Port Lincoln Junior Primary School
Our garden and the community.

An eat well be active- Primary School project school

Port Lincoln Junior Primary School has been focussing more strongly on healthy eating and physical activity through the be active project as early as 2005. Since then the eat well be active project has enabled them to take more improvements. Much of our story can be found on the Powerpoint developed in 2011 and found here on the website.

Their garden idea developed as they realised that students in the school were eating a limited diet that contained very few vegetables. At that time parent's awareness was raised through Food Detective workshops which focussed on healthy snacks and label reading (workshop Powerpoint on this website). We were fortunate enough to have a passionate parent who promoted the idea with the support of a teacher.

There are now two gardens on the site. By involving the Community Health Dietitian they were able to gain the assistance of a community employment program where young people came in to develop the garden plots. The regular working bees for the garden attract many volunteers from the parent and wider community. Parents seem keen to volunteer their support for both donating goods to assisting with the garden development and working in the garden.

Several classes harvest the food from the garden and have regular cooking sessions using the produce. Parent volunteers work with small groups of children to prepare healthy snacks for the whole class to taste. At times when there is too much produce for class use a market is held to sell herbs and vegetables to the parent community.

There are many benefits of having a garden at Port Lincoln Junior Primary School Here are some

- Teachers have noted that time in the garden is therapeutic and calming for some children – watering the plants in particular
- Children are trying and eating more vegetables
- The garden is a vehicle for involving parents and community that otherwise are not involved
- The garden has attracted some new enrolments to the school

Please find a pamphlet about the garden on this website under Case Studies/ Powerpoints and PDF’s)

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eat well be active - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013.