



# Healthy Gardens, Healthy Youth

## Hiawatha Elementary School

### Hiawatha, IA



Hiawatha Elementary School is one of 17 Iowa schools participating in the Healthy Gardens, Healthy Youth (HGHY) research project, along with 22 other schools in Arkansas, New York, and Washington.

The program focuses on two 2<sup>nd</sup> and two 4<sup>th</sup> grade classes in each school, but thanks to a grant from the Wellmark Foundation, all 2<sup>nd</sup> and 4<sup>th</sup> grade classes in Iowa's 8 intervention schools are able to participate in the program.

The school garden was constructed in the spring of 2012. Using an Educational Toolkit developed for this project, classroom teachers, Extension specialists, Master Gardeners and volunteers support the students in planning, planting, maintaining, harvesting and enjoying the fruits of their labor.



*The Hiawatha People's Garden Grant is the beginning of many exciting things. The partnerships created by this project is an example of how the community, Extension volunteers and staff in multiple program areas can come together to address important issues, specifically the need to improve health, nutrition and instilling healthy eating habits in our children.*

– Rachel Rockwell, Director, Linn County Extension

The Educational Toolkit emphasizes STEM (science, technology, engineering and math) concepts to teach nutrition and gardening, but the skilled teachers at Hiawatha Elementary have also incorporated activities and lessons in language arts and social studies by:

- Having students develop a blog to share what they have learned and enjoyed about the garden. You can follow their blog at: <http://hiawathagarden.wordpress.com/>.
- Teaching vocabulary to English Language Learners.
- Learning about civics through writing letters about the garden to First Lady, Michelle Obama.
- Using the gardening for writing lessons, including how to write directions and describe a sequential process.

#### Project Personnel

##### Hiawatha Elementary

Lead Teacher: Julie Bradley, ELL teacher

Principle: Eric Christianson

##### Iowa State University Extension & Outreach

Extension Lead: Jacki Luckstead, ISUEO Region 10 Youth Program Specialist

Extension Co-Lead: Michelle Kenyon-Brown, Linn County Extension Master Gardener Coordinator

Garden Coordinator: Phil Pfister, Linn County Master Gardener

#### Welcome To The Hiawatha Garden's New Blog!

May 6, 2012

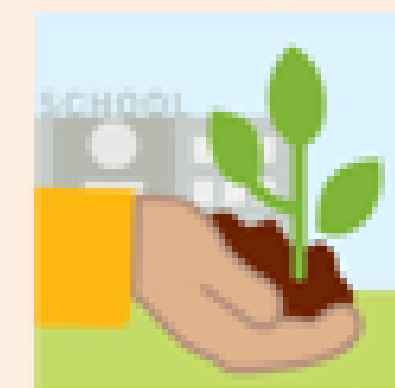
Filed under: [Garden stories](#) — hiawthagardeners @ 12:19 am



Welcome to our new blog. We are working very hard on our new garden at school. We, the writers of this blog, are four 4th grade students at Hiawatha Elementary. We will be writing in different languages and taking pictures of our garden. We will be writing about how we plant and harvest vegetables from our garden.



*"Healthy Gardens, Healthy Youth"*  
People's Garden School Pilot Project



The Extension Partnership including:  
Washington State University Extension  
Cornell University Cooperative Extension  
Iowa State University Extension  
and Outreach  
University of Arkansas Extension

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