

ESTACADA Middle School year 19/20 for Healthy Behaviors Curriculum and Life Skill Practices.

By **ASHLEY CARROLL**

This year we were able to partner with OSU Cooking Connections to include Healthy Behaviors. Students met one time per week for 9 weeks to learn how to cook and use cooking utensils properly, students learned what amount of each food group to eat to stay healthy, students learned how to prepare healthy foods, they learned healthy life style choices that go along with eating healthy. Students discussed ways to stay healthy physically, mentally and emotionally. Healthy Behaviors and positive life style choices were included in other programs that we were implementing during school. These other programs included Girls Circle, Boys Council and other life skill programs. Since I included Healthy Behaviors into other running evidence based programs, it was a great way to show students how all choices based on our behaviors and decisions have a huge impact on every other part of our lives. During Virtual School we were able to have students participate in weekly challenges that had to do with healthy behaviors. These Challenges included using the letters in their name and for each letter was a set of physical activity. For example, if your first letter of your name was an A you would do a set of squats. The Challenges I have had with the Healthy Behaviors curriculum is the approach to making the club attractive to youth. Having a catching name was important because I found that students would lose interest the moment I used the words Healthy Behaviors. My approach to fixing this challenge is to find a catchy name that is relevant and enticing to the student population. My plan for this upcoming year is to partner with the school and OSU to bring health and wellness virtually to the homes until we can meet in groups again. When we do meet in groups again, I would like to combine exercise with healthy snack prep and learning to set small goals and progress towards bigger healthier goals, to build the skills that will set them up for their future success I mind, body and life.

Pictures Below show Healthy Cooking that the students prepared for their families. Students had to learn how to cook healthy food and follow the directions on making the food and drinks. Students had to learn how to set up an event and calculate how much food to prepare. Students learned how to set up an event and how to tear sown. Students learned how to serve others before themselves. Students have learned valuable healthy life skills.



