

CENTENNIAL DAZE CELEBRATION ~ FIT ~ N ~ FUN SUMMER ARTS CAMP

In partnership with

Believers In Boswell (BIB) Community Coalition

Project Goal/Objectives:

1. To educate and promote health/wellness to students by: 1) teaching appropriate diet using MyPyramid through visual arts, 2) teaching fun dance activities, games, and active play popular with our ancestors during Oklahoma's early days, 3) teaching and providing hands-on experiences in making healthy nutritional snacks using food preparation methods utilized by early settlers of Oklahoma, in honor of the Oklahoma Centennial, and 4) teaching about and exposing the students to their Oklahoma Native American heritage with physical and spiritual activities

Testimonial:

The Believers in Boswell Community Coalition, Inc. received a **WIC Grant** for the summer of 2007. The grant made it possible for us to put on a "Fit 'n Fun" summer arts camp that the students found enjoyable, while gaining valuable information about MyPyramid, nutrition, and the importance of exercise. The camp was such a success that several of the youth who were too old to attend the camp this year have volunteered to be teen leaders in the future. We gave pedometers to the children and had a contest to see who could walk the most steps. The winner would receive a new bicycle. The young man who won declined the bicycle, explaining he already had a bicycle and just wanted to see if he could take the most steps. He gave the award to the boy who came in second, because this child did not have a bicycle. By utilizing **WIC funds**, this camp has served as an immeasurable tool for the youth and adults of Boswell in developing valuable life skills for healthy lifestyles regarding nutrition and fitness. ~ **Marilynn Pebsworth, Coalition Chairperson**



Project Scope/Narrative:

- Introduce students to hands-on activities using visual arts- Students will participate in a nutrition educational Poster Contest promoting Healthy Living. (The top 12 winning posters will be displayed at local businesses.) Students will identify and submit healthy Oklahoma old-fashioned recipes that promote the increase use of fruits and vegetables, as well as make hands-on dated art items that encourage healthy living, active play, and a nutritious diet. Art items may include: collages, individual quilts, dream catchers, Indian headbands, bracelets, clay and dried-food art sculptures. Art work will be displayed and recipes will be handed out to all participants' families at the Grand Finale performance.
- Teach kids dance routines to music that reflects Oklahoma Centennial and encourages physical fitness, exercise and fun. (Square Dancing, Put Your Little Foot, Line Dancing, Two Step, Cotton-Eye Joe, and to sing and dance to the song Oklahoma.) Participants will learn dance routines throughout the camp that will be performed at the Grand Finale. Camp sponsors will provide one music dance CD per family to encourage continued physical activity at home.
- Provide students with log sheets and pedometers to log physical activity through active play for the week (Incentives will be presented at the Grand Finale to students who turn in the most steps in each age group for the week.) Participants will engage in physically active games that depict Oklahoma games from yesteryear. Examples: Tag You're It, Hot Potato, Oklahoma Land Run, Mother May I, Sack Races, Simon Says, Drop the Handkerchief, Red Rover-Red Rover, Okie Walk, and Jump Rope Relay. The rules of each game will be provided to each family at the Grand Finale.
- Teach healthy, fun, nutritious snack recipes to students by allowing them to experience first hand preparation, and demonstrate to them the association between good nutrition education, taste, and their snack time experiences. This nutrition cooking demonstration will provide hands on experiences for identifying healthy food item selections, appropriate serving sizes, food nutrition labels, and proper food categories needed according to MyPyramid. A special presentation by the Choctaw Nation Salad Sisters will be utilized. Copies of snack recipes will be provided at the Grand Finale Performance.



Project Outcomes:

The Centennial Daze Fit and Fun Summer Arts Camp was a huge success. Over 60 youth participated in a week-long educational and fun experience. Students enjoyed hands-on lessons involving healthy nutrition, active play, physical fitness, and self-esteem.

The attendance at the Grand Finale showed great community support and involvement from adults across the ages. The program evaluations from parents/guardians stated this event provided their children with life-long skills for living a healthy, happy, and productive life.



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