

Appendix A

Unit 4
 Lesson 13
 Grade Level: PK4



New Farm, New Plants!

Mississippi Early Learning Standards

Mathematics Standards
Counting and Cardinality

- 1. With prompting and support, recite numbers to 30 in the correct order.

Science Standards
Life Science

- 3. With prompting and support, explore what animals and plants need to live and grow.

Social and Emotional Development
Self-care, Health and Safety Skills

- 6. With prompting and support, support, identify nutritious foods.

Social Development

- 4. Participate successfully as a member of a group.

Objectives

- TSW respond to a journal prompt about gardens and farms by writing, drawing, or doodling
- TSW recall what plants need to live and grow
- TSW respond to questions about the differences between traditional and aeroponic growing
- TSW participate in small and whole group discussions about the components of planting in rockwool
- TSW plant seeds into the rockwool by following a set of given directions
- TSW create groups of 5 with different seeds by counting numbers 1 to 5 aloud

GHDC Website

Procedures

***The teacher will need to gather the materials for planting, snack time, and student's Growing Journal.**

1.) Opening Set

My Growing Journal:
During this unit, we are going to introduce the mindfulness practice of mindful journaling. Each week of the unit, the students will have five minutes before they start with the lesson for the week to journal (this could be writing, drawing, doodling, etc.). The teacher can play music (on the website) for the class to create a calm environment while they journal. During the first lesson, the teacher will ask the following probing questions to get the students thinking about what they will write, draw, or doodle about in their journal entry: 1. What kinds of farms or gardens have you seen? 2. Have you ever visited a farm or garden? 3. What have you seen on a farm or garden? 4. Who might you see on a farm or garden? 5. What animals or objects might you find in a garden or on a farm? 6. Does anyone have a garden at home?

2.) A New Way to Grow (whole group)

The teacher will say, "Today we are going to learn about how farms can grow in other ways than traditional soil. Did you know that food is grown outside, inside, in soil, in water, and in rockwool? Let's take a look at this video to find out about a different kind of farm". [Video](#)

Probing Questions:

- What were the Tower Gardens growing in?
- Were they growing inside or outside? What kind of food were they growing?

Assessment:

- Students will be able to recall the difference between traditional and aeroponic growing.

3.) Adding Our "Soil" and Water (whole group)

The teacher will pull out the 20 rockwool pods and the different bags of seeds, which include Chive seeds, Basil seeds, Dill seeds, and Lettuce Mix seeds. The teacher will say, "Today we are going to start growing inside our school with the other pre-k classrooms. We are going to grow in a Tower Garden! We will learn all about them and find out how they work next week, but before we do, we need to get some plants ready for our tower. We are going to plant in something different than soil (hold up the rockwool). Can anyone take a guess at what they think this is? It is rockwool! Since we aren't using soil, the seeds will need a place to live and hold them as they grow. The rockwool will hold all of the water the seeds need in order for them to germinate.

Note: Rockwool is a lightweight hydroponic/aeroponic substrate made from spinning molten basaltic rock into fine fibers which are then formed into a range of cubes.

The teacher will say, "I am going to add water to our tray to get all of the rockwool wet and then we will put the seeds into the rockwool (at least half of the rockwool pods planted should be lettuce) when it is wet and ready to hold our seeds."

* (continue on next page)

Assessment(s)	Vocabulary	Materials
<ul style="list-style-type: none"> • Count from 1 to 5 as they pick items • Journal in their "My Growing Journal" 	<ul style="list-style-type: none"> • Seed • Food • Plant • Fur • Rockwool 	<ul style="list-style-type: none"> • Rockwool • Pictures of seeds from plants • Chive seeds • Basil seeds • Dill seeds
<ul style="list-style-type: none"> • Plant seeds in rockwool • Answer questions about necessary things plants need to survive 	<ul style="list-style-type: none"> • Coconut • Bowl • Spoon • Stirrers 	<ul style="list-style-type: none"> • Water • Magnifying glasses • Vermiculite • Oscillate fans

Appendix B



Growing Healthy Minds, Bodies, and Communities
 Summer Retreat - 2022
 McClain Lodge
 July 11th-13th

Breakout Groups:

Group A: Delta Health Alliance
Group B: Sunflower, Greenwood, Lafayette

<u>Monday, July 11th</u>	
1:00 PM- 1:30 PM	Check-In Location: Banquet Hall
1:30 PM- 3:00 PM	Opening Session Facilitator: Dr. Munarriz Diaz Location: Banquet Hall
3:15 PM- 4:20 PM	Yoga & Self Care Facilitator: Maya Morris Location: Banquet Hall
4:30 PM- 5:00PM	Team Building Activity Facilitators: Amber Sims/ Ave' Mayeux Location: Banquet Hall
5:00 PM - 6:00 PM	Break
6:00 PM - 7:00 PM	Dinner Location: Banquet Hall
7:30 PM- 8:30 PM	Sound Bowls Facilitator: Kevin Devante Location: Banquet Hall
8:30 PM	Games and Movie Location: Banquet Hall
<u>Tuesday, July 12th</u>	
8:00 AM -8:45 AM	Yoga Facilitator: Dr. Mason Location: Banquet Hall
8:45 AM -9:30 AM	Breakfast Location: Banquet Hall
9:30 AM- 10:00 AM	Break to Shower
10:00 AM - 11:15 AM	Group A Conscious Discipline Facilitator: Dr. Wolff Location: Lodge Hallway

10:00 AM - 11:15 AM	Group B Motor Development/Structured vs. Unstructured Physical Activity Opportunities in ECE Facilitator: Dr. Morgan Location: Banquet Hall
11:15 AM-12:00 PM	Group A Mindfulness Walk-Pedometer/Physical Activity Stations Facilitators: Dr. Stapp/Amber Sims
11:15 AM-12:00 PM	Group B Mindfulness Walk-Physical Activity Stations Facilitators: Dr. Morgan/Dr. Wolff
12:00 PM - 1:00 PM	Lunch
1:00 PM -2:15 PM	Group A Nutrition Education/Tower Garden Facilitators: Dr. Stapp/ Dr. Lambert/ Amber Sims Location: Banquet Hall
1:00 PM -2:15 PM	Group B Conscious Discipline/ Social-Emotional Learning Facilitators: Dr. Wolff/ Dr. Miller Location: Lodge Hallway
2:15 PM-3:15PM	Team Building Activity Facilitators: Dr. Diaz/ Dr. Munarriz Location: Banquet Hall
3:15 PM - 5:00 PM	Antibias Facilitator: Dr. Robinson Location: Banquet Hall
5:00 PM - 5:45 PM	Group A Early Childhood Mental Health Facilitator: Sheerah Neal Location: Banquet Hall
5:00 PM - 5:45 PM	Group B Tower Garden Discussion/Focus Group Facilitator: Kaitlyn Sills Location: Lodge Hallway
5:45 PM - 6:30 PM	Break
6:30 PM - 7:30 PM	Dinner
7:30 PM	Games and Movies Location: Banquet Hall
<u>Wednesday, July 13th</u>	
8:00 AM -8:45 AM	Yoga Facilitator: Ave' Mayeux Location: Banquet Hall
8:45 AM -9:30 AM	Breakfast Location: Banquet Hall
9:30 AM- 10:00 AM	Break to Shower

<p>10:00 AM - 11:00 AM</p>	<p>Panel of Advice for New Teachers Facilitators: All Teachers Who Have Piloted Location: Banquet Hall</p>
<p>11:00 AM - 12:00 PM</p>	<p>Lafayette, Greenwood, and DHA Diverse Literature for Early Childhood Education & SEL Facilitator: LaShonna Middleton Location: Banquet Hall</p>
<p>11:00 AM - 12:00 PM</p>	<p>Sunflower Play Therapy Facilitator: Sheerah Neal Location: Lodge Hallway</p>
<p>12:00 PM - 1:00 PM</p>	<p>Closing Session/Setting Intention Facilitator: Dr. Wolff Location Banquet Hall</p>
<p>1:00 PM - 2:00 PM</p>	<p>Lunch</p>

Appendix C

Title: Teacher Perceptions to Feasibility and Effects of Tower Garden Implementation in the Pre-Kindergarten 4 Classroom

Investigator

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By checking this box I certify that I am 18 years of age or older.

Description

The purpose of this study is to support Tower Garden nutrition-based education in the preschool classroom by gathering educator perspectives of pre-kindergarten (age 4) teachers who have implemented Tower Gardens in their classroom for varying years (2019-2022) as part of the Growing Healthy Minds Bodies and Communities (GHMBC) pilot program.

Cost

You will participate in a focus group for 45 minutes at the GHMBC summer retreat at the McClain Lodge in Brandon, MS on July 12th, 2022. Interview questions in a focus group in order to collect data on the effects of Tower Garden education for students.

Possible Risks from Participation

There are no anticipated risks to you for participating in this study. The benefits are to broaden the understanding of Tower Garden implementation.

Confidentiality

Research team members will have access to your survey answers and interview/focus group information. You will choose a first name other than your own as a pseudonym in order to.

Right to Withdraw

You do not have to participate in this study, and there is no penalty if you refuse. If you start the study and you decide you do not want to finish, just tell the experimenter. Whether or not you participate or withdraw will not affect your current or future relationship with the School of Education, GHMBC program, or University of Mississippi and will not cause you to lose any benefits to which you are entitled.

IRB Approval

This study has been reviewed by The University of Mississippi's Institutional Review Board (IRB). If you have any questions, concerns, or reports regarding your rights as a participant of research, please contact the IRB at (662) 915-7482 or irb@olemiss.edu

Statement of Consent

I have read and understand the above information. By completing the survey/interview I consent to participate in this study.

Appendix D

Tower Garden Interview Script & Questions

Hello! First, thank you for the time you all have taken to take part in this focus group and study. My name is Kaitlyn Sills, and I am from the School of Education at the University of Mississippi. I will be leading this interview and recording anecdotal information, as well as audio recording so that I can make a transcript of our conversations. If you have not yet taken the "intent to participate" survey, I will give you a few moments now to do so. You should have received it via email, and it just asks for a couple pieces of information about how long you have been a participant in the GHMBC program.

The purpose of this study is to explore the feasibility of implementing Tower Gardens in preschool classrooms and the perceptions of teachers' feasibility on curriculum and student behavior.

If you would, I'll ask you to choose a pseudonym to identify yourself with so that your responses will be kept anonymous in the data. For example, you may choose your maiden name or your mother's maiden name and the day you were born. For example, White14.

Interview Questions:

1. Personal experiences with gardening
 - What is your experience with gardening, in a traditional or non-traditional format?
 - Do you think it is important to integrate nutrition education into the classroom? Why or why not? What is your experience with nutrition education in the classroom?
0. GHMBC Tower Garden Curriculum
 - How has your experience been implementing a Tower Garden into your classroom?
 - Has the Tower Garden affected other aspects of your classroom? If so, in what ways?
 - How have you integrated the Tower Garden curriculum with the academic curriculum?
 - How has this impacted your teaching?
 - What are some of the challenges you have faced with implementing the Tower Garden into your classroom?
 - What, if any, benefits have you experienced using the Tower Garden in your classroom?
0. Teacher observations of student behavior
 - How have your students responded to using Tower Gardens?

- Are the students engaged with Tower Garden lessons, in what ways?
- Have you noticed any particular changes in regards to student food behaviors?
- Cognitive achievement?
- Social emotional skills?
- Behavioral activity?
- How do you think Tower Garden education has affected your students' overall wellbeing?
Or engagement at school?

Is there anything else you would like to share in regards to your experience with implementing Tower Gardens into your classroom?

Thank you so much for participating in this focus group today. Your responses are much appreciated in aiding and supporting my current research and developments on Tower Garden education. Feel free to reach out if you have any further questions. Thank you again for your time!