

Web Summary

The Marc and Eva Stern Math and Science School (Stern MASS) is a free, public charter school collaboration between the Alliance for College-Ready Public Schools and California State University, Los Angeles (CSULA). Alliance for College-Ready Public Schools is a not-for-profit organization whose mission is to open and operate a network of small, high performing charter middle and high schools in historically underachieving, low income, overcrowded communities in Los Angeles. The vision of Stern MASS is to develop students who will major in the math/sciences at the university level and who will be able to contribute to their communities, communicate effectively, and collaborate with others upon graduation. Furthermore, and because Stern MASS is a relatively new school in the East Los Angeles community, it lacks access to many health services and struggles to provide students with opportunities for growth and knowledge in the area.

The project goal is to increase nutrition-related knowledge of 9-10th grade students and their families at Stern MASS through a series of nutrition education activities and parent workshops starting in the Fall 2009 semester at Stern MASS. The activities will culminate with a student-led Nutrition Health Fair during the Spring 2010 semester and with the presentation of students' "Campaign for a Healthy Los Angeles," end-of-year annual thesis projects which focus on health/nutrition issues and policies. Students will also work on "PhotoVoice" projects and use cameras to express and describe their neighborhoods as they relate to the health and nutrition issues that they will explore and research throughout the spring semester at Stern MASS.

During the Fall 2009 semester, 31 students from the College of Health and Human Services, through the Department of Kinesiology and Nutritional Science at CSULA, provided approximately 273 9th and 10th grade students with 5 hours of direct instruction and resources related to issues in nutrition, health and safety. The CSULA students collaborated with the Stern MASS physical education teacher in an effort to raise health and nutrition awareness in East Los Angeles and to promote healthy eating and exercise for students both at school and at home.

During the Spring 2010 semester, CSULA students and Stern MASS faculty, students and parents will coordinate efforts to organize a spring health/nutrition fair open to both the Stern MASS and CSULA families and to the East Los Angeles community in general. The health/nutrition fair will include, but not be limited to, the display of students' PhotoVoice projects, the preparation and sampling of healthy fruits and vegetables, the education of health and nutrition as it relates to children, adolescents and adults in East Los Angeles, and entertainment in an effort to celebrate the achievements of Stern MASS students throughout the school year and to bring into the forefront the importance of health and nutrition.

