



Castleton University

Title: Vermont FEED Level I Professional Learning Course: Cultivating Farm to School

Credit: One undergraduate or graduate credit/Castleton University (optional)

Course Code: (TBD)

Dates: Classes will be on Tuesdays from 4:00-7:00pm

3/21/17

4/4/17

4/25/17

5/9/17

5/23/17

6/6/17

Location: Mascoma Valley Regional High School, Canaan, NH

Course Instructor(s):

Beth Roy, MS

Farm to School Coordinator

Vital Communities

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Tuition: \$300 course fee (without graduate credit, scholarships available)
\$125 tuition credit fee additional and optional

Course Description and Objectives:

The VT FEED Level I Professional Learning Course: Cultivating Farm to School is an opportunity for school educators, staff, administrators, and community members to explore and expand their personal and professional knowledge and experience related to Farm to School education while building and strengthening school community connections. Participants will be encouraged to build and develop shared learning experiences for their students while building and developing the vital relationships necessary to make Farm to School education a real and lasting part of their community, classroom and cafeteria.

Class Outline:

Interactive class sessions will include a balance of hands-on cooking, individual work time, networking, guest presentations, dialogue, small group activities and practical experiences that will serve to deepen participant understanding of the various elements and promising practices of farm-to-school programs.

Participants attending this course will:

- Build connections between classroom, cafeteria, and community while exploring healthy food choices, new foods, and local seasonal produce.
- Understand how farm to school can be an integrative context for learning and foster healthy school communities.
- Develop strategies for utilizing parents and local food based businesses in working with youth to expand their palates.
- Identify curriculum connections for your specific subject area.
(Common Core State Standards and Next Generation Science Standards)
- Create an action plan for how you might integrate farm to school into your existing curriculum/school community.

During each of the six 3-hour classes we will:

- Spend time preparing and eating healthy seasonal snacks and meals.
- Hear from guest speakers about farm to school topics related to the community, classroom, and cafeteria.
- Explore creative ways to integrate seasonal, local foods into your lives, curriculum and school community.
- Collaborate with each other around curriculum planning & farm to school program development.

Sample course schedule (class themes subject to change based on presenter availability and participant needs)

Class	Themes
Class 1 3/21/17	Introduction to 3Cs of Farm to School <ul style="list-style-type: none"> - Community: Hunger/Food Security - Classroom: Curricular Connections - Cafeteria: School Food 101
Class 2 4/4/17	Hunger, Food Security & Nutrition <ul style="list-style-type: none"> - Upper Valley hunger awareness - School meals & summer food programs - Key nutrition principles
Class 3 4/25/17	Curriculum Connections <ul style="list-style-type: none"> - Exploring K-12 curriculum ideas, UbD design-techniques & tools for integrating farm field trips, food, nutrition, cooking and taste tests into your classroom. - Designing food, farming, and nutrition lessons & units in alignment with NGSS and Common Core State Standards
Class 4 5/9/17	Community & School Gardens <ul style="list-style-type: none"> - Hands-on classroom activities: soil, compost, seeds, sprouting, water, mulching. - Garden based education & activities - School community garden events, summer care, and tools for program sustainability.
Class 5 5/23/17	School Food 201 and Taste Testing <ul style="list-style-type: none"> - History of school food programs - Commodity (USDA Foods) and distribution - Local food purchasing and values-based tiered buying - Taste tests & FFVP snack program
Class 6 6/6/17	Celebrating Local Foods and Growing School Communities! <ul style="list-style-type: none"> - Final presentations of course projects - Assessment & evaluation

Course Expectations:

*This is a graduate and undergraduate level course and participants may choose to receive one graduate or undergraduate credit through Castleton University. If you do not wish to take the class for credit, that's fine - all are welcome!

Class Participation

100% class participation is expected for all participants. It is expected that those signed up will attend and actively participate in all class activities.

If you are signed up for credit, you must attend 5 out of 6 classes in order to receive a passing grade. If you are taking the class **for credit** and cannot attend a class, please inform instructors to create a plan to make up for the absence. Extenuating circumstances will be evaluated on a case-by-case basis.

Assessment & Evaluation:

- All participants will be required to complete a pre-assessment/survey online before the class begins.
- Participants will be required to complete brief end-of-class evaluations after each class session.
- Participants will be asked to reflect and report upon readings and present assignments and research.
- Participants may be asked to submit a written reflection on how their learning will be utilized in their future work.
- Additional evaluations of the course will be verbal and written.

Assignments (required for credit)

Assignments may include:

- Reading - articles or excerpts related to the class topic
- Journaling - entries that include reflections on community guest speaker presentations, to articles, ideas/brainstorms for integrating healthy choices into your own life, class and/or school and community.
- Course Project – participants may work together or individually to develop a unit plan, project outline, or farm to school action plan.
- Final Presentation of course projects.
- Course Reflection Paper (due one week after final class)

Castleton University Grading Policy:

Grades are indicated by letters with a designated "quality point" value assigned to each as follows:

A	4.0
A-	3.7
B+	3.3
B	3.0
B-	2.7
C+	2.3

Additional grading information can be found in the 2016/2017 Castleton University Graduate Catalog, under Academic Policies, accessible online at: <http://catalog.castleton.edu/content.php?catoid=13&navoid=757>

Academic Honesty Policy:

Castleton University is a learning institution committed to the highest standards of scholarly conduct. The students, faculty, and administration make up a scholarly community whose integrity and success necessarily stem from a mutually agreed upon code of academic standards and principles that promote trust and honesty and prohibit the attempt to gain unfair academic advantage. Membership in the Castleton community means sharing responsibility for upholding and safeguarding these academic standards and principles.

Any violation of academic honesty will be considered cheating and will be dealt with accordingly by the appropriate authorities.

For more information click the link below to access the 2016/2017 Castleton University Graduate Catalog Academic Policy section:

http://catalog.castleton.edu/content.php?catoid=14&navoid=1020#Academic_Honesty

Use and Ownership of Copyrighted Materials:

For information and guidance, faculty and students are referred to the Vermont State College Manual of Policy and Procedures as it relates to the use and ownership of copyrighted materials. Guidelines are set out in Policy 416, accessible online at the following address:

<http://www.castleton.edu/library/information-literacy-graduation-standard/information-literacy-tutorial/information-ethics-citing-sources-and-fair-use/>

Additional information on this subject is contained in the publication "Questions and Answers on Copyright for the Campus Community." This document can be accessed online on the National Association of College Stores web site at the following address: <http://www.nacs.org/toolsresources/cmip/copyright/questions.aspx>.

Course Drop Policy:

Castleton University offers courses to educators with the expectation participants will complete the course. However, the University realizes circumstances arise in one's personal life that may cause disruptions. The policy for dropping a course is that a participant will notify the instructor in writing of the intent to withdraw from the course.

The notice should include the reason for withdrawing and be made as follows:

- 1 credit course (15 hours) – before 3 hours of the course have taken place
- 2 credit course (30 hours) – before 6 hours of the course have taken place
- 3 credit course (45 hours) – before 9 hours of the course have taken place
- 4 credit course (60 hours) – before 12 hours of the course have taken place

After that, changes in class status will be considered for health, bereavement, and personal or emergency situations only. Those who withdraw without adhering to this policy may be liable for associated course costs.

For more Academic Policy information check the link below to access the 2016/2017 Castleton University Graduate Catalog:

<http://catalog.castleton.edu/content.php?catoid=13&navoid=757>.

Transcript Request:

<http://www.castleton.edu/campus-life/student-resources/student-services-center/transcript-request/>.