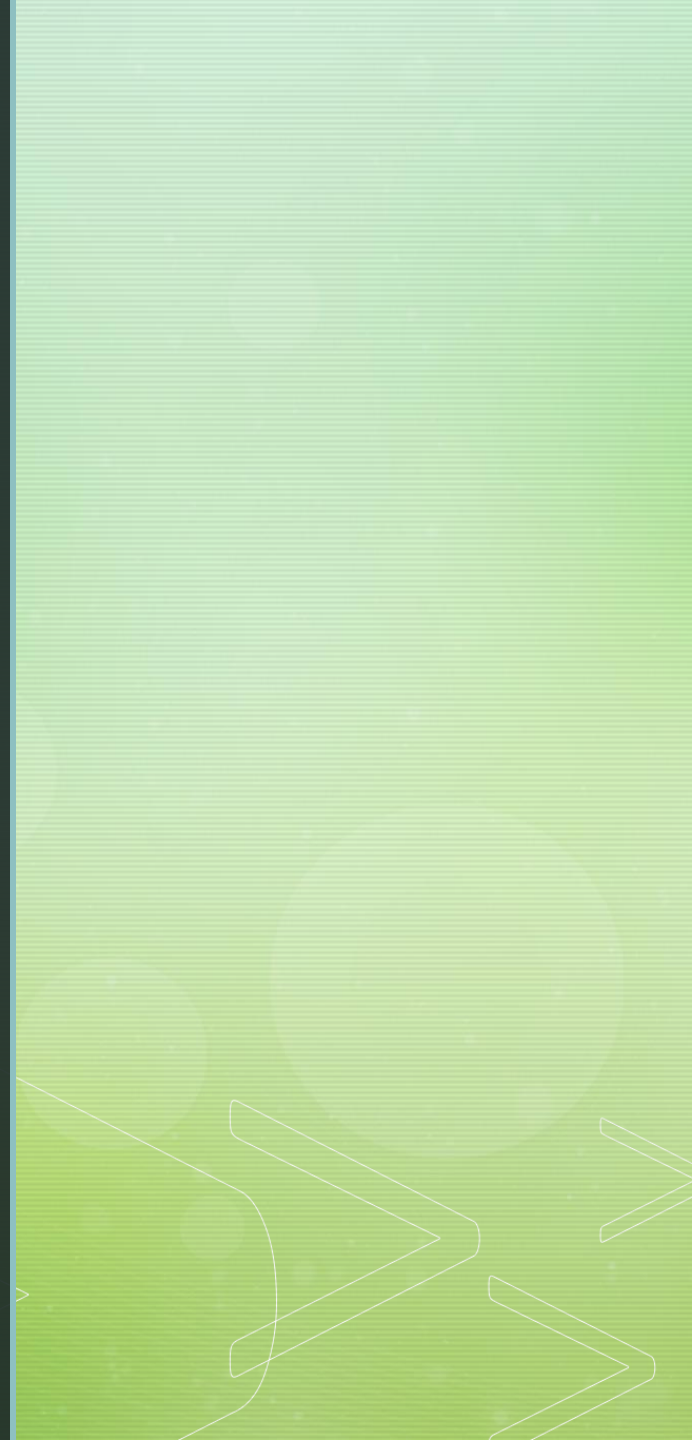


Sullivan 180 Empowering Healthier Generation
School Competition Grant – 2024-2025



Discover the Magic of Nature



Discover the Magic of Nature

The Why?

- Equitable green play spaces
- Physical, social & emotional benefits
- Improve academic outcomes
- Appreciation of the natural world



The What?

- Nature Trail
- Outdoor Learning Spaces & Greening the Schoolyard
- Nature-based learning





Our Why...

- The Healthier Generation Wellness Committee at George L. Cooke Elementary School wants to provide our students and staff with opportunities to connect with nature so they can reap the physical and emotional benefits that exploring and learning in nature provides.
 - These opportunities will provide equitable play spaces to our students that are not comprised of the hard play structures or asphalt surfaces that our students are used to.
 - Through professional development, new learning materials , collaborations and sweat equity, we believe our new initiative will have a positive impact on our students' and staff's social, emotional and physical health while providing them with a better understanding of their natural environment.
- 
- 

NATURE CAN IMPROVE ACADEMIC OUTCOMES

Spending time in nature enhances educational outcomes by improving children's academic performance, focus, behavior and love of learning.

BETTER ACADEMIC PERFORMANCE

Learning in natural environments can:



BOOST PERFORMANCE
in reading, writing, math, science and social studies
1, 2, 3, 4, 5



ENHANCE
creativity, critical thinking and problem solving⁹



Seeing nature from school buildings can foster academic success^{6, 7, 8}

ENHANCED ATTENTION

Spending time in nature can help children focus their attention:



FOCUS AND ATTENTION
10, 11, 12, 13



ADHD SYMPTOMS
14, 15



The greener the setting, the better the focus^{14, 15}

INCREASED ENGAGEMENT & ENTHUSIASM

Exploration and discovery through outdoor experiences can promote motivation to learn:



INCREASED ENTHUSIASM FOR LEARNING
1, 16



GREATER ENGAGEMENT WITH LEARNING
17



IMPROVED BEHAVIOR

Nature-based learning is associated with reduced aggression and fewer discipline problems:^{18, 19}



MORE IMPULSE CONTROL¹⁰



LESS DISRUPTIVE BEHAVIOR
20



Wellness Initiatives & Grants Sullivan 180 & Cornell Cooperative Ext.



Jog-a-thon Fundraiser June 2024

- We raised \$3,300.00!!!



Forest School Training May 2024 Cala Munda Hankins, NY



Taking Learning Outside Spring 2024



Nature Path & Learning Spaces Back Playground & Ballfield Area



Learning & Play Spaces Playground area on the hill



Sullivan West Elementary Outdoor Learning Space & Trail



Nature Path

- Perimeter of playground – along the back fence line and side toward housing
- Use an arbor/archway as the entrance
- Install trees and plants, create reflection spots
- Create a pathway with different materials – wood circles, logs, bridge

Build a Nature Path



Outdoor Learning & Play Spaces

Create:

- outdoor classroom areas
- Forest School gathering area (stumps & fire pit)
- a makerspace area
- gathering/reading areas
- play spaces (mud kitchen, playhouses)
- amphitheater (future)


Create Outdoor Learning Spaces





We need your help

Volunteers are needed:

- to help us create the projects on site
 - to make items at home to enhance our projects
 - for donations of plants, trees and other materials
 - for sponsorship of workdays or evenings by providing snacks and bottled water
 - We are in need of skilled landscapers and carpenters who are willing to donate their time to help us create magical places for our children at Cooke.
 - Are you crafty or artistic? We can use your talent, too.
- 



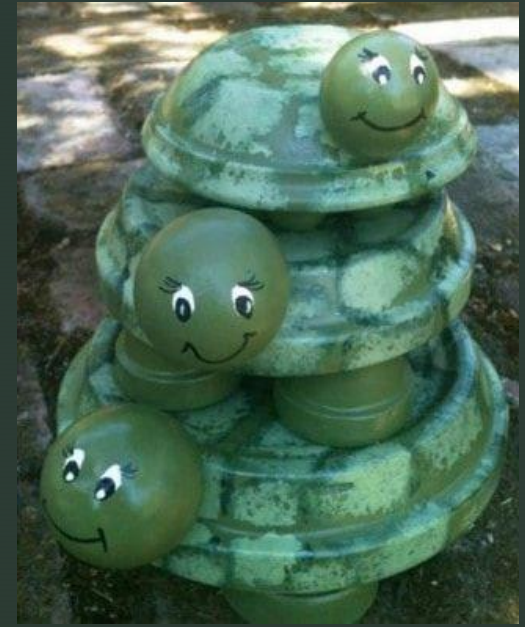
- Are you a yard sale fan? We are looking for old muffin tins, pots and pans, cookie sheets, tea kettles, colanders, etc. to be used in our mud kitchens and on our music wall.
- Do you know someone who is in the tree cutting business? We need 24 stumps (preferred hard wood) to be used as seats for one of our classroom areas.
- Also, wooden slices or “cookies” and wood chips are needed to create pathways.
- Are you artistic but don’t have the time to come to a work session? We need some items to enhance our spaces like rocks painted to look like food items, flowerpot mushrooms stools, or rocks painted to resemble turtles or caterpillars.



Items using Pallets



Make at Home Projects



More Make at Home



Work Sessions

- These are the dates we have planned, weather permitting, at the Cooke School yard:
- Wednesday, July 17th 8:30-11:30 AM
- Thursday, July 18th 8:30-11:30 AM
- Monday, July 22nd 8:00-11:00 AM
- Thursday, July 25th 6:30-8:30 PM
- Monday, July 29th 6:30-8:30 PM
- Tuesday, July 30th 2:00-5:00 PM
- Wednesday, July 31st 2:00- 5:00 PM
- Thursday, August 15th 8:30-11:30 AM
- Tuesday, August 20th 8:00-11:00 AM
- Wednesday, August 21st 6:30-8:30 PM

Facebook Page & Email Address

- Facebook Page: Cooke Elementary Outdoor Learning
- naturecookies24@gmail.com

Community Rail Trail Walk 6:00 PM Thursday, August 15th



Join us for the 3rd Annual
BowWO&W Dog Walk
along the historic Sullivan O&W Rail Trail in the Town of Fallsburg



Thursday, August 15, 2024
5:00 PM Tunnel Bypass Trail Ribbon Cutting
5:30-7:30 PM BowWO&W Dog Walk
Stop by anytime!

Dogpatch Town Park
Corner of Dogpatch Road and Old Country Road
in South Fallsburg

Bring your family and your leashed dog, explore the O&W Rail Trail and visit with dog-related vendors and organizations.

Trail Description: This segment of the trail is 1.1 miles each way. Because the trail "bypasses" the tunnel by going up and around Tunnel Hill, this new trail is not flat like the rest of the O&W Rail Trail. Be prepared to tackle some hills and moderately steep grades.

This free event is brought to you by:



For more details and event updates, visit [Facebook.com/SullivanOandW](https://www.facebook.com/SullivanOandW).

Cooke Healthier Generation Wellness Committee 2023-2024

- Andrew DiCerbo
- Jennifer DePaolo
- Barbara Bitjeman
- Jackie Hoffman
- Jesse Gandy
- Ginny Gallet, Principal
- Sue Rodriguez, Garden Coordinator
- Courtney Bonafante, District Public Information Officer
- Ryan Jasper, District Wellness Coordinator
- Cathy McFadden, Co-Advisor
- Julia Langro
- Kelly Mitchell
- Billie Waterton
- Trish Emmandranauth
- Beata Mach-Joseph
- Joan Mingo
- April Rutledge, Co-Advisor