



GROWING HEALTHY KIDS



2021/22 YEAR IN REVIEW



Growing Healthy Kids strives to provide highly engaging, high quality phenomena based learning in the outdoor classroom setting.

Key program goals for 2021-22 were to:

- Effectively teach NGSS and CA Health Standards in the garden at all 10 garden education sites
- Improve access to and desire to consume fresh, whole foods through farm stands, plant giveaways, 4th grade field trips to the cafeteria and cafeteria signage
- Increase visible nature at schools through tree plantings
- Engage the wider community through wellness events like Growing Healthy Kids Workshops
- Increase access to nature and garden education to all MDUSD Title 1 schools through field trips to the Riverview Garden



16 MDUSD SCHOOLS SERVED 2021/22

*Bancroft

*Cambridge

*Delta View

*El Monte

*Fair Oaks

*Gregory Gardens

*Holbrook

*Meadow Homes

*Mt Diablo Elementary

*Oak Grove Middle

*Pleasant Hill El

*Rio Vista

*Riverview Middle

*Shore Acres

*Sun Terrace

*Wren Ave

7,000 students served!



Growing Healthy Kids Program Components

Daytime Garden Education & 4th Grade Field Trips to the Cafeteria

Bancroft, El Monte, Fair Oaks, Gregory Gardens, MDE, Oak Grove, PHE, Rio Vista, Sun Terrace, Wren Ave

Youth Farm Stands

Cambridge, Fair Oaks, Meadow Homes

16 Farm Stands

Outdoor Education Teacher Professional Development

Cambridge, Foothill, Meadow Homes, Mt View, Sequoia El, Silverwood, Shore Acres and Daytime Garden Education Sites

Riverview Garden Field Trips & Plant Exchange

Cambridge, Delta View, Fair Oaks, El Monte, Holbrook, Meadow Homes, Rio Vista, Riverview Middle, Shore Acres, Wren Ave

64 trips with over 1,652 students!

Open School Gardens Showcase

Daytime Garden Education sites, Holbrook and Foothill Middle

Shade Tree Planting

Rio Vista & Riverview Middle

63 shade trees planted



4th grade field trips to the cafeteria



Riverview Garden Field Trips

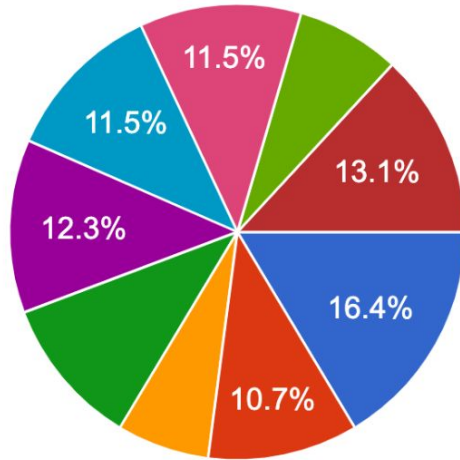


Farm Stands

2021/22 ELEMENTARY TEACHER ASSESSMENTS

1. School Name

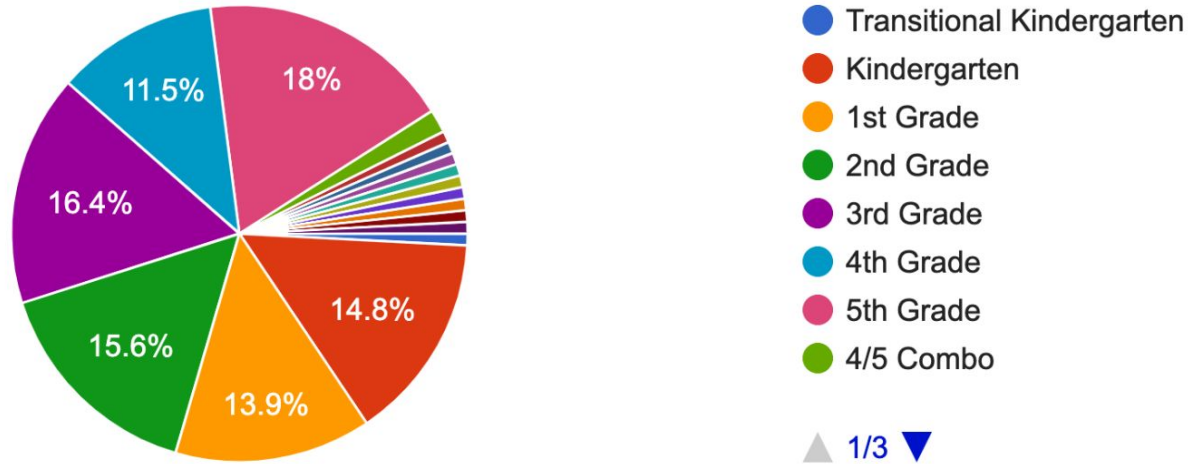
122 responses



- Bancroft
- El Monte
- Fair Oaks
- Gregory Gardens
- Mt. Diablo
- PHE
- Rio Vista
- Sun Terrace
- Wren Ave

2. Grades Taught

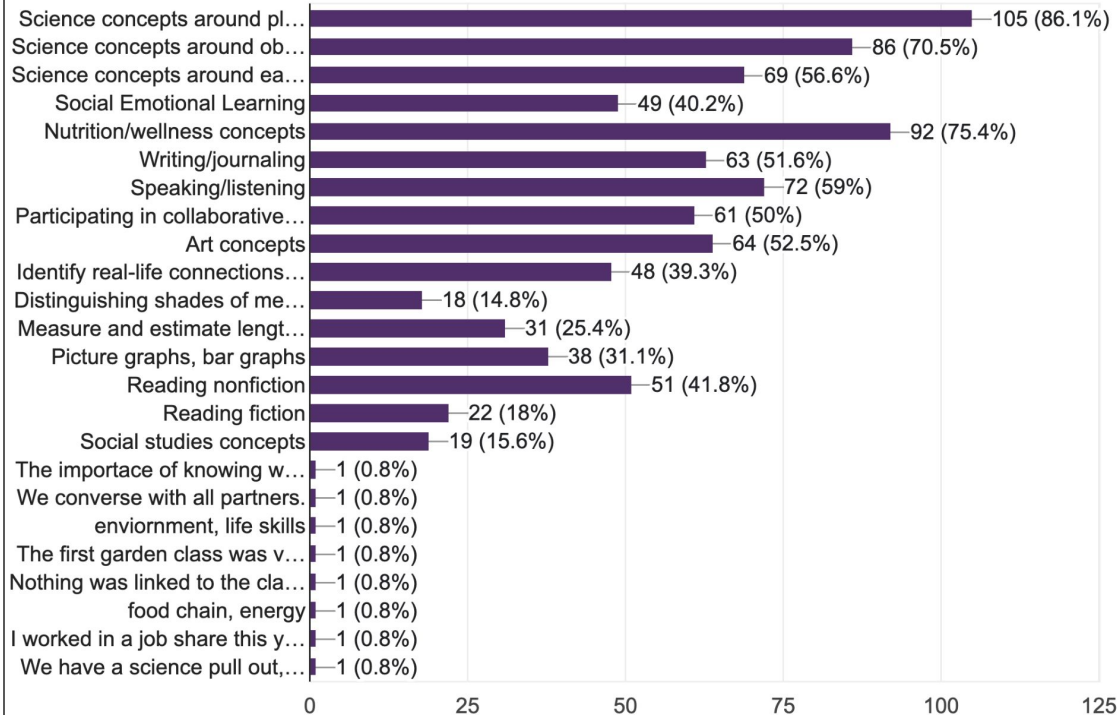
122 responses



Responses were evenly spread across grade levels.

3. Do you use concepts from the garden to enhance your teaching? What kinds of topics do you or your Garden Educator link to the garden, whether intentional topics/concepts. Answer as many as apply.

122 responses



Teachers confirmed, the curriculum topics linked most in the garden were....

1. Science concepts around plants and animals. **(86%)**
2. Nutrition/wellness concepts. **(75%)**
3. Science concepts around observation, investigation and experimentation **(71%)**

More than half of the responding teachers indicated the following topics/skills were taught in the garden:

- *Earth & weather science concepts
- *Speaking/Listening
- *Writing/Journaling
- *Collaborative discussions
- *Art

Teachers agreed or strongly agreed that.....

- Garden Education improved students connection to the natural world **(93%)**
- Improved students' enthusiasm for learning **(89%)**
- Improved students' scientific knowledge & NGSS concepts **(83%)**
- Provided opportunities for critical thinking **(78%)**
- Improved students' sense of pride in their school **(84%)**
- Improved social/emotional skills such as communication and cooperation **(78%)**
- Improved attitudes towards fresh fruits and vegetables **(90%)**
- Every school should have a garden education program like theirs **(93%)**
- Garden Education is highly engaging for students **(87%)**



Teacher Comments about the Program

It was great to see students eat healthy and be excited about healthy food!

Winter Salsa. Buddha Bowls, Sunflutter Bars! Most of my class made the recipes at home with their families! I sure did!

PLEASE keep this program, we love to go and journal, draw, take pictures, eat, and learn in the garden.

My class loved everything. One of their favorites was creating a salad to eat. One of our science experiments in class was planting radish seeds and putting some in the light and some in the dark. The ones that survived, in the light, we planted in the garden. We were then able to pick and taste them. It was awesome to be able to have our lesson extended.

The garden program is wonderful and my students look forward to it. They are bummed when their time is up and they have to watch other classes go in their place. Thank you for continuing the program and making it bigger and better!

The kids love being outside with hands on activities!

My kindergarteners could spend hours in the garden if given that opportunity.

We loved the salad the best! We also loved the seed balls and the beaded strings to hang in the tree. We loved the pollinator lessons too!

Outside of our designated garden time, students continue their learning at home and share their findings with our Garden Educator on a regular basis. She has established a positive learning environment for our students where they are empowered to research, observe and communicate their love for the garden.

**Cooking Lessons continued
safely despite the pandemic.....**

**18,518 Taste Tests this year - 81%
of students liked or loved what
they tried!**



OGMS GARDEN REFLECTIONS

18-27-21

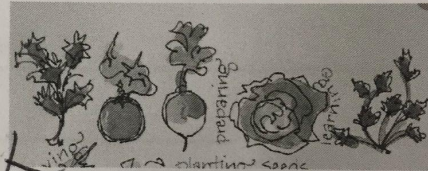
"If you look the right way,
you can see the whole world is a garden."

-The Secret Garden

What I notice....

What I think....

What I wonder....



I noticed that
not all plants are perfect
but they are all
equally important.

OGMS Respondents Agreed or Strongly Agreed that Garden Education....

- Improved students' enthusiasm for learning **(100%)**
- Improved students' connection to the natural world **(100%)**
- Provided students with opportunities to engage in critical thinking **(100%)**
- Improved students' scientific knowledge **(92%)**
- Improved students' pride in their school **(92%)**
- Improved students' social emotional skills **(85%)**
- Had a positive impact on students' well being **(92%)**
- Improved student attitudes towards fresh fruits and vegetables **(92%)**

PROGRAM VISIBILITY



First Partner Visit



Growing School Gardens Summit



GHK Workshop Community Visitors

NEXT STEPS....

- Life Lab fiscal sponsorship
- Garden Education Professional Development Training Offerings & adding Silverwood Garden Education Program
- Collaboration with Food & Nutrition Services on local farm partnerships & fresh produce tastings





GROWING HEALTHY KIDS



LIFE
LAB



BATTERY
POWERED



CALIFORNIA DEPARTMENT OF
FOOD & AGRICULTURE

