

# Biodiversity and Wellbeing in a school garden









### Our Be Well Charter

Wellbeing is the foundation of a Cognita Education and it is integral to our overall purpose of 'Providing an inspiring world of education: building self-belief and empowering individuals to succeed'.

We will ensure that we have a Cognita-wide focus on wellbeing and will focus our action under these three areas:

- Embed a culture of wellbeing that is living and breathing in our schools through a number of Be Well initiatives
- Track and evaluate wellbeing across all our schools
- Ensure availability of high-quality resources and guidance for all our schools



Children's mental health and wellbeing has been affected by the lockdowns and online learning.

Many children spend hours indoors, gaming or not having the space to play creatively.



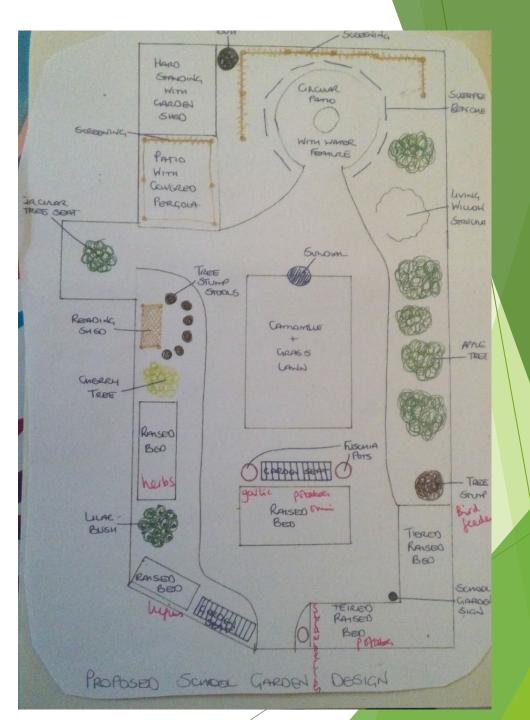


Promoting staff wellbeing by putting flowers from the garden in staff rooms and fresh mint for tea.







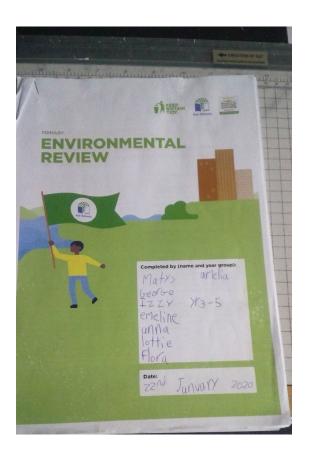


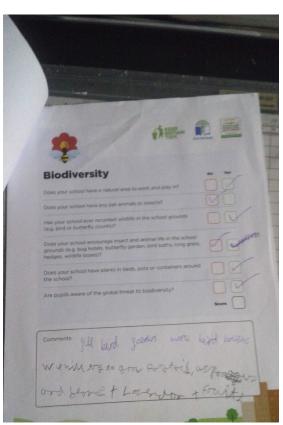
A team of teachers and pupils worked on design ideas for the garden. The garden continues to change depending on how the children and staff interact with it.

Since we have year group bubbles because of Covid, it is used as a nature playground, which means more children enjoy it.



## We carried out an environmental review



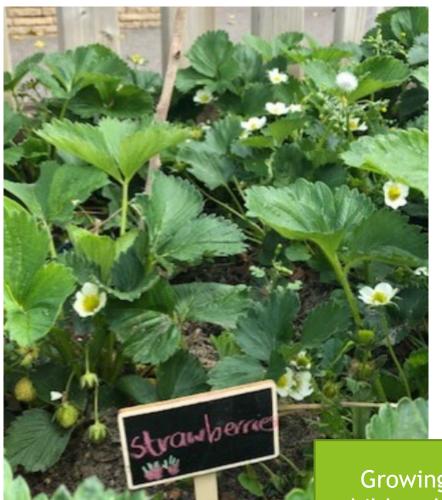


- ▶We decided to focus on:
- Biodiversity
- Transport
- Waste/ Marine











Growing seasonal fruit and vegetables helps children learn where their food comes from and encourages healthy eating. It also links to our Food Technology curriculum, so the children can cook with fresh ingredients.





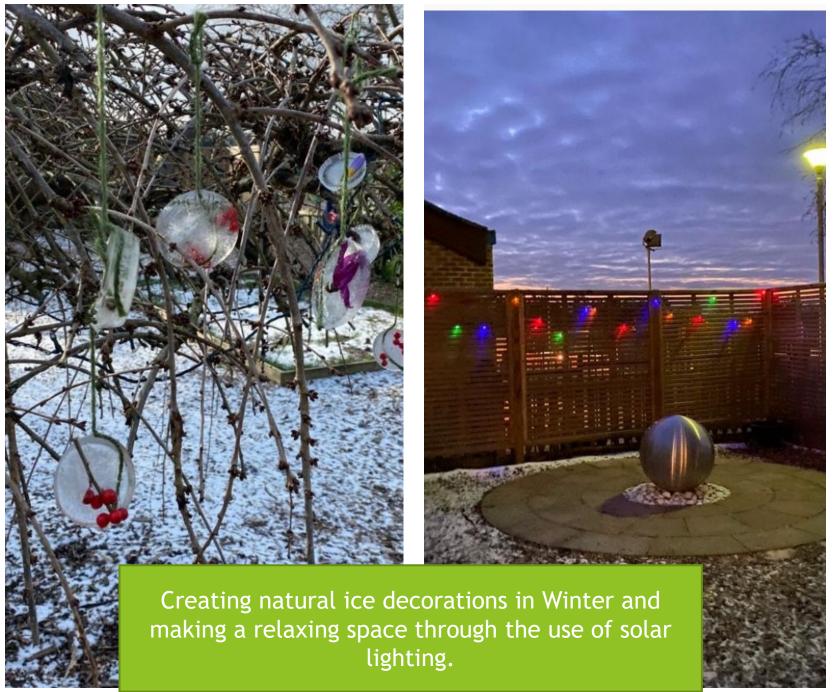






















# Action Plan

Biodivasity

Increase variety of pollinators s animals in the school grounds

Compost Bin · Bird Feeder

Bry Hotel

. Herbs . Investigate bee

Assembly

- 7 Day Eco Change How long will it take?

Ongoing

Who is responsible? 45 Green Grong How we will monitor

- Before ) After Photos

1 compost bin v bid feelers

-> Bees: ongoing target

The children helped write the action plan.

Eco-Schools Topic:

Waste

Reduce amons of wank going

laurase recycling

Action(s): Cise Roydin

· Compost Bin . Reduce wrappes

wensils

Delete

Book swar Bubble

How long will it take?

andred

Who is responsible?

43 litter Bustes How we will monitor

Eco house points Eco monitors

V Crisp packet recyc

Evaluation:

V Anenby + JS tage

Eco-Schools Topic:

Reduce une plashic

· Plastic are

· Class Challege

· Amenbly

Plastic Audie

· Bon laminahing Write Letter & catering / Hoad

How long will it take?

Summer ferm

Who is responsible?

Turde

How we will monitor

to see impact

Evaluation:





www.eco-schools.org.uk

to land fin



### Next steps...

We want to continue to involve more people in our eco projects, as helping look after the environment and gardening improves mental health and wellbeing. We are investigating introducing bee hives to the school grounds as one of our staff is a keen bee keeper.

During lockdown we set home Eco Challenges and encouraged children to spend more time outdoors, enjoying their gardens and open spaces.

We are going to apply for our Green Flag this summer.