



## Get Healthy, Get Smart!

### Urban Tech Partners with District to Get Healthy

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, plus 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 & emotional development and career preparedness.



Thanks to generous funding by organizations such as the Elton John Foundation, Urban Tech has been able to partner with District 5 to offer the award-winning Youth Leadership Academy **Get Healthy, Get Smart** curriculum & technology-based programs, teacher training and parent education workshops. Over the course of the last 2 years, the program was in a pilot phase with active participation by 21 partner schools within District 5. Schools have reported a wide range of improvements in their student's 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.

### Student's Get Healthy!



FDA-I 6<sup>th</sup> Grade students showcase their **Get Healthy** tips and health facts at a District event held on January 30, 2009.

### Staff Development

We all know, Teachers and Administrators have limited time for professional development and preparing curriculum instruction that is educational and engaging. To address these challenges, the **Get Healthy, Get Smart** program folded in 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 joined Urban Tech and facilitators from Bank Street College for Professional Development workshops. This provided valuable time for facilitation tips, trouble-shooting, sharing of best practices, creative extension ideas, networking with community and professional resources and celebrating success stories.

### It takes a Village...

Throughout the past 2 years, a diverse array of support has poured in to nurture the growth and sustainability of the **Get Healthy, Get Smart** initiative. Many community organizations and professionals donated their time, expertise and resources to students and School staff. Highlights included: distribution of hundreds of AIDS ribbons (thanks to C Virginia Fields and the National Black Leadership Commission on AIDS), 500 tickets for a MSG College Basketball Game and Health Fair, thousands of DOH Health pamphlets.

## Parents as Partners

In response to the success of **Get Healthy, Get Smart** within the schools, a secondary pilot-test initiative was offered to Families in collaboration with the Superintendent and Office of Family Initiatives in District 5. Once a month children & Parent's joined us for FREE **Parent's Get Healthy Workshops**. These consisted of 90 minute interactive workshops. Participants explored, discussed and engaged in hands-on **Get Healthy and Get Smart** activities and identified simple ways to connect with children at home and in the community.

**YLA TOPICS INCLUDE:** Self Discovery + Personal Relationships + Conflict Resolution STD & HIV/AIDS Awareness + Healthy Habits + Environmental Sciences and...more!



## 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.

## Perpetrating Rhymes:

### On-line Music Contest

Visit [www.urbantech.org](http://www.urbantech.org) to learn more about our exciting Music contest. Send us your recommendations of songs with meaningful lyrics that connect to our YLA themes and topics.

## Call for More Partners...

Thanks to success within District 5, the **Get Healthy, Get Smart** initiative has expanded into select Schools within District's 3, 4, and District 32 (in Bushwick, Brooklyn). Due to generous donations and grants, Urban Tech was able to donate the following to ALL partner schools during the 2 year pilot phase:

- 1) Monthly Professional Development to Teaching Staff (in partnership with Bank Street Graduate School)
- 2) Monthly Site Visits (to support successful technology and activity instruction)
- 3) On-going Evaluation (with Teaching Staff & Student populations)
- 4) Youth Leadership Academy (YLA) Computer-based Curriculum - \*this included 7 of our **Get Healthy, Get Smart** thematic curriculum topics
- 5) Enrichment Activities
- 6) Support and Outreach to Parent and Community-based partners

**IF YOU ARE INTERESTED** in getting involved with Urban Tech and becoming a partner site for **Get Healthy, Get Smart**, CONTACT Urban Tech at: [info@urbantech.org](mailto:info@urbantech.org) or call the Education Initiatives Department at: (212)528-7350

## Upcoming Events

### Mark Your Calendars!

#### Parent's **Get Healthy, Get Smart** Workshop

Wednesday, June 10th 3:00 P.M.–4:30 P.M.

Free to all District 5 Parents!

#### **Get Healthy, Get Smart** Celebration & Partner School Graduation Event

Friday, June 12<sup>th</sup> 12:00 P.M.– 2:00 P.M.

**Both Events are held at the Harlem Renaissance Technology Center – PS 125 #425 West 123<sup>rd</sup> Street, 6<sup>th</sup> Floor**

## Sharing Knowledge through Song

Students and Staff from IS 172, Adam Clayton Powell MS for Law & Social Justice created an inspirational song and video about HIV/AIDS thanks to a wonderful poem written by one of their 8<sup>th</sup> grade students. A live debut of the track was performed at a District event and received a standing ovation.