



HealthExplore™ connects **INTERACTIVE**, fun science education with health careers exploration. This new after-school program engages small groups of middle school students to discover more about health care and science. With fun-filled **DEMONSTRATIONS** and hands-on activities, students will learn about their gross, cool and interesting bodies and meet different health care workers who will show the students what they do, where they work and the equipment they use.

This program will **EXCITE** students about science and health care by immersing them in fast-paced, hands-on learning, giving them a competitive edge before going into high school. Each month, students will explore new topics related to **HEALTH** and **SCIENCE**, such as "Body Basics," "Build Your Bones," "Tobacco Cessation," "DNA," and "UV Exposure." Students will have the opportunity to create a different project to bring home each month, like an "organ outfit," some "tobacco slime," or a UV detecting necklace.

The HealthExplore™ after school club combines an hour of Mad Science interactive learning with one hour of health career exploration. These two-hour programs will be held after school at least six times during the school year at a time, date and location agreed upon by the local health care and education partner.

Middle School Partners

- Identify a point-of-contact from the school to work directly with Mad Science and the health care partner in organizing monthly club meetings;
- Advocate for the program and encourage support among the administration, faculty, and student body; This role could include assisting in student recruitment and selection, providing space on the school Web site for information about the club, encouraging students to wear their HealthExplore™ scrubs on club day, providing time during school hours for a presentation about the club;
- Arrange a space for club meetings should space not be available at the partnering health care organization; and
- Assist in exploring funding (through PTO, After School Network and other funds or grants) to make the opportunity available to students regardless of their ability to pay.

Health Care Partners

- Assign a key point-of-contact from the health care organization who will coordinate activities with the educational partner point-of-contact;
- Organize the health career exploration component of this program;
- Coordinate with your educational partner to schedule the time/date/locations for the monthly meetings;
- Provide the meeting location/room for HealthExplore™ club meetings if needed;
- Provide drinks/snacks for the students;
- Provide 15-20 scrub tops to club members with the hospital's identity. This will include the HealthExplore™ patch, which will be provided to you; and
- Create for the students a sense of belonging and pride in being part of your organization's HealthExplore™ club.

Sample Topics

Mission Nutrition

This workshop introduces students to the basics of nutrition, including the role of carbohydrates, proteins and fats. They will gain an understanding of how food provides energy for the body and how exercise plays an important role in energy levels. This will stimulate enthusiasm for personal health and encourage them to have a healthy attitude toward nutrition and fitness. Each student will take home a Step-o-meter to reinforce keeping up a healthy lifestyle.

DNA

Molecular genetics is the foundation of numerous cutting edge medical, agricultural research and others. It is the basis for many technologies that have advanced mankind. This program will give the students a peek into the exciting world of chromosomal DNA in living cells. They will learn about the molecular structure and properties of DNA by building their own DNA model. They will also learn its biological functions - particularly DNA replication and translation. The learning and fun is capped off with a hands-on activity on isolation of wheat germ DNA.

Be Tobacco Free

This workshop introduces the students to how smoking affects the human respiratory and circulatory functions. Using hands-on activities and demonstrations, students will discover the differences between a healthy lung and a lung with emphysema. The relationship between smoking and the many types of cancer associated with it will also be lively demonstrated. This one will surely help them not just learn, but also make better choices for healthy living!

Cost/Registration

\$144 per school year, which includes the costs of monthly meeting materials, take-home goodies and instruction.

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OHCWC

- Oversee and administer the planning, implementation and evaluation of the HealthExplore™ program;
- Work with interested vendors, such as Mad Science, to deliver the interactive science learning component of HealthExplore™;
- Recruit health care partners and other stakeholders to participate in the HealthExplore™ program;

Develop the branding and marketing materials for the program, including all graphics, logo development, promotional flyers/registration forms, HealthExplore™ patches, and press releases; and

- Promote and build awareness of the program through the following venues: Mad Science, health care and educational partners, presentations and booths at state-wide conferences of teachers, counselors and health care professionals, and through the news media.

Mad Science

- Develop and offer at least nine age/grade specific foundational training modules for HealthExplore™ club students;
- Provide the instructors and present the training in the form of edu-taining sessions designed to gain the initial interest of the students and keep them engaged in the program; and
- Process enrollment and payment of fees by all student participants.



For more information, contact:
(405) 319-8690 or visit www.ohcwc.com