

# Thank you to Park Plains East Teachers for providing a Special Projects Award of \$1500.00 to STA school for our new Indoor Garden.

The funding was used towards the purchase of indoor gardening equipment including:

- 3 hydroponics tower garden grow systems, LED indoor grow lights and tower garden dollies
- shelving unit with 5 LED strip lights
- 3 worm composters and supplies
- EC meter, light controller timers, tower garden mineral blends and pH kits
- Peat pellets, trays, pots, planters, potting soil and seeds

The Indoor Garden was used for the new Grade 10 CTS course: Plant Propagation. The students sprouted, transplanted, cared for and harvested many plants throughout the course, as well as composting plant cuttings to produce rich soil. Junior high and elementary classes have had workshops in the indoor garden, learning about cycles of matter and energy, photosynthesis and pollination, as well as identifying various plants. Chemistry 20 students tested and adjusted pH levels and maintained water and nutrients in the garden towers.

The students have benefited from the indoor gardening experiences, including:

- Actively engages students in the gardening process
- Increases students' understanding and appreciation of agriculture stewardship, such as conservation of water, replenishing soil organic quality, and reducing soil erosion.
- Promotes environmental connection awareness, and activism such as sustainability, use of resources, carbon sequestering, transitions to renewable energy
- Provides opportunities for learning about social justice, inequalities in land usage and ownership, sustainability of feeding the world's population, impacts of pesticides and chemical fertilizer use, the need to establish a circular economy
- Encourages young people to eat fresh, nutritious and pesticide free fruit and vegetables all year round
- Improves the learning environment, not just physically: such as air quality, but also emotionally and mentally: such as boosting mood, reducing anxiety and increasing sensory stimulus
- Provides a hands on and inquiry based learning, and engagement of students with diverse learning needs
- Develops interpersonal connectedness and collaboration within the classroom, school and community

The indoor gardening project was also funded by a Nutrition Grant through our school division









