

2011 Florida School Garden Competition ENTRY FORM

School Orlando Junior Academy

Teacher(s) & Grade(s) involved in garden program

All classroom teachers are currently involved in creating and implement curriculum
using "The Schoolyard Garden".

Contact Person Anna Adkins

Time contact person can be reached 8:00 a.m. -- 4:00 p.m.

Phone (407) 898-1251 Fax ()

Address (please include city and zip code) 30 East Evans Street, Orlando FL 32809

Email address anna.adkins@oja-sda.com

CATEGORY (Please mark only one)

☐ SINGLE CLASS GARDEN (Garden used by one class only)

Number of students in class and grade

☐ MULTIPLE CLASS GARDEN (Garden used by more than one class or grade,
but not by the entire school)

Number of students involved in the garden and grades

☒ ENTIRE SCHOOL GARDEN (Garden that is used by all grade levels at the
school)

Number of students involved in the garden and grade 196

TYPE of school garden that you use with your students. (Please mark only one)

_____ Vegetable

_____ Flower

☒ _____ Combination vegetable/flower

_____ Other, please specify _____

Please indicate the number of hours a week, on average; your students spend in the garden. 1 hour -

5 hours per average student.

1. Please mark all the activities that your students participate in prior to gardening.

☒ _____ Planning the garden

☒ _____ Preparing the garden

☒ _____ Designing the garden

☒ _____ Choosing plants

☒ _____ Other, learning about the plants and vegetables
that will be grown

2. Please mark all the activities that your students participate in while in the garden.

☒ _____ Planting

☒ _____ Watering

☒ _____ Weeding

☒ _____ Observing

☒ _____ Recording

☒ _____ Harvesting

☒ _____ Playing

☒ _____ Sitting

☒ _____ Fertilizing

☒ _____ Experimenting

☒ _____ Other, writing poetry

3. Please indicate the percentage of time, on average, that you used the garden as an instructional tool in your classroom. 50%

4. Please mark the subject area(s) into which you have incorporated school gardening. Check all that apply.

☒ _____ Math

☒ _____ Science

☒ _____ Social Studies

☒ _____ History

☒ _____ Health/Nutrition

☒ _____ Language Arts

☒ _____ Music

☒ _____ Physical Ed.

☒ _____ Environmental Ed.

☒ _____ Ethics (responsibility and nurturing)

_____ Other, please specify _____

5. Please indicate the number of years that a school garden has been part of your curriculum. 5

6. Please indicate the types of volunteers that have helped you and your students with the garden.

☒ _____ Master Gardeners

☒ _____ Senior citizens

☒ _____ Parents

_____ University students

_____ Garden club members

_____ 4-H members

☒ _____ High school students

_____ FFA

☒ _____ Older students at your school

☒ _____ Other, please specify College Park Chef Kevin Fanzo,
local Church members

7. Please indicate the source(s) of information used to assist in the incorporation of school gardening into your school's curriculum. Check all that apply.

<input checked="" type="checkbox"/> County Extension service	<input type="checkbox"/> 4-H education materials
<input type="checkbox"/> Teacher in-service training	<input type="checkbox"/> Lifelab
<input checked="" type="checkbox"/> Personal knowledge	<input type="checkbox"/> Master Gardener training
<input checked="" type="checkbox"/> Educational journals/publications	<input checked="" type="checkbox"/> Friends/volunteers
<input checked="" type="checkbox"/> National Gardening Association's Growlab/Growing ideas newsletter	
<input type="checkbox"/> Other, please specify _____	

8. Please indicate the types of educational material(s) used in the classroom to support the use of school gardening in the curriculum.

<input checked="" type="checkbox"/> Library books	<input type="checkbox"/> Computer software
<input checked="" type="checkbox"/> Internet	<input type="checkbox"/> Videos
<input type="checkbox"/> Filmstrips	<input checked="" type="checkbox"/> Personal books
<input checked="" type="checkbox"/> Textbooks	<input type="checkbox"/> Experiments
<input checked="" type="checkbox"/> Trade books	<input checked="" type="checkbox"/> Gardening magazines and catalogs
<input type="checkbox"/> Newspapers	
<input type="checkbox"/> Other, please specify _____	

Please read and sign below

By submitting the same you acknowledge and agree that the University of Florida (and Walt Disney World Co.) may reproduce the same, and all materials may be displayed (in part or in whole) at the 2012 Epcot® International Flower and Garden Festival and for other promotional materials. Such presentation materials (and School Garden packets) will NOT be returned to you (they will become the property of the University of Florida and Walt Disney World Co.) Finally, you acknowledge and agree that should your school be selected as a winner under the competition, then to the extent any of the photographs or materials submitted contain the names of likeness of students, teachers and/or others, you will be required to have adult individuals sign (and the parents/guardians of such students) sign consent/release forms provided by us so that we can display those photographs or materials concerning your winning garden. Such requirement would be a condition of your accepting the award.

I have read and understand the above.

Lana Solheim

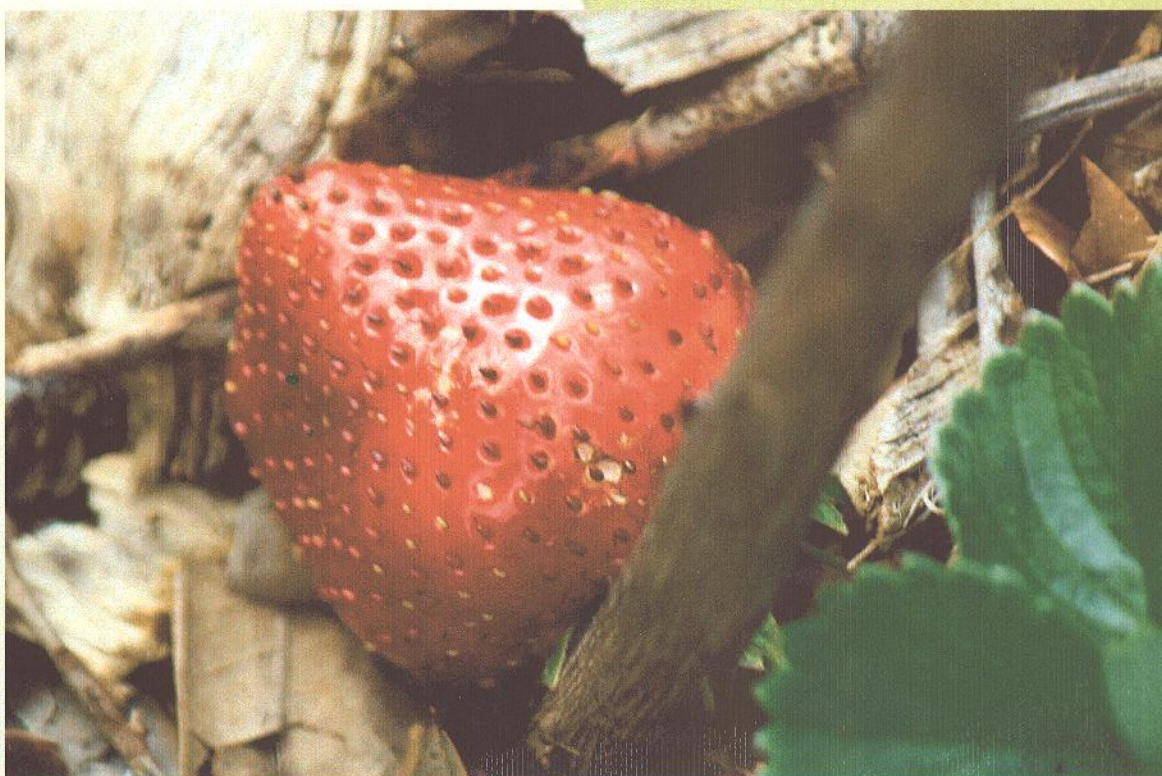
Signature

3-30-11

Date

The Schoolyard Garden

Orlando Junior Academy



The Schoolyard Garden creates and sustains an environment where hands-on learning connects students with their environment, local food, and Earth stewardship.

The Schoolyard Garden

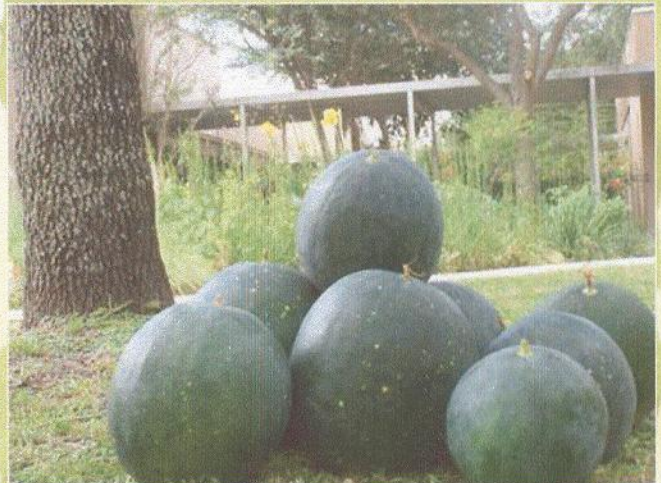
Orlando Junior Academy

GROWING NEURAL NETS

Our brains are pliant. Our brains change as we experience the outside world. Each experience either enhances a neural connection or weakens the connections. Learning is in effect the ability to change our brains.

At Orlando Junior Academy "The Schoolyard Garden" provides students with the experiences which will allow them to make connections from concrete to abstract, from the textbook to real life, from memorizing a formula to applying formulas to achieve a desired result.

Our garden connects educational standards and curriculum to the students' world. These connections create stable and durable neural nets, because they work with our brains instinctive modes of learning.



- EDUCATIONAL RELEVANCE
- LEVEL OF INVOLVEMENT
- GARDEN QUALITY
- GARDEN MAP

The Schoolyard Garden creates and sustains an environment where hands-on learning connects students with their environment, local food, and Earth stewardship.

EDUCATIONAL REVELANCE

INTERDISCIPLINARY LEARNING

According to John Dewey, "Give the pupils something to do, not something to learn; and the doing is of such a nature as to demand thinking; learning naturally results". Our Garden allows teachers to develop experiences that connect learning into relevant problems that the students must solve. Students learn science vocabulary, mathematical formulas, historical importance, and community prevalence while planting and harvesting watermelons.

RESOURCES THAT FACILIATE LEARNING

"The Schoolyard Garden" currently provides students with four areas for gardening. We have a *vegetable garden* in which students plant and harvest. The vegetables and fruits grown here are used by students and Chef Fonzo to explore recipes and taste to expand their palate. The *pollinator garden* is where students spend time weeding, planting, and observing the variety of permanent and migratory wildlife found in this garden. The *Native Central Florida Garden* is a perennial garden with a fountain where students can do bird observation and plant identification. This year thanks to a donation from Appenberry's Nursery we now have a *citrus grove* with two orange trees, one tangerine tree, and one lemon tree. Eighth grade students researched and applied their knowledge to plant the trees. Finally, the best of our resources is Brad Jones, a community member and master gardener who donates his time and knowledge to help guide our students.

FLORIDA SUNSHINE STATE STANDARDS ADDRESSED

Florida Sunshine State Standards as well as National Standards are met in the implementation of lessons and activities of our school garden. Working in the garden allows for the unique cross-curricular feature of meeting many standards at the same time!

"Changing the future, one heart at a time."

LEVEL OF INVOLVEMENT

STUDENT LEADERSHIP

The students at Orlando Junior Academy take leadership roles in being responsible for the upkeep and maintenance of the garden. Our seventh graders guide and direct their kindergarten buddies in planting, discussing, and learning about the garden. During our Open Garden event our students engage our adult guests in conversation about their experiences with the garden. All students in grades K-8 participate in this community event, which is deliberately planned as an opportunity for student leadership.

PARTNERSHIPS

Orlando Junior Academy has a partnership with renowned College Park Chef, Kevin Fonzo. He prepares healthy lunches for our students and uses the vegetables from our garden to add value to the eating experience.

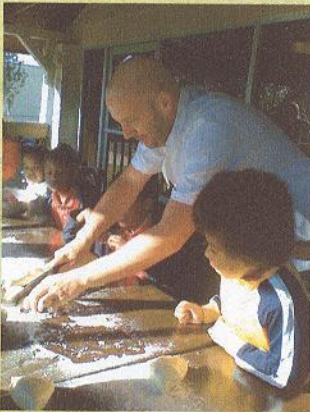
SCHOOL SUPPORT

Currently we have a parent of an alumnus who is our master gardener. He helps maintain and plan our garden. He also helps to teach our students out in the garden and works to promote our garden program in our community. Teachers, students, and parents are supportive of our garden program. We have some parents who work to infuse the garden produce and it's nutritional value into our healthy, garden-to-table lunches. Our Food Service Director works hard to promote healthy eating habits and encourages our students to eat the vegetables from our garden.



COMMUNITY SUPPORT

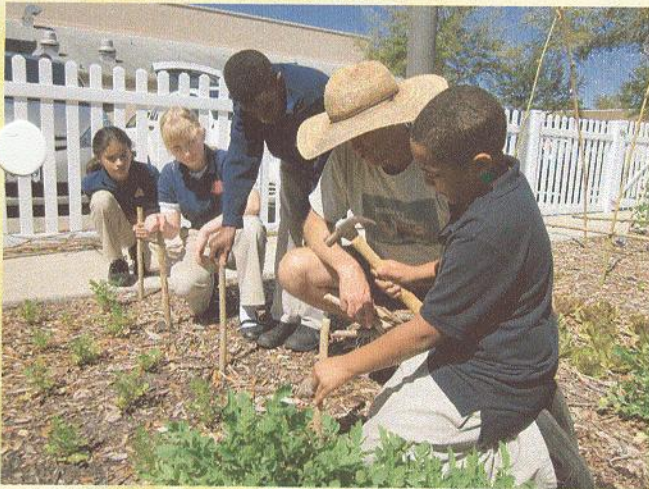
We recently had our first annual Open Garden, an event for our local community in which our students presented our guests with their knowledge and garden experiences. During this time we had the support of several local organizations including: Edible Orlando, K Restaurant, Apenberry's, Our Vital Earth, Eat More Produce, Simple Living Institute, and Florida Hospital Healthy 100 Kids. In the Fall we host an Art in the Garden experience for our students. We invite local artists of various genres to perform in our gardens using them as inspiration.



Sara Cahill of Edible Orlando is a strong and dedicated supporter of our school garden. We have three local churches, including Florida Hospital Church, who promotes and supports our school garden program as well. Of course, K Restuarant of College Park, is committed to an incredible partnership that is changing how or children think of food.

Garden Quality

GARDEN DESIGN



Our main vegetable garden is currently about 1,000 sq. feet. We grow various kinds of peas, collard greens, beets, Seminole pumpkins, various types of lettuce, cabbage, carrots, herbs, tomatoes, potatoes, strawberries, cotton, peanuts, and more depending on the season. It also contains a three sisters plot with beans, squash, and corn. Our garden design is one intentionally natural and beautiful. Our trellis, fencing, signage, and decor is simple, beautiful, natural, and student made. Our crops are chosen carefully each season in order to maximize the growing potential here in Central Florida.

GARDEN UNIQUENESS

We have a Sabbath Circle that is surrounded by Poppies and chives. It represents the tradition of giving soil a chance to rest and recuperate. We encourage our students to use the bales of hay to also rest, reflect, and recuperate there while enjoying the bounty around them.



Campus Map



GARDEN BUDDIES



Every Monday at OJA, the seventh grade class works in the garden with our garden buddies. We have created a wonderful veggie garden with the kindergarten class. We planted snap peas, lettuce, radishes, beets, carrots, potatoes, and tomatoes. Unfortunately, the tomatoes died after the first frost this winter, so we never got to eat them. We did get to eat the lettuce and snap peas though. Yum! When we don't have garden buddies, we learn about how seasons change and how it affects plant growth. I learned a lot from these lessons. My dad loves to garden, so now I can garden with him and know what to do without being confused. And I can even teach him a few things! ---Taelor, Gr. 7

CITRUS TREES



This past fall we decided to plant orange trees in front of the school. We first went to an expert which helped us decide the best places to put the orange trees. From there we took a vote on the type of oranges that we would buy and purchased them. The first thing we did was dig deep holes in the ground to put the trees in. After digging the holes we put fertilizer in and put two buckets of water into each hole. Next we put the trees in the holes and watered them again. My friend and I watered the trees for about four months. The small trees we watered with three buckets of water at each watering, and the small trees we watered with two buckets of water. When the trees grew bigger, we reduced the amount of water. Now that they are grown, we only water them once a week. These trees have given us four oranges in the time we have been taking care of them. --Khoje, Gr. 8



My favorite thing to do in the garden is to take care of the soil. It's not hard to do this, but it is very important. One of the things that we do is to use compost to enrich our soil. We also put horse manure and worm tea in our soil as natural fertilizers. We cover any exposed soil with mulch so that our soil holds moisture and does not get too dried out by the sun. Soil is very important to our world. The plants that provide us with food and oxygen need rich soil to play their role in our world. ---Robert, Gr. 5

CARE AND MAINTANCE

The care and maintance of our school gardens is supervised by our master gardener, Brad Jones. Teachers and students help to prepare the soil, plant, weed, mulch, water, gather seeds, and harvest crops. Our students work to turn our compost pile and barrel. They also maintain the Can-O-Worms.



ENVIRONMENTAL FOCUS

Our students become environmentally educated as they experience the garden. They learn about chemical fertilizers and the dangers they bring about. They learn that we only use natural fertilizers such as manure, compost, and worm tea and castings. They also learn why we rotate our crops and how that also helps to keep our soil rich without the use of chemicals. We have a compost pile and barrel where our students learn about dirt and why it's so important. Our students learn about how to water our garden responsibly.



PLANT SELECTION AND USE

Choosing our plants is an exciting event. We educate the children about Central Florida and its unique season changes that allow for a variety of crops. We also discuss the characteristics of those seasons and how they affect planting cycles. We use growing charts put out by the IFAS Extension of the University of Florida to help us plan what to plant. We use seeds from previous crops, seeds and plants that students and parents have brought in (sugar cane, peppers, fig tree), and we also go catalogue seed shopping. The students love this part usually choose exotic and "cool" names.



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SOIL

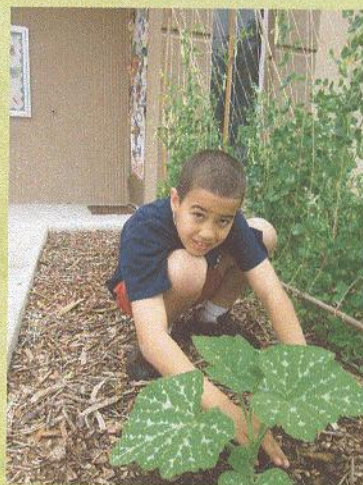
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Seminole Pumpkins

We planted Seminole Pumpkins in our school garden. At the end of the year we will pick one of them. I hope tasty, juicy, plump pumpkins are waiting for us! --Nicholas, Gr. 3

Water Color Garden Art

We studied about Georgia O'keefe in Art class. Our teacher asked us to go to the garden and find something to inspire us. We had to draw that up-close and think of all the details. --Gabby, Gr. 6



PURPLE MARTINS

Purple Martins get their name from the color of their feathers. Their feathers are purple-black or steel blue. Purple Martins eat insects. They protect our garden from crows that try to eat the vegetables and fruit that are growing there. The Purple Martin bird houses are made of gourds. Gourds are vegetables that are in the pumpkin family. We painted our gourds white. We love our Purple Martins! --Ben, Michael, Jarya, and Alex, Gr. 1



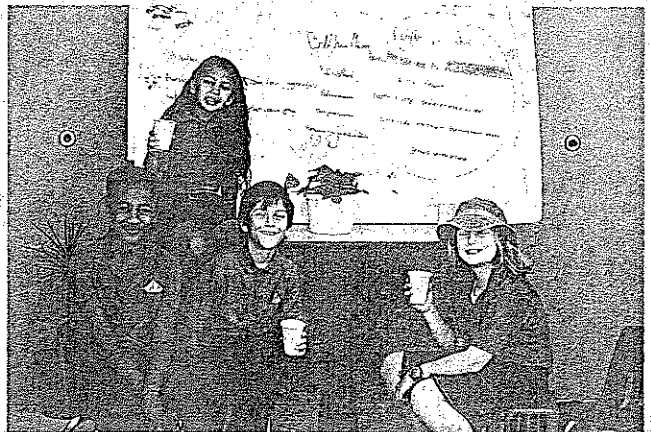
CONTAINER GARDEN

We have planted Common Sage, Boxwood Basil, Cilantro, Thyme, Dill, and Oregano in our container garden. If you want to plant a container garden you will need potting mix, a pot, some cow manure, and of course, either seeds or already-started plants. When we planted our container gardens, we first put the potting mix in the containers. Then we placed the plants in the potting mix and put the cow manure around the plants and pressed them in firmly. Don't forget this last very important step, water them immediately!--Alex, Gr. 2



FRUITS

The Fourth Graders plant and take care of the strawberries and peanuts in our school garden. These two plants have similarities as well as differences. The strawberries have white flowers, the plant has three leaflets per stalk and also have jagged edges, and we harvest the berries in the spring. The peanut plant has yellow flowers, four leaflets per stalk, leaves with smooth edges, and we harvest the peanuts in the fall. We love to eat our home-made honey-roasted peanuts! --Kaylie, Gr. 4



WORMS

Worms are a very important part of our school garden. We have a Can-O-Worms, which is like a worm condo. It's a great way to keep our garden healthy. We feed the worms a lot of your food craps, your laundry lint, and also your tea bags and coffee grinds. We use the castings and pee from the worms to fertilize our soil and grow healthier plants. ---Jonathan, Gr. 5

READING CONNECTION

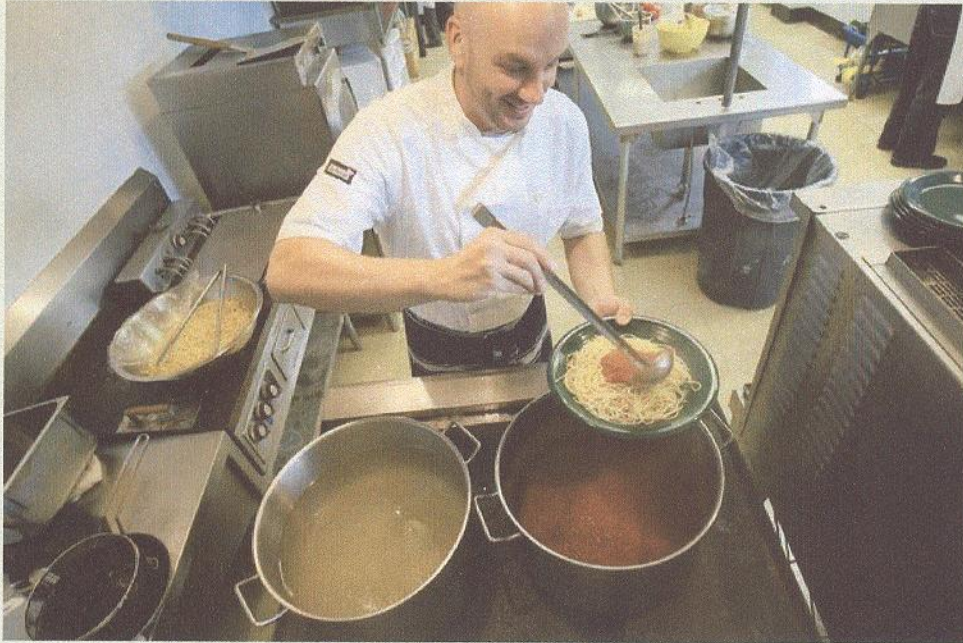
We have read a book about a girl named Lydia Grace who lived with her mom and dad until the day came when her mom didn't have anyone to make dresses for. So Lydia Grace had to move to the city to live with her Uncle Jim. Since Lydia Grace didn't have anywhere to plant her garden, she planted a secret garden on the top of her apartment. Instead of using money to buy more pots to plant in she used broken teapots and bent cake pans. My class got inspired by this book and started a container garden. But unlike Lydia Grace, very nice people gave us pretty containers for our plants.--Adonna, Gr. 2

COOKING

Harvesting our vegetables is so much fun! We have picked our collard greens and learned how to cook them. It was fun to chop up all ingredients and add the flavorings. After eating our first batch of soft, smooth, and juicy collard greens, I realized that I couldn't survive without more, and since we have so many greens, we've been able to eat a lot! It really has been an honor to eat what we've grown together.

--Jimmie, Gr. 5

ORLANDO SENTINAL



Chef Kevin Fonzo

February 23, 2011

Ricardo Ramirez Buxeda, Orlando Sentinel

It's easy to describe 46-year-old Kevin Fonzo: James Beard Award nominee, champion of farm-fresh ingredients, successful College Park restaurateur, cafeteria chef at Orlando Junior Academy. Yes, that's right. In one small Orange County school, Fonzo devotes his free time preparing healthful lunches for schoolchildren.

He calls them "his kids," and he is just as passionate about their food as he is the daily menus at his casual-upscale K Restaurant on Edgewater Drive.

In 2010, Fonzo was selected to participate in the "Chefs Move to School" summit at the White House, part of Michelle Obama's Let's Move! campaign to fight childhood obesity.

"I think a chef's role is not only to cook, but to teach," says Fonzo. "It's amazing what foods kids will try when they have a hand in growing them.

"When they grew beets, all of the students had to have their hands on the bowl when they presented the vegetables to me. Beets. Do you know how many parents can't get their kids to eat beets, or radishes? These kids couldn't wait because they were part of the process."



PHOTOS BY RICARDO RAMIREZ SUKEDA/ORLANDO SENTINEL

Chef Kevin Fonzo and volunteer Denise Butler, in the kitchen of Orlando Junior Academy on Wednesday, dish out healthful lunches that have been getting rave reviews from everyone at the school — especially the students.

What's cooking at school? Chef Kevin's specials

By Linda Shrivies | ORLANDO SENTINEL

At most schools, lunch is the kids' favorite time of the day. But at Orlando Junior Academy lunch is everyone's favorite time of day now — including teachers, administrators and parents, who show up regularly hoping to get a taste of the school lunch.

And no wonder: The menus include portobello-mushroom burgers, butternut-squash lasagna, grilled-eggplant sandwiches, and whole-wheat quesadillas topped with caramelized onions, tomatoes, black beans and guacamole.

The reason? The man working the stove in the cafeteria is Kevin Fonzo, acclaimed chef behind two well-known College Park restaurants: K and Noma Trattoria ed Enoteca.

"School lunch has become very popular," Principal Nicole Aguilera said. "The phenomenal chef brought his staff to a lunch



"It's all great," said eighth-grader Wesley Jordan, 14, as a plate of spaghetti, served with a Caesar salad and baguette, came out of the kitchen. "See that? Now that's just delicious."

The story behind the marriage of the chef and the school of 220 kids is a tale of one man trying to create change — and a school that needed help.

"I'm a big believer that we shouldn't be feeding our kids crap," said Fonzo, 45. "I wanted the kids to eat real food, including as much organically grown food as possible — not just the empty carbs and sugars that kids get in most school lunches."

So when Fonzo learned from one of his customers — a parent at the school — that the small Seventh-day Adventist school had a cafeteria but no food service, he volunteered to help out.

The former cafeteria cook retired last year, leaving Agbonkese with no hot-food service — and parents who wanted healthier options for their kids. Even though Seventh-day Adventists follow a vegetarian diet, not all the lunches were healthful.

Brad Jones, one of Fonzo's regular customers and a school board member, and Agbonkese asked Fonzo if he would help the school develop a healthful menu. Even better, perhaps he could

teared to cook the food himself. Now he cooks most of the food in his restaurant kitchen and brings it to the school. Monday through Thursday (Friday is pizza day — sacred even to these kids), Fonzo doesn't earn anything on the deal — the \$4 that each student pays provides for the food and the cost of a dishwasher.

What he gets back, he says, is a break from the pressures of the restaurant business and a chance to hang out with kids, even the pre-schoolers who call him "Buddy."

"I love kids," Fonzo said. "I think that if I ever leave the restaurant business, I'd like to become a teacher."

From parents, the praise is effusive.

"Kevin is basically doing this out of the goodness of his heart," said parent and board member Denise Butler, who spent lunchtime Wednesday dishing up Caesar salads and staffing the window where students pick up their lunches. "Can you imagine having a James Beard-nominated chef cooking in your school cafeteria?"

But the best reviews come from the diners.

"One day I forgot to bring my lunch, and I had to get a Chef Kevin lunch," said Jonathan Doblas, 11. "It was chili, and all I can say is: It was good, awesome, deli-

of taco salad."

"It's a pile of wonder," Ill said. "That's the best to describe it."

Linda Shrivies can be reached at 407-420-6433. lshrivies@orlandosentinel.com

THE JAGUAR'S ROAR

ORLANDO JUNIOR ACADEMY / BACK TO SCHOOL ISSUE / VOLUME 2

Welcome Back!

Dear Parents, Guardians and Students,

It is indeed a pleasure and an honor to welcome all of our returning students and our new students to Orlando Junior Academy for the 2010/2011 school year. With the sounds of hard work singing behind me I know that you will be in for a nice treat when you arrive. Plus, the teachers and staff have brainstormed and planned many exciting things for this year, which will take place in and out of your classroom. I can see the smiles now!!!

continued on page 2

**OPEN
HOUSE**

Come and
Join Us!

On Thursday,
August 12, 2010,

from 3:00-7:00, we will

be holding our annual Open House.

This is a wonderful opportunity to meet the teachers, greet the Principal, and discover all that Orlando Junior Academy has to offer you for this upcoming school year.



Steps to a Healthy O.J.A

This year we will be promoting a healthier lifestyle. First, and maybe most importantly, we will continue to offer our fresh, healthy, vegetarian lunches prepared by none other than Chef Kevin. Next, we are adding a High School credit health class. In addition, there will

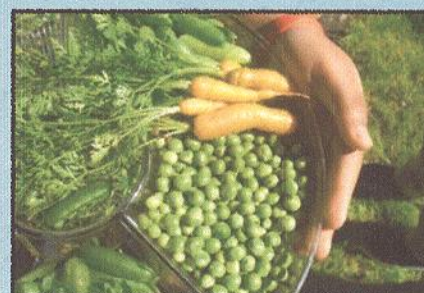
be a Dietitian/Nutritionist available to help us out with our healthy choices. Finally, for now at least, the expanded garden will be used to grow more fresh produce for our school community. We are very excited about all this healthy stuff!



Beautiful tomatoes growing in OJA's garden!



Volunteer gardener Brad Jones giving last year's fifth graders a garden lesson in harvesting potatoes!



Fresh peas and carrots ready for eating--straight from our school garden!

Upcoming Events

August 12 - Open House (3 - 7 p.m.)

August 15 - PreK Open House (3 - 5 p.m.)

August 16 - First Day of School (K-8)

August 27 - Field Day at OJA

August 30 - September 3 - DIBELS testing (K-3)

September 6 - NO SCHOOL - Labor Day

September 11 - Grandparents Day Potluck Lunch

September 7-10- ITBS (Grades 3-8)

Chef Kevin leads OJA to the Front of the National School Lunch Line



Not every school can stake claim to their own professional Chef, or at least not yet. Michelle Obama's new initiative "Chefs Move to Schools" is catching on, and our very own Chef Kevin Fonzo, was invited to attend her promotional event at the White House on June 4, 2010. This was an event intended to invite chefs to partner up with schools to help educate kids about food; where it comes from, how to prepare it, and most importantly, to enjoy eating fresh, healthy lunches. This, of course, is old news for Chef Kevin, as he has already been in partnership with us. He honored us with wearing his new OJA chef's jacket to Washington! Chef Kevin tells us that it was exciting to see so many chefs wanting to do with other schools what he already does here with us. We are looking forward to another great year of healthy and delicious lunches here at Orlando Junior Academy, thank you Chef Kevin. It feels good to be in the front of this national school lunch line!



5 Simple Steps

to a healthier family

keep fresh fruit within your child's reach

take a family walk after dinner

get your child involved in planning and cooking your meals

turn off your t.v. during the week and share some family time

organize a school health club

HEALTHY NUMBERS

cholesterol in fruits and veggies

0

minimum hours of sleep per night

8

average ounces of water to drink per day

64

Friday, October 29, 2010



The Jaguar's Roar

Orlando Junior Academy



October 12 reigned bright and clear. OJA students awoke with excitement, today was "Art in the Garden" day! Even the teachers knew it would be a day full of wonder.

Artists began arriving as early as 8:00, and a few classes took the opportunity to begin the day with worship in the garden.

By 9:00, our garden was in full bloom with creativity. Our guest artists looked around for their inspiration and settled in for the experience. And what an experience it was!

Thanks to Spencer Freeman for his contribution of professional photography to our *Art in the Garden* experience.



Watercolor artists brought the garden to life with soft, effortless strokes of their brushes, a garden fairy flirted beautifully around the garden to the lilting melody of the flute, and writers helped our students put the beauty around them into words. The bees in the garden were crowned with a new respect by our beekeeper, and our cowboy artist put a positive spin on graffiti art! Lyrical poetry rang out in lovely melodies and harmonies as our musicians inspired our students to sing their praises to the Master Creator. Even our own Art teacher, Mrs. Bromme, encouraged our students to lavish the sidewalk with colors and patterns.

As the morning progressed the

creative energy was almost tangible! Conversations between the students and the artists were purposeful and connecting; students' eyes were wide with amazement as they watched the paintings come to completion; and the garden fairy was now interpreting her movements and expressions to inspired souls. And the teachers? Well, they guided, prompted, encouraged, and reveled in the richness that this kind of event brings to the educational experience of their students.



Art in the Garden

