



**INSTRUCTOR: MR. HERSHEY**

**COURSE: HEALTHFUL LIVING**



## PROJECT SUMMARY



- In our fast-paced world, the importance of sleep often goes overlooked. Our 5-day project, "Sleep Awareness Week: Educate and Advocate," was designed to address this critical issue and empower 9th-grade students to become advocates for healthy sleep habits within their school community.



## DRIVING QUESTION

- How can we, as 9th-grade students, raise awareness about the importance of sleep and promote healthy sleep habits within our school community?



## SUSTAINED INQUIRY & AUTHENTICITY

- Throughout the week, students engaged in a comprehensive exploration of sleep science, its profound impact on their lives, and how they could raise awareness about the importance of sleep.



## STUDENT VOICE & CHOICE WITH PUBLIC PRODUCTS

- Campaign materials, including posters and short videos, were created to raise awareness



## TEACHER REFLECTION

- I was impressed by the students enthusiasm in exploring their sleep habits and creating impactful strategies for improvement. They effectively translated information into relatable content, demonstrating a genuine commitment to their overall health.



## STUDENT REFLECTIONS

- "During this project, I learned how important sleep is and that many roadblocks are caused from not getting enough sleep."
- "I grew in taking accountability in a few ways. Having to track and collect data, then make an infographic based on it was interesting. And now I can hold myself accountable for sleeping."
- "It was interesting to notice and purposely reflect on how I felt during the day after tracking how much I had slept the night before."



## NOTED SKILLS GAINED

- CREATIVITY
- CANVA
- TEAMWORK
- DATA COLLECTION

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