

Kreative Koalas 2020



St Marys North Public School



Community Project Report

Project Overview

St Marys North Public School students are change makers. In 2019, the Environmental Group undertook the Bee Project, their call to action was to help save our bees and as a result created a sanctuary for native bees. It was only fitting that in 2020 the students called to action against Zero Hunger for the students and community of St Marys North Public School.

23% of St Marys North Public School students are of Aboriginal or Torres Strait Islander origin. With many of the Environmental Group students being Aboriginal they felt drawn to creating awareness in their community about the importance of bush tucker foods to be consumed with healthy fruits and vegetables.

After the students were introduced to Kreative Koalas and the United Nations Sustainability Goals, the students determined that they would focus in this order on Zero Hunger (2), Life on the Land (15), Responsible Consumption and Production (12) and Climate Action (13). The students surveyed the student body and the key concern by students was Zero Hunger. Therefore, in conjunction with the new Kitchen Garden Program, the Environmental Group determined that the installation of a bush tucker garden would support all of their community.



Kitchen Garden Program

The Kitchen Garden Program at St Marys North was established at the beginning of 2020 in conjunction with Penrith Lakes Environmental Education Center (PLEEC). The aim of the program was to establish a closed food loop with students growing their own food, harvesting, preparing and sharing as part of their Kitchen Garden Lessons. The program is centered to support Zero Hunger (2), Life on the Land (15), and Responsible Consumption and Production (12).

The program has enabled students to take action to become healthier and more aware of their consumption of packaged foods. As a result, the students overall health has improved, including their social and emotional well-being.

St Marys North Public School students loved the kitchen garden classes this year, with the most common response being “because they are fun”. Throughout the year the students focussed on pleasurable food education in which they experienced the joy of digging in the garden, picking fresh vegetables, smelling and tasting the food they prepare, and sharing the experience with their classmates and helpers.

The students exhibited relaxed, happy and engaged learning behaviours in the cooking lessons with their senses are on full alert and their brains perfectly primed to absorb the learning opportunities that surround them.

Students provided regular feedback following lessons on the taste of healthy food and sharing their new skills with their family. This has proven to have had a positive impact on the food choices students make. Pleasurable food education is ripe with learning possibilities and all opportunities are taken to make a direct link with the United Nations Sustainability Goals .

Looking forward beyond 2020, St Marys North will continue with the Kitchen Garden Program making



St Marys North Changemakers

key connections with the different cultures within the community including providing students with access to bush tucker foods. The program will continue to be supported by PLEEC and in addition, Oz Harvest has provided additional resources to support the students in their cooking lessons.

Bush Tucker Garden

For too long a time, Aboriginal people have been disconnected from the lands and waters. It's vital that we, as the first Australians, share and teach our cultural knowledge of such an enriching culture that has existed since before recorded history. It was recognised by the Environmental Group that we now need to reconnect to the land and become caretakers of our earth.

The new Bush Tucker garden will connect students to the land to learn about plants that can be used for food, health and healing. The students have started the Bush Tucker Garden with a dream of bringing this land's unique flavours back into the community, so future generations can remain connected to a rich and vibrant variety of foods, grasses and flowers. This will aid the school in seeing a cultural shift towards a sustainable ecosystem, a secure and diverse food supply, and happier, healthier humans.



Rubbish Audit for Nude Food Program

The SRC along with the Environmental Group conducted a food waste audit, to kick off Nude Food Wednesdays. The first audit conducted was visually overwhelming for the students. It created a statement for change. Nude Food has been introduced starting with one day per week, the audits will continue with days increasing in 2021. An audit will be completed mid 2021 to measure the success of the program. The results of the initial audit is as follows:



Look at all the rubbish that was collected in our school by the SRC yesterday!

Rubbish was collected from all classes K-6. The SRC sorted the rubbish then counted every single item!



Waste Audit - Results



There were **47** drink containers or poppers!

Waste Audit - Results

There were **99** plastic sandwich bags and pieces of cling wrap!



Waste Audit - Results



There were
119 paper
bags, tin foil
containers
and plastic
containers!

Waste Audit - Results



There were
408 chip
and snack
wrappers!

...and there
was also
LOTS of left
over food
and fruit
scraps!



That is a total of

673

pieces of rubbish in ONE DAY!

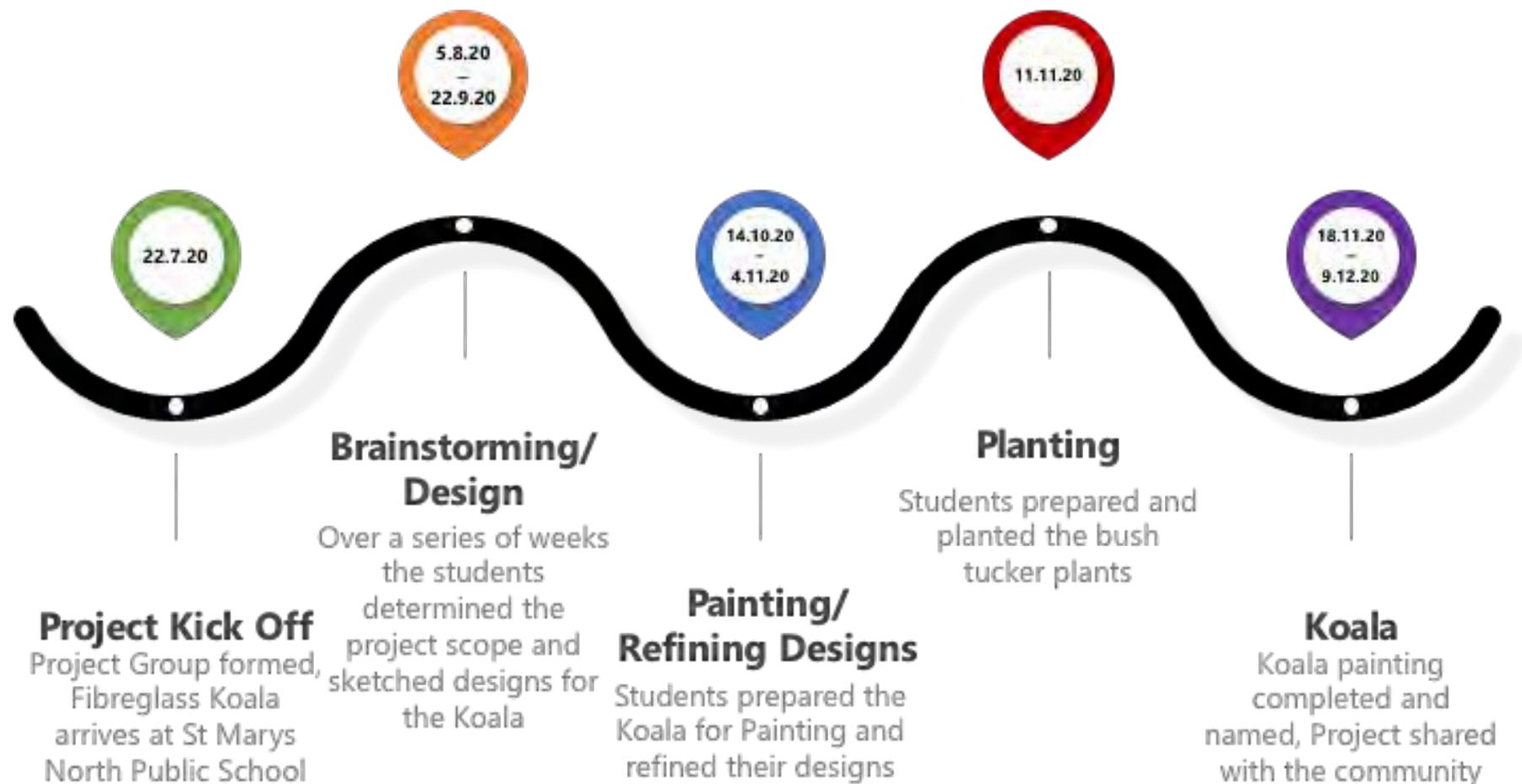
This means **in one week**,
St Marys North Public School
students throw away
approximately

3365 pieces of rubbish!

Our Journey



Timeline



Reflection

Excellent

The student's passion to be part of the project and the support from all staff within the school.

Staff and students supported the Environmental Group throughout the project.

Unfortunate

The Koala was stored in a metal shed when not being worked upon. Unfortunately with the heat of the shed, it caused the paint to bubble. As a result the students used this to their advantage to create texture in the artwork.

Surprising

The students design and engagement with the project developed to a greater depth once the base colour was placed on the Koala. Students began to fully visualise how they could portray their ideas on improving our environment.