



2018

## FREE SUSTAINABILITY WORKSHOPS FOR SCHOOLS

Inner West Council offers free sustainability workshops for schools in the Inner West Council area. From composting to no waste lunches, there are 10 practical workshops on a range of sustainability topics to choose from.

The first 18 schools who register are eligible for one workshop. Workshops are delivered by environmental educator Teresa Rutherford of Compost Happens.

### Book a workshop now

To book a workshop, please email [composthappens@ozemail.com.au](mailto:composthappens@ozemail.com.au)  
or

Call Compost Happens Environmental Education on 0419 430 762.

### 10 Sustainability Workshops to choose from

All workshops come with notes for the teacher and Compost Happens are only an email or phone call away to help trouble-shoot any problems that arise.

Please choose from one of the following topics:

1. **Composting**
2. **Worm Farming**
3. **No Dig Gardening**
4. **Wicking Garden Beds**
5. **Reuse, Recycle & Avoid and No Waste Lunches**
6. **Far out How to Sprout it's All about Seeds**
7. **Microgreens, grow a kitchen garden, this is all about Seeds**
8. **Non-Toxic Body Care**
9. **Investigating Soils**
10. **Restore your used Worm farms or Composting Bins**

If your school has participated in a composting or worm farming school previously, please try and use the existing compost bin/worm farm. Keeping your compost/worm farm going throughout the year gives us confidence to know that what you learn at the workshop is put into action. It also helps save resources.

## 1. Composting

Please ask students to bring some organic matter from home 'in a paper bag' to help feed the compost we will make

- Set up a compost
- What is compost?
- Why make compost?
- Why our food scraps are so valuable?
- How do our food scraps make compost?
- What little creatures make their home in compost?
- What can you do with compost?

## 2. Worm Farming

Teachers please organise a small bowl of fruit scraps as the first meal for your worms

- Set up a worm farm
- Why are worms so important to us?
- See and hold a worm
- What other little creatures share a worm's home
- What do worms eat?
- How do worms eat?
- How do worms have babies?
- How many babies can a worm have?

## 3. No Dig Gardening

Students build their own food garden, if you do not have a garden we can build a kitchen garden in boxes for the students to care for

- Set up a small No Dig Garden
- Why grow organic vegetables
- No Dig Gardens do not require you to have good quality soil
- No need to maintain it, nature does it for you
- The easiest way to grow your own herbs and vegetables
- Puts life into your soil while growing herbs and vegetables
- Easy to build in the smallest of places
- Does not require you to be an expert in gardening
- NO DIG GARDENS ARE FUN
- Why mulch is a blanket?

## 4. Wicking Garden Beds

Gardens made in polystyrene boxes; students can decorate and paint these boxes after planting

- What is a Wicking Bed?
- Build a Wicking Garden Bed
- No wasting water, this box garden uses between 40 and 50% less water than a conventional garden bed
- How does a wicking bed water from the roots up?

- Ideal for school gardens; when school holidays come around the herbs and vegetables will survive
- Can be made to any scale

## 5. **No Waste Lunches, Why Reuse, Recycle & Avoid Plastic?**

**Does your school have a recycling program or do you want to start one, this workshop will help you on your way**

- Students have a recycling race
- What packaging can we avoid buying?
- What about plastic food wrapping?
- Students are challenged to wrap awkward foods i.e. grapes and wraps which they can then eat
- Students practice wrapping using paper and string, paper bags, greaseproof paper, backing paper and elastic bands
- In addition, a copy of the notes to show parents how to supply No Waste Lunches
- What is an opportunity shop?

## 6. **Far out How to Sprout it's All about Seeds**

**A busy hands-on workshop; Learn to sprout seeds in your kitchen, plant seeds to grow into seedlings, how to plant established seedlings**

- What is in a seed?
- How to sprout seeds; a living food
- Taste sprouted seeds
- Planting seeds
- Planting seedlings

## 7. **Microgreens, grow a kitchen garden, this is all about seeds**

**A busy hands-on workshop; Learn to grow microgreens in your kitchen, plant seeds to grow into seedlings, how to plant established seedlings**

- What are microgreens?
- What is in a seed?
- How to grow microgreens; a living food
- Tasting microgreens
- Planting seeds
- Planting seedlings

## 8. **Non-Toxic Body Care**

**Informative and fun, students take home products they have made, recipe sheet supplied \*please ask student to bring recycled containers to use**

- Who's got smelly sneakers?
- Make a smelly sneaker potion to take home
- What are we putting on our skin?
- What is in those personal care products?
- What chemicals are used around us?

- How do body care products affect our health?
- What are bacteria?
- Make and take home non toxic body care 'potions' and cleaning creams to help clean the house

## 9. Investigating Soils

**Students develop an understanding how precious soil is as a resource in our world**

- Growing our food, healthy soil is essential in order to grow the quantities of food that we require
- Soil is part of our living system
- How does healthy soil convert green house gases to fresh air
- How can school and home organic waste be converted into precious compost
- Why are worms important to the soil system?
- Why it is important to improve and protect the soil
- Soil testing- this is a fun activity, students learn how to find the pH of the soil
- The teacher is given a copy of 'The Soils Play', a fun way for students to learn what the soil is made up of

## 10. Restore your used Worm farms or Composting Bins

**Do you have a worm farm or a compost bin that needs restoring?**

**Students will rebuild a worm farm or compost bin**

### Worm Farming

- Why are worms so important to us?
- Restore the worms' home
- See and hold a worm
- What other little creatures share a worm's home
- What do worms eat?
- How do worms eat?
- How do worms have babies?
- How many babies can be in one worm capsule?

### Composting

- What is compost?
- Restore your compost bin
- Why make compost?
- Why our food scraps are so valuable?
- How do our food scraps make compost?
- What little creatures make their home in compost?
- What can you do with compost?

**Teresa Rutherford**

**Environmental Education**

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COUNCIL**