

REAL FOOD
FIRST

STUDENT ATHLETE ENRICHMENT PROGRAM (SAEP)

"IMAGINING SOMETHING MAY BE
THE FIRST STEP IN MAKING IT HAPPEN,
BUT IT TAKES THE **REAL TIME** AND
REAL EFFORTS OF REAL PEOPLE
TO LEARN THINGS, MAKE THINGS,
TURN THOUGHTS INTO DEEDS OR
VISIONS INTO INVENTIONS."

-MR. ROGERS

SAEP HILLSBOROUGH HS

DATE : JUNE 2024

**HEALTH & WELLNESS
ENRICHMENT PROGRAM**

TIME: TBD

LOCATION : HILLSBOROUGH HS

IN PERSON

ATTENDEES

**PRESENTED BY
REAL FOOD FIRST IN
COLLABORATION WITH
STEAMA**

SAEP HILLSBOROUGH HS DATE : JUNE 2024

PROPOSAL:

THE STUDENT ENRICHMENT PILOT PROJECT (SEPP) PROVIDES SUMMER SCHOOL AND EXTENDED DAY LEARNING OPPORTUNITIES WITH A FOCUS ON HEALTH AND WELLBEING. THE "HEALTHY MEALS AT FAST FOOD PRICES" HAS AN INTRINSIC VALUE FOR STUDENTS AS IT SETS THE FOUNDATION FOR NUTRITIOUS FOOD CHOICES. EACH SESSION WILL INCLUDE A FOOD BASED PRESENTATION AND GASTROINTESTINAL AND ORGAN IMPACT FOLLOWED BY A HANDS-ON EXPERIMENTAL ACTIVITY FOCUSED ON THE SCIENCE BEHIND FOODS AND THE BODY SYSTEM.

PURPOSE – THE SEPP WAS ESTABLISHED TO PROVIDE STUDENT ENRICHMENT INSTRUCTION PROGRAMS TO STUDENTS.. THE INTENTION OF THIS PILOT PROJECT IS TO HELP STUDENTS GAIN AWARENESS OF FOOD AND NUTRITION AND IT'S EFFECTS ON THE BODY BY OFFERING A RANGE OF HIGH-QUALITY OPPORTUNITIES FOR NUTRITION ENRICHMENT THAT SUPPORT STUDENT LEARNING AND YOUTH DEVELOPMENT PRINCIPLES AS WELL AS REINFORCE AND COMPLEMENT REGULAR ACADEMIC PROGRAMS.

ENRICHMENT DEFINITION – LEARNING OPPORTUNITIES AND ACTIVITIES THAT ENGAGE STUDENTS IN DEVELOPING ESSENTIAL KNOWLEDGE, SKILLS, VALUES AND RELATIONSHIPS AS A VEHICLE FOR INSPIRING LEARNING AND ENCOURAGING ACADEMIC AND LIFE SUCCESS. FOOD AND NUTRITION IS AT THE FOUNDATIONAL CORE THAT SUPPORTS STUDENT HEALTHY DEVELOPMENT OF MIND AND BODY.

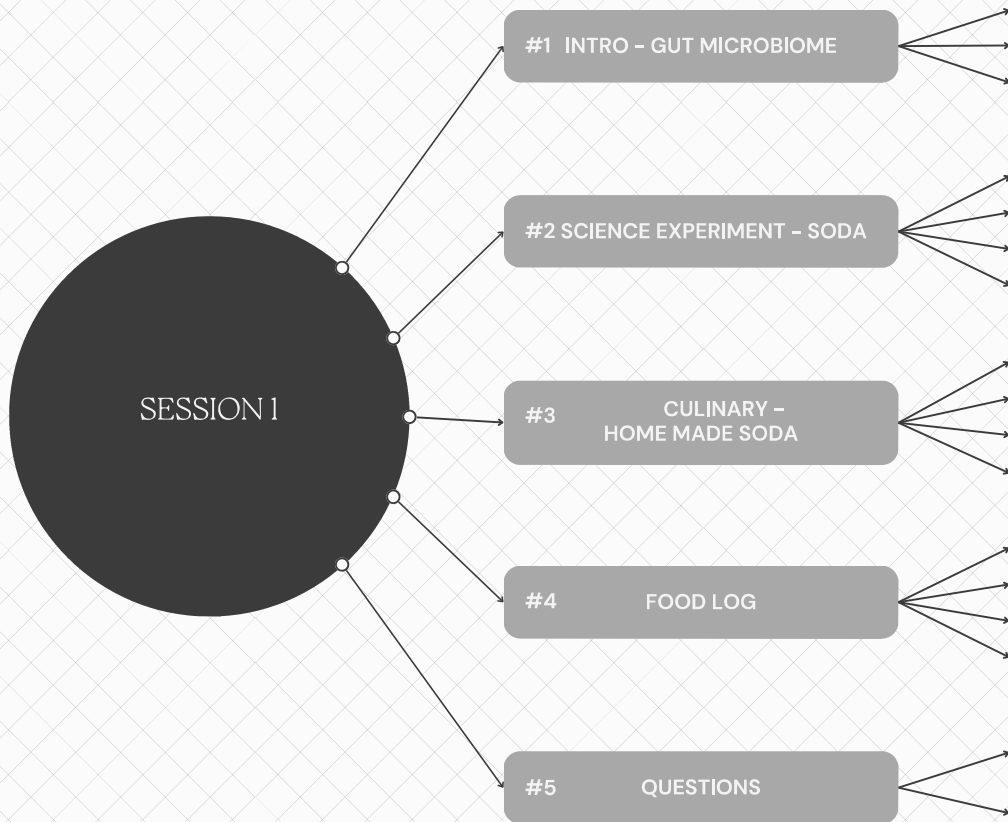
LINK TO STANDARDS – ALL ACTIVITIES MUST BE LINKED TO ACADEMIC STANDARDS AND SHOULD BE CREATIVE, EXCITING, FUN, ENGAGING, RELEVANT, ACTIVE, DIFFERENT THAN THE REGULAR SCHOOL DAY, AND FULL OF LEARNING. ENRICHMENT PROGRAMMING SHOULD ALSO HOLD STUDENT ATTENTION, AWAKEN THEIR IMAGINATION, AND INSPIRE THEM TO WANT TO LEARN MORE.

TIMING – PROGRAMS MUST TAKE PLACE DURING NON-SCHOOL HOURS, BEFORE SCHOOL, AFTER SCHOOL, ON WEEKENDS, SCHOOL HOLIDAYS OR SUMMER RECESS PERIODS.

TARGET POPULATION – SPECIAL EMPHASIS ON HIGH SCHOOL ATHLETES, HOWEVER, ALL PUBLIC SCHOOL STUDENTS GRADES K-12. ALL STUDENTS WHO MAY BENEFIT FROM ENRICHMENT PROGRAMMING SHOULD PARTICIPATE.

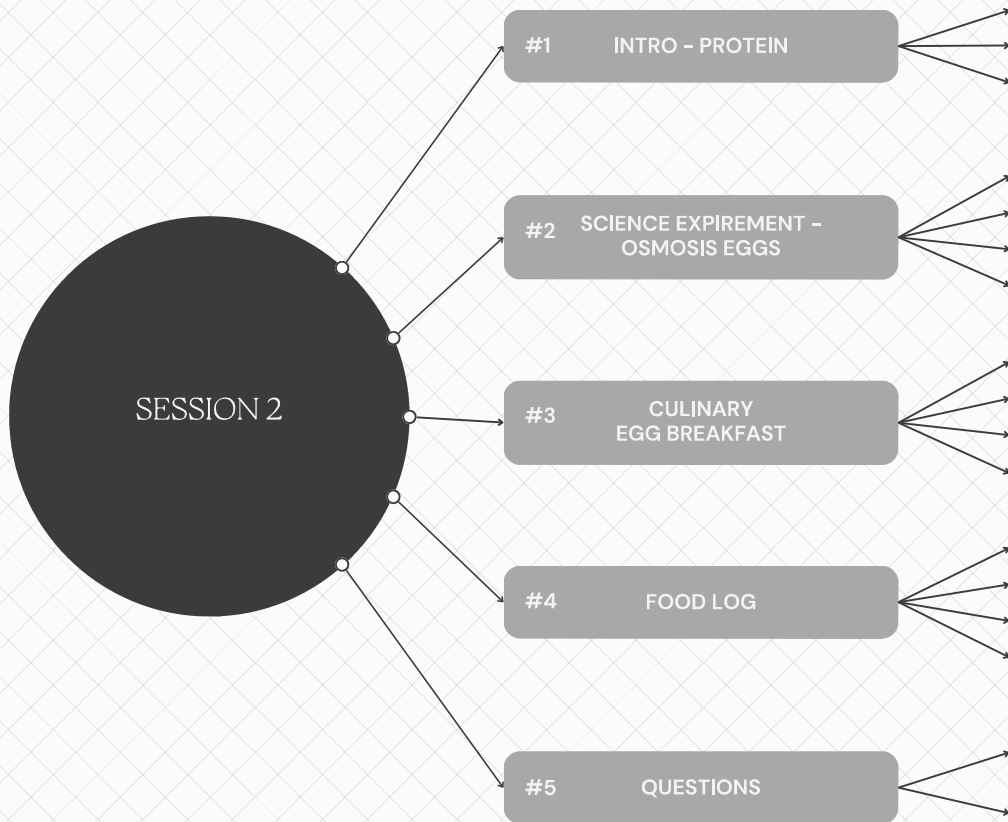


REAL FOOD FIRST



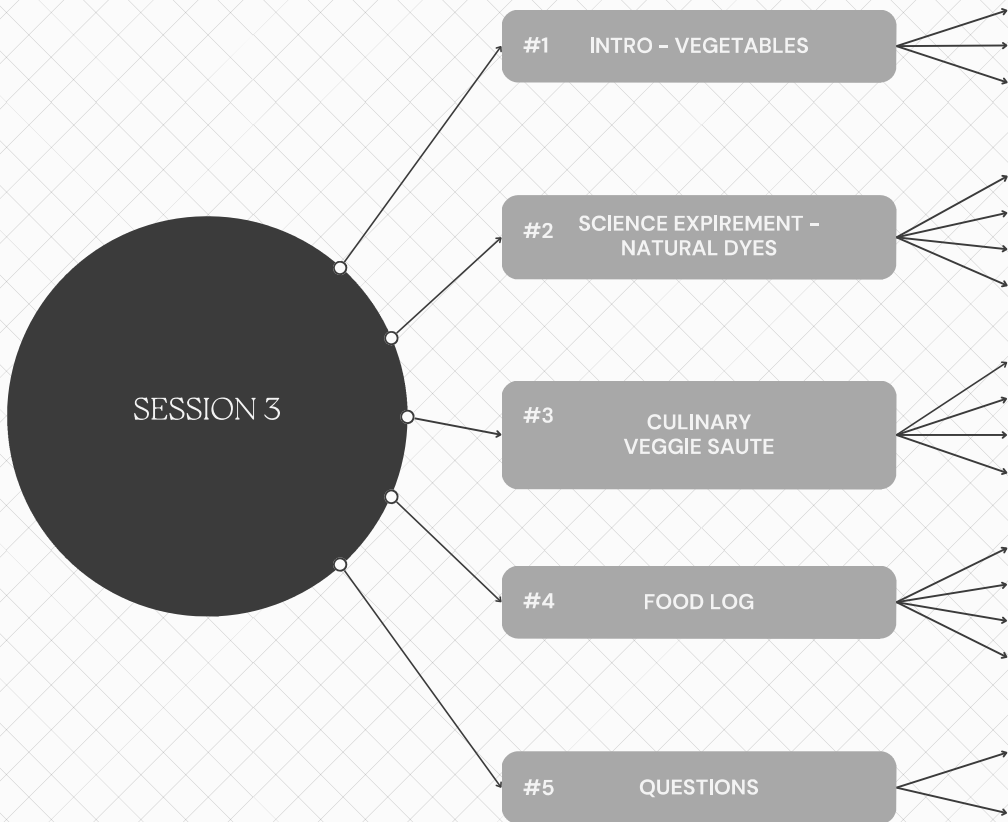


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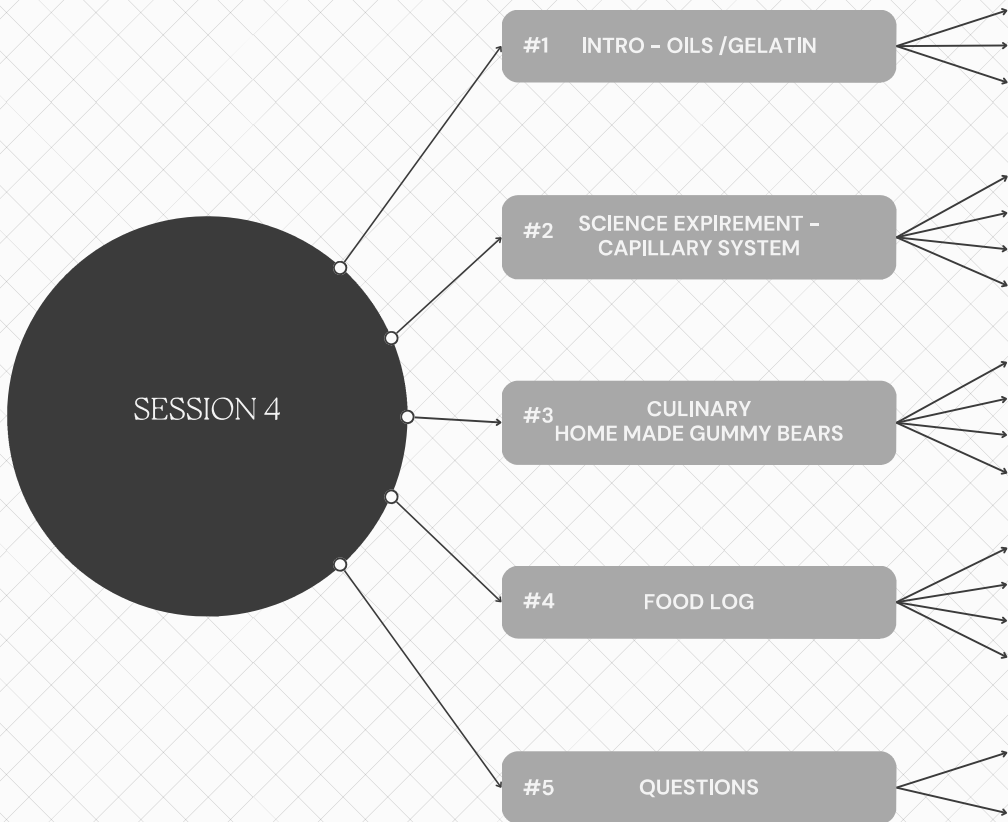


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