



What is your Everest?

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High Tech Elementary Chula Vista

After reading the novel *Peak*, by Roland Smith, fifth grade students studied the geography, culture and history of Mount Everest. Fieldwork for this project included visiting a Buddhist temple, hiking Cowles Mountain, and rock climbing at a local gym. Students interviewed an anthropologist about her travels to the Himalayas and Skyped with a climber who summited Everest in 2011. This project was carried out in three classrooms over the first trimester of the school year. While all three teachers worked together to plan the project launch, lesson sequence, and field work, each teacher was able to design her own final product and class exhibition. Christine's students crafted their own adventure short stories that were published together in a class anthology, Grace's students created prayer flags, and Natalie's students wrote and performed spoken word dedications to someone who had overcome their own Everest.

Teacher Reflections

Typically, climbers leave colorful prayer flags at the summit of Mount Everest. Throughout this project, our students discovered that bravery comes in many forms, and the one does not have to climb a mountain to be considered brave. For one of their final products, they created prayer flags and dedications in honor of someone brave. They were motivated and inspired to create multiple drafts of their design and then cut, stitched, stenciled, and applied the most beautiful flags.

Student Reflections

My personal Everest is to be an OB/GYN because I want to help save little babies
—Christian Flower

My Everest has to do with being an animal advocate and volunteering at shelter when I grow up. I want to do this because I think all animals are cute even the ugly ones like naked mole rats.
—Lauren Alatrisme

To learn more about this project and others, visit <http://htecu.weebly.com/>