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Are Plants Beneficial for Mental Health and Well-being?
A plant for your child to take home and care for

Dear Parents / Carers,

You may remember a week or two back I mentioned some research (some below if you wish to read it) I had come across about plants being beneficial for mental health and well-being and a request for any donations of plants or cuttings.

Thank you to one of our past parents, Marian Charlton who has donated a spider plant which has had lots of babies. They will be ready to 'gift' to children very soon.

One of our current parents, Susie Hardie has kindly donated some plants and one of the classes in school are taking home their plants today (more to follow for the other children).

It would be wonderful as they grow if you could send in pictures to school and I would appreciate any feedback as to whether you find the research is true.

Best wishes,

Belinda Athey.

Article taken from Royal Horticultural Society:

Can growing houseplants really help turn our homes, schools and workplaces into better places to be? It is a question that numerous scientific studies have explored and results are now shedding light on the matter. Indoor plants offer two potential benefits for us: improved psychological (mental) well-being and improved physical human health (i.e. they support fitness and general health).

The psychological benefits of indoor plants have been shown as:

- An improved mood
- Reduced stress levels
- Increased worker productivity (adding plants to office environments in particular)
- Increased speed of reaction in a computer task
- Improved attention span (in some scientific studies, but not all)
- Increased pain tolerance (for example, where plants were used in hospital settings)

The physical health benefits of indoor plants have been shown as:

- Reduced blood pressure
- Reduced fatigue and headaches by 20-25 percent in one study
- Patients in hospital rooms with plants reported decreased post-operative pain

Headteacher: Mrs Belinda Athey

