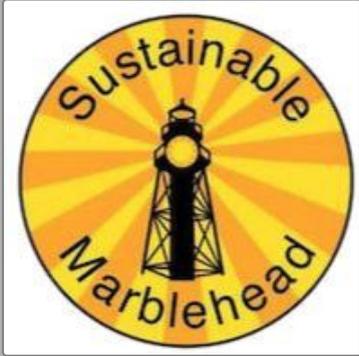


SPREADING THE WORD

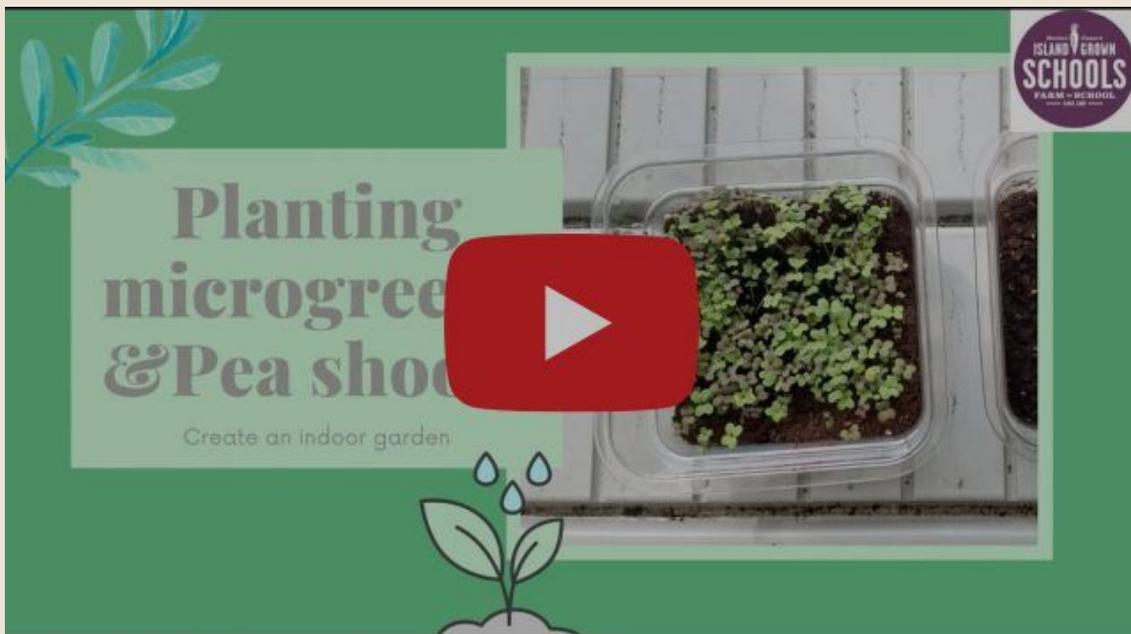


Under the Sustainable Marblehead umbrella, the Education Working Group partners with schools and community organizations assisting faculty, administrators, parents, students and leaders to raise awareness, develop environmental education programs and embed sustainability practices in their communities.

OCTOBER NEWS, IDEAS & ACTIVITIES!

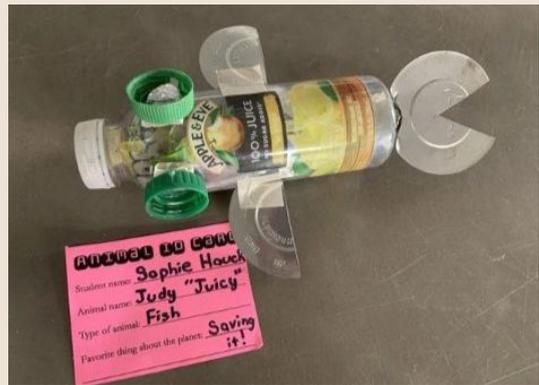
**Correction: The next Education Working Group meeting will be
November 18th 7-8pm
[Zoom Meeting](#)
OPEN TO ALL
DO'ERS WELCOME!**

MICRO GREENS & PEA SHOOTS! [Island Grown Schools](#) on Martha's Vineyard put together a [2-minute instructional video](#) on how to create an indoor garden to grow micro greens and pea shoots at home. This healthy, fun activity uses items that are likely lying around the house or can be easily sourced locally. Super healthy, super fun!!



LOCAL YOUTH WORKSHOPS Marblehead High School students from the National Green School Society (NGSS) collaborated with [Sustainable Marblehead](#) and [SPUR](#) to successfully host eight youth workshops in September and October. The workshops attracted over 50 local youth ranging in ages from 5 to 17 who transformed trash collected from Marblehead beaches over the summer into creative, curious and innovative sea creatures! As fun as they were to make, the intention of the initiative was to create a greater awareness of the type and amount of waste washing up on our beautiful beaches, as well as educate and engage youth in conversations about what role they can play to reduce waste and protect our waters and marine life.

Students leaders are presently seeking schools and local businesses to display the creations from the workshops to engage the larger Marblehead community! To learn more, email: MHDngss@gmail.com.





SAVING SEEDS FOR BEES! Tower School science teacher Colleen Parenteau has created a wonderful guide to autumn seed saving and sowing to support native seed pollinators. [Click to view and download](#) her simple two-page guide for identifying native plants with seeds worth saving because of their relationship to certain important pollinators. Along with identification tips, her guide explains how to plant and winter-over seeds to generate spring seedlings that can be transplanted into your garden next summer!



CORRUGATED CREATIONS [Montshire Museum of Science](#) offers creative educational activities you can do at home. Check out [Cardboard Creations](#) which explains how corrugated cardboard made from paper is remarkably strong -- strong enough to ship heavy, fragile things around the world! Learn about how this simple staple gets its strength and then get busy making 3D items, cardboard masterpieces, wearables and even a marble run! Their helpful videos will engage and excite!



FALL FIELD TRIP: APPLETON FARMS Plan a trip to one of the country's oldest continuously operating family farms. With rolling grasslands, grazing livestock, stone walls, vegetable crops and historic farm buildings only a short drive north to Hamilton/Ipswich, [Appleton Farms](#) offers a rare glimpse into New England's agricultural past. Home to a diverse mosaic of plant and wildlife species, Appleton Farms' grasslands provide habitat for one of New England's largest populations of bobolinks and meadowlarks, while the wetlands provide important spring feeding stops for migrating marsh birds and are home to frogs and salamanders. Deer, fox, coyote and mink are found in the fields. Fall brings migrating hawks and pine stands shelter owls in winter.

Visit The Trustees website to find details on planning your visit and

check out their events schedule. With hay rides and pizza picnics, their [event calendar](#) is packed with more than 80 things to do at Appleton Farms! So grab your coat and head north for some fall fun!



NATURE'S ALPHABET & CREATING OUTDOOR ART With the cool, crisp air beckoning us outside, here are two ideas adapted from the [EL Education](#) website. Great ways for parents and children to take advantage of the beautiful fall season while encouraging appreciation for the natural world.

Children in Pre-K and Kindergarten might enjoy "collecting nature's alphabet." Take a walk on a trail, the beach or around your own backyard. See how many letters your child can point out that are created by nature. Perhaps a knot in a tree or a rock on the ground looks like the letter O. Or maybe driftwood on the beach has settled into the letter T. Watch for flocks of migrating geese creating the letter V in the sky! See how many you can find! You could even expand the activity by taking photos of each "letter" and assembling them into a bedtime book for your child using an online photo book service (ie Snapfish, Walgreens, CVS).

Have you ever asked your child to go play outside, only to be told, "But there's nothing to do!" Younger and older kids alike might enjoy creating

"nature art". This type of art is made by arranging or building found nature objects, such as rocks, sticks, leaves, sand and shells. No glue needed; simply arrange, stack or weave your elements in an interesting way. Google "nature art" to find inspiration and actual artists that create incredible works using nature as their medium (ie [Andy Goldsworthy](#)) You could even turn it into a game—tell your kids they have 20 minutes to collect natural elements and create an animal, or a silly monster, or anything they can come up with. Have fun, get creative and enjoy what amazing things the season has to offer!



OCTOBER BOOKS OF THE MONTH

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