



**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?



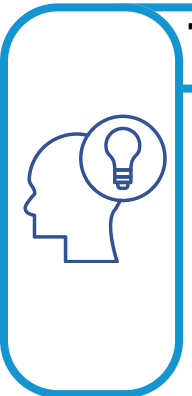
## SUSTAINED INQUIRY & AUTHENTICITY

- 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

- Students created campaign materials, including posters and short videos, to raise awareness.



## TEACHER REFLECTION

- I was impressed by how engaged students were in exploring their sleep schedules and creating impactful solutions to improve their sleep. They demonstrated a strong ability to translate information into everyday scenarios, showing genuine concern for their well-being. Watching students take ownership of their learning and advocacy was rewarding, as they not only created info graphics for awareness, but also modeled positive health behaviors. In the future, I'd like to expand this project by involving more community members to expand its impact.



## STUDENT REFLECTIONS

- "It taught me the reality of things and helped actually see the data to know that sleep is important."
- "I realized I am definitely not getting enough sleep right now, and how it's putting me at a disadvantage with what I have to face daily."
- "It made me reflect on my own sleep patterns since I had to track them, and then see collectively as a class how we're all impacted negatively when we don't sleep well or eat breakfast."



## NOTED SKILLS GAINED

- NOTICING PATTERNS
- TRACKING DATA
- ANALYZING DATA
- DECISION MAKING

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