

SEND News – Healthy Mind, Healthy Body

At Clarendon we get a number of our SEN and alternative provision students to help out in our garden space, this has included growing fruit and vegetables, picking flowers and herbs to look at their relaxing qualities and eating and cooking a range of exotic and interesting foods that have been grown on site such as Cucamelons. This has led me to thinking about why do we do this? And I have come up with a number of reasons:

1. So the students can understand where their food comes from
2. They can develop a sense of ownership and pride once the job is complete
3. It helps them relax but also uses up some excess energy
4. Some students go on to do short courses in food, horticulture and animal care.
5. Sharing new experiences, trying new things.

Below are a few things you might look at to get your children involved at home.



Things to do:

- Try growing something- maybe tomatoes or cress (easy starters)
- Go on a smell tour of the garden or local area.
- Google wild flowers, birds etc and go for a spotting walk.
- Get them to help with any of the jobs you have been putting off (some of our young people have become farmers, landscapers, decorators and some parents have sent in lovely pictures of art projects, crafts, acts of kindness- This is all great whole person education.
- Have a look at the national trust 'things to do before 11 ¾ books.
- Start practicing for next year- walk to school, look at bus timetables, follow a map, plan a route- all is good to keep the mind active.

Being outdoors is great for children. Gardening offers so many fun and interesting opportunities for children, and teaches them invaluable lessons.

They can learn about the different species of plants and what those plants need to help them grow. They also get to learn about the different seasons, weather and the affects they have on the plants.

It also offers an opportunity to learn about different shapes and colours, and different animals and insects they might come across.

Sensory Development: Gardening engages all sorts of senses.

It also helps develop hand-eye coordination and builds physical strength.

As children garden, they develop important motor skills that will help them improve their academic skills such as writing, cutting and typing.

Encourages Healthy Eating

Teaches Responsibility & Patience

Helps with Educational Topics: include seasons, weather, life cycles and animals.

It also helps develop numeracy and literacy skills. Measuring and counting are mathematical concepts which are involved with gardening. Reading instructions on how to complete tasks or the name of different seeds help develop literacy skills

Develops Social Skills and opportunities for children to bond and help each other look after and nurture their flowers.