

# SAKGF PROGRAM AT WESTGARTH PRIMARY SCHOOL



## Communication & Social Skills

At Westgarth Primary School students in Years 3 - 5 are taught social and cooperative skills, the kitchen garden provides a wonderful context for developing these skills.

The flavour of the SAKGF Program is about students experiencing a range of activities within a cooking and gardening context. The recipe for success is that we rely on fresh produce harvested from the school garden. Food is prepared by students in small groups and then shared and enjoyed in a communal setting. The Program provides our students with another forum for learning how to get along. Books, paper and computers are replaced with shovels, seeds and watering cans, chopping boards, pots & pans.

Students discuss what they planted or what they cooked, the food they sampled and how it tasted. Where there is a natural progression, teachers provide the tools needed for the learning to be consolidated, such as following up with written, mathematical or creative tasks.

Working in the kitchen and garden helps students develop a sense of personal responsibility by working with their peers to achieve mutual goals. Through planting, harvesting, cooking, and sharing a meal, children learn that fresh wholesome food is enjoyable, easy to prepare and delicious to eat.

WPS is grateful for the financial and in kind support of so many people. The kitchen and garden at WPS are the catalyst for providing our students with healthy living skills that include the joy of harvesting, preparing, cooking and sharing a meal together. Our challenge is to keep the program sustainable not only from the environmental viewpoint but also as a program that students will be engaged with meaningfully in decades to come.



**Planting  
Harvesting  
Preparing  
Cooking  
Eating**



## Would you like to be part of this great program?

Approximately 4-5 parents and/or community volunteers assist with each class. Everyone enjoys the classes because everyone learns while they are participating. Volunteers are welcome and must have a Working With Children Card. Contact us at [Wesgarth.ps@edumail.vic.gov.au](mailto:Wesgarth.ps@edumail.vic.gov.au) for more information.