

10 THINGS STUDENTS LEARNED IN THE S.E.E.D.S PROGRAM LAST YEAR

(Grade 6 students)

First Things First – Overly Large Lettuce Group

By making yourself healthy first you will be able to help others. For example, even though you might think it's a small thing to grow a garden it's the first step to making a change, to learning more. There are all sorts of changes you can make in your life that will lead to increased knowledge. As you make these changes things will improve not just for yourself but for others. This is the key to understanding First Things First. So the question we need to keep asking is, if you don't know anything, how will you be able to pass knowledge on to others? So the sooner you learn things, the faster you can pass it on to others and make this a better world to live.

It takes time and commitment to learn from new Learning- Overly Large Lettuce Group

We learned that it takes time to learn something new. Just like it takes time to grow plants, it takes time to learn new things. As we learn we can make a difference. You need to be committed and patient to make a difference, just as when you grow plants. We know that we can't learn immediately but that's ok because if you enjoy something you want that to last. As you grow your own vegetables, your brain and body will become healthier. As you become a healthier person, you can improve the life for others. All this because you took the time to learn new information. This is what I understand it means when someone says that it takes time and commitment to learn new things.



Instinct/Habit vs. Choice – Corny Carrots Group

Think before you act. People have a choice but we usually follow our instinct or habits. This program has allowed to learn what steps we must take to ensure we make smart choices. For example, we learned to read food labels. This is good because most of the time habit tells us to just grab the first thing we see at the grocery store. We learned that big companies use colour and some-times cartoon characters to make us buy their products. They also use well known songs or Hollywood actors. We have now learned that it's important to take the time to read the labels and not pay much attention to the commercials we see on TV. We are now thinking more and more about our health because we now understand that this is our responsibility.

Eating with understanding to achieve health – Corny Carrots Group

In this program we learned that proper eating will help us achieve good health. We know that we feel better when we eat healthier foods. We learn better and are able to do more. We have enjoyed the different vegetables we have grown and look forward to growing these ourselves at home and in the future.

There are many kinds of poverty: Education is the best overall solution- Broccoli Brawlers Group

We now understand that education is the best solution to the problems we have right now. As we learn more we don't just help ourselves but we can help others. Isn't this what it's supposed to be about? We learned the struggles poor people have in Haiti and how they eat mud cookies which are made of dried yellow dirt. Through our education, we now know that we can help people in Canada and in other countries like Haiti. Education to me makes me prepare for the world that's coming soon. Some people waste their time with

fooling around school or dropping out. It really saddens me to see that all the hard work that the teachers have done for you go to waste. Today the world is at a stand-by. People are giving up on education to go their own way which will not be that successful because they are not properly educated to deal with what is ahead of them.



Teaching Skills Gives Us the tools for success –Broccoli Brawlers Group

We came into this program knowing nothing, but during the 6 months that we were in it we were inspired to learn more. This program has taught us how to grow and learn more about the environment. The skills that we were taught will help us to have a group that will begin to grow and change the world. The skills that the teachers taught us reminds me of the saying that goes like this: *If you sell a man a fish you will only feed him for one day, if you teach him how to fish it will feed him for a life time.* The people that were teaching us have inspired us to learn a lot more about education, environment and planting.

It Feels Good to help ourselves and others – Party Peppers Group

We learned many things in this program, for example it feels good to rely on ourselves and not other people. When we help others it feels good. It feels good to help others because people appreciate it more. As you become more self reliant, you can help others.

Planting with a Purpose – Party Peppers Group

To us this means planting with a reason instead of wasting. To be self reliant. Learn to save money. Stay Healthy. Local foods can be healthier. We also understand this to mean that what we plant in our minds should be useful, it should have a purpose. If we understand this, then will be able to understand what our roles and responsibilities are. We will think before we act on the pressures we feel. Eventually all leading to having a better world.

Self Responsibility- Fast and Furious Potatoes Group

At the SEEDS program, we learned that self responsibility is important. By being self responsible you become a healthier person. You take care of yourself but also think about taking care of others. It also makes us think not just about ourselves but what we can do for others. We had many discussions about our planet and I would agree that it's time we take care of our planet by being more self responsible for our actions. We grew many types of vegetables. I had never grown food before and I can say it tastes good! I can now teach others how to grow things and I like that.

What Our Vision is for the Future – Fast and Furious Potatoes Group

Our vision for the future is to make this program available to every student. This program teaches you more than just planting seeds. It teaches you about planting seeds in your mind. The seeds that have been planted are all about making this world a better place by being better prepared ourselves. We are all aware that the world is in trouble right now. We watch this on TV and we read it on newspapers and magazines. But there is a solution to all this, and that is through proper education; education that makes sense. The SEEDS program has taught us information that will last a life time. We will be better able to be self reliant not just in growing vegetables but also in understanding how our actions affect others. It would be a shame if we are the first and only group that goes through this program. Please keep it.