NRM Education- Adelaide and Mount Lofty Ranges Natural Resources Management Board

**Overview**
NRM Education works with school/pre-school communities to embed sustainability principles in their learning and management practices. We provide resources and support to enable students, staff and parents to take informed action at a local level. This whole-school systematic approach is termed Education for Sustainability (EfS):

*Education for Sustainability focuses on transformational learning to enable learners as citizens to actively participate in changing their thinking and understandings, and take actions that reflect sustainable lifestyle choices and work towards creating sustainable futures.* (Josephine Lang, 2007, Author)

Once registered to AuSSI-SA (Australian Sustainable Schools Initiative), schools/pre-schools receive personalised support from an NRM Education Officer in their region.

**Promoting healthy eating and physical activity**
NRM Education can provide technical advice on creating and maintaining food gardens. NRM Education has a strong interest in encouraging children to spend time in nature including the physical activity benefits. NRM Education can provide information about how to create more natural spaces on school grounds and early learning sites.

**Mailing lists/ Resources**
Visit our website [www.nrmeducation.net.au](http://www.nrmeducation.net.au) for resources on food gardens and nature play, and join our weekly email list.

Join the discussion forum on the EfS Moodle where teachers and education officers share resources and ideas about sustainability in schools.

**Contact details**
To contact a regional NRM Education Officer go to the ‘contact us’ section of our website [www.nrmeducation.net.au](http://www.nrmeducation.net.au).