



Healthy Schools, Healthy People

Project Summary from the 2016 National Award Recipient

To apply for the Healthy Schools, Healthy People, It's a SNAP National Award application write a 1-page summary report of your completed handwashing campaign or project. Be sure to share how you implemented the key handwashing messages.

At McBride High School, students are genuinely involved in making a difference in the community. As a result of that, they were concerned about absenteeism, and the spread of colds and coughs in the elementary schools that they volunteer at or that their siblings attend. In the Spanish class that I teach, we were studying the unit "The Power of Word," linked with the Health and Medical Pathway. We suggested to start a handwashing campaign in our own high school and trail it forward to nearby elementary schools.

McBride students researched different websites to locate resources and chose the ones they thought would bring the biggest impact to the community. They chose to follow the guidelines for "Healthy Schools, Healthy People, It's a SNAP."

The McBride high schoolers initiated the campaign by inviting a health educator from The Children's Clinic to get training on how to deliver the guidelines of the "It's a snap!" program to their peers as well as young children. Experiencing firsthand the importance of handwashing during a myriad of medical procedures such as taking vital signs, emergency procedures, and caring for sick people as well as contact with fellow students that have a cold made my students aware of the need to use the power of the word to raise awareness in the community of the simple but overlooked procedure of washing hands.

Students created a bilingual handwashing campaign called "Los Guerreros del Jabón," or "Soapy Warriors." They wrote a bilingual song emphasizing the basic steps and timing to teach "the right way to wash their hands." Students prepared classroom presentations, including a demonstration using Glo Germ Gel and blacklights to inspire interest and intrinsic motivation in young children to wash their hands frequently. Students also received bilingual handwashing stories from the online resources of the American Cleaning Institute and free stickers from the Los Angeles Public Health Education Materials to add to the demonstration. They also created bilingual posters for each classroom; the posters included the application of hand sanitizer as well. They provided calendars for each student to take home, with stickers to track the times they wash their hands. These calendars had pictures of the most important times people should wash their hands, and were to be collected at the end of the month to follow up on the tracking of the students' handwashing habits. High school students were welcomed at one of the local elementary schools at an event coordinated with the principal and school counselor. McBride students taught 19 classes from Kindergarten to 2nd grade "The Right Way to Wash Their Hands". The next day, the principal of another elementary school asked the coordinator of the event to bring the campaign to her school, and the afterschool program also requested a demonstration. McBride students then created a bilingual brochure with text-dependent questions to address third graders. At the end of the presentation, students asked the teachers to evaluate the importance of their campaign using the exit ticket feature on the Socrative website as a form of data-collection. Most of the teachers were impressed with the organization and quality work of the McBride high school students.

The handwashing campaign was an incredible success, calling the attention of the bilingual online magazine "Long Beach al Dia," and soon to be published in the school district's monthly newsletter. More importantly, it impacted not only the elementary school students that participated in it, but the McBride high schoolers leading the event as well. As a result of linked learning, they learned that the power of the word, through action and positive leadership, can greatly and beneficially influence the community and promote healthy habits, healthy schools, and ultimately healthy people.



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