

Why We Should Add Compost Bins to School Grounds

Ever thought about trying to help plants grow better and receive more nutrients? Now you know! It's easy peasy! Just tell the school, WE NEED MORE COMPOST BINS! Compost bins play a huge role in the environment and in vegetation growth. So I convince you, we must add more compost bins to school grounds.

To start us off, compost bins help enrich soil by adding important nutrients and improving its texture. As food scraps and yard waste break down, they create compost that makes the soil healthier and better at holding moisture. This supports plant growth and reduces the need for chemical fertilizers, making composting a natural and eco-friendly way to improve soil. So are we thinking about adding more compost bins now?

Compost bins are a great way for schools to cut down on waste. Instead of throwing away food scraps like fruit peels or leftover vegetables, students and staff can put them in compost bins. This keeps a large amount of organic waste out of landfills and turns it into something useful. By composting, schools can reduce their trash, lower waste collection costs, and teach students about responsible waste management.

Incorporating composting and gardening into school routines offers powerful mental health benefits. Research shows that even brief exposure to green environments can significantly reduce stress, anxiety, and depressive symptoms among students. These activities encourage mindfulness and a sense of purpose, as students actively care for plants and connect with nature. Environmentally immersive spaces—like school gardens—offer a restorative sanctuary, helping learners unwind and regain mental focus, especially those experiencing ADHD, emotional challenges, or stress.

In conclusion, we must add more compost bins to school grounds as it helps enrich soil, it cuts down school waste, and it helps a child's wellbeing. So next time you meet your teacher or principal, tell them to add more compost bins!