

Creating a Mindful Garden for Hungerford Primary School



A new and exciting project for 2021

What is this about?

- The Friends of HPS want to help improve the outdoor spaces at school to make them more biodiverse and suitable for outdoor learning and play
- Learning outside the classroom is known to contribute significantly to raising standards and improving pupils' personal, social & emotional development.
- Due to the COVID-19 pandemic, our school is increasing the amount of time that all children spend learning outside.

What are we going to do?

- Create a mindful and biodiverse garden to help alleviate anxiety and promote wellbeing. There will be areas for quiet reflection, including the existing cherry tree, within a mixed perennial and grasses border. The plants will increase biodiversity and help to educate our children about the natural environment.
- Providing areas where the children can observe, learn about and nurture plants and insect life has been proven to be beneficial in research by the Royal Horticultural Society and the National Gardens Scheme, and is in line with NHS green social prescribing.

Where will it be and what will it look like?

- The grassy area between the green metal fence and the concrete games court, near the year 6 building. The area is approximately 30 x 3.8 metres



How will our children and families be involved in the project?

- Every child will paint at least one pebble to make a pebble path that will wind its way through the space. Each pebble will be painted to represent something important to each individual. We need about 900 (!) in total to make it really effective so we will be asking the wider community to get creative with pebbles too.
- Pupils, teachers and volunteers will help to plant up the garden area once hard landscaping work is completed.



Why is this project needed?

- Access to nature is essential to the growth and development of children
- In recent years, volunteers have planted up a long stretch of ground at our school, replacing grass and weeds with a more wide variety of plants. All our pupils and teachers have responded in such a positive way that we want to do more
- The school Eco council, made up of pupils from each year group were especially enthusiastic about improving the biodiversity of the school grounds and learning more about plants and insects.

How much will it cost and how will we pay for it?

- In total the project will cost about £3,500 (this does not include design costs which have been provided free of charge). We, the Friends of HPS plan to pay for all of it through grant funding.
- **Success! We have met our target with the support of:**

The Greenham Trust, Town & Manor of Hungerford, The Newbury Building Society, The Pixel Fund, The Miss Lawrence Trust and lots of individuals. We are really grateful to everyone for their generosity.