

# Food for Thought Newsletter

## December

It's always super busy at this time of year in school: School Nativity? Carol Concert? Classroom Decoration? And a short teaching month. But, there's still something to be done outside. Whatever you do, don't forget to share pics with your partner school. In maths you can record highest and lowest temperatures and share these with your partner school. Why not ask them what temperature it is in Uganda? In this month's newsletter:

### **Jobs for outside**

#### **Stir your compost**

#### **Have a good tidy up of the tool shed**

### **Jobs for outside**

You can protect the ground with another layer of cardboard if you want to keep it clear and weed free all winter and speed up warming the soil in spring and being ready to go.

Many insects will be over wintering in your slightly scruffy garden areas and will be grateful for the shelter of dying foliage. Don't be too tidy on the growing plot and when picking up leaves, be careful of hibernating bumble bees which like to burrow into the ground below leaf piles.



### **Stir your compost**

Here's a quick 15 minutes activity: Decomposition slows down this time of year because it's colder and bacteria die off, but get the air in it, check if it is too wet, too dry and act accordingly. There shouldn't be so many flies in the compost because it's so cold. Keep adding peelings from your fruit waste and school kitchen waste bins, add the same bulk of ripped up card to soak up the runny bits. Don't use a fork in the compost in case of hibernating toads, frogs, hedgehogs and slow worms;



## Have a good tidy up of the tool shed

Why not set a 30 minutes timer and if you have pupils who love tidying or getting active – get their coats on on a cold sunny day, and sort out the tools and equipment shed. Pull everything out, sweep up, mercilessly throw away anything broken and have a super tidy up – children who love writing can make the labels and a list of things which are going to be needed for next year, then get them to compose a donations request to go in your school newsletter. Don't forget to share pics with your partner school. You could use this as a practical counting activity for younger classes and also weigh the waste you are throwing away. Sorting and organising are great opportunities for PSHE collaboration and team building AND, you'll feel great when you open that door in Spring!

## What you can grow

Here are some ideas for you if you want to keep your growing going.

- ◆ Last minute opportunity for Garlic.
- ◆ Broad beans – check the packet, are they hardy enough?
- ◆ Do you have an outdoor greenhouse – winter lettuce, onion seeds, plant four to a module



## Don't want to go outside?

Try these 2 ideas: Sprouting beans on your windowsill or make yummy salads with micro greens from old seed past its use by date, such as cabbage, broccoli, lettuce seeds and pea shoots. Then, snip them off like cress as a salad topper. Delicious and quick!

Uganda schools will be on holidays from the beginning of December but if you have had **any** difficulties in contacting your Uganda partner school this year, let us know. We can help facilitate contact through direct contact with our Schools Gardens Teachers and coordinators in Uganda and through our WhatsApp facility. Don't hesitate to ask us for help.

