



GROWING HEALTHY SCHOOLS MONTH

Initiative of the Office of the State Superintendent of Education

Get Out and Garden

Growing Healthy Schools Month is the perfect time to engage students and the school community with the school garden. While instruction and regular maintenance happen throughout the year in school gardens, we hope this month inspires you to plan something special that will take your school garden to the next level. Below are some recommendations on seasonally- appropriate activities and projects:

Activity/ Project	Supporting Resources
Start or expand a school garden	Start small and build community support early on. This and more in the Checklist for Starting a School Garden .
Teach a new lesson in the garden	Use one of these recommended garden-based curricula to connect what you are doing in the classroom to the garden.
Serve garden produce in the cafeteria	Whether it's a simple taste test or incorporating garden produce into the school lunch any school garden program can make connections with the cafeteria. Learn more by visiting the Slow Food USA Garden to Cafeteria Program webpage.
Prepare for Strawberries and Salad Greens (Spring 2017)	Prep your strawberry bed now and you can expect a bumper harvest come May. Read here for more information on how prepare your bed for planting in early spring. Or plant something else; find out what to plant when here .
Plant a tree	Planting a tree (fruit or shade) is a memorable experience for students. Check out the Basic Tree Planting Guidelines and Apply for School Tree Planting Program (Due November 1). Contact Lauren Meyer at lsmeyer@caseytrees.org for more info.
Green your garden	Apply to be a RiverSmart School RiverSmart Schools offer financial and technical assistance for schools to install practices such as rain gardens, BayScaping, pervious pavement, and rain cisterns to control stormwater pollution. Applications are due Oct 25. Contact Patricia Doan at patricia.doan@dc.gov with questions.
Know your soil	Conduct a simple nutrient test of your soil and amend it as needed. Fall is the best time to improve your soil for a successful spring growing season.
Staff your garden program	Prepare your School Garden Grant application which funds school garden coordinators.
Start a school chicken or bee project	Egg-laying hens and bees are a great way to engage new students and add interest to your garden, learn more here: http://osse.dc.gov/node/1153896 (chickens) and here: http://osse.dc.gov/node/1126792 (bees).

If you would like assistance planning or implementing any of these projects, please contact Sam Ullery, School Garden Specialist at the Office of the State Superintendent of Education by emailing Sam.Ullery@dc.gov or visiting <http://osse.dc.gov/service/school-garden-program>

