

# Gardening with Green Gym and Meat free Monday

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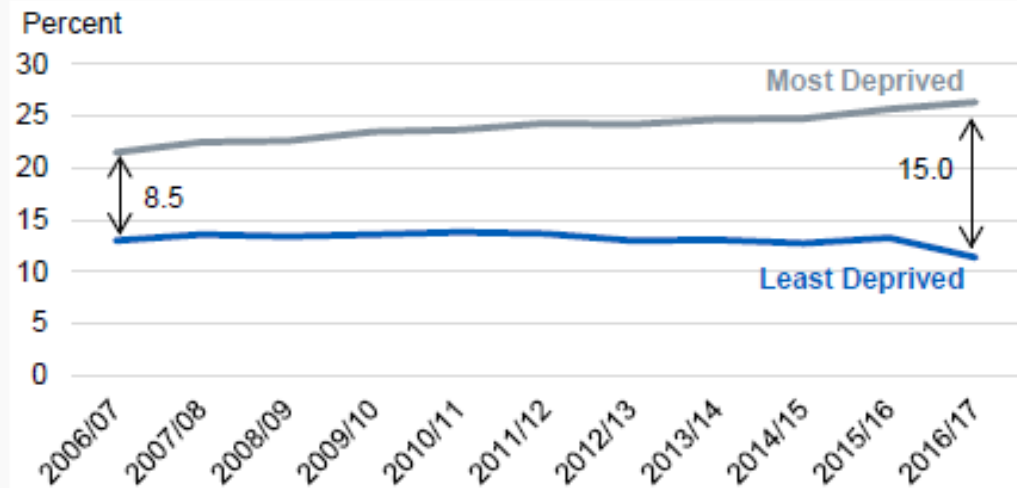
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# Context: United Kingdom

- **Rise of mental health problems** among children and young people between 1995 and 2004
- **Obesity** (In 2016/17, 1 in 5 children in Year 6 and 1 in 10 children in Reception were classified as obese)
- **Attainment gap** (In 2017, 64% reached the standard attainment level)

## Year 6

Between 2007/08 and 2016/17, the difference between the most and least deprived areas has increased from 8.5 to 15.0 percentage points.



## **Making change to school environment through gardening with Green Gym**







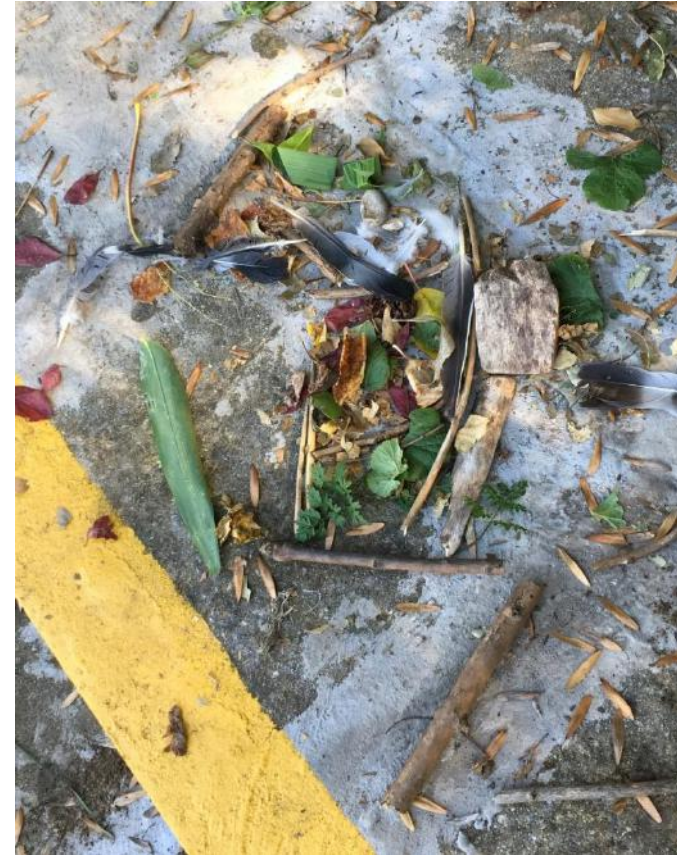
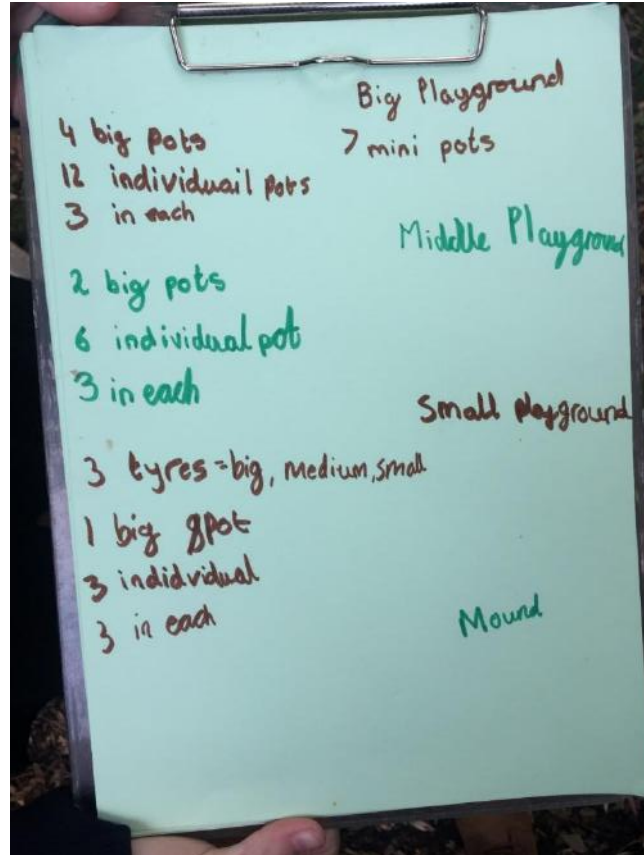
**Meat free meal once a week via  
Meat free Monday**



Case Study:  
a primary  
school in East  
London













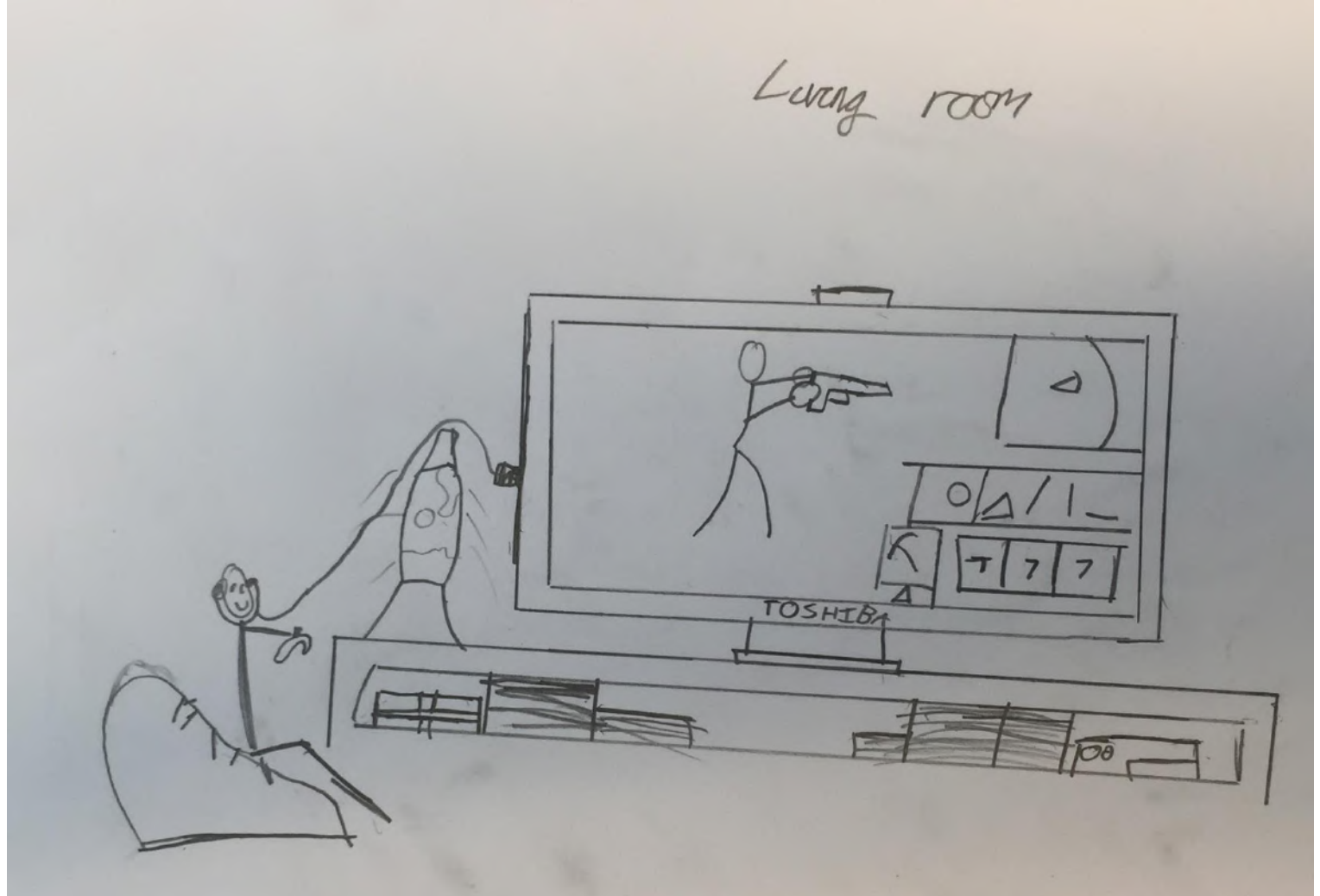






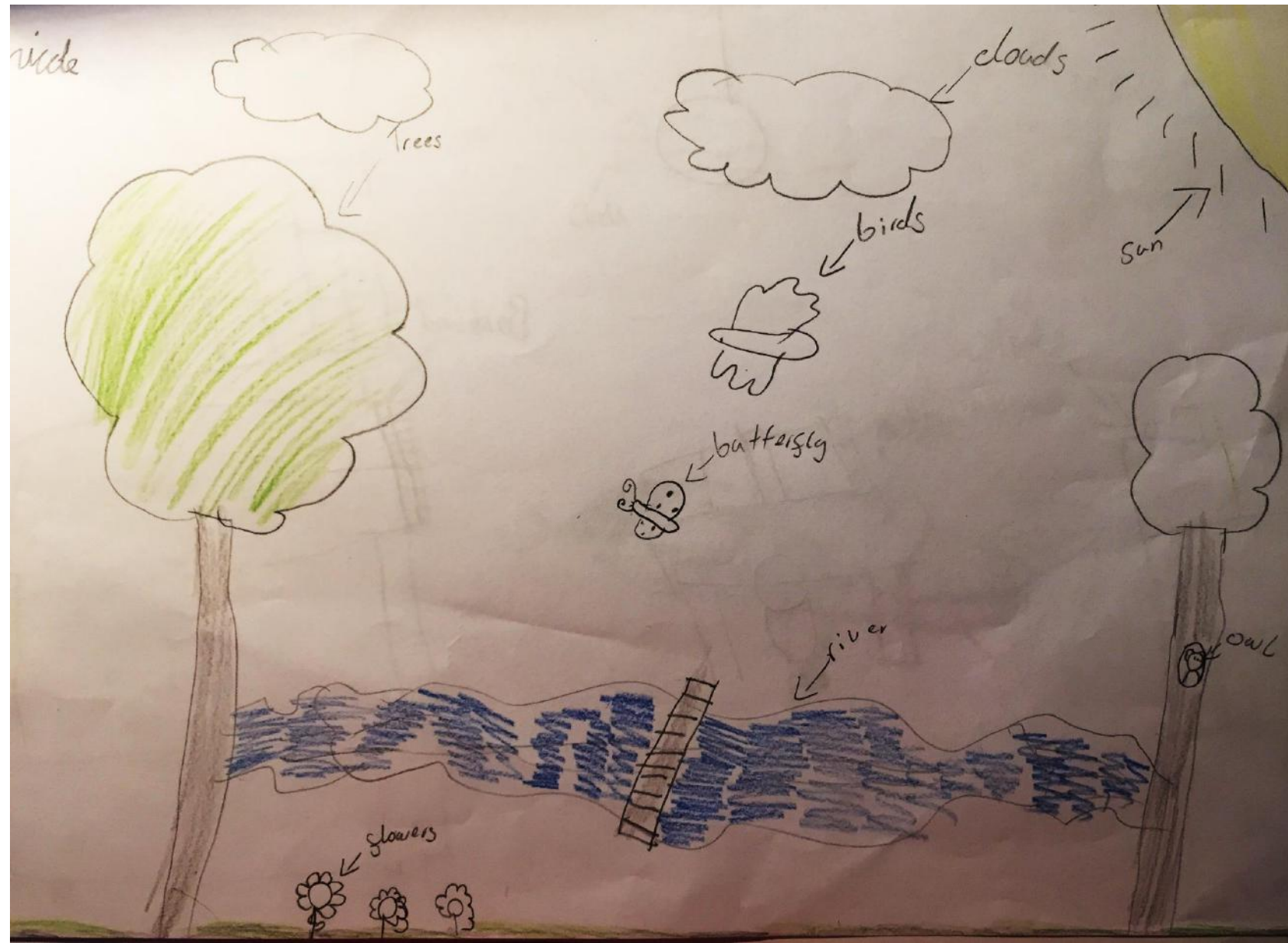


# Outputs (Favourite Place)

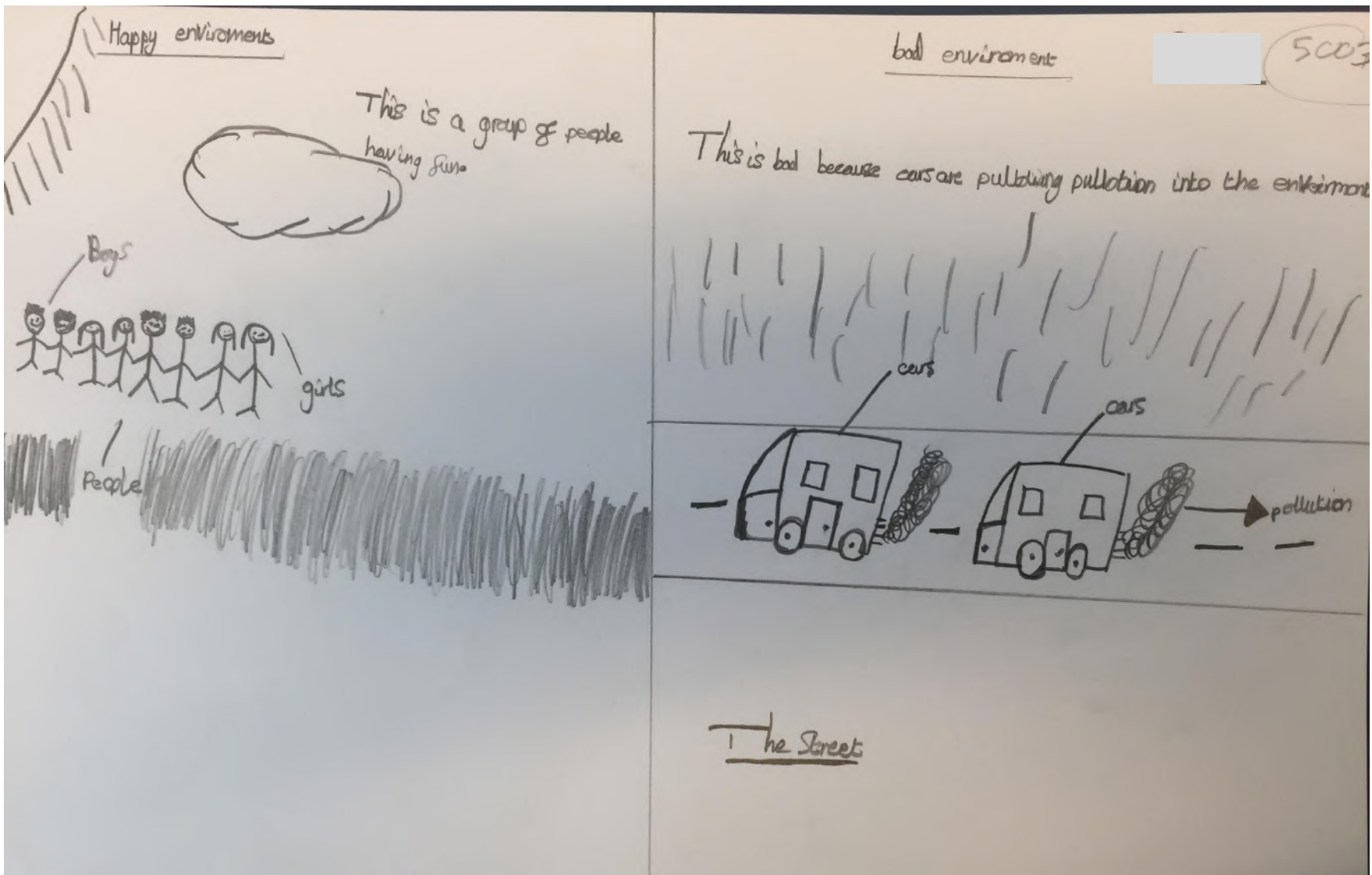




# Outputs (Environment)



# Outputs (Environment)





# Visions for Scalability and Transferability

- Integrating with Curriculum (PSHE: Personal, Social and Health Education)
- Prescribed within the curriculum
- Capacity building of teachers (included in teachers' training agenda)



Thank you!