One Size Doesn’t Fit All: Examination of Two Unique School Wellness Promotion Programs

Rappahannock County Public Schools
Fauquier County Public Schools
Objectives

1. **By the end of the session, participants will be able to identify and understand elements of each of the three key areas (cafeteria, classroom, community) that have been essential to creating a healthier educational culture at Rappahannock County Public Schools.** We will discuss initiatives to improve school nutrition including student-driven menus, incorporation of local foods, and greater scratch cooking methods. We will share classroom initiatives such as our Elementary School Brain STAR action based learning lab, High School Alternative Seating Classroom, professional development opportunities for staff, and our Brain STAR database. In addition, we will discuss community programs: 6 month challenges, group exercise classes, 1-on-1 health coaching, and weekly motivations.

2. **By the end of the session, participants will be able to discuss the four pillars of the FRESH program (classroom, after-school settings, cafeteria and community).** We will address our cafeteria initiatives, farm-to-school emphases, and the challenges incurred in both. Our chef will also discuss ideas for getting the local community involved. We will explain our rollout of fitness integration and the planning involved with our after-school clubs.

3. **By the end of the session, participants will be able to identify how two neighboring school districts each took a different approach to promote wellness in their schools and communities.** Participants will have the opportunity to ask questions of both teams.
commit to be fit
“Commit to Be Fit “does not end at the school doors, rather it opens them, creating a school-based wellness program for employees, parents, and community members.”

- Dr. Shannon Grimsley
2017 grant proposal
• Population: 7,388 (2016)
• School division population: 883
• Rappahannock County Elementary School
• Rappahannock County High School
Process of Planning

**Strategic**
- Establish criteria
- Long-range view
- Stakeholder input

**Planning**
- Vision and Mission
- Values and Aims
- Intended Outcomes

**Evaluation**
- Assessment
- Test goals
- Impacts

**Program**
- Documentation to stakeholders
- Accountability
- Formal/Informal

**Year 1**
Inspiring Healthy Role Models

**Year 2**
Focusing on the Family

**Year 3**
Changing Community Culture

**Year 4**
A Broader Scope

**Year 5**
Global Outreach and Sustainability
Brain Break

True/False

For each statement, answer TRUE or FALSE through movement.

TRUE- SQUATS  FALSE- AIR JUMPS
A Three-Pronged Approach to Cultivating a Community Culture of Health and Wellness

In the CAFETERIA   In the CLASSROOM   In the COMMUNITY
Prong 1: Cafeteria
Cafeteria

Commit to be fit

Allow all students access to healthy meals, including fresh and local foods, and nutrition education and experiences to lead a healthy life.

Student-driven menu
- Over 25 new menu items have been added from student feedback
- ex) High School Salad Bar

Farm to School
- Increase community partnerships with farmers and Local Food Hub to source more local foods

Increasing scratch prepared meals
- Chef led training on efficient knife skills and seasoning with herbs/spices
Cafeteria as a Classroom

- Taste tests
- After-school cooking classes
- Educational messaging
- Farmer’s Market field trip
- Parent newsletters
- Morning announcements
Pinky-thumb flip
-On one hand, stick out your thumb.
-On the other hand, stick out your pinky.
-Then switch back and forth.

Too easy? Try speeding up.
Prong 2: Classroom
- Brain STAR Action Based Learning Lab (PreK-7th)
  - 10 Movement Based Stations
  - Fills developmental movement gaps
  - Promotes movement/curriculum integration
  - Allows for additional physical activity

- Neuronasium (8th-12th)
  - Alternative Seating Classroom
  - Available to all HS classes
Classroom

• Brain STAR database teacher resource
• Professional Development training for teachers
• Offer curriculum integration activities in the classrooms
Nutrition and Personal Fitness
High School Elective

• Nutrition basics
• Digestion/metabolism
• Planning and cooking healthy meals
• Food marketing
• Sports Nutrition
• Personal Fitness
• Goal setting
• Social Media Campaign
  • Instagram: Rapp_Fitness
Tailor learning opportunities towards nutrition with curriculum that is *already* occurring

Student project surveying new breakfast parfaits  
Eating a Rainbow of Colors  
Students grew mint for Rev your Bev Day

Share nutrition reading passages, math worksheets, and other resources with teachers that align with learning standards
Blink your right eye while snapping the fingers on your left hand; then switch to blinking your left eye and snapping the fingers on your right hand.
Prong 3: Community
Community

Classes, Workshops, & Events
• 451 offerings in SY17-18
• Participant driven
• Morning/afternoon/evening options

1-on-1 Health Coaching

Weekly Newsletter
• Announcements, highlights, tips, and recipe

Challenges
• 6 Month Challenges
• Monthly Behavioral Change Challenges
Wellness Wednesday
• Different weekly themes
Community

Staff Wellness

• School staff challenges
• Fruit Infused Fridays
• Pedal desks in teachers lounge
• PD and wellness prizes
Evaluation

**Internal**

**Cafeteria**
- Cafeteria participation
- Student feedback
- Tracking % of local produce

**Classroom**
- Observational data to assess movement
- Student achievement data relative to kinesthetic movement

**Community**
- Participant feedback (pre and post surveys)
- Monthly check-ins/ body composition data

*Currently in external review*
Strategies for Implementation

• Identify your greatest needs

• Assemble your health team: school admin, school staff, student clubs, parent volunteers, community members, etc.

• Be inclusive in decision making

• Create partnerships

• Small steps to systemic change
Weight of the State

Natalie Ortiz, Kristin Weinzapfel, and J.R. Royston
FRESH Presenters

Natalie Ortiz – FRESH Chef

JR Royston – Lead FITS

Kristin Weinzapfel – Volunteer and Club Coordinator VCC
Fauquier County is located in the Northern Piedmont area of Virginia. Located forty miles southwest of Washington, D.C., Fauquier County has a population of over 69,000 people and covers an area of 647.45 miles. There are 43 villages and 3 incorporated towns in Fauquier County. With 11 elementary schools, 5 middle schools and 4 high schools, the enrollment in FCPS is 11,233 students.
Fauquier Reaches for Excellence in School Health
Promoting a Culture of Health and Wellness

Classroom  Cafeteria  Clubs  Community
FRESH START

YEAR ONE
- Hire Staff
- Program Development
- Retrofit/Upgrade Kitchens
- Pilot Classroom Activity
  Grades K-2
- Pilot After School Clubs
  Grades 3-5

YEAR TWO
- Full Implementation of Classroom Activity
  Grades K-2
- Full Implementation of After School Clubs
  Grades 3-8
- Pilot Outreach to Staff and Community

YEAR THREE
- Expand Classroom Activity to Grades K-5
- Expand After School Clubs to K-12
- Full Implementation of Outreach to Staff and Community
YEAR FOUR

Expand Classroom Activity to Grades K-6
Full Implementation of After School Clubs, All Grades K-12
Ongoing Staff and Community Program

YEAR FIVE

Full Classroom Activity in K-8.
After School Program All Grades K-12
Ongoing Staff and Community Program
Cafeteria-FRESH

Increasing knowledge, skills, & practical application of skills to empower cafeteria staff to serve students appealing & identifiable food groups while building positive associations of nutritious food choices for the purpose of creating lifelong healthy eating habits.

Skills Based Small Group Trainings & Training Tools
- Established a train the trainer model utilizing Lead Cooks
- 15 training sessions per SY
- Training videos & visual tutorials

Increased Use of Fresh, Minimally Processed Ingredients Resulting in Increased Scratch Recipes
- Provided tools & equipment
- Started with new scratch recipes as well as small changes
- Student surveys through taste testings

Farm to School Foundations & Community Involvement
- Community partnerships
- Relationships with local farms & growers
Cafeteria Outside of the lunch line-FRESH

- What’s FRESH Produce of the Month Campaign
- Healthy messaging throughout the school through interdepartmental partnerships
- Marketing tactics for school staff, parents, & students
- Presence at school community functions
- FRESH cooking clubs
Classroom - FRESH

11 Elementary Schools

- 1st Year-pilot K-2
  8 Games

- 2nd Year K-2
  Game of the Month

- 3rd Year 3-5
  8 games 2x over the course of the year
Classroom- FRESH

Changes

• Keep it simple
  • 20 minute lessons
  • Less is more
• New games
  • Active Worksheet
• Brain Breaks
• Work closer with those willing to work
• Enter 6th grade at middle schools
Brain Break

• Partner Up!
  • Arms Out
  • Thumbs Down
  • Cross Arms
  • Interlace fingers
  • Bring fist to belly button and up
  • Pick a finger for them to move

DO NOT TOUCH YOUR PARTNER!

Teacher Magic!
Clubs- FRESH

6 Clubs/year/school:
- Running
- Cooking
- Gardening
- Sports
- Fitness

Coordinated by Wellness Leaders

Lead by Facilitators

Challenges - Solutions
- Variety in quantity and quality
- Student/Facilitator ratios
- Behavioral challenges
- Waitlists
- Space and weather
Community-FRESH

Warrenton Farmers Market Collaboration
- Kids Day tastings
- Herb garden plantings

Community Cooking Classes
- Support from Principals
- Partnership with local non-profit farm
- Partnership with local food bank

Relationship with Virginia Cooperative Extension
- Master Gardener & Master Food Handlers
Questions for the Teams

Amanda Butler
Nutritionist, Food Services Director

Holly Jenkins
Personal Trainer, Health Coach
Communications Specialist, ABL Facilitator

Jackie Tederick
Certified PE Teacher, Personal Trainer,
Health Coach, ABL Facilitator

Natalie Ortiz – FRESH Chef

JR Royston – Lead FITS

Kristin Weinzapfel – Volunteer and Club Coordinator VCC
Thank you for attending!

[Logos and social media handles]

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