

## Wellness Success Story Summary 2008-2009

### **1. Briefly describe the details of your wellness success story:**

The Island Lake kindergarten and fourth grade students spent the year learning about the importance of proper nutrition. They discovered how a well balance diet, rest, and exercise have positive effects on an individual. In addition, the students learned about the effects of hunger and poverty through our involvement with Feed My Starving Children and Heifer International. Our unit was based on the book Beatrice's Goat. The students raised nearly \$4000.00 to purchase animals for communities in need. They raised the funds through a month-long read-a-thon.

### **2. What prompted your desire to implement this initiative?**

Service Learning is an integral part of our approach. The projects actively involved the learners and engaged them at a deep level. While learning about the importance of nutrition, they also gave back to their local and global communities.

### **3. How do you measure the success of your initiative?**

The students have written reflections, kept peer journals, developed follow up activities, produced giving blankets and quilts, engaged each other and the community in thought provoking discussions, and have displayed a basic understanding of economics.

Staff Member Name: Kate Hooper

School Building: Island Lake Elementary School

Student Grade Levels: Kindergarten and Fourth Grade

Permission to include your story on our wellness web page: Yes/No