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PRESS RELEASE

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Meadows Elementary School to receive the Healthy School Award from Washington State ASCD

Olympia, WA May, 2016 – The Washington State Association for Supervision and Curriculum Development (WSASCD) has announced that Meadows Elementary School will receive a Whole Child award called the ‘Healthy School Award’ for 2016. The Healthy School Award is intended to recognize educators who contribute to providing a healthy school where students learn about and practice a healthy lifestyle, and serve as models for all educators across the state.

Meadows Elementary is famous for promoting healthy habits throughout their school. One healthy habit is their garden project. Project coordinator Betsy Perkins states, “Our garden is a gem! We’ve been gardening for seven years. Dignitaries such as Trudi Inslee have visited our garden however, our students benefit the most. They learn: team work, goal setting, handling disappointments, harvesting and preparing food, exercising with purpose, and problem solving. Students find joy and happiness in their successes and discoveries.”

The garden is used as a teaching tool. Gardening is done as a choice activity at recess. Huge groups of students clamor to tend the garden. Even in the winter, students are digging, turning compost, moving debris and finding other decomposers.

Students cook the food they grow and use it in their healthy eating/cooking classes conducted by the Thurston County Foodbank. The food bank also provides fresh organic produce for families to take home during Family Activity Nights.

Meadows Monday Milers is another activity used to promote a healthy lifestyle. During a 30 minute recess, students, families, and staff can run around the school track. Soldiers from JBLM also participate. Monday Milers earn rewards and their running progress is displayed throughout the hallways.

Founded in 1956, the Washington State Association for Supervision and Curriculum Development (ASCD) is a community of all educators committed to promoting promising practices to ensure ALL students are safe, healthy, engaged, supported and challenged.

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