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Bartram Healthy Lifestyles Initiative

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The Community Site

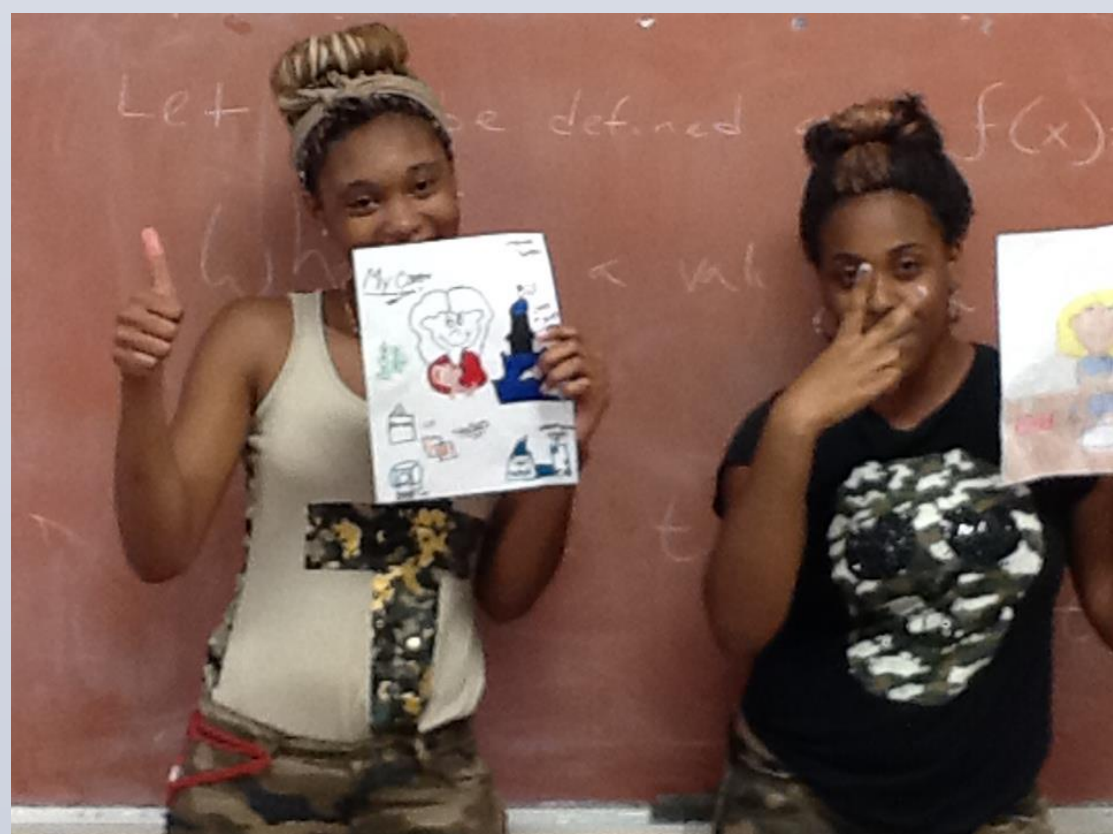
Southwest Philadelphia's John Bartram High School provides a paid Summer Program for incoming tenth-grade students, chosen based on their grades and creativity. The BTG interns developed the curriculum, focusing on:

- health-related themes of nutrition, heart disease, smoking, drug use, obesity, gun violence, bullying, and exercise
- "guide to adulthood" to prepare for college, military, vocational school, and careers



Project Goals

- To foster a preference for living a healthy lifestyle
- To instill a desire to prepare for and invest in their futures



Strategies

- Lectures, interactive learning games, group discussions
- Surveys
- Small group projects



- Practice SAT questions
- Videos, "prize bags"
- Field trip to Cradle to the Grave program
- Career research project to develop a plan to reach one's career choice

Personal Statements

"One of the greatest lessons of this program is the enormous challenges to learning and health that is posed to low-income areas such as southwest Philadelphia. By overcoming such challenges we, as educators, can help reach those willing to learn. I am very happy with the progress and experiences I have had with the students and am confident many of them will achieve the goals they've set before themselves." --James Seternus



"For me, this summer has been about helping our students realize their futures. We've worked with them to construct road maps, detailing the paths they need to take to get where they want to be in life. Ironically, despite all the lessons I've given to them, I'm certain they have taught me just as much. From patience and understanding to being comfortable laughing at myself, these kids have forced me to look at myself in new, challenging ways." --James Barrett