

# Healthy Habits for Living and Learning



## GRANT RECIPIENTS

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## NYS STANDARD

- 1) HPE
- 2) MST

## GRADE LEVEL

Grade 5

## STUDENTS SERVED

21 students

## PROGRAM DESCRIPTION

“Healthy Habits” provided instruction about and an opportunity for students to practice making good choices regarding personal health. It immersed children in a classroom environment where information about a wholesome diet, exercise, and disease prevention was experienced using math and science skills to monitor progress.

The grant was introduced to parents at Parent Information Night and through monthly newsletters home prepared by students. A walking program began early in the year, through which steps were converted into miles with the goal of walking across America. Special speakers presented information throughout the year to the students regarding nutrition, exercise, perseverance, and hand washing/disease prevention. Healthy Habits lessons were integrated into classroom instruction. Pre/post testing, anecdotal information, and parent survey were used to monitor progress.

Resources: pedometers, workbooks, art materials, obstacle course equipment, printing and photography materials, guest speakers, and food purchases for healthy parent reception.

## STUDENT OUTCOMES

As a result of the program, students learned to make better food choices, developed increased interest in becoming physically fit, and became more self disciplined. Through the group activities, working together, and classroom goals the students developed a nice sense of community, which resulted in very positive learning environment.