



## **Think&EatGreen@School 2013 Summer Institute Afternoon Workshops**

*Locations for the workshops are subject to change. Instructions will be regarding hosts to follow to the different workshop spaces.*

Participants are able to choose any one of the four concurrent workshops to attend each day. The primary target audience of the presenter(s) is highlighted below each workshop description for your information, but all workshops are generally applicable and open to everyone.

### **Day 1 – Tuesday, July 2**

1:30-3:00      Concurrent Workshop Sessions

#### **What Lives in Your Compost? – Agora**

Catriona Gordon, Society Promoting Environmental Conservation

This is a hands-on workshop to learn about the main decomposers in your compost pile. Be prepared to get your hands dirty. We will look for red wiggler earthworms, worm hatchlings and cocoons, woodbugs, springtails, mites, rove beetles and lots more. We will focus on the red wiggler earthworm in more detail, learning about its lifecycle. Information will also be given on building a successful school compost and starting school wide composting or a classroom composter.

☐ Elementary staff   ☐ Secondary Staff   ☐ Youth

#### **Youth voices: Growing from SOYL: From Weeds to Wonder – Room 160**

Stacy Friedman and Sahar Zandieh; Sustainable Opportunities for Youth Leadership (SOYL), with SOYL youth participants Winnie Hu, Emerzen Zuniga, Kathleen Olds, Preeya Bhattacharjee, Winnie Kwan and Anthony Leo

Come and hear the voices of Sustainable Opportunities for Youth Leadership (SOYL) youth. SOYL interns from schools across the VSB will share experiences and impacts of the 2012 SOYL summer internship and involvement in school-year garden leadership roles. Collaborate with youth to explore and envision successful school garden programs.

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### **Take a Bite of BC! – Vij's Kitchen**

Lindsay Babineau, Agriculture in the Classroom and Chef Trevor Randle, Maple Ridge Secondary

Take a Bite of BC!! Come learn about the exciting programs and resources provided to schools by the BC Agriculture in the Classroom Foundation – but be prepared to roll up your sleeves in the kitchen as you get the chance to work with our Celebrity Chef Trevor Randle to prepare and taste some of BC's finest. See you there!

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### **Essential Habits for Sharing: Digital Storytelling, Copyright and Social Media Don't Have to be Hard – Room 258**

Cyprien Lomas and Duncan McHugh, The Learning Centre, Faculty of Land and Food Systems, UBC; and Grace Mcrae-Okine, Think&EatGreen@School, UBC

I'm too busy DOING to be spending time DOCUMENTING. Sharing the story of the work you are doing doesn't need to be daunting. Learn how to determine what do you need to share the story of your work. How do you use images, sound, and other items to tell your story. Do you need to worry about copyright and permissions? This session will cover the basics to let you choose the tools that best fit your workstyle – AND to develop new habits to capture and share your work.

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## **Day 2 – Wednesday, July 3**

1:30-3:00      Concurrent Workshop Sessions

### **Farm to School: Closing the Loop: How Chefs Bring it Full Circle – Room 160**

Chef Ian Lai, Farm to School Greater Vancouver and Chef Lee Green, David Thompson Secondary

Participants will learn how youth are being engaged in the cycle of food. Examples from the Second Youth Localvore Competition will be presented. Learn how to engage your schools in making the switch to a healthier future.

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### **Getting Students to Say WHAT?!" Utilizing School Gardens and Schoolyard Farms as Engaging, Outdoor Learning Classrooms – Agora**

Melanie Beliveau, Vancouver Technical Secondary and Ilana Labow, Fresh Roots Urban Farm Society

In this workshop we will share our experiences in establishing long-term, resilient partnerships to help get students outside and inspired in the garden. We will bring the workshop into the garden, exploring plants' asexual and sexual reproduction curriculum.

We will use this garden-based curriculum as a model to facilitate teachers brainstorming how their classes can participate with a school garden, and how they logistically make this happen with (or without) the support of community partners. We will address how to foster students' curiosity in the garden by highlighting multiple ways classes can engage in the garden, as well as multiple forms of organizational support and partnerships available to teachers in the VSB. Teachers will walk away feeling empowered with best Next Steps on how to begin bringing their classes into the school garden and getting their students to say WHAT!?

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### **Community and School Collaboration for School Garden Success** – Room 170

Heather Johnstone and Jason Mertz, Edible Garden Project

The “Community and School Collaboration for School Garden Success” workshop is a participatory workshop outlining and brainstorming strategies for a successful year-round school garden. The workshop will explore strategies to assist schools with summer maintenance and how to further engage community members throughout the entire school year.

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### **Nature's Classroom: Activities for Growing Healthy Kids and Communities** – Room 258

Stephanie Captein, Langley Environmental Partners Society

Nature's Classroom is a successful garden program now in its 3<sup>rd</sup> year that was developed for students grades 3-7. The primary goals of Nature's Classroom are to help youth connect with the natural world by discovering where food really comes from, learn how to grow their own food, and develop awareness about environmental issues and social responsibility. Nature's Classroom curriculum has been designed to align with British Columbia's Prescribed Learning Outcomes and is available online. Content and materials link across Science, Social Studies, and Health Education. Participants of the workshop will gain an overview of the program, curriculum and get a chance to participate in some of the activities. Many of the activities can be implemented in classrooms without access to a school garden but are enhanced with access to a garden or outdoor space.

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## **Day 3 – Thursday, July 4**

1:00-2:30      Concurrent Workshop Sessions

### **How to Grow a Sustainable School Garden Program** – Room 258

Barb McMahon, Sprouting Chefs; Principal Al Post and Volunteer Eddie Chau from Forest Grove Elementary

In this workshop you will hear about a community partner's relationship with a school growing a food garden program via seed, cooking classes and an after school garden club. We will share how to engage the students, youth and community members. You will hear about curriculum integration and how the garden has been used to teach a variety of Kindergarten to Gr. 7 curriculum via a volunteer teacher. Finally, the principal will share the vision of where we see ourselves in 5 years, including future projects, how to sustain a garden program and outdoor environmental-themed education.

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### **Healthy Soil, Healthy Food: Soil 4 Youth** – Outside Agora

Maja Krzic, Julie Wilson, Alisha Hackinen, and Dru Yates, Faculty of Land and Food Systems, UBC

The following learning objectives will be covered during our workshop:

- 1) Get to know your soil by hand-texturing
- 2) Importance of soil for food growing
- 3) Importance of maintaining soil organic matter for plant growth

Examples of activities / demonstrations to be implemented to support the three learning objectives mentioned above include:

- 1) A demonstration of hand-texturing using several different soil samples. First, samples of pure sand, silt and clay will be examined with an explanation of their different properties and how they can influence water and nutrient retention and thus, plant growth. Second, with the aid of the presenters, workshop participants will be asked to estimate the textures of two mystery samples (participants can work individually or in groups). Those two mystery samples will be representative of soil textures typically found in the City of Vancouver. We will bring a soil map of Vancouver to show the distribution of four dominant soil types and their textures across the city of Vancouver. Participants can use their knowledge to predict where the mystery samples were taken from.
- 2) An erosion model to illustrate water movement through soil in different scenarios. Participants will be able to see first hand how different soil textures and types of ground cover influence the water infiltration. The different scenarios that will be presented include: (a) bare clay soil, (b) bare sandy soil, (c) soil with a growing crop, and (d) soil covered with mulch. This exercise illustrates the importance of organic matter and cover cropping in agricultural systems in humid regions characterized by a heavy rainfall.
- 3) Workshop participants will be asked to build a small model house by using a variety of soil materials. Using sand, clay, and straw, participants will experience the different physical properties of soil. For example, walls built with pure sand will fall apart, correlating to sandy soils that tend to have weak structure. Walls built with pure clay will hold together but will be very rigid, demonstrating how clay soils are prone to compaction. Combining sand, clay, and straw will produce the best

walls, highlighting the importance of both soil texture and organic matter in sustainable soil management. Participants can vote on who made the best wall and the winner will receive a small prize.

Participants will rotate among the three stations and each activity / demonstration will take about 25 minutes to complete. Each station will be facilitated by one presenter.

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## Falling in Love with your Garden: How to Create Lasting, Integrated, Fun Projects That Don't Just Feel Like More Work – Agora

Alaina Thebault and Claire Broughton, Environmental Youth Alliance; with Val Zwicker and youth from Spectrum

School gardens can often seem like another project to add to a long list of tasks on a teacher's plate, but it doesn't have to be this way! This workshop intends to inspire and brainstorm ideas of integrating your school garden into more aspects of the classroom, including the curriculum, so that capacity to maintain the project is shared amongst students and teachers. This workshop will be broken into two parts. Part one will be a presentation and collaborative brainstorm on surrendering to the process of the garden, and integrating different aspects of the curriculum. Part two will be a series of stations facilitated by youth from Spectrum Alternative Learning Annex focusing on different aspects of gardening and youth leadership, including classroom blogging, language arts and art, and creative sensory exploration.

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## The Wonderful World of Ethnobotany: Exploring Native Edible Species and Traditional First Nations Uses – Room 160

Zarah Martz, Grandview/ᑭuuqinak'uuh Earth Elementary

Ethnobotany looks at the interrelationships between people and plants. Planting an ethnobotanical garden at schools is a wonderful way to connect students to the local flora, and to share First Nations' plant wisdom, also known as traditional ecological knowledge (TEK). Native plants are well adapted to the local climate and tend to require minimal care. Not to mention many local species are beautiful! So, the benefits of planting native and ethnobotanically significant species are multiple. I look forward to exploring native plant knowledge with you at this workshop.

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