

School Community Partnerships that Promote Physical Activity

*Presented by:
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Boone County Schools*

Motivation to Begin Partnerships: FUN Nights

PEP Grant Recipients - 2011/2012 School year

\$1.8 million dollars was received to four of our Boone County Schools

Benefits Our Students Received From This Funding

- Families Understanding Nutrition (FUN) Events (\$700 per event - 4 events per building a year)
- New and Expanded Physical Education Curriculum
- More Physical Activity Equipment
- Expanded Nutrition Curriculum
- Physical Education Field Trips
- After School Physical Activity Opportunities and Increased In-school Physical Activity and Health Opportunities
- Community Partnerships
- Outdoor Education/Fitness Equipment
- Learning Opportunities Aligned with school goals for:

The Importance of Family Involvement

Children with families who are actively engaged in their learning—

- Adjust to school easier
- Attend school regularly
- Have better social skills
- Show improved attitudes and behavior at school and at home
- Have advanced language and math skills
- Earn higher grades and test scores
- Graduate from high school and go on to higher education

Adapted from A New Wave of Evidence The Impact of School, Family and Community Connections of Student Achievement (2002) <http://www.sedl.org/connections/resources/evidence.pdf>

Barriers that may keep families from being engaged.....

- Language or cultural differences
- Printed materials not targeted to families language, culture or understanding
- Feeling they are unwelcomed
- Feeling talked down to, talked at or blamed
- Negative family attitude based on experience
- Feeling overwhelmed, inadequate or unclear how to help child with learning
- Belief that they have no decision-making power
- Don't see teacher or school as a person or place to go to ask for help if needed.
- Little or no access to transportation

Includes information adapted from School, Family, and Community Partnerships Your Handbook for Action (2002) by Joyce Epstein, Mavis Sanders, Beth Simon, Karen Salinas, Natalie Jansorn, Frances Van Voorhis

School and Community Stakeholders

Stakeholders within the schools:

Family Resource Center (FRC)

Parent Teacher Association (PTA)

Parents

School Faculty

School Administration

District Food Services

District Administration

Stakeholders within the community:

R.C. Durr YMCA

Boone County Parks and Recreation

World of Golf - City of Florence

Florence Parks and Recreation

Florence Aquatic Center

Melody's Boot Camp

Chick-Fil-A

Success by 6

Northern Kentucky Health Department

All Star Chiropractic

Healthy Alternatives

PACS NOW

Boone County Public Library

Objectives

- Families understanding the importance of nutrition, health and physical activity and taking away and implementing skills needed for lifetime wellness while building stronger family and school relationships.
- Building partnerships through school and community resources.

Events Utilizing FRC

“Say Cheese” Family Pictures and Informational Night

Each Year one of our Elementary Schools offers a free family photo night, paired along with informational seminars about the events planned for the new school year. PEP used this opportunity to provide families with an update on the progress of the PEP Grant and the future events planned for the new school year. We also gave away nutrition information, pedometers, and jump ropes to families who attended the event.

Family Storytime-Circus Mojo and Winter Olympics

Students receive free books and enjoy health and nutrition stories read by staff. Students also earned points for AR Store!!!

F.U.N. (Families Understanding Nutrition) part of the PEP Grant had a taste testing of nutritious snacks with recipes and calorie information.

Fitness activities planned for families- Circus Mojo provides circus activities, Winter Olympic style games for families.

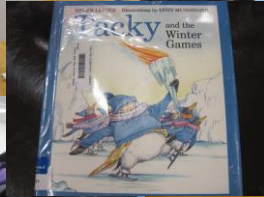
Family Boot Camp and Clean Eat Diet with Melody Hoppus

Families were able to participate in:

- Fitness Boot Camp
- Presentation on the “Clean Eat Diet”
- Cook a healthy “Clean Eat” pizza
- Families get up and active, create and eat some great healthy food, and learn more about what is going on within the schools PE/Health Programs.

Growing Produce – Family Story Night

On April 22nd (Earth Day) students participated in a Family Story Night. This story night focused on the life cycle of plants like fruits and vegetables. Each grade read a story about plants and growing food. The students planted flowers after the story time, and were sent home with a book and vegetable seeds to plant at home. The importance of fruits and vegetables for healthy living was highlighted and emphasized. This F.U.N. night provided families with healthy eating tips, and information about growing a garden at home. This was a great opportunity for families to learn and grow together!



Events Utilizing PTA

Peaceful Playgrounds/Zumba (09/17/13 & 03/18/14)

PTA and PEP kicked off the first PTA meeting/event of the 2012-2013 school year. During this event the families learned more about the Family Resource Center, Title 1, Watch DOGS, and specifics of the PEP Grant Program. Our PEP facilitator gave a brief presentation on PEP followed by a night of peaceful playground games with parents and their children. A certified Zumba instructor from the YMCA came to teach a thirty minute Zumba class to introduce the families to Zumba and it's health benefits.

Halloween Festival

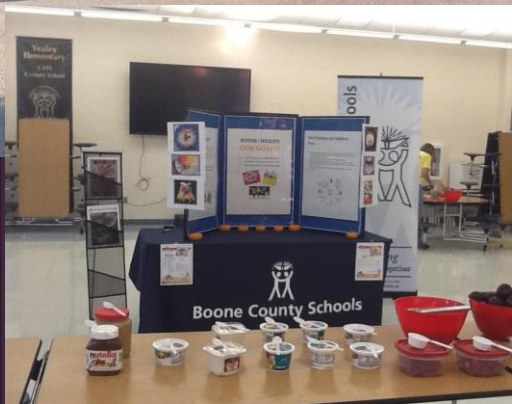
Halloween festival sponsored by PTA (Parent Teacher Association) and partnered with Boone4Health, PEP Grant Program. The event started with a family fun pumpkin 1 mile run followed by physical activity games, inflatables and a creating Halloween creature with fruits and vegetables. Information about nutrition, physical activity and PEP grant was given out to families that attended this event.

Spring Carnival

The spring carnival was sponsored by PTA and partnered with Boone4Health, PEP Grant. This event had multiple recreational physical activity games, inflatables, karaoke, face painting, pedometer and jump rope giveaways.

Amazing Race

One of our elementary hosted an "Amazing Race" event on May 16th. There will be different stations that the participants have to complete. Several ideas include using the playground and gym as stops. In the gym, participants will be performing a dance routine using the new smarttrainer boards purchased through PEP and identifying fruits in Vegetables with a nutrition ID game. The "Amazing Race" brings families together for a day of fun and "competition".



Events Utilizing School Staff

Family Zumba Night

A brief presentation was given about the benefits of good nutrition and physical activity and the benefits the PEP Grant has brought to Middle School students. Following the presentation a certified Zumba instructor from the YMCA came to teach a sixty minute Zumba class to introduce the families to Zumba and it's health benefits.

Fitness Trail and Disc Golf Grand Opening

Students and Staff joined together for an induction of the Fitness Trail and the brand new 9 hole Disc Golf Course. Members of the community and school system that played an important role in the creation of the trail and golf course were present for this event. 8th Grade students cut the ribbon at the conclusion of the ceremony. Students participated in outdoor activities concluding the Trail and Disc Golf Course Induction integrating FUN, FITNESS and CONTENT in the 3rd annual Amazing Race Field day

Couponing Night

Parents came to learn about couponing basics and how to use coupons to eat healthy presented by Stockpiling Moms. Students and other family members came to enjoy roller skating while parents learned about couponing. The entire family was able to create and taste test healthy smoothies at the end of the evening and take the recipes home to make more.

Family Boot Camp and Clean Eat Diet with Melody Hoppius

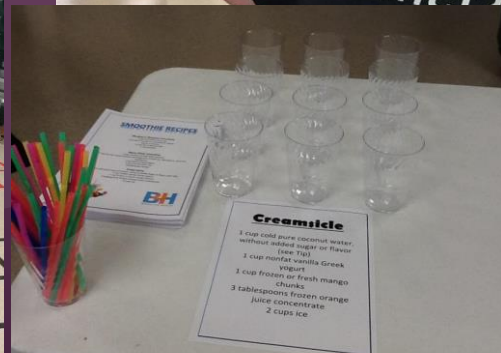
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Events Utilizing District Resources

Description of Lights on Boone Co. Community Event – All PEP Schools

This event will include vendors providing resources for parents and families about their before/after school and extended time services. Each October, 1 million Americans and thousands of communities nationwide celebrate *Lights On Afterschool* to shine a light on the after school programs that keep kids safe, inspire them to learn and help working families. PEP team had a booth with nutrition information, healthy snack, recipe book and an information packet of the after school activities provided through the PEP Grant and the PEP sites in Boone County.

Description of Boone Co. Day of Play – All PEP Schools

Zumba Kick Off, Family 5K Run/Walk and Family Activities and Health Fair

Community Activities Fair – All PEP Schools

May 10, 2014: Community Activity Fair, sponsored by the Boone County Community Education Council, 10:00-2:00

Boone County Extension Service. The PEP schools are working together to create a healthy recipe book to give to anyone interested during the event. We will have a taste testing of one item from the recipe book for participants to sample. Other community organizations will be at this event providing additional information to the community. One of the most attended district events PEP was a part of.

Description of Healthy Living in Boone Expo/ ACE and All PEP Schools in Boone Co.

On October 25, 2012 All PEP Schools and Boone4Health will be partnering with other Non-PEP Elementary School to provide all students and families in Boone Co. Schools with health, hygiene, nutrition and physical activity information to increase Healthy Living in Boone Co.

The event began with a brief presentation from a medical professional. Following the presentation there was physical activity, nutrition, health, safety and hygiene community partner booths located in the gym and cafeteria at one of our Elementary Schools. The companies attending this event will have information for families as well as some free giveaways.

Community sponsors include: Tooth fairy, Gary Williams – Martial Arts, YMCA, Boone Co. Parks, World of Golf, St. Elizabeth, Peaceful Playgrounds, NKYHD, Success by 6, Healthworks – Children's Hospital, FRC, Giveaway nutrition item booth, Boone Co. Sheriff, Chiropractic Family Wellness, Local restaurants providing nutritional information from their menu as well as healthy options they offer, Taste Testing Salsa, Food Services information on school lunches, Food Identification Games.



How Did We Get Families Involved

- Student/family flyer
- Announcements
- All calls
- FB/Twitter event page
- School Website
- Word of mouth
- Community handouts

- How to use Exchange
- How to find our discussion on Exchange
- How to add comments and questions on Exchange
- Questions that you currently have that you would like us to post on exchange to begin discuss allowing for questions to be answered.

What FUN Events are Possible at Your School?

Activity	Equipment	Outreach/ Resources	Funding	Cost	Family Involvement