

Proposal

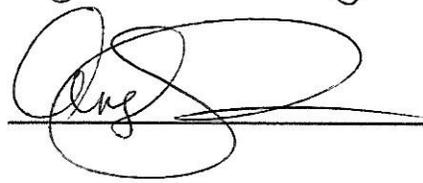
PS 3 has one existing school garden bed and is in process to create an outdoor classroom space. Both spaces are designed to stimulate children's connection to nature and explore the process of growing healthy vegetables and herbs.

We are seeking funding to build on our efforts and create an additional planting area. Our focus is helping children and families learn about the benefits of sound nutritional habits necessary for optimal growth and development.

The PTA intends to work with the garden committee and apply the grant award of \$1000.00 to secure a variety of seedlings, herbs, compost, soil inputs (e.g. organic fertilizers) and pollinators necessary for a truly vibrant mini-ecosystem that will enrich the school experience for all involved including the garden committee. We are also proposing to use a portion of the funds to create curriculum materials (e.g. seed starting kits) for use with interested families to strengthen the home school connection.

DATE: 3/19/2017

Print: Angela Santiago, PS3 PTA VP

Signature: 

Proposal

At PS5, the PTA, school administration and parent volunteers have come together to create a school garden which is used as an outdoor classroom in which our children learn about sustainability.

This outdoor classroom however has been mainly focused on our K-8 student population. The PTA, parent volunteers, and PreK teachers would like to further explore the discussion of sustainability with our youngest early education student population (9 PreK3 and PreK4 classes combined). I believe it is critical to start healthy eating and nutritional education early; before childhood obesity can take hold.

With the mini grant of \$1000, we can start the process with the purchase of individual planters and gardening supplies for each of our nine early education classrooms to educate the children on the sustainability of whole foods through the planting of greens and vegetables. We would also purchase sun sails for sun protection while they are in the garden classroom.

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Date

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Mission:

My mission as a coach is to empower others and make them see the potential they have within their reach. I enjoy teaching people how to make easy and inexpensive meals, snacks, smoothies (nutritious meal replacements), and juicing. My focus is; empowerment, nutrition, smart choices and cost effective choices.

Goals:

My goal is to have the PreK students at P.S. #5 leave class with a good sense of which foods are better, best, and super while understanding that they can be an influence on their families and peers.

Activities:

Interactive activities will include:

- Since I have a love for breakfast and realize the importance of having a smart one, I will bring ingredients to make a fast, easy, and typical breakfast alternative. The students will prepare soaked oats; rolled oats, fruit, desired milk (coconut, rice or whole milk), cinnamon and a little maple syrup.

Instructor:

Fidel Hernandez will serve as the health coach.

Length of time for the project:

The class will run during the Week of the Young Child; April 24 – 28, 2017 once a day at approximately 30 minutes a session.

Schedule:

Tuesday, April 25th Rms. 102, 105, & 110 from 9: 30 - 10:00am

Thursday, April 27th Rms. 106, 107 & 116 from 1:15 – 1:45pm

Friday, April 28th Rms. 101, 108 & 109 from 9: 30 - 10:00am

Budget:

The total cost, including materials and foods will be \$500.00

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