



One Seed Forward Garden Schools



Climate Action Award



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Introduction

One Seed Forward (OSF) Garden Schools is an educational programme designed to increase the amount of outdoor learning which can be done within the school grounds. It provides activities and resources for teachers to use which tie into the learning curriculum.

There are a series of modules, with supporting videos and resources, covering everything from garden design to seeds and soil, and from planting to harvesting. These can be found at our website www.osfgardenschools.co.uk or by scanning the QR code below:



An important part of *Garden Schools* relates to the impact Climate Change is having on our planet, and steps we can all take to play our part in combating this. We want everyone to participate in activities to improve biodiversity and create habitats that support wildlife in their local area.



Climate Action Award

The *OSF Garden Schools Climate Action Award* is a self assessment programme where schools undertake a series of tasks to qualify for the Award.

Suggested activities can be found on page 3. By completing at least 50% of these you can apply for the Award. Just send an email to **oneseedforward@gmail.com** titled *Garden Schools Climate Action Award* to make your claim. If you would like to include pictures or stories for us to share that would be great, but it is not a requirement. In return we will send your school a unique PDF Award Certificate and will list you on our *Climate Action Activists Roll of Honour* on our website. For more information please visit our *Climate Action Award* webpage: <https://osfgardenschools.co.uk/climate-action-award> or scan the QR code:



To help you on your journey we have teamed up with *Garden Organic* and *Wild Wales Seeds* to provide you with resources. We have included a couple of *Garden Organic* Factsheets in this brochure, and more of their fabulous resources can be found at:

- www.osfgardenschools.co.uk
- www.gardenorganic.org.uk



Wild Wales Seeds (www.wildwales-seeds.co.uk) have provided some seeds to get you started - these can be found in your starter pack.

Biodiversity and Climate Action Activity List

Biodiversity includes all the process and practices you can do to encourage a variety of different life forms – the more life forms, the greater the biodiversity and the healthier the environment.

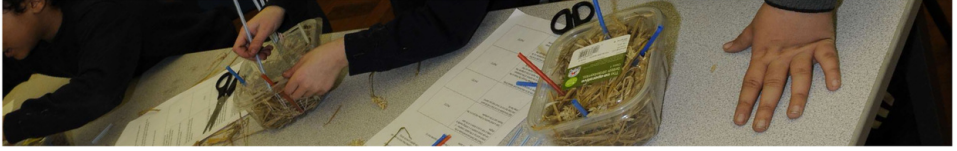
1. Attract birds to your garden (food and shelter)
2. Add a butterfly garden (flowers for nectar, caterpillar feeding plants)
3. Add a pollinator garden (bees)
4. Add water to your garden
5. Add a log or build a rock pile
6. Add a birdhouse, bat house or native pollinator house
7. Add more native plants to your garden



Climate Action

1. Be Chemical-Free. Don't use artificial fertilisers and pesticides – use compost and natural control methods
2. Improve your soil – mulch and compost
3. Reduce water consumption by mulching, installing rain barrels, adjusting your watering schedule, and using drip irrigation
4. Compost kitchen and garden waste. Composting this waste can significantly reduce your contribution to carbon pollution
5. Plant trees – trees absorb and store carbon
6. Plastic free garden. Plastic generates greenhouse gases in production and is also a danger to wildlife
7. If starting out and you don't have your own made compost use peat-free compost
8. Have an area of wildlife garden





Ladybird house



Most ladybirds and their young (larvae) are carnivorous, feeding on and helping to control large numbers of insect pests, particularly aphids.

Follow the instructions on the next page to make a house that will protect them from the cold, rain and wind of the winter months, ready to help you out in the garden come the spring.

Resources

- Plastic containers with lids (the sort that summer fruit comes in)
- Straw
- Straws/narrow tubes
- Scissors

Activity

- 1 Follow the instructions on the next page, adapting to the materials available.
- 2 Discuss the importance of providing habitats for ladybirds and how they help organic gardeners.

Extended activity

- 1 Research the life cycle of a ladybird and preferred natural habitats at each stage. Make posters and present your findings to the school, parents and members of the community at your garden events.
- 2 What other beneficial insects are important to organic gardeners?
- 3 Monitor the use of the ladybird house. Did you locate it correctly? What areas attracted most ladybirds?

Top tip

Helpinghand



Insects, like many creatures, need shelter and protection in the colder winter months.

A pile of logs, long grass and a hibernation house will ensure a greater survival rate for ladybirds and other native residents.



Health & Safety

When using scissors younger children will require adult help.

Further information

To find more organic growing ideas and projects visit www.gardenorganic.org.uk

Instructions for building a ladybird house

- 1 Check that there are small holes in the bottom and top of the plastic container. If not, use sharp scissors to make a hole to put a straw in at the later stages.

Take a small handful of straw and put it in the deeper part of the container.



- 2 Add more straw so that it will be warm and cosy but not so much that you cannot close the lid.



- 3 Put the lid on and press firmly together to secure a tight fit.

Now push the straws through the holes in the lid to the bottom of the container. Depending on the depth of the container, the straws may need cutting so that about 3-4cm is sticking out from the lid.



- 4 Find a shrub in your garden and put the container at the bottom. Turn the container on its side to allow insects to crawl in through the hollow straws/tubes.

Hopefully a number of creatures will keep safe and survive until warmer days arrive.





Apple bird feeder



Provide hungry birds with food during the winter months by making your own bird feeder.

Follow the instructions to make a simple but tasty feeder for our feathered friends. They will pay you back by helping to control a whole array of garden pests, including slugs and aphids.

Resources

- Apples
- Sunflower and/or pumpkin seeds
- Chopping board, knife and string

Top tip



Waiting for uptake

If you haven't put bird feeders out before, it may take several weeks to attract birds into the garden. Once established, the birds will need a regular supply of food.

Activity

- 1 Follow the instructions on the next page, adapting as required.
- 2 Discuss the importance of providing food for birds and how they help organic gardeners.

Extended activity

- 1 Carry out research on the success of your feeder. Report your findings to parents and community groups at your garden events.
 - a How many birds visit in a day/week?
 - b Have you noticed the 'pecking order', ie which bird species feed first?
 - c Do the birds have a favourite feeding time?
- 2 Research other ways of feeding birds. What else could you make yourself?

Health & Safety

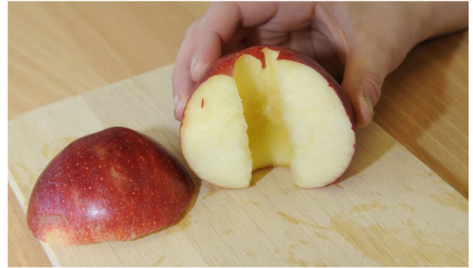
As this requires the use of sharp tools young children will need supervision and adult help.

Further information

To find more organic growing ideas and projects visit www.gardenorganic.org.uk
Royal Society for the Protection of Birds www.rspb.org.uk

Instructions for making an apple bird feeder

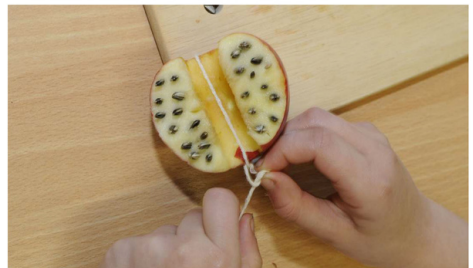
- 1 Slice the apple in half carefully, and remove the core to provide a channel to hold the string in place.



- 2 Insert the seeds into both halves of the apple with the pointed end first. Put in as many as possible.



- 3 On completion, tie a piece of string (approximately 70cm) around the apple to loop round it. Cut a small groove at the top and bottom of the apple in which you place the string to stop it sliding off. Secure knots at the top and bottom of the apple.

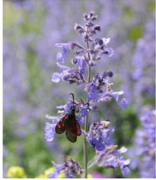


- 4 Hang it up in a tree or on a fence and observe the different species of birds it attracts.





Growing wild flowers



Wild flowers help create a healthy organic garden for growing food. They provide food and shelter for beneficial insects that eat pests and pollinate plants. Wild flowers are endlessly fascinating and easy to grow in the smallest or largest of spaces.

This activity tells you how to get started and basic maintenance of your wild flowers.

Resources

- Wild flower seeds
- Suitable growing space, eg pot, window box, in a flower bed, along a field edge, with cereal crops, etc. Most wild flowers prefer a low nutrient soil
- Tools including rake, shears, trowel

Activity

- 1 Choose your wild flowers based on soil conditions and ask local suppliers for advice. Never take wildflower seed or plants from the wild.
- 2 Autumn and spring are the best times for planting wild flowers.
 - a If starting a new area, clear grass or weeds. Create a 'stale seedbed' before sowing, ie leave a prepared area for a couple of weeks until weed seedlings germinate. Hoe these off and sow without further disturbing the ground. Scatter flower seeds on the soil surface, sowing half in one direction and half in the other. Tamp down lightly with the back of a rake.
 - b If developing an existing area of grass or wild flowers, either sow seed in patches of bare soil, or plant out home-grown/bought modules of young wild flowers.
- 3 After plants have finished flowering and set seed, cut foliage, leave to wilt for a few days, rake up and remove. The seed left by annual wild flowers will germinate in spring. Perennial wild flowers will regrow from a crown of new leaves and flower again the following year.

Extended activity

Find out about your local wild flowers. Which species are common in your county? Carry out a survey in or near the school. Are any declining in numbers?

Health & Safety	Be careful when handling soil, washing hands afterwards. Ensure adult supervision.
Further information	To find more organic growing ideas and projects visit www.gardenorganic.org.uk

Top tip



Managing wild flower meadows

Meadows need extra, carefully timed maintenance. See the following for more advice.

Pictorial Meadows www.pictorialmeadows.co.uk

The National Wildflower Centre
www.edenproject.com/national-wildflower-centre

Become an *OSF Garden School*

Any school, regardless of its size, can be a *Garden School*. A *Garden School* promotes a positive attitude towards the environment, with teachers using the garden to enhance pupil's learning and health and well-being.

OSF Garden School Awards

There are five Stages to apply for and completing each one qualifies you for a **certificate** and a **prize of gardening vouchers**.

Garden Schools Framework

The five Stages are set out in our Framework (see the back page) and your school can use it to decide which Stage you are at. The framework is a self-assessment tool and you can apply for recognition as a Garden School by working through each Stage and contacting us by email to **oneseedforward@gmail.com** telling us what Stage you have achieved to claim an Award.

Free Online Educational Resources

Check out the free online educational resources at www.osfgardenschools.co.uk and start your journey to becoming a Garden School.



OSF Garden Schools Framework

	Stage 1 Sprouting	Stage 2 Seedling	Stage 3 Budding	Stage 4 Flowering	Stage 5 Fruiting
Plants	Up to 3 types	Up to 6 types including at least 2 vegetables	6 to 8 types at least half of which are fruit and veg	8 to 10 types	More than 10 types
School participation and Community engagement	Only one class involved	A number of classes involved	The whole school involved	Individuals and groups from outside the school work with the pupils in the garden.	Flowers and produce from the garden is shared with community groups outside the school e.g. old people's home, food banks
Health and well-being	Children are actively involved in the design of the garden and deciding what to grow.	Children can take responsibility for different parts of the garden.	Children can describe the plants and what benefits they provide.	Children can use tools properly and can discuss seasonal planting.	Children prepare and share healthy food grown from the garden.
	Children spend less than an hour per week in the garden.	Children spend 1-2 hours once a week in the garden.	Children spend a morning or afternoon once a week in the garden.	Children spend time in garden twice per week	Children spend some time in the garden more than twice per week.
The Garden Calendar and Curriculum	We have just started looking at one month of topics in the garden calendar and are working towards the next.	We have successfully completed the curriculum links, competences and skills for two months	We are now half way through the garden calendar and have undertaken many of the suggested activities.	We are three quarters of the way through the garden year and have completed the activities associated with these stages.	We have successfully worked through the garden year and covered all the materials in the guide and created our own activities.
Biodiversity and Climate Change. Use the lists provided at http://osfgardenschools.co.uk/biodiversity-and-climate-change-2 to help move your garden to a biodiverse, climate friendly and sustainable garden.	We do/have one or two things on the lists.	We do/have 3-6 things on the lists.	We do/have around half of the things on the lists.	We do/have nearly all things on the lists.	We do/have all the things on the lists.