garden Tour and Demo Lesson (20 minutes)

- a. Bring teachers outside and give a tour of the garden
- b. Using the lesson plan provided in the packet, demo the “Candid Camera” activity

5. Cafeteria Connection (10 minutes)

- a. Working with the School Garden Coordinator, discuss techniques for communicating the correlation between what’s growing in the garden and what’s being served in the cafeteria

6. Questions (5minutes)

- a. Hand out seed packets





In-Depth School Garden-Cafeteria-Classroom Training

Time: 90 Minutes

Summary: An overview of the School Garden and Farm to School services available from OSSE through the requirements of the Healthy Schools Act. An introduction to the School Garden Coordinator, with a sample lesson and activity outside in the school garden where teachers will have the opportunity to explore the space. This training includes an interactive discussion about the correlation between what is growing in the garden and what is served in the cafeteria, troubleshooting common problems, participation in district-wide events and additional sample lessons are also included. This training is intended for schools who are already utilizing their school garden in the cafeteria and classroom, but are struggling with increasing or maintaining this involvement.

Materials:

Training Folder:

- Candid Camera Activity
- 101 Activities in the School Garden
- Farm to School one pager
- School Garden one pager
- HSA Infographic handout
- Contact information for School Garden Specialist, Farm to School Specialist and School Garden Coordinator (if applicable)
- List of Curriculum
- Seed packets with OSSE Label

Questionnaire: What are Teachers Interested In?

7. Introduction (10 minutes)

- a. Ice Breaker- ask teachers to think of a time in the life when they were influenced by school garden/ farm to school things
- b. Tell teachers that these memories are powerful and we want to ensure students have similar experiences.

8. Healthy Schools Act overview (5 minutes)

- a. Review HSA infographic, Farm to School and School Garden one pagers

9. Garden Coordinator Overview (10 minutes)

- a. Have SGC introduce him/her self and share how he/she can support teachers in the garden.
- b. Provide an example of what has been done (if applicable) and list of 101 activities

10. Garden Tour and Demo Lesson (30 minutes)

- a. Bring teachers outside and give a tour of the garden
- b. Using the lesson plan provided in the packet, demo the “Candid Camera” activity





- c. Using the 101 Activities to do in the School Garden, demo additional activities chosen by the participants

11. Cafeteria Connection (10 minutes)

- a. Working with the School Garden Coordinator, discuss techniques for communicating the correlation between what's growing in the garden and what's being served in the cafeteria

12. Troubleshooting Existing Problems (20 minutes)

- a. Have participants share current problems occurring with utilizing the school garden in the cafeteria and the classroom
- b. Allow participants, the school garden coordinator and the trainers time to provide feedback and suggestions on these issues.
- c. Include activities during Growing Healthy Schools Week and Strawberries and Salad Greens Day as methods to increase participation and unity within the school environment surrounding school gardens and consuming local foods.

13. Questions (5minutes)

- a. Hand out seed packets