

Growing Leaders - Healthy Lifestyle

Operation Beautiful

FFA members noticed students discouraging their peers and others struggling with self-esteem. Operation Beautiful is designed to promote and improve mental well-being, self-esteem, and positive character traits of members. Members are encouraged to pay it forward through positive message boards, random acts of kindness and thank you notes.

Goal #1

Goal: FFA members will post 600 positive messages around the ag building to help promote positive self-esteem by January 31, 2019.

Plan of Action: On January 8, 2019, healthy lifestyles (HL) committee members (who) will meet to make a display poster and write (how) 600 positive messages on individual post it notes (what). Notes will be placed on the Operation Beautiful display area in the ag. building, high school, and middle school (where) January 21-25, 2019 (when).

Outcome: EXCEEDED Bulletin boards in the schools were used to display notes for students to take. Over 650 notes were written and shared.

Goal #2

Goal: Teachers and FFA members will recognize 325 acts of kindness through a "caught you doing good" activity from January 21-25, 2019.

Plan of Action: On December 12, 2019, HL committee members (who) will use the ag. class (where) computers to develop a log sheet (what) for teachers and members to record "catching" students doing good deeds (how) from January 21-25, 2019 (when). Teachers and members will catch students doing good deeds and record them on the log sheet. Students will then be recognized on the kindness board (how).

Outcome: EXCEEDED Students Pre K - 12th grade were recognized for 552 acts of kindness through a "caught you doing good" activity.

Goal #3

Goal: January 28-February 1, 25% of middle school students will participate in a week long educational campaign (positive message posters, and daily announcements) on the importance of a positive self-image and paying it forward.

Plan of Action: On December 19, HL committee members (who) will meet in the ag. room to develop educational facts (how) to present January 28 (when), to educate the students on the importance of positive self-image and Operation Beautiful details (what), and submit daily announcements. Notes (from goal 1) will be placed on a display poster and in random places in the middle school (where) for students to find.

Outcome: EXCEEDED 100% of middle school students learned engaged in the campaign via bulletin boards and daily announcements.

Summary

Advancing Leaders: The purpose of Operation Beautiful was for members to learn about why positive character traits are important and how powerful "pay it forward" actions can be. This activity advanced leaders by encouraging improvement in the mental well-being and self-esteem of our members; however our chapter and community were also affected due to the positive "pay it forward" activities members conducted.

Impact: Our members' actions truly made a large impact on each other, our school atmosphere and our community. Community members enjoyed being recognized for their support and appreciated being on the receiving end of kind actions. Many members even continue to "pay it forward."

Related to Quality Standard: Healthy lifestyles were encouraged through Operation Beautiful as students intentionally promoted confident mental well-being, self-esteem, and positive character traits.

