



# **GROWING GARDENERS**

**This is a program to encourage our students to become gardeners at home! Once a month we will be sending home a packet of seeds to each family.**

**Gardening has so many benefits for children:**

- **Helps children appreciate God's gift of nature**
- **Engages all the senses and creates environmental stewards**
- **Enhances fine motor development and self confidence**
  - **Encourages healthy eating and relieves stress**
  - **Introduces scientific and mathematical concepts**
- **Fosters family bonding and positively impacts mood**
- **Teaches responsibility and patience and improves focus**
  - **Provides moderate exercise outdoors**

**Look for your first packet of seeds and instructions in late September. Seeds were donated by Target in New Berlin and Steins Garden and Home.**

