



LOS BENEFICIOS DEL HUERTO ESCOLAR EN TIEMPOS DE COVID-19

La pandemia del COVID-19 ha traído muchas dificultades a las escuelas y las familias. En Rogue Valley Farm to School, entendemos la gran presión bajo la que se encuentran nuestras escuelas locales para seguir proporcionando una educación de calidad a nuestros hijos/as, así como para dar la oportunidad a los estudiantes de que continúen teniendo una conexión con sus maestros y compañeros. Durante décadas, las investigaciones han demostrado que tanto, practicar jardinería como la educación nutricional, aumenta la participación de los estudiantes y los logros académicos, promoviendo estilos de vida saludables y dando la oportunidad a los niños de un crecimiento social y emocional. Nuestros educadores en Rogue Valley Farm to School tienen la capacitación y experiencia para ofrecer un entorno seguro y divertido para que los estudiantes socialicen, aprendan y crezcan durante estos tiempos de aislamientos e incertidumbre.

Participación estudiantil y logros académicos

- Aumenta la participación escolar y la actitud positiva ante la escuela y el aprendizaje. 1-6
- Mayor oportunidad para un aprendizaje necesario, empírico y práctico. 7-9
- Incrementa el conocimiento en el campo de la ciencia y en los conceptos STEM (en la infancia temprana y en entornos de K-12). 1,2,7,10-14
- Mejora los resultados académicos en general en K-12, incluyendo las calificaciones y las puntuaciones en los exámenes. 2,8,15

Promueve estilos de vida saludables

- Mejora el conocimiento y las actitudes de los estudiantes con respecto a la alimentación, la nutrición, los comportamientos de salud y el consumo de frutas y verduras. 16-28
- Los estudios demuestran que recibir los nutrientes adecuados es esencial para la prevención y el manejo de infecciones virales, así como la deficiencia o insuficiencia nutricional puede afectar las funciones inmunitarias. 29-32
- Los investigadores han encontrado evidencia de una relación significativa entre los patrones dietéticos poco saludables y una salud mental más pobre en niños y adolescentes. 33

Bienestar social y emocional

- La educación en huertos escolares ofrece a los niños oportunidades de crecimiento social y emocional; mejora las habilidades básicas, la autoestima y la conciencia de sí mismo, las habilidades sociales y el comportamiento. 4,5,7,11,12,15,16,28,34
- Para los estudiantes con estrés y traumas asociados con el aislamiento, la incertidumbre y las enfermedades, los espacios al aire libre pueden ser terapéuticos, ya que los ayudan a relajarse. 35,36
- Pasar tiempo en la naturaleza está relacionado con la disminución del estrés, la ansiedad y la rumiación. 36-39
- La actividad física en un entorno natural es más beneficiosa para el bienestar mental que la actividad física en espacios cubiertos. 40
- Huertos escolares proporcionan un acceso equitativo a áreas naturales seguras para todos los estudiantes. 41

Espacios al aire libre como entornos de aprendizaje seguros

- Los investigadores encuentran cada vez más evidencias de que el riesgo de transmisión del COVID-19 es mucho menor en exterior que en espacios cerrados. 42-44
- El COVID-19 se transmite principalmente de persona a persona a través de microgotas respiratorias liberadas en el aire al hablar, toser o estornudar. En los espacios al aire libre, el aire fresco se mueve constantemente, dispersando dichas microgotas, lo que hace menos probable que inhalen aquellas contenedoras de virus para infectarse. 45

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