

Spring 2017 School Health Improvement Plan Updates

Centennial

Smart Goal: By May 25, 2017, Centennial School will have established a successful*, sustainable Playworks Recess Program impacting all students in grades K - 5. Specific goal: Implement program across grades levels with fidelity.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

This year, Centennial focused on implementing Playworks within their school. Their main goal was to make sure that teachers were implementing the program (with fidelity) across all grade levels. An MPH capstone student came to observe recess for grant reporting, and noted that there were a few differences in games between lower level grades and upper level grades. Running club occurred when the PE teacher was out for recess duty (which resulted in not every grade level having running club during recess).

Outside of their SHIP, Centennial:

1. Hosted their first wellness fair
2. Participated in the Fuel Up to Play 60/Dannon yogurt contest. The student wellness leader had the students create a yogurt recipe "Chopped" style. Students grabbed random ingredients and create a yogurt recipe. Some recipes included: chocolate mint (using real mint leaves) and cherry limeade with banana.
3. Wellness team (made of students) helped weed, water, and plant in the garden.
4. Utilization of students to help with running club (during recess)
5. Marathon Kids (running club) where students run miles in the morning
6. Participation in Bike to School and Walk to School Day

What barriers did you face?

Some barriers we faced was communication with administration about wellness events that occurred, and buy-in for Playworks.

What do you look forward to accomplishing next year?

Next year, the wellness leader will be stepping down, but will still be involved with implementing wellness. Other teachers will be responsible for SHIPs, surveys, etc.

Dos Rios

Smart Goal: By May 2017, 85% of Dos Rios teachers will report participation in various student wellness activities in their classrooms (see Action Steps) at least twice. These activities will

include a variety of physical and nutritional practices and will also be carried over to the student's home life.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

Dos Rios' PSPE team (personal, social, physical education) team met weekly to plan for student wellness programming. They were able to purchase a water bottle filler and hosted their own Color Run. Some action steps completed were:

- Dos Rios increased participation in the Integrated Nutrition Education program to 83%.
- Requested fitsticks for new teachers
- Participated in National Walk to School Day and Bike to School Day
- Hosted their first Color Run with over 200 participants
- Promoted healthy handwashing
- Increased participation in 5210 to 83%
- Maintain school garden through Cultural Club (integrated into curriculum in kinder and 5th grade)
- Continue Colorado Rapids soccer club (increased from 12 participants to two teams of 15, with waitlist)

What barriers did you face?

With Playworks implementation, our only classified staff member that was trained in Playworks left. Our PE teacher also did not teach Playworks games during PE.

What do you look forward to accomplishing next year?

Dos Rios is looking forward to getting staff trained in Playworks.

Romero K-3

By May 2017, 75% of the teachers will celebrate student birthdays with a no-cupcake policy.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

We met our SHIP goal - 16/20 teachers (80%) celebrated birthdays with a no-cupcake policy. All participants hung a sign on their doors as well.

What barriers did you face?

One parent brought cupcakes without asking, so it was a little awkward for the teacher.

What do you look forward to accomplishing next year?

Sadly, I am not returning to Bella Romero next year.

Heiman

By May 2017, 75% of staff will shift the culture of wellness through education here at Ann K Heiman (aims to gain admin and staff buy-in through education).

What did you accomplish this year from your SHIP (or outside of your SHIP)?

Heiman was having trouble gaining staff buy-in to support wellness initiatives/programs. There were a few meetings where staff expressed taking away recess as punishment and was not sure what to substitute. Courtney provided resources on substitutions for taking away recess as punishment. To gain staff buy-in, the wellness leader hosted demonstrations for wellness, including:

- Hosted professional development for staff around wellness
- Demonstration on party kit
- Chef in the Classroom demo

Other wellness activities included:

- Participation and completion of the 5210 challenge
- Hosted Walkathon and raised \$1200

What barriers did you face?

Lack of time and interest: it's SOOO incredibly hard to make wellness a priority when everything else is already a priority!

What do you look forward to accomplishing next year?

Seeing our committee refreshed and rejuvenated (Tiffany will be stepping down as the wellness leader)! We are also talking about ways to get a healthier committee! We had people on our committee who don't believe in/support our wellness policy! UGH!

Jackson

Smart Goal: By May 24, 2017, Jackson Elementary School will have established a successful*, sustainable Playworks Recess Program impacting all students in grades K - 5th. Specific goal: Implement a sustainable equipment system.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

Jackson had a positive outcome overall in regards to implementing a Playworks system. There weren't as many behavior issues seen on the playground because the rules and expectations for games were laid out clearly.

What barriers did you face?

Our system for equipment really seemed to work toward the beginning of the year, and then it seemed that we lacked consistency with equipment expectations as well as

transition expectations. One thing we struggle with when it comes to Playworks, is not having enough personnel on the playground to have designated people to set up and run the game of the week. I tried having students set up the boundaries for the game of the week, but it does not seem to work as well as we had hoped.

What do you look forward to accomplishing next year?

Next year, we look forward to having more consistency when it comes to equipment being put back in the proper places, as well as with cool down/transition.

Madison

SMART Goal: By February 16, 2017, Madison will increase the participation and number of attendants at their Wellness Fair by 25%. (2016- 75 attendees, 2017- goal is 100 attendees). By May 23, 2017 *SEE PLAYWORKS SHIP* for remaining of the year

What did you accomplish this year from your SHIP (or outside of your SHIP)?

We had well over 100 people at our second Wellness Fair. Our goal was 100! We counted up 115 from the sign-in sheets. We had parents fill out surveys at the end to gather some information about how they heard about the event, what their favorite thing was, and what they would change/add to the fair. We gathered some wonderful information through these surveys we will use for next year's wellness fair.

What barriers did you face?

A barrier we ran into with our Wellness Fair was one of our administrators contacted people about our wellness fair and being a part of it, but did not communicate that back to us so they showed up and we were not prepared to have them there (no table, space, etc.). We also had several people who saw the FB posts and intercom (YAY!) that wanted to be a part of the wellness fair and also just showed up. So next year, we will add on the flyer to contact us if they would like a spot.

What do you look forward to accomplishing next year?

Having an even bigger and better Wellness Fair. This year's was awesome. I'm really enjoying the connections we are making through the community and exposing our students to them. Also, this year Playworks was even better than our first year, so I am looking forward to continue to tweak it and make it even more successful than this year.

Maplewood

SMART Goal: May 2017, 85% of Maplewood teachers will promote and/or participate in various school-wide student wellness activities (such as Integrated Nutrition Education Program, Fit Sticks, Go Noodle, other brain breaks). Participation of classroom and school-wide health and wellness activities will be communicated with parents.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

Maplewood has been working on sustaining Playworks and the Integrated Nutrition Education Program (INEP). They also participated in the 5210 challenge and Jump Rope for Heart. They used wellness funds to purchase color-changing water bottles as rewards for students who completed the challenges.

What barriers did you face?

Maplewood found that it was difficult to use INEP every other week. A staff member plans to create a flipchart (online document) with information on lessons and how to integrate curriculum to make implementation easier. They also found that it was best to implement once/month.

What do you look forward to accomplishing next year?

Maplewood's PE teacher will be leaving, so they will need to develop a plan to maintain Playworks (or train the PE teacher in Playworks).

Martinez

SMART Goal: By May 2017, Billie Martinez staff and students will have nominated up to 3 students and 1 staff member per month to be recognized as being healthy role models.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

At Martinez we felt good about increasing the awareness of healthy habits through our Health Heroes program. In the monthly nominations, students were being recognized by their peers for drinking more water, eating healthy food and being active on the playground and after school sports opportunities. We felt the bulletin board in the cafeteria was a positive way to constantly remind them.

What barriers did you face?

We had few barriers, but Max did run out of Health Hero shirts of the correct size. Also, it was difficult for kinder and 1st grade students to nominate classmates due to writing complications.

What do you look forward to accomplishing next year?

Next year we hope to build off of the Health Heroes started this year. We would like the shirts given to nominated kids to count as one of their uniform shirts so it will be more noticeable. Also, having one of the shirts on the bulletin board will help students make the connection. Possibly having a more primary nomination form for kinder and 1st graders would increase their participation. With the extra recess next year, we hope to have students more aware of and involved in physical activity. Money from this year will go toward providing playground equipment for teachers to use during this recess time. Encouraging healthy parties will also be an ongoing commitment.

Shawsheen

SMART Goal: By May 2017, implement healthy food choices in classroom parties, increase participation in before and after school activities by at least 20%. Additionally, we will organize and facilitate a wellness fair for students and families.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

This year at Shawsheen our wellness team accomplished a few things. Our biggest accomplishment was starting our "Girls on the Run" program. We had 20 girls involved in the program that were dedicated and were a pleasure to have. They came to practice twice a week and will be running their first 5K tomorrow in Denver. Another big accomplishment we had was winning the 5210 program for students and staff. We pretty much got everyone involved and periodically during the month of February we checked and made sure kids were being honest and following their goals.

What barriers did you face?

A barrier we faced was getting a wellness event going because of our PEM nights and concert schedules.

What do you look forward to accomplishing next year?

Our biggest step next year is to increase participation on "Girls on the Run" and start a wellness night here at our school! We look forward to making our school healthier and active next year as well.

McAuliffe

SMART GOAL: By March 2016, 50% of teachers will implement Chef-in-the-Classroom at least once in their classroom.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

McAuliffe was not able to accomplish their SHIP goal this year. They recently became a STEM (Science, technology, engineering, and math) focused school and are retooling their curriculum. Courtney recommended incorporating science (such as biology or chemistry) into Chef in the Classroom. One teacher requested Chef in the Classroom, and we created Black Bean burgers with sweet potato fries – students enjoyed them.

Outside of their SHIP, McAuliffe hosted their annual Falcon Fitness Fair – this was a big hit. They also continued to have their running club.

What barriers did you face?

The biggest barrier McAuliffe seemed to face was getting teachers to participate in Chef in the Classroom. The one teacher who did request it was a combined Science/Health teacher.

What do you look forward to accomplishing next year?

Continuing as a STEM school and continuing with the Falcon Fitness Fair

Meeker

Smart Goal: By May 2017, 75% of students will learn the importance of hydration as well as increasing their daily physical activity through wellness activities, before and after school programs and PA during the school day.

What did you accomplish this is year from their SHIP

Meeker has participated in wellness activities, such as promoting brain energizes in the classroom, participating in Fire Up Your Feet (online physical activity tracking program), Chef in the Classroom and Walk/Bike to school day. They recently purchased/installed a water bottle filler for their students, purchased water bottles for each student, and taught students about hydration. They also won \$2500 for winning first place in the Fire Up Your Feet challenge!

Outside of our SHIP, we have participated in Walk/Bike to School Day(s) and hosted fun runs and jogathons during specials (PE/Music/Art) time.

What barriers did you face?

One barrier that Meeker faced (outside of SHIP) is the implementation of Playworks. Only one staff member was trained in Playworks (who was not the PE teacher).

What do you look forward to accomplishing next year?

The PE teacher is obtaining her MAT in Physical Activity Leadership. The school is planning to implement mandatory Vitamin D breaks for all grade levels.

Monfort

SMART Goal: Increasing MVPA (Moderate to Vigorous Physical Activity) in students at recess while also improving safety, decreasing behavioral incidents, and increasing inclusion.

Encourage good sportsmanship by giving other students a high five or saying "good job" when a student has to move to the recycle line

What did you accomplish this year from your SHIP (or outside of your SHIP)?

Student participation was strong with Fit N Fun throughout the year. We continued to stay active this year with Playworks, Hot Chocolate Run, and our Smoothie Run coming up. Through this program and events, we established an atmosphere of wellness and healthy choices inside and outside of school. We successfully implemented Playworks this year and saw students really enjoying the structured physical activity during recess.

What barriers did you face?

Barriers we faced were mostly centered around Fit N Fun participation with staff. We would have liked to have had a few more members from the Wellness Committee commit to helping coach a couple times a month. We ended up having the same 5 members rotate schedules as opposed to about 10 of us. The Playworks team printed off instruction cards for the teachers to read the games for the day before going out to recess. This was not really utilized by the majority of teachers. We also had a lot of our equipment break or pop and it was no longer usable.

What do you look forward to accomplishing next year?

We are looking forward to the schedule next year for Fit N Fun, as well as more staff participation. We also are planning a Jog-a-thon fundraiser for the beginning of the year that we are looking forward to.

Scott

SMART Goal: On March 28th 2017, 50% of our population will attend our Wellness Night (We will count the student and their family as one. Our total attendance is 400 families, our goal is to have 200 families to attend).

What did you accomplish this year from your SHIP (or outside of your SHIP)?

We have had many accomplishments this year toward reaching our SHIP goal of 50% of our population (250 families/students) will attend our Wellness Night. We were very happy with our turnout, we had over 270 students show up. We changed up the structure of where the event will occur as opposed to how we did it in the fall for our smaller wellness night. The event was limited to a smaller space for families to maneuver

through. For our wellness night we decided to go with informational booths and a few wellness activities. We had an amazing turnout from our community partners.

What barriers did you face?

For this being our first wellness night, I couldn't have asked for a better event. Hopefully, we will be able to continue to grow this event year after year. The only change I would make is the date the event fell on. The event took place a day after we got back from spring break, so some aspects seemed very rushed.

What do you look forward to accomplishing next year?

Scott would like to continue to grow their Wellness Fair.

Chappelow K-8

By May 1st, 2017, Chappelow K-8 School will have established a successful*, sustainable Playworks Recess Program impacting all students in grades K - 5. *Specific goal: Create videos and visuals to help students understand core games.*

What did you accomplish this year from your SHIP (or outside of your SHIP)?

This year Chappelow was able to increase Playworks program into the culture of Chappelow. We have created a Recess Team with 4 meetings throughout the year. Through these meetings we were able to develop a program to teach Playworks games to Middle Schoolers to teach to Elementary School Students 4 times throughout the year. Wellness Champs used Monday PD time to teach a new game to staff members every month to incorporate movement into more classroom activities. We have been able to create visuals like videos and signs to help teach safety and games for outside recess. We have also continued work on implementing clear transitions from outside to inside and vice versa. Finally we were able to develop and implement a system of equipment management that reduced the amount of disagreements and behavioral issues dramatically from last year! A Huge Success!

What barriers did you face?

The biggest barriers we faced were consistency within the staff and administration of stressing Playworks as a value! The full implementation and buy in of a new program takes time. The barrier is that we would love it to be immediate but it is a process.

What do you look forward to accomplishing next year?

As a Wellness Team we look forward to continuing the process of refining and implementing a Safe and Active Recess time. We will need to work on developing systems for collecting data to really see the success or refining of this program and our efforts!

Winograd K-8

By May 2017, Winograd K-8 School will have selected two 5210 Health Heroes each month since November to recognize at the monthly school assembly.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

This year our big focus was implementing Health Heroes as an addition to 5210 and trying to raise awareness and participation. The Health Heroes Program had been a success and we have been able to recognize many students at our assemblies. 5210 participation was again not as good as would have liked it to be but the kids and staff who did it enjoyed doing so.

What barriers did you face?

A big barrier is finding ways to improve participation and buy in for being and choosing healthy lifestyles.

What do you look forward to accomplishing next year?

Next year we will be continuing participation in the Health Heroes program as well as 5210 and focus on raising awareness and hopefully raising participation in healthy choices.

Romero 4-8

By December 2016, 50% of teachers will be taking physical movement “brain breaks” during classroom time on a daily basis. By May of 2017, Romero Runners Club will have students from every grade level participating. By May 2017, 100% of 4th and 5th grade classrooms will be encouraged to participate in healthy holiday parties.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

Outside of Bella Romero's SHIP, they requested Chef in the Classroom for 8 classes. Five of the classes were hosted in fifth grade classrooms – this aligned with their science curriculum (they are learning about the human body). The remaining 3 classes were done in CLD (culturally and linguistically diverse) classrooms. These classes typically have English as a Second Language students in them.

What barriers did you face?

Courtney and Rachel had a meeting with Jon Cooney (Principal) to discuss wellness, both worksite and student wellness implementation. They noted that because they have activities that are already part of their system or culture, it is difficult to participate

in student wellness initiatives. It also felt like there were too many random wellness programs promoted to them. Jon Cooney noted that he would love to be on board with wellness, except he would like the school to pick a few things and do them well (versus random teachers doing activities “a la carte”). Courtney and Rachel created a wellness menu that contained activities from both student wellness and worksite wellness. They presented these to the Jon on 5-26-17. Jon will be taking these back to his team to discuss what will work best for their school. Rachel and Courtney will meet with Jon to follow-up on their team’s decision and will provide support to integrate wellness into the school culture.

What do you look forward to accomplishing next year?

Integrating wellness into the Romero’s school culture.

Heath Middle

By May 2017, 75% of students will be exposed to 2 or more wellness activities in the classroom or out of the classroom.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

We participated in Walk to School Day (Heath was our only middle/secondary school to participate in Walk to School Day). Although teachers did not sign up for the party kits, many of them started using non-food rewards in the classroom. Teachers did order and some are using the fit sticks. Healthy Hearts came and visited half of the 7th graders. We have been encouraging kids to move more and stand still less during times where they are able (before school and at lunch). We did participate and had a great turn out for 5210 including staff and students.

What barriers did you face?

Barriers that we faced was lack of admin support. Administration would not approve certain activities such as Chef in the Classroom or hosting walkathons for fundraisers (could never get permission). It was difficult to get staff to participate or even WANT to participate.

What do you look forward to accomplishing next year?

I am not here next year but I think we made some good progress in students seeing that being healthy is easy.

Brentwood Middle

By May of 2017, 50% of AVID teachers will complete three Mind/Body Connection Lessons in their AVID class.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

Our original SHIP fell through and we were unable to get into the classes to do our lesson. On a positive note we started doing the Health Heroes program through Healthy Kids Club and that has been a success. We collect nominations and honor 3 students and one staff member a month as our Health Hero. We have a bulletin board in the hallway highlighting all the people who have been selected with their pictures and a form talking about things they do to stay healthy.

What barriers did you face?

The barrier was not enough time. We had to get into the classrooms to do tasks through Naviance which took up a lot of class time. There was also not a lot of communication with the teachers regarding this opportunity. Next year we will go through a different class for the Naviance tasks and that way it opens up time in Core X to hopefully go in and complete the lesson with classes. We will also touch base with teachers to make sure that they are aware of the lesson and have access to all of the materials.

What do you look forward to accomplishing next year?

We look forward to continuing this for next year and hope to get more student nominations than we did this year.

Franklin Middle

By April 1, 2017, 6 classrooms (2 in each grade level) will participate in mindfulness break every day after lunch.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

This year Franklin Middle school focused on improving the mental health environment of their school through mindfulness. Staff went to "A Mindful Life™" training that taught educators mindfulness techniques and how to incorporate them into the classroom. They piloted the program with a few teachers who volunteered to participate in their school. To kick start the pilot, teachers read a book on how to use mindfulness (self-practice). They met weekly to discuss each chapter (this was used to earn professional development credits). Teachers piloted mindfulness techniques with their students. The school counselor created mindfulness baskets for teachers to use with their students (greater explanation in question 3).

What barriers did you face?

Some barriers that staff noted was that certain mindfulness techniques may not work for all class periods. For example, for classes that may have more talkative students, a mindfulness practice that incorporate kinetic movement may be more appropriate.



What do you look forward to accomplishing next year?

Franklin plans to purchase mindful baskets that can be used in classrooms for students who are misbehaving or have difficulty regulating emotion. For example, glitter bottles (shown to the left) help students with emotional regulation. The teacher will shake the bottle until the glitter starts to swirl. A student will watch the bottle until the glitter settles. They may take steady deep breaths until they can see clear water. They also plan to use the Mindful Life™ curriculum for more

staff members/teachers.

Prairie Heights Middle

SMART Goal: By October 12, 2016 80% of students and staff will participate in PINK DAY learning about breast cancer and how to help prevent it. By February 28, 2017 90% of the students and staff will have completed the 5210 challenge.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

Prairie Heights participate in 5210 and organized/participated in Pink Day for breast cancer awareness.

Outside of our SHIP:

- Inaugural Strides to End Strokes (Was a huge success!!)
 - Charity event
- We participated and WON the "Protect What's Next" challenge.
 - Won \$10,000 from Project What's Next Challenge (marijuana education – consequences of using). This was a challenge sponsored by the Colorado Department of Public Health and Colorado Department of Education. Students submitted photos or videos to Instagram that fulfill challenge requirements.

What barriers did you face?

-For the 5210- making sure we had each student participating and making sure they ALL received their shirts.

- For Pink Day - just trying to get more people involved.
- For Strides to End Stokes - we need to move the pie in the face station into the shade. We also needed more water. Other than that, it was AWESOME!
- For the challenge, the barrier was how long it took to upload all of the pictures.

What do you look forward to accomplishing next year?

We want to continue with the programs we currently promote. We look forward to hopefully, receiving the grant money from The Governor's Fitness Council for a new weight room to be used by both students and staff.

Northridge High

SMART Goal: By May 2017, have a developed plan to implement wellness events and activities for next school year and have it uploaded into a place that is transferable.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

In the beginning, Northridge had difficulties gaining administrative buy-in. They had meetings with Principal to seek support as well as with the Culture and Climate TOSA (teacher on special assignment). One team leader was able to go to a training provided by RMC Health that focused on gaining support from within the school. Another team leader tried to go to a training, but did not receive a response for approval from admin. Although they had barriers, they were able to purchase a few standing desks to pilot with students.

What barriers did you face?

Hit a major wall with admin support, which hindered our ability to get grants, go for grants, and create much within our school.

What do you look forward to accomplishing next year?

Hopefully gaining more knowledge about programs that can be implemented at the high school level. More knowledge in general.

Central High

SMART Goal: By end of semester 1, have a team of at least 3 students. By the end of the school year have one school-wide wellness event.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

We had our Healthy Hot Chocolate on March 2nd and have 50 students and 10 staff members participate! There are some pictures attached. The kids really enjoyed getting to run for free hot chocolate.

What barriers did you face?

Some barriers we had were recruiting students to be a part of our wellness team. A lot of our students who would be interested in our student wellness team are a part of Green Cats. Next year we really want to find some students!

What do you look forward to accomplishing next year?

Next year we would like to continue our Healthy Hot Chocolate Run. We also had thought about doing a Smoothie Run in the spring but did not get around to it. We will continue to try and recruit students for our wellness team. We have set a good foundation in this first year and look forward to next year!



West High

SMART Goal: By May 2017, at least one bottle filling water fountain will be installed in the hallway at Greeley West.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

We did not accomplish anything, unfortunately. The water fountain we had originally wanted to purchase was already purchased by the athletic department.

What barriers did you face?

Because we had NO students interested in joining the Student Wellness program, we did not have a lot of support or time to do much at all.

What do you look forward to accomplishing next year?

Now that I have an idea of what this program is about, I will promote it much better this time around as well as do different things in our school to promote wellness (hopefully).

Jefferson High

SHIP: By March 2017, 50% of our teachers will have participated in a school wide fitness activity.

What did you accomplish this year from your SHIP (or outside of your SHIP)?

Jefferson was not able to complete any activities on their SHIP. They did participate in wellness activities outside of their SHIP, such as:

- Participating in Chef in the Classroom
- Conducting a weekly (twice per week) Cooking Matters Class for students during school. Two science teachers approached the Food Hub Manager (Natalie) and AmeriCorps. VISTA (Katrina) and told them they wanted a greenhouse (was not feasible). Because the teachers also had cooking experience in prior jobs, they incorporated cooking into their classrooms, and envisioned having a garden where they can grow food, harvest it, and cook it in their classrooms. They started cooking (using their own funds). Olga from Cooking Matters suggested that they use Cooking Matters. Natalie and Katrina applied for Jefferson to be a Cooking Matters site and received \$850 plus cooking utensils/appliances. They conducted an 8-week (twice per week, 1 hour course) class with the students.
- Working with Food Hub Manager and AmeriCorps VISTA to help with gardening activities (Katrina secured \$2600 grant funding for Jefferson from Home Depot).
- Hosting a fitness competition for students and staff (by PE teacher)

What barriers did you face?

The biggest barrier was trying to get students involved/excited about cooking.

What do you look forward to accomplishing next year?

Jefferson received funding through Home Depot for \$2,600 for a school garden (written by Katrina). The Principal, Katrina, Natalie, and the construction class plan to build a pergola for the garden and a memorial stone to recognize the class. They also plan to continue the Cooking Matters class next year (during school hours). Natalie plans to utilize volunteers and dietetic interns for the nutrition education portion.