



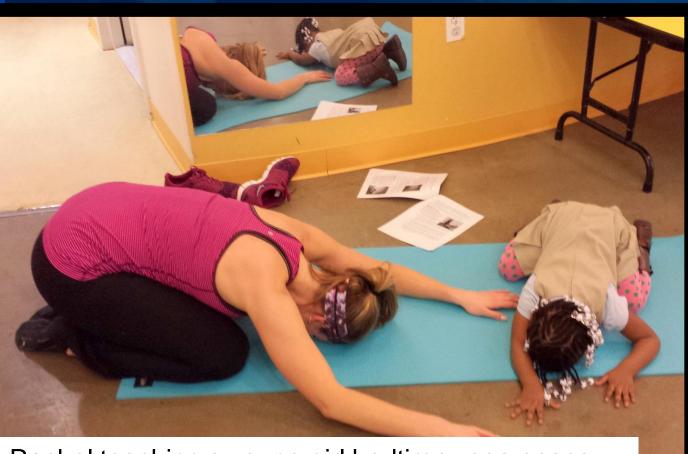
supper club.

Who We Are

Rosalind Fennell 1st Year MPH, Global Health

"ISCOPES has been a great way to bring together students, who may not have otherwise known each other, to work together to create something fun and impactful."

Christie Toolin MS Candidate '15, Public Health Microbiology & Emerging Infectious Diseases Favorite ISCOPES Moment: Having parents and staff truly enjoy and show interest in our healthy recipes.



Rachel teaching a young girl bedtime yoga poses.

Rachel Baywol 1st Year MPH, Physical Activity Favorite ISCOPES Moment: Teaching a little girl from SCF

some bedtime yoga poses she really had fun. "ISCOPES has allowed me to

extend my knowledge of fitness and nutrition to those who may not understand its importance."

Jessica Carag MS Candidate '15, Public Health Microbiology & Emerging Infectious Disease

"ISCOPES has given me the opportunity to meet and work with students in a variety of disciplines that I otherwise may have never interacted with."





Indira preparing smoothies.

Laura Johns MD candidate '17 Favorite ISCOPES moment: competitive parents during Jeopardy

Sara Rothenberg 1st Year MPH, Health Policy

Favorite ISCOPES moment: Introducing parents and children to "Sleepytime tea" to help their kids relax at night.

Indira Singh

1st Year MPH, Marketing and Communications ISCOPES has given me the opportunity to put what I'm learning in the classroom to practice in the real world."

Meghana Vijaysimha 2nd Year MPH, Community Oriented Primary Care Favorite ISCOPES Moment: Playing Nutrition Jeopardy!



John-Hanson Machado Candidate for American Chemical Society Certified Degree in Biochemistry, BS

Guardian Engagement

Rachel Baywol, Jessica Carag, Rosalind Fennell, Laura Johns, John-Hanson Machado, Sara Rothenberg, Indira Singh, Christie Toolin, Meghana Vijaysimha

Introduction

| We had the pleasure of working with the parents/guardians of the kids at Southeast Children's Fund (SCF) in Anacostia/Ward 8. | • | Our Clu anc Dur |
|--|-----|-----------------------------------|
| This community includes individuals who can really benefit from the resources we offer them. | | info hea We |
| Parents/Guardians @SCF are very busy & hardworking, but were engage in what we had to say and are doing their best to provide for their families | | par thei par Suc |
| School-based health programs are v important and we wanted to bring a version of that to SCF. | ery | on f par The atte Sup |
| | | |

What We Did

- Weekly team meetings to discuss project plans, logistics, accomplishments, and lessons learned.
- Meet & Greet with director of Southeast Children's Fund and interested parents.
- Discussed what health topics they were interested in and collected contact information.

1st Event: Supper Club

- ✓ Set up a taco bar and spoke with parents about nutrition and healthy eating habits.
- \checkmark Played Nutrition Jeopardy with parents.

2nd Event: Chill at the Chili Bar

- Set up chili, chocolate and tea tasting bars for parents picking up their kids.
- \checkmark Discussed exercise, stress management, relaxation strategies and health benefits.
- Engaged parents and children in yoga demonstrations.

<u>3rd Event: Smoothie Tasting</u>

John-Hanson informing parents about smoothie health benefits.



r Starter Project involved Supper b events where we provided a meal a learning session.

ring learning sessions, we presented ormation and resources on varying alth topics.

wanted these events to encourage ents/guardians to get involved with ir child(ren)'s health and build tnerships with the school itself.

ccessful child development depends this relationship between the ent/guardian, child, and school. ese were the connections we empted to reinforce during our oper Clubs.



Made several types of healthy smoothies for parents and children to taste.

 Provided recipes and suggestions for making smoothies at home.

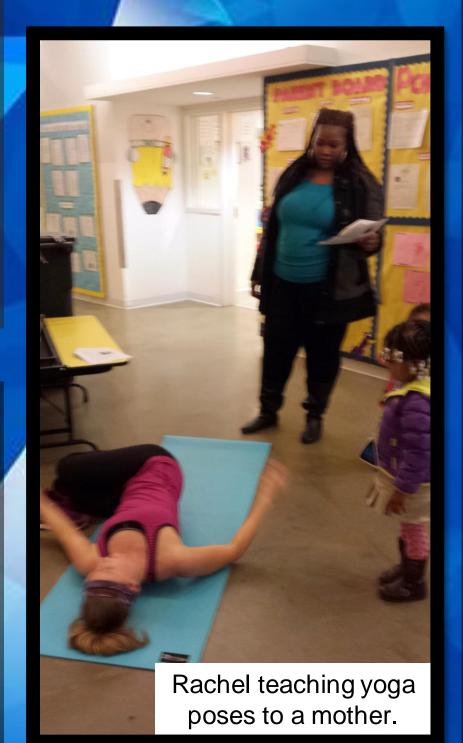
4th Event: Parent Teacher Meeting

✓ We plan to educate parents and teachers about completing the Universal Health Certificate, being advocates for their children's health and the importance of childhood vaccinations.



Rachel preparing more smoothies.







WASHINGTON, DC

Project Outcomes

- Educated parents on nutrition, stress relief, and healthy lifestyles.
- Parents and families learned new ways to be physically active during their stressful lifestyle.
- Began building relationships with parents/guardians.
- Parents/guardians received quick, healthy, easy, and inexpensive recipes for the whole family, for both snacks and meals.
- Families learned fun and easy new ways to de-stress and promote their mental and physical health with yoga and teas.
- Assisted parents/guardians with proper vaccinations and health forms.

Key Recommendations

- Become a familiar face in the beginning of the year using "grab-and-go" activities, elevator speeches, or presence in the classroom with the kids.
- Find parent leaders who can contribute and collaborate with the team to improve community involvement.
- Try to keep dates of supper clubs consistent (ie. the first Friday of every month) so that it is easier for parents/teachers to remember.
- Send thank you notes/e-mails to parents that attend supper clubs and teachers/staff that help out as well
- Have weekly group meetings at the same time/place for consistency with an agenda and meeting minutes.

A Big Thank You To

- Hazel, Robert, Tanetta, and the rest of the Southeast Children's Fund staff for being so welcoming, supportive and helpful in our efforts. You made this such an enjoyable experience!
- Angie, Donna and the rest of the ISCOPES advisors: Your hard work, encouragement, and advice doesn't go unnoticed. Thank you!
- George Washington University for making it possible for our team to work together, providing our team with resources, and work space.