



LEAF: Linking Education, Activity and Food

Carpinteria Middle School Reaches Out for Community Support!

Web site and supportive materials:

Web site: <http://www.sbceo.org/~cms/leaf/index.html>

Active Blog: <http://www.sbceo.org/~cms/iblog/B286465275/>

Background: Carpinteria Middle School was a participant in a grant to improve student health and well-being by: 1) Increasing the offerings of fruits and vegetables in the school, 2) Link nutrition education to core academic curriculum, health and physical education classes, and instructional gardens, 3) Offer nutritious, tasty, appealing meals to every student in a positive environment with ample time to eat, and 4) Offer more physical activity opportunities and physical education that meets state recommendations.

Philosophy: "Education is a process of getting your story straight." -*Jack Meyer, grant participant.*

At Carpinteria Middle School, we make a simple assumption that all learning, all strategies for problem-solving, and all academic and social skills are based upon the changes in an individual's collection of stories. When a student learns a new skill, they are simply creating, refining, or adding more detail to their understanding of the story of that skill, whether it is a mathematical skill such as adding fractions, or a life-skill such as choosing a healthy food for a lunch or a snack.

Based upon this assumption, we also believe in the power of conversation: For most students, school is an extended conversation, a transaction between students, parents, teachers, and curriculum. And the truth is that the things we converse about are the things that change.

Strategy: Simply, we tried to make nutrition and a healthy lifestyle an active and ongoing part of the daily conversation at the middle school, both on the campus and in the larger community.

Accomplishments

Cafeteria

Daily salad bar
All foods met SBI9 standards
Improved appearance
New equipment
Student input on menu choices

Staff Development

Professional development in Nutrition/Fitness
"Active for Life"-Workplace Wellness Program

Garden

Started a garden and a garden "club"
Produce used in home economics class
Field trips to local farms and "Lotusland"
New agriculture science class this year

Community Outreach

Created a Child Nutrition & Advisory Cmte.
Hosted two community events on health
Met with community groups
Made a presentation on LEAF at
Partners for Fit Youth

Cross-Curricula Activities:

Special day class students visited local markets to analyze food labels/cook foods
Math classes use graphing skills to analyze what they have eaten
English classes write poems on foods
Art classes drew fruits and vegetables
Photography classes photograph our garden and the gardens we visit
Leadership classes pass out "Phoney Bucks" to students eating healthy foods at lunch

Working With Other Schools

Assisted with "Nutrition Olympics" at Main Elementary School
Service learning project with Main School Third graders

Computer Operations

New software
Students developed/researched nutrition Web sites
Student Research Projects: Using the Internet to study nutrition and activity

Home Economics-On Your Own Class

Students study good nutrition
Students set goals for better eating
Students cook healthy foods
New equipment and new resources

Community and School Partnerships

Adopted by Carpinteria Women in Agriculture
Mentoring by Carpinteria High School FFA
Involvement with local farmers and businesses
McDonald's creates frozen yoghurt certificates for good citizenship for students

Physical Education

New circuit training set
Noncompetitive aerobics
Strength building activities
New fitness lab

Media Coverage

Santa Barbara County Education Office Video: aired for a month daily on tv
KEYT (Santa Barbara) videolog news story on CMS LEAF grant
Fifteen newspaper articles in the *Santa Barbara Newspress*
Photograph of our Garden Club in the *Lotusland* newsletter

School District

Developed a districtwide Nutrition and Fitness Policy and presented it for adoption; a new food service and child nutrition program section of the policy was adopted

Carpinteria Middle School Contacts:

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Panel:

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Food for Thought: *The power of conversation...*

Teacher: "Do you think it is odd to be studying nutrition in a mathematics class?"

Student: "No, not really. Just about all my other teachers have had projects with nutrition as well"