**Application Form for Grades K – 9**

**Projects, presentations, materials and resources in Yukon schools**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Application for: Projects, Presentations \_\_X\_\_\_  Resources, Materials \_\_X\_\_\_ | | | | |
| Agency/Department: Department of Education, YG  Date of Submission: March 5, 2017  Contact Name: Jill K Ford – Down to Earth Wellness  Phone Number: 867-333-9662  Email: jill@getdowntoearthwellness.com or jillkford86@gmail.com | | | | |
| Request initiated by: | | | | |
| Title of project, presentation, resource or material: Grade 8/9 Nutrition + Wellness Education | | | | |
| Grade | [Subject](https://curriculum.gov.bc.ca/curriculum) | Big Ideas | Curricular Competencies | Content |
| 8 | Physical + Heath Education | 1) Healthy choices influence our physical, emotional, and mental well-being.  2) Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle. | 1) Describe and assess strategies for promoting mental well-being, for self and others  2) Identify and apply strategies to pursue personal healthy-living goals  3) Describe how students’ participation in physical activities at school, at home, and in the community can influence their health and fitness  4) Develop strategies for promoting healthy eating choices in different settings | We would explore:  -healthy eating principles (eat the colours of the rainbow), fibre, protein, healthy fats  - importance of balanced meals + nutrients (also connected to feel good brain chemicals)  - food to support mood and energy  - stress reduction tips/strategies to support emotional/mental well being.  -We wouldexplore body image and how to support positive body image.  -Mindfulness strategies to support emotional/mental well being  - Connect the dots on blood sugar balance, cravings, mood crashes and anxiety/stress/mental well being  - Healthy eating strategies  -The importance of exercise and stress reduction + how to find the exercise that is right for YOU. |
| 9 | Physical + Health Education | 1. Healthy choices influence our physical, emotional, and mental well-being. 2. Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle. | 1) Analyze strategies for promoting mental well-being, for self and others  2) Propose healthy choices that support lifelong health and well-being  3) Identify and apply strategies to pursue personal healthy-living goals | - We will explore the mind, body connection – the effects of stress/anxiety on the body and how food and our gut health affects our moods/mental wellbeing.  - Explore positive body image and negative self talk + work on creating positive self talk/positive body image.  -We would look at the importance of exercise/stress reduction and mindfulness for emotional health and physical health. (also supporting others)  - Explore the pillars of what simple healthy eating can look like – explore intuitive eating (no diets,) focusing on listening to our bodies and making healthy FUN  -Brainstorm and explore what lights them up, what type of body movement do they enjoy? What makes them happy + decreases stress? Helping them to create a “healthy toolkit” of stress reduction techniques, mindfulness and healthy living strategies personalized to them. |
| How will this presentation, project, resource or material enhance Yukon schools?  These topics/presentations could be broken into several smaller presentations, which could help to empower, inspire and educate students. Yukon Schools will benefit as students become inspired and make healthier choices. I believe that all students would benefit greatly from increased mindfulness techniques, reduction in stress/anxiety (a natural approach), and a balanced healthy diet, which will support their body, their energy, moods and focus.   Often when students are eating less than healthy foods or “dieting” they are not receiving adequate nutrients and their body image will suffer, their blood sugar will be on a rollercoaster as well as their emotional state. If we can empower them to learn the fundamentals of healthy conscious living and put them in the driver seat for their health – I think they will truly benefit.  Not long ago (2004), I was a grade 12 student attending PCSS and I personally would have LOVED to have a nutritionist share this information. Part of the reason that I am approaching schools and classes 8-12, is because I wish there had been this kind of education when I was a student ☺  Many young girls/boys struggle with poor body image and unhealthy eating I’d like to help them with that and turn their focus to positivity and health and to set them up for a good future.  \* For all of my presentations I will provide handouts and recipes + strategies + in class engaged conversation/presentation. I don’t have a presentation created specifically for schools/students yet, but I do have some good ideas based on the above topics. I have created and presented several other workshops for: local businesses, YG wellness committee and workshops around Whitehorse. I have also partnered with other companies in town to provide workshops and food demonstrations. | | | | |
| Please list and attach any professional review of this work.  (I have attached a word doc copy of a workshop that I created for a yoga/nutrition + wellness workshop last fall – so it’s not the same, but its something that I did create) I have also attached the promotional pics that I provide and share for my other workshops re: Digestion, energy and stress for companies in Whitehorse. | | | | |
| Any additional information that you would like to supply should be provided on separate pages. | | | | |
| Forward application to the Project Approval Committee: [curriculum@gov.yk.ca](mailto:curriculum@gov.yk.ca) | | | | |
| Department Resource Committee Review Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | |
| Approved: Yes \_\_\_\_\_ No \_\_\_\_\_  Reasons if application is declined: | | | | |
| Approved for: | | | | |
| Restrictions, if any: | | | | |