

Who We Are



Rosalind shopping for supper club.

Rosalind Fennell

1st Year MPH, Global Health

"ISCOPE S 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 ISCOPE S Moment: Having parents and staff truly enjoy and show interest in our healthy recipes.

Rachel Baywol

1st Year MPH, Physical Activity

Favorite ISCOPE S Moment: Teaching a little girl from SCF some bedtime yoga poses—she really had fun.

"ISCOPE S has allowed me to extend my knowledge of fitness and nutrition to those who may not understand its importance."



Rachel teaching a young girl bedtime yoga poses.

Jessica Carag

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

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



Jess showing parents how to make healthy chili

Indira Singh

1st Year MPH, Marketing and Communications

"ISCOPE S has given me the opportunity to put what I'm learning in the classroom to practice in the real world."



Indira preparing smoothies.

Meghana Vijaysimha

2nd Year MPH, Community Oriented Primary Care

Favorite ISCOPE S Moment: Playing Nutrition Jeopardy!

Laura Johns

MD candidate '17

Favorite ISCOPE S moment: competitive parents during Jeopardy

Sara Rothenberg

1st Year MPH, Health Policy

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



John-Hanson and Laura speaking with parents.

John-Hanson Machado

Candidate for American Chemical Society
 Certified Degree in Biochemistry, BS



John-Hanson informing parents about smoothie health benefits.

Introduction

- We had the pleasure of working with the parents/guardians of the kids at Southeast Children's Fund (SCF) in Anacostia/Ward 8.
- This community includes individuals who can really benefit from the resources we offer them.
- Parents/Guardians @SCF are very busy & hardworking, but were engaged in what we had to say and are doing their best to provide for their families.
- School-based health programs are very important and we wanted to bring a version of that to SCF.
- Our Starter Project involved Supper Club events where we provided a meal and a learning session.
- During learning sessions, we presented information and resources on varying health topics.
- We wanted these events to encourage parents/guardians to get involved with their child(ren)'s health and build partnerships with the school itself.
- Successful child development depends on this relationship between the parent/guardian, child, and school. These were the connections we attempted to reinforce during our Supper Clubs.



Meghana, Sara, Rachel, and Jess with parents & their kids takin' a photo op break

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.
- ✓ 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.
- ✓ Discussed exercise, stress management, relaxation strategies and health benefits.
- ✓ Engaged parents and children in yoga demonstrations.

3rd Event: Smoothie Tasting

- ✓ 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.



Sara explaining stress relieving techniques.



Rachel teaching yoga poses to a mother.

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 ISCOPE S 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.



Rachel preparing more smoothies.