

Allotment News



Gardening is a Gift



A garden is a place of wonder—a space where children connect with nature, spark their curiosity, and unleash their creativity. Gardening nurtures patience, responsibility, and an appreciation for growth. Most importantly, it helps children develop essential skills that will support them throughout their lives.

H C Hunslet Carr Primary School
Leeds



Hunslet Carr Allotment planting tracker

Who	What	When	Where
e.g. Apple Class	onion	15.10.24	Bed 9

Update the tracker when planted.

To do list

- Sow Indoors!
- Peas
- Broad beans
- Spinach
- Summer radishes
- peppers



Please ask for help on how to plant any of these if you are unsure. I will provide instructions on planting and care.



PINECONE BIRD FEEDERS
onelittleproject.com



DIY Winter Sun Catcher



Outdoor Learning

**DATES
FOR YOUR
DIARY**



Outdoor learning topics linked to January dates.

7th January – 14th February: Big School Birdwatch

Big School Birdwatch is a hands-on way to explore local wildlife. With resources from the [RSPB](#) and lessons on [Fat Balls](#) and [Bird Watching](#), students can discover the importance of birds and their habitats.



21st January: Squirrel Appreciation Day

Teach children about squirrels' role in the ecosystem, with outdoor activities to observe and appreciate their habits. Use resources from [Scottish Squirrels](#) and [The Woodland Trust](#).



**DID YOU
KNOW?**



Did you know: Access to green spaces is associated with improved mental well-being and overall health. Access to green spaces promotes memory, supportive social groups, and self-discipline, moderates stress, and improves behaviors and symptoms of ADHD. Spending just 1-2 hours in nature can boost positive mood significantly. It decreases negative mood (tension, depression, anger).

A recent study looked particularly at how access to green spaces may be especially beneficial for socioeconomically disadvantaged youth. The study found that a 10% increase in neighborhood green space was associated with a decrease in emotional problems and improvement in positive social behaviors. These benefits were especially strong among youth from lower-income families.