



Opportunities for personal achievement
RHS School Gardening Award



Kate Watt, Kildrum Primary School

RHS School Gardening Award Level 1

"Gardening is good for the Earth." - Luke, Primary 5 (Gardening Club)

"Gardening is good for your mental health and good exercise." - Stella, Primary 7 (Gardening Club)



We understand the benefits of gardening

One of our school values is Responsibility, and children learn that this includes caring for the global environment. Across the school they study biodiversity and ways to tackle climate change. Primary 1 classes explore mini-beasts and hatch butterflies, releasing them into the garden while learning about pollination. Older pupils learn about deforestation and take part in Farm to Fork projects. Indoor plants with QR codes teach children about environmental and health benefits. Our gardening club, started in April 2025, discusses how gardening supports physical and mental wellbeing. Children say it helps their mental health, provides exercise, teaches new things and feels rewarding.



"Gardening makes you feel happy." - Andrew, Primary 6
"and satisfied." - Bartek, Primary 7 (Gardening Club)

"It's good to be in the fresh air and not inside all the time." - Bartek, Primary 7 (Gardening Club)



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Our growing space is accessible

Our garden is designed to be accessible to everyone. A ramp provides entry for people with disabilities, and raised beds make planting easier for many pupils. Hanging baskets can be planted while seated at tables or in wheelchairs. In our newly developed lower playground, ten additional raised beds will be used from spring. We also choose plants that offer movement, sound and scent—such as bamboo, lavender, mint and rosemary—to support sensory regulation. These features help children calm and refocus when they become overstimulated.



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We have started gardening

Last spring we cleared an overgrown area, weeded, pruned, and set up three planting zones. We grew potatoes in bags and created a colourful Rainbow Garden with cosmos, begonias, sunflowers, alliums, agapanthus and gerberas. Our Edible Garden included strawberries, herbs and nasturtiums around an apple tree, and we also grew sweet peas from seed. In the Wildflower Garden we scattered mixed seeds, and in the Scottish Garden we planted thistles and heather. In autumn we removed bedding plants, saved sunflower and sweet pea seeds, and planted daffodils, tulips and muscari. For winter colour we filled hanging baskets with cyclamen, skimmia and ivy.



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We achieved our
RHS School Gardening Award, Level 1, on
13th February 2026.



Kildrum Primary School, RHS School Gardening Award

