



Trinity Grammar School
Summer Hill, Sydney, Australia



CULTIVATING CONNECTION

Primary School Students Co-Creating Green Spaces for Wellbeing and Habitat



26 primary school students constructed a biodiversity pond with the Years 5-6 mentoring the younger Years 3-4 students

THE ACTION PLAN LANDSCAPE SCHEDULE OF WORKS 15 th October – 5 th December 2024	Week 1 Tuesday afternoon 15 th Oct Lunchtimes Wednesday 16 th & Thursday 17 th October	Week 2 Tuesday afternoon 22 nd Oct Lunchtimes Wednesday 23 rd & Thursday 24 th October	Week 3 Tuesday afternoon 29 th Oct Lunchtimes Wednesday 30 th & Thursday 31 st October	Week 4 Tuesday afternoon 5 th Nov Lunchtimes Wednesday 6 th & Thursday 7 th November
Connection Theme	Introduction to the IBSC Action Research Project The Connection Tree: thumb print signing our agreement to flourish together	Connection to Country Meeting Aunty Deb and Wade, Aboriginal Elders in class times & at Breathe Memorial & The Patch	Connection to Place Explored in the Green Patch class times Years 3-6 class times	Connection to Nature Explored in the Green Patch class times
Mindful Activation	Connected Conversations Self introductions around the table	5-Finger Breathing Mindful Touch & Smell	Name that Call Mindful Listening	Frog Lolly Folly Mindful Tasting
Administration	Green House: - Pre-Action Questionnaires - PowerPoint introduction - Schedule of Works - Sign Tree of Connection			Green House - Mid-Action catch up informal interviews with mentors and another for mentees to review project progression and individual well being
Construction Activity	The Drain Chain 	A Mountain of Soil 	Excavation Excitement 	Pond placement and cascade formation with Landscape Contractors 
Week 5 Tuesday afternoon 12 th Nov Lunchtimes Wednesday 13 th & Thursday 14 th November	Week 6 Tuesday afternoon 19 th Nov Lunchtimes Wednesday 20 th & Thursday 21 st November	Week 7 Tuesday afternoon 26 th Nov Lunchtimes Wednesday 27 th & Thursday 28 th November	Week 8 Tuesday afternoon 3 rd Nov Wednesday 4 th and Thursday 5 th December	
Connection Theme	Connection to Wellbeing Explored during weekly mindful activations	Connection to Community Conversations & creating posters along the fence line of the Biodiversity Pond	Connection to Community Hosting the opening party involved all participants in a variety of serving roles	Connection to Heal Our Earth Explored in the Years 3-6 class times
Mindful Activation	Cloud Watching Mindful Seeing	Mindful Invitations Mindful Creations	Pond Opening Party	Mindful reflections and affirmations
Administration				Green House - Post Action Questionnaires - Courtyard Tables & Library - Mentor recorded exit reflection interviews
Construction Activity	Planting Pleasures 	Mulching Madness 	Finishing Touches 	Rest around the pond 

8-week landscape construction schedule with mindful activations



Future Connections

Connecting with other schools in our catchment and around the world to share our stories, ideas and inspire collective action. Please reach out to **Melinda Bargwanna**, Environmental Educator mbargwanna@trinity.nsw.edu.au to connect.



to Country



to place



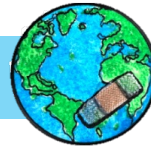
to nature



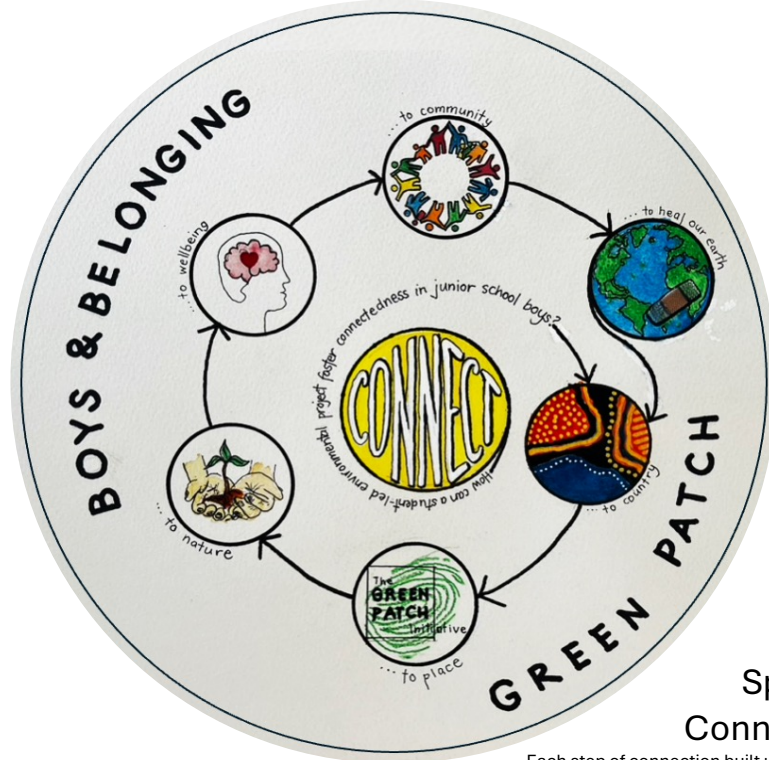
to wellbeing



to community



to heal the Earth



Spiral of Connection

Each step of connection built upon the next



Three key **connection** outcomes emerged

1. Stronger Connection to Place and Nature

Students developed a heightened sense of environmental responsibility and stewardship.



2. Improved Connection to Wellbeing

Regular exposure to nature, collaborative environmental action, and mindfulness led to better mental health and reduced eco-anxiety.



3. Enhanced Connection to Community

The collective experience helped transform a group of disconnected individuals into a tight-knit community. Sense of community expanded into the wider school community as families celebrated all that was achieved, at the “Pond Opening Party”. Students connection with local community through their fence education signage that created many connected conversations with neighbours on how to provide habitat to care for local wildlife. Continued connection with our local Aboriginal Elders to further impart Indigenous knowledge.



Find out more about the project and our international award

