

# ***Creekside ESS Summer 2009***

## **Healthy**

### **Body & Mind**

Our 2009 summer program is based on exploring "The 7 Habits of Happy Kids" - a book by Sean Covey - and how students can utilize these habits for positive growth in body, mind, heart and soul. We base our program on ENRICH activities which support individual growth, encourage exploration, motivate each child to achieve their personal best, and provide R&R with friends while refining their social skills. ENRICH activities will be introduced to the students in 2 one & half hour sessions, two times a week. ESS staff will plan educational and fun activities based on the theme of the activities of the Kids of 7 Oaks (the characters in the book) These 7 "habits" are: 1. Be Proactive 2. Begin with an End in Mind 3. Put First Things First 4. Think Win-Win 5. Seek First to Understand, Then to be Understood 6. Synergize 7. Sharpen the Saw. During their ENRICH time students will engage in a variety of activities, applying the habits in ways that affect the mind, body, heart and soul through reading, games, art, cooking and in other ways. Self-esteem, Sharing, Cooperation, Responsibility, and Problem Solving will be some of the goals we'll be striving for. Following a District-wide curriculum model, students will also have an opportunity to Practice Academic Skills and learn about self-awareness, rather than self-centeredness. Each child will have a "Passport" in which to record their progress in achieving their summer goals

Clubs - as well as our ENRICH activities, ESS will offer three 3-week sessions of Clubs. Students will have an opportunity to chose which Club is of interest to them, and will continue with that club for 3 weeks. At the end of that time, the student will chose a different Club that is of interest to them. Some of the choices will be Running (during the coolest part of the day), Flower Arranging, Science, Drama, Cooking and Painting.