

**MEDIA RELEASE**

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**Teachers go beyond the classroom to boost moods and fuel school days**

Children’s health promotion charity Life Ed has unearthed a growing trend in student wellbeing—teachers are taking to the school garden to support their students’ social and emotional wellbeing.

Entries to last year’s *Healthy Harold’s Garden Grants* revealed a shift in school priorities, with more primary school and early learning educators keen to develop “calm gardens” to help enhance students’ mental wellbeing while also growing their knowledge of nutrition and healthy eating.

“Last year’s entries were outstanding and show us that teachers are thinking outside the box and beyond the classroom when it comes to supporting students,” said Taryn Black, chief executive officer of Life Ed Queensland.

“Garden projects not only help children learn about nutrition, and where fruits and veggies come from, but also help create spaces where kids can explore freely, connect with others and strengthen social-emotional wellbeing.”

Now in its second year, *Healthy Harold’s Garden Grants* is a national initiative from Life Ed in partnership with Bakers Delight and their Healthy Solutions range. Running from 3 to 24 June, the program offers $25,000 in grants to help primary schools, preschools and early learning centres bring their edible or sensory garden ideas to life.

Each year, scores of schools apply to the popular initiative, which also provides free resources to support hands-on learning around healthy eating, nature play and social connection. New categories for school type and size mean even more schools now have a chance to win.

“We’re proud to partner with Bakers Delight to bring this opportunity to schools around Australia,” said Ms Black. “In a time when children’s mental health is under increasing pressure, these garden spaces give students a sense of calm, purpose and joy – and we believe that is worth nurturing.”

Joint CEO of Bakers Delight, Elise Gillespie agreed.

“We are thrilled to be partnering with Life Ed once again for this important garden grants program,” Ms Gillespie said.

“We know that early education about healthy eating and nourishing our bodies has a positive impact on kids, both mentally and physically, so we’re delighted to be supporting another 25 schools around Australia in bringing this hands-on educational experience to life.”

To learn more, visit [lifeed.org.au/gardengrants](https://lifeed.org.au/harolds-garden-grant/)

**ENDS**

[About Life Ed Queensland](https://www.lifeedqld.org.au/)

Life Ed Queensland is the largest provider of preventative health education, reaching more than 180,000 children annually through schools and preschools. With the help of mascot Healthy Harold and specialist educators, Life Ed delivers vital lessons on topics such as respectful relationships, nutrition, mental health, cyber safety, puberty, vaping and more.

[About Bakers Delight](https://www.bakersdelight.com.au/)

Fourth generation baker, Roger Gillespie and his wife Lesley, founded the company’s first bakery in 1980 in Hawthorn, Melbourne. Today, Bakers Delight remains in family hands under the leadership of Elise Gillespie and husband, David Christie and can be found in more than 700 locations across Australia, North America and New Zealand. That’s a lot of bread being baked fresh daily and delivered to a lot of happy customers.

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