



**Center for
Creative Education**

Project GROW Pilot Program Overview & Program Criteria

Project GROW is a comprehensive curriculum-based wellness program designed to demonstrate the benefits of a healthy lifestyle for elementary-age children by promoting good nutrition and eating right; engaging in fun play and non-competitive physical activity; and encouraging the use of simple holistic practices as a means of reducing stress and forming positive relationships.

Made available through funding from The Quantum Foundation and The Blue Foundation for a Healthy Florida, this dynamic new pilot program was created to help children achieve three goals fundamental to their physical and emotional well-being:

- To increase their knowledge of what constitutes a healthy lifestyle
- To increase their adoption of healthy lifestyle practices
- To increase their attitudes towards healthy lifestyles

Developed specifically for children in grades 4 and 5, Project GROW's curriculum is taught in 36 sessions over a total of 12 weeks. While the program's main intent is to pro-actively address childhood obesity, the program does not stress weight loss/management tactics or measurement of body mass index (BMI). Rather, the program focuses on encouraging children to embrace the vital components of a healthy lifestyle:

Healthy food choices
Fun physical movement
Self-centering exercises

Taught by trained instructors, the program is available free of charge to school-age afterschool program sites throughout Palm Beach County that meet the following criteria:

- Interest and willingness to commit to a 12-week curriculum-based program consisting of three (3) one-hour sessions per week
- Two participant groups, each with a minimum of 15 program participants in Grades 4 & 5
- Staff member that will serve as a Site Coordinator with a commitment to actively participate in training as well as the 12-week program and to potentially continue the program once it has formally concluded
- Commitment to participate in Project GROW reporting and evaluations
- Communicate with parents on Project GROW program to secure their support and involvement
- Space available to accommodate and maintain a small garden or container gardening project

For more information on Project GROW or to register your site for this pilot program, please contact Prime Time's Director of Community Relations at 561-732-8066.