



We grow healthy kids from the ground up.

Cabrillo Unified School District Governing Board
May 9th, 2024

Amy Bono, Executive Director
director@thehealproject.org (650) 918-2422

The HEAL Project

Our Mission:

The HEAL Project teaches students where their food comes from and why it matters.

What We Value:

We see food and how it's grown as central to the health of the individual and the planet. We believe that everyone should have access to quality food education.



Intensive Garden Program (IGP) est. 2005

- THP maintains gardens in all four elementary schools within CUSD.
- We offer a 26 week Intensive Garden Program for 2nd and 3rd grade students.
- Small groups of students spend an hour per week in their school garden learning about soil, gardening and nutrition.
- IGP graduates have the opportunity to stay involved in THP by participating in our Student Marketeers program or as Farm Summer Camp helpers.



The San Mateo County School Farm

2,500+ students learn where their food comes from and why it matters through our farm field trip program annually

Farm Field Trips est. 2010

- All San Mateo County Schools are eligible for our farm field trips.
- THP Receives some operational funds from the SMC Health Department.
- THP charges registration fees, writes grants and receives donations to underwrite the cost of field trips.
- Students receive hands on lessons on nutrition, composting, & plant and animal life.



Environmental Literacy Scope of Experience

ENVIRONMENTAL SUSTAINABILITY SCOPE OF EXPERIENCE



TK



THE HEAL PROJECT FIELD TRIP

The Heal Project field trip August/September. THP offers a field trip program and engages students in age-appropriate activities and lessons focused on science, the environment, and health.

K



THE HEAL PROJECT FIELD TRIP

The Heal Project field trip August/September. THP offers a field trip program and engages students in age-appropriate activities and lessons focused on science, the environment, and health.

1st



THE HEAL PROJECT FIELD TRIP

The Heal Project field trip August/September. THP offers a field trip program and engages students in age-appropriate activities and lessons focused on science, the environment, and health.

2nd



THE HEAL PROJECT GARDEN PROGRAM

All 3rd-grade students participate in a 26-week garden program with the Heal Project.

3rd



THE HEAL PROJECT GARDEN PROGRAM

All 3rd-grade students participate in a 26-week garden program with the Heal Project.

4th



Junior Land Stewards

As part of the Coastside Land trust, the Junior Land Stewards program will be offered to all 4th grade students at CUSD.

5th



FIELD TRIP TO RECYCLING CENTER

All 5th-grade students participate in a field trip to a designated local recycling center.

ENVIRONMENTAL SUSTAINABILITY SCOPE OF EXPERIENCE



6th



OUTDOOR EDUCATION EXPERIENCE

All 6th-grade students will engage in an Outdoor Education experience either through SMCCE's 5-day overnight field trip or Cunha onsite experiences related to Outdoor Education.

7th



FITZGERALD MARINE RESERVE FIELD TRIP

All 7th-grade students participate in a field trip to Fitzgerald Marine Reserve.

8th



FIELD TRIP TO RECYCLING CENTER

All 8th-grade students participate in a field trip to a designated local recycling center.

9th - 12th

Agriculture Sciences & Business

Agriculture Earth Science (CTE)
Agri-Biology (CTE)
Agri-Chemistry (CTE)
Advanced Agriscience Honors (CTE)
Agriculture Communications & Leadership (CTE)

Field trips

High School Environmental Club

Junior Land Stewards Leaders

Science

Earth Science
Biology
AP Biology
Chemistry
Physics
AP Physics
Marine Ecology (Honors)
AP Environmental Science

Lab Experiences



San Mateo County School Garden Handbook



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE




School Garden Handbook Components

Context of The HEAL Project and SMC Educational Farm.

1

Introduction & History of THP



Full curriculum vs. select lessons; *The Growing Classroom* and IGP videos as companion pieces

2

How to use this guide



Site location, fostering inclusion, stakeholder management

3

How to start a school garden



Partnering with local organizations, seeking grant funding

4

Funding



Considerations for garden maintenance during school year, holidays, and breaks

5

Maintenance



Garden rules



6

Guidelines to foster safety, responsibility & a positive learning environment

Supplies list



7

Emphasis on sustainability: recycle and reuse, minimize single-use plastics

Crop planning guide



8

Regional planting advice, highlight student favorites

Lessons



9

26-week IGP lessons, cultural lessons, and supplemental lessons on solar, rain catchment, and composting

Additional resources



10

Grant-funding support, educational resources





Amy Bono, Executive Director
director@thehealproject.org
(650)743-2886

Please visit our website for more information or
to sign up for our monthly newsletter
www.thehealproject.org

