



*Community Health & Wellness*  
*PLP Girls Gen*  
*2018-2019*

# Problem Identification

- Unhealthy Lifestyles:
  - Childhood Obesity
  - Physical Inactivity
  - Juvenile Diabetes
  - Junk Food
  - Stress



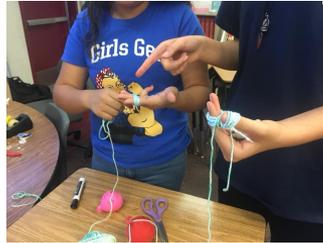
# Our Solution:

- Motivational Assemblies
- Inspirational Field Trips
- Community Outreach
- Healthy Fundraising
- Sports Clinics
- Gardening





# Implementation:



- PLP Literacy Faire
- Color Run
- MS Walk
- WE Day
- Grace Resources
- Inkwell Book & Art Festival
- Trisomy Awareness Walk
- Stamp Out Hunger
- Water Day



# Girls Gen | Palmdale Learning Plaza

## Mission Statement

Empowering our local, national and international communities to take charge of their health and wellness - and live happier, healthier lives!

**IG & FB** @plpgirlsgen  
**WEB** <https://girls-gen.weebly.com/>



# 3,000

Community Members Served

# 500

Students Engaged

# 20

Civic Engagement & Community Partners



# Partner Organizations, Mentors or Supporters Engaged

- GIRLS BUILD LA
- LA PROMISE FUND
- PALMDALE S.D.
- GRACE RESOURCES
- UCLA ATHLETICS DEPT

**LA** PROMISE  
FUND

- THE WE ORGANIZATION
- JAMBA JUICE
- KAISER "THRIVE"
- MS WALK
- OHANA CENTER

**WE** DAY

**Ucla**  
ATHLETICS

**We Can Do It!**

**GIRLS BUILD LA**



Jamba Juice

walk



walk to  
create a world  
free of MS

# QUALITATIVE EXAMPLES



**“This is a wonderful workshop!”** - *parent at the Literacy Faire*

**“I had so much fun making these stress balls!”** - *children at Book & Art Festival*

**“Who knew gardening was such difficult work?!?”** - *Girls Gen Team Member*

**“I love how you include health and science is all of your activities!”** - *parent at Inkwell Festival*

**“Thank you! We need more of this in the community!”** - *City Library employee at Inkwell Festival*

**“Mmm, these smoothies are delicious! Never even knew I liked mango!”** - *student at Literacy Faire*

**“I learned that there are actual rules to playing a sport.”** - *elementary student at Sports Clinic event*

**“Feeding the homeless was such an eye-opening experience. I definitely want to go back and do it again.”** - *Girls Gen Team Member*

**“I love this bracelet I made for Nuestros Pequeños Hermanos!”** - *PLP student*

# QUANTITATIVE EXAMPLES

Walkathons: 200

Beach Clean-Up: 75

Fairs: 100

Club Activities: 30

Assembly: 300

Gardening: 25



# FIELD TRIPS TAKEN

1. WE Day
2. Grace Resources
3. MS Walk
4. Trisomy Awareness Walk
5. UCLA
6. The Rose Bowl
7. Highland High School
8. The Ronald Reagan Presidential Library



# Social Media Accounts:

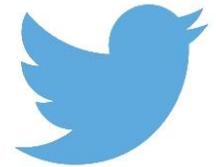
FB - 100+ Posts, 152 Friends

IG - 20+ Posts, 59 Followers

Twitter - 40+ Tweets

The screenshot shows the Instagram profile for @pipgirlsgen. The profile name is "pipgirlsgen" and it is categorized as "Following". It has 8 posts, 58 followers, and 49 following. The bio is "pipgirlsgen" and it is followed by "mellissaweg01, bytjgtrfnd, nasa girls empowering girls" (11 more). The profile picture is a circular logo with the text "Girls Build La... Girls Gen". Below the profile information, there are several photos from the account. One photo is a "LITERACY FAIRE 2019" poster for Thursday, April 4, 2019, at 4:00 pm. Other photos show students in a classroom setting, some holding signs, and one showing a group of people standing in front of a building.

The screenshot shows the Facebook profile for "Pip GirlsGen". The profile is public and has 107 friends. The cover photo is a group of people. The profile picture is a group of people with the word "TOGETHER" written on it. The bio is "Pip GirlsGen". Below the bio, there are several photos of friends and mutual friends, including "Nasa Geg Pip", "Heather J Lighston", "Beverly Gabon Gonda", "Tracey Sykes Ambrose", "Inidan Ved", "Melissa Wheeler-Vega", "Ruth Hirsch", and "Kea Lewis". The "Photos" section shows a grid of photos, including a group of people holding signs, a group of people standing in front of a building, and a poster for "LOVE your Mother Earth".





# Impact Achieved!

- Our K-8th grade students became more **physically active** and enjoyed their **time away from electronics** - either **gardening**, or participating in after school sports clinics, or on **health & wellness** field trips.
- Increased number of student try-outs for cheer team and **athletic** teams.
- High **engagement** on campus and within the community.
- Managed stress on campus with **stress ball**-making activities, playtime and “Beat the Test” **motivational** assembly.
- Introduced students to **healthier** snacks, including **fruit & vegetable** smoothies.
- Most importantly...we had **fun!**



# Lessons Learned:

- DISCOVERED IMPROVED LEADERSHIP POTENTIAL
- FURTHER DEVELOPED EMPATHY FOR OTHERS
- REALIZED GARDENING IS HARD WORK!
- LIVE IN THE MOMENT, NOT ON AN ELECTRONIC DEVICE
- GET OUT, GET MOVING & GET FIT
- NUTRITION & EXERCISE ARE CRUCIAL TO LIVING A LONG, HEALTHY LIFE
- WE ARE ROLE MODELS IN OUR COMMUNITY



**WE CAN DO IT!**



**GIRLS BUILD LA**