



Get Healthy, Get Smart!

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Urban Tech Expands to Get More Schools Healthy and Smart!

The National Urban Technology Center is a non-profit 501(c)(3) education corporation, founded in 1995. Urban Tech works closely with schools, after school programs, and community based organizations to provide computers and technology-based educational resources, in addition to site-based support, to underserved communities nationally. The aim is to engage teachers, students, and community members in fostering more positive attitudes and behaviors related to academic achievement; healthier life styles; financial literacy; social and emotional development; and most importantly, career preparedness.



Thanks to generous funding by organizations such as the Elton John AIDS Foundation, Urban Tech has been able to partner with schools throughout the boroughs, excluding Staten Island, to offer the award-winning Youth Leadership Academy **Get Healthy, Get Smart** curriculum and technology-based programs, teacher training and parent education workshops. Over the course of the last 3 years, the program was able to partner with 46 schools, and these schools have reported a wide range of improvements in their students as a direct result of the YLA program. Accomplishments include: higher academic achievement levels, stronger literacy and communication skills, a deeper sense of self-awareness, health and community activism and better decision making abilities.

Students Get Healthy!



FDA-I 6th Grade students showcase their Get Healthy tips and health facts.

Staff Development

There is no doubt that teachers and administrators have limited time for professional and curriculum development. To address these challenges, the **Get Healthy, Get Smart** program has included time-saving curriculum instruction and technology training, **PLUS** links to Academic Standards for Math, Science, Language Arts and Health. Direct feedback from our partner schools indicated that success starts by investing in the teachers and their on-going learning process. Each month, teachers and administrative staff join Urban Tech and facilitators from Bank Street College for professional development workshops. This provides valuable time for facilitation tips, trouble-shooting, sharing of best practices, creative extension ideas, networking with community and professional resources, and celebrating success stories. There are also site visits conducted monthly for each participating teacher!



Teachers exhibit and analyze their students' work at a professional development workshop.

What Others are Saying about Get Healthy, Get Smart!

Take a look at what participants are saying about the tremendous impact **Get Healthy, Get Smart** is having in our local schools!

“I have never worked with a program like YLA. I would love for every teacher who has YLA in their building to feel supported and want to actually take on the program because it’s a fabulous program if you have support and the means to implement it.”



– **Rafiah Mustafa**, *Teacher*, Academy for Collaborative Education

“If you look at the video in terms of when we were playing the game, they didn’t want to stop playing the game –‘Can we play one more round?’—So just by the nature of it being very interactive using technology...they were very interested.”



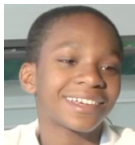
– **Disha Lynch**, *Teacher*, Frederick Douglass Academy II

“I think the program is great. I’m a very visual and kinesthetic learner so it kept me engaged.”



– **Naiquanna Sharp**, *12th Grader*, Frederick Douglass Academy II

“It teaches you to make better decisions about what you eat” – **Hakim Reed**, *7th Grader*, Academy for Collaborative Education



“We’re focused on reading, we’re focused on writing, we’re focused on mathematics, we’re focused on social studies and sciences, and oftentimes, we tend to forget the social-emotional. An initiative such as this allows students to have some deep conversations with an adult in the classroom, and to have responsible conversations.



– **Gale Reeves**, *Superintendent*, NYC District 5

Get Involved!

Thanks to the successes within our schools, the **Get Healthy, Get Smart** initiative has expanded into select schools throughout Manhattan, Brooklyn, Queens, and the Bronx. Due to generous donations and grants, Urban Tech was able to donate the following to ALL partner schools:

- 1) Monthly professional development to teaching staff (in partnership with Bank Street Graduate School)
- 2) Monthly school site visits to support successful technology and activity instruction
- 3) On-going evaluation with teaching staff and student populations
- 4) Youth Leadership Academy (YLA) Computer-based Curriculum
- 5) Enrichment Activities
- 6) Support and outreach to parent and community-based partners

Learn more about **Get Healthy, Get Smart** and our participants’ experiences with the program at our back-to-school retreat! If you would like to participate or make a donation, please contact ilamotta@urbantech.org or gwatkins@urbantech.org, or you can visit www.urbantech.org.

Healthy Habits Challenge!

- Try a new fruit or vegetable this week.
- Skip the soda and drink water, tea, or juice.
- Walk an extra 5, 10 or 15 minutes daily – it all adds up!
- Get an annual physical and be sure to check your blood pressure, cholesterol and sugar levels.

Get Healthy, Get Smart is a partnership for raising awareness on health related issues among NYCDOE middle and high school students. This program was made possible by contributions from our sponsors: **Elton John AIDS Foundation (EJAF)**, **Bank Street College of Education**, **Metro Manhattan Links**, **Pfizer Inc.**, and **EmblemHealth Company**.

