

OSP Programming

Organic School Project (OSP) provides school age children with a mindful foundation for a healthy and sustainable lifestyle through wellness programming initiatives.

OSP's primary program offering to combat youth health epidemics and build a sustainable future is the **Wellness Services Model**. The Wellness Services Model is an education and food service systemic change approach to obesity prevention, comprised of three major components:

Grow. Teach. Feed.™

- **Grow:** Organic, on-site community school gardens reconnect youth with their food sources while simultaneously providing experiential learning. OSP works with teachers to integrate the garden into existing curricula. Students are actively involved in every aspect of the gardens, from composting to planting to harvesting, so they can see first-hand where their food comes from and where it ends up.
- **Teach:** OSP educates youth on healthy lifestyles, mindfulness, and environmental stewardship through an integrated wellness curriculum, customized for schools in conjunction with faculty and students.
- **Feed:** OSP feeds More Positive Foods™ through the school food service system. OSP meals are made-from-scratch, organic and natural, and are sourced locally when seasonally available.

The Wellness Services Model was piloted at Alcott Elementary School in 2006-2007 and will be re-launched in the 2008-2009 school year.

For schools and school districts unable to implement the OSP Wellness Services Model, we offer **OSP Extension**, a programming initiative aimed at providing a variety of wellness solutions for schools. These schools desire to work with OSP to provide youth with a strong foundation for sustainable lifestyles, enabling them to make positive choices for themselves and the planet. OSP Extension can be customized for each school and can vary in duration and depth of programming.

One arm of OSP Extension is **Garden-based Education**. OSP installs, maintains and coordinates school and community gardens in an effort to connect youth with nature and their food source. Below are the garden-specific projects OSP is working on in the 2007-2008 school year.

G.R.O.W. – “Gardens Rock Our World” – A summer camp program which can be implemented on school sites or within community/youth organizations that connects youth with nature and their food source. OSP will implement GROW as an enrichment program to the existing program offerings at the North Lawndale YMCA to 15 participants of the Healthy Kids Camp, ages 9-11. The GROW Summer Program will coincide with the Healthy Kids Camp that runs from June 16, 2008 to August 15, 2008. The program will run on Wednesdays and Fridays, 9:00am-11:00am. The participants will spend time in the garden, planting, weeding and tending to the growing vegetables. A Garden Coordinator will lead the

youth in activities and engage them in dialogue about food related topics such as nutrition, food access, food systems and local democracy. We have partnered with a community garden, the African Heritage Garden, which is located in walking distance from the YMCA. The youth will have access to four raised beds in exchange for some simple maintenance (watering and weeding) in other areas of the garden. We chose to partner with a community garden to give the youth a better connection to the positive projects that are happening in their community and work with adults that can serve as positive role models.

Inter American Magnet School—Vegetable Garden Honoring the Aztec Civilization

OSP has been working the fifth grade class throughout the 07-08 school year. OSP had led biweekly classes on nutrition, human body, food systems, sustainability, gardening and planting seeds in the classroom. The fifth grade class was an instrumental part of planning, designing and building the vegetable garden. They have been studying the Aztec civilization and have built the garden using sustainable practices such as using salvaged bricks and organic growing methods. Throughout the summer months, youth from a neighboring day camp will care for the vegetable garden and use the garden as an outdoor classroom to complete garden-related activities. A fall garden will be planted so the students will be able to jump right back into the garden when the school year starts up again in September. We are also providing guidance and curricular resources to make this outdoor classroom accessible and friendly to all the teachers.

Drummond Montessori School

OSP is working with parents, teachers and youth from Drummond Elementary School to assist in converting the current 63,000 sq. ft. asphalt playground and parking area into an environmentally friendly play area, outdoor classroom, and neighborhood green space. Although students' exposure to and experience with gardening varies, each child will play a vital role in the development of Drummond's Organic Garden. The garden, a key component to the Campus Garden Project, will include raised beds for teachers to engage their students first hand in the development of plants and observe, study and evaluate various flora and fauna. Students will take part of in every phase of development from planning/designing the garden, planting, weeding/maintaining and harvesting and tasting. OSP will also develop garden-based education units integrated with multiple disciplines for the Elementary II students.

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