

## **Action for Healthy Kids Grant Proposal**

### **Section 1: School Contact Information**

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### **Section 2: Program Specifics**

#### **Current Physical Activity**

PE Avg Minutes/Per Day for Avg Student: 25 minutes average/day

Recess Avg Minutes/Per Day for Avg Student: 12 minutes average/day

Classroom-based Activity/Brain Breaks Avg Minutes/Per Day for Avg Student: 2 minutes/class

Before/After School Activity Avg Minutes/Per Day for Avg Student: 15mins/day

Walk/Bike to School Activity Avg Minutes/Per Day for Avg Student 10 mins/day

#### **Proposed Physical Activity Strategies**

Other - Indoor & Outdoor Active Recess Programming Combined with Walk/Bike to School Initiatives

#### **Proposed Nutrition Activity Strategies**

Other - School Gardens Combined with Nutrition & Cooking Education

### **Section 3: Project Detail, Plan & Evaluation**

#### **Project Detail (2000 characters)**

#### **Proposed Physical Activity Strategies**

The Action for Healthy Kids funding would support implementation of Active Recess and Safe Routes to School activities. In November 2014, an active recess effort was launched at Lincoln Park Middle School. The focus has been on providing indoor recess opportunities. We will use funding to continue building the indoor recess program, while also adding geocache sites on school property to create a school walking loop that can be integrated into other active school day initiatives. We will also use this initiative to build on the success of National Walk to School Day in the fall and "Walking Wednesdays" during the month of May.

#### **Proposed Nutrition Activity Strategies**

Duluth District has a goal to increase fresh, local produce within the cafeterias. The Lincoln cafeteria manager will attend Food Service Training focusing on local food prep/cooking in February, March, April, September and October taught by Culinary Instructor, Arlene Coco. Starting in the Spring of 2016, the Nutrition Department will begin offering scratch-baked muffins and breads at Breakfast two times per month. The baked-goods will be made with local produce. Studies show that breakfast improves learning, test results and attendance while reducing behavior problems and helps build healthy eating habits. A communication model will be developed at Lincoln school to inform students and families of the offerings. Spring and Summer Garden activities will be incorporated into Science Club (Spring - 16 hours/week, 8 per

week). In addition, Summer school classes and Northwoods Programming will assist with garden care and conduct lessons. Food & Consumer Science Classes (FACS) will have a Weekly Outdoor/Garden Activity starting the 2nd week of September for a total of 6 sessions. The proposed project provides an avenue for managing 25 student classes in the garden while giving the kids first-hand experience harvesting the produce they will cook with in FACS class.

**Project Outcomes**

**Outcome 1:** Complete a School Health Index Assessment by October 2016.

**Outcome 2:** Forty-five students will participate in May Walk to School Wednesdays, a 50% increase in the average number of “Walking Wednesdays” in May of 2015

**Outcome 3:** By October 2016, 50 percent of students will increase physical activity during recess. A variety of indoor and outdoor recess opportunities will be available to meet the interests of the representative student population.

**Outcome 4:** By October 2016, active student garden participation will increase from 8 Science Club Members to 150 students.

**Outcome 5:** 80% of participating students will increase their understanding of garden produce identification, good nutrition and the origin of fresh food.

**Project Timeline (4000 Characters)**

Month	Physical Activities
February 2016	<p><b>Indoor Active Recess</b>            This is an important component of the grant proposal as it facilitates daily physical activity for more students. While the daily average physical activity in Physical Education is 25 minutes. A true reflection of actual daily activity is much less at different points of the school year. Currently, 6th-7th graders have 50 minutes of PE every other day. 8th graders, on the other hand, have PE every day ½ a year and the other half of the year they take Health; 20 minutes of physical activity has been arranged during Homebase one time per week when students are enrolled in Health.</p>
March 2016	<p><b>Active Recess, Walking Club</b>  <b>School Health Index:</b></p> <ul style="list-style-type: none"> <li>● Assemble Community School team to begin working toward completing expanded SHI</li> </ul>
April 2016	<p><b>Every Kid Healthy Week</b> - guest speaker about healthy eating and active living, followed by student engagement to gather further ideas for active recess initiative (TBD)  <b>School Health Index (SHI):</b></p> <ul style="list-style-type: none"> <li>● draft action plan of action based on SHI results</li> </ul>
May 2016	<p><b>Walking Wednesdays, Active Recess</b>            Identify youth group planning and creating the geocache stations.  <b>School Health Index</b></p> <ul style="list-style-type: none"> <li>● Community engagement (possibly, may need to wait until Fall)</li> </ul>
June-August	<p>June: Geocache and Fitnessgram station site planning</p>

2016	July: Geocache site planning and logistics, begin set-up of stations August: Wrap-up setting up stations in preparation for school year
September 2016	<b>Launch Geocache sites</b> <ul style="list-style-type: none"> <li>Integrate exploration of these sites into classrooms, outdoor recess</li> </ul>
October 2016	<b>National Walk to School Day</b>

Month	Nutritional Activities
February 2016	Cafeteria Manager attend Local Food Service Training taught by Culinary Chef Arlene Coco. Local Produce Theme: Carrots
March 2016	<ul style="list-style-type: none"> <li>Cafeteria Manager attend Local Food Service Training. Local Produce Theme: Beets</li> <li>Purchase garden and cooking equipment</li> <li>Make final plans for Cafeteria Student Tasting</li> </ul>
April 2016	<ul style="list-style-type: none"> <li>Cafeteria Manager attend Local Food Service Training. Theme: Local Frozen Berries &amp; Best Practices</li> <li>Healthy Breakfast Baked-Good Offering</li> <li>Student Cafeteria Tasting</li> <li>Every Kid Healthy Week Event - Possible Family Cooking Class</li> </ul>
May 2016	<ul style="list-style-type: none"> <li>Healthy Breakfast Baked-Good Offering</li> <li>Finalize Community Volunteers for Fall FACS Garden Rotations</li> <li>Finalize FACS Student Assessment for Garden Activities</li> </ul>
June-August 2016	<ul style="list-style-type: none"> <li>Science Club - 8 hours garden activities/week</li> <li>Summer School &amp; Northwoods programs will also incorporate garden activities</li> </ul>
September 2016	<ul style="list-style-type: none"> <li>Cafeteria Manager attend Local Food Service Training. Local Produce Theme: Cucumbers &amp; Beans</li> <li>Healthy Breakfast Baked-Good Offering</li> <li>FACS Weekly Garden Rotations tied to FACS standards. Start the 2nd week of September. Students will rotate through 4, 8-10 minute stations. Station volunteers will be secured via the St. Louis County Public Health &amp; Essentia Community Health Networks</li> </ul> <p><b>Station 1: Harvest Produce</b></p> <p><b>Station 2: Data Collection</b> - Weigh produce, input data for classroom charting and graphing. <b>Sorting</b> - Identify in which My Plate food group the produce fits, determine what part of the plant is eaten (root, leaf, fruit etc) and discuss nutrition information &amp; benefits</p> <p><b>Station 3: Geocache Station</b> - Different Weigh Points are provided for each group, each group would navigate to different locations in the garden. Students would identify the plant, discuss what My Plate Food Group it is in and water. This group will also wash produce</p>

	<p>using outdoor garden produce washing station.</p> <p><b>Station 4:</b> Fitnessgram Station to tie in with students' PE goals</p>
October 2016	<ul style="list-style-type: none"> <li>● Cafeteria Manager attend Local Food Service Training. Local Produce Theme: Tomatoes</li> <li>● Healthy Breakfast Baked-Good Offering</li> <li>● FACS Weekly Garden Rotations. See September Outline.</li> </ul>

**Evaluation (800 Characters)**

**Outcome 1:** In April 2016, school staff and community partners will attend the National Community Schools conference, offering a launching point for Community School planning. Lincoln will integrate School Health Index action plan to be integrated into the community school model.

**Outcome 2:** Participation in May 2016 Walk to School Wednesdays will be tracked and compared with May 2015 participation rates.

**Outcome 3:** Student counts will be taken during each indoor and outdoor recess opportunity.

**Outcome 4:** Student garden participation rates will be tracked by classes/clubs.

**Outcome 5:** Student pre and post assessment will be built into FACS garden activities to measure students' understanding of garden produce identification and good nutrition.

**Sustainability (2000 Characters)**

Lincoln Park Middle School will conduct an annual School Health Index assessment as part of its Community School Model. Many community schools include health as a part of their service spectrum. Embedding the School Health Index, along with a partnership with St. Louis County Public Health will serve to keep health focused initiatives included in the community school model.

A key objective of the Duluth School District is "Achievement for all." Lincoln Park Middle School recognizes that offering opportunities for students to be active and eat well is an important strategy to support academic achievement for all students. The link between healthy opportunities and academic performance is well documented. Early success through a partnership with the Statewide Health Improvement Program has demonstrated the positive impacts that health initiatives can have on performance and the school environment. Success at Lincoln Park Middle School will support ongoing policy and systems changes at the school and district level, creating a case and model for other local schools to follow.

Lincoln will continue to collaborate and partner with a variety of groups to sustain its school garden program. Additional standards-based classroom integration opportunities will be investigated as well as incorporation of produce within the FACS classes and school cafeteria. The partnership between Duluth District and The Carlton-Cook-Lake-St. Louis Community Health Board provides continued leveraging opportunities and room for growth. The district is planning to revise its Wellness Policy to align with the Minnesota School Board Association Policies. In addition, the Farm to School initiatives will:

- Build Relationships between classroom, cafeteria, and community
- Further local food system development within the school district

- Increase student and community awareness of where food comes from and healthy food options, creating more informed consumers who support and buy from Minnesota farmers

**Every Kid Healthy Week Event (2000 Characters)**

Student tastings provide an engaging way for students to try new healthy foods and provide feedback on recipes. On Friday, April 22, there will be a Cafeteria Tasting for Students bridged in with an active recess fitness component. During the District’s April Food Service Training, Cafeteria Staff will prepare several recipes using frozen local berries. One of the items will be incorporated into a Student Tasting in the Cafeteria. Student groups and classes will take part in organizing the tasting.

We are currently arranging for a local healthcare provider to be a guest speaker for a school assembly, that will also ideally take place on Friday, April 22nd. The provider is renowned for his emphasis on upstream health, and will deliver a message that inspires students to think about how their “food, feet, and fingers” are the best tools that they have to keep themselves healthy. “Move your feet, use your fingers to grow and prepare healthy food, and focus on fueling yourself with food that keeps you strong and healthy.”

We will also incorporate a student engagement activity during the lunch and recess period providing an avenue to get students ideas for further before, during, and after school physical activities.

**Budget**

Item	First Semester (65% or less)	Second Semester (35% or less)	Justification of Funds
Program Equipment & Supplies	2 Geocache Devices \$350 Garmin - eTrex 20x 2.2" GPS - Orange \$175/device	12 Clipboards \$25 Officemax.com Food Processor \$470 3.5 Quart Food Processor,	The Geocache Devices, Geocache Storage Boxes/Supplies,

	Geocache Storage Boxes/Supplies \$125 Zumba Speaker \$150 4 Square Mat \$150	Webstaurantstore.com  Ultraship 35 lb electronic scale \$40 <a href="http://www.amazon.com/My-Weigh-Ultraship-Electronic-Shipping/dp/B00PHRCV08/ref=sr_1_2?ie=UTF8&amp;qid=1446501094&amp;sr=8-2&amp;keywords=ultraship+35+scale">http://www.amazon.com/My-Weigh-Ultraship-Electronic-Shipping/dp/B00PHRCV08/ref=sr_1_2?ie=UTF8&amp;qid=1446501094&amp;sr=8-2&amp;keywords=ultraship+35+scale</a>	Zumba Speaker, 4 Square Mat, 12 Clipboards will be used for proposed Active School & FACS Garden Activities. The Food Processor will enable the FACS classes to better process garden produce for use in class recipes. Electronic scale for measuring harvested produce; the scale has multi-purpose and can be used for measuring ingredients in FACS classes as well
Incentives, Gifts, Awards		Water, snacks, gift cards for Garden Activity Volunteers \$150	Provide a thank you for volunteers time; 4 stations allows for class management strategy in the garden; Proposing Walk to School Incentives through Essentia funding
Evaluation			INKIND SHIP Coordinator & Farm To School Coordinator Time for Evaluation
Printing & Copying	Printing & Copying Activities to promote proposed Active & Nutrition Activities \$20	Printing & Copying Activities to promote proposed Active & Nutrition Activities \$20	Printing & Copying to promote proposed activities. Some INKIND SHIP funds.
Every Kid Healthy Week Costs			Inspirational speaker Stipend Essentia Inkind; Tasting Costs covered through

			Victory Fund grant; Active Fitness Stations will use Program Equipment
Total	\$795	\$705	\$1500

**Section 5:**

**Nutrition & Physical Activity Success Stories (2000 Characters)**

Lincoln Park Middle School (LPMS) has had great success with National Walk to School Day. Since 2013, LPMS has implemented a remote drop off, allowing over 500 students to participate each year. In the spring of 2015, LPMS implemented a “Walking Wednesday” program, where students voluntarily met at a local park and walked to school together.

LPMS was recognized by the Minnesota Department of Education for using strategies like “active recess” and “focus walks” to reduce behavior referrals and improve test scores. It hopes to continue these efforts through the proposed Active Recess strategies.

LPMS is working in Collaboration with the Minnesota Department of Health’s Statewide Health Improvement Program (SHIP). St. Louis County Public Health SHIP funded staff work with LPMS about 6 hours per week on Active Living and Healthy eating initiatives to implement this project and sustain efforts into the future.

This Fall, in the 2nd year of having a school garden, Lincoln Family & Consumer Science students cooked 10 recipes using garden produce including recipes such as Garden Harvest Soup and Stir Fry Carrots with Garlic. As a result, kids learn life-long cooking skills and healthy eating habits. Lincoln Park Middle School has been the host for several Farm to School tastings and tours. Administrators, School Board Members, Teachers, Legislative Representatives, Minnesota Department of Agriculture, City Councilors, Public Health & Garden Organizations and Community Members received a school garden tour on September 11, 2015. Later in the Fall, Lincoln was honored to share farm to school project activities with US Under Secretary of Agriculture Kevin Concanon; Tim English, Regional Administrator, USDA; Vista Fletcher, School Programs Branch Chief, Duluth Superintendent Gronseth and Nutrition Director, Pam Bowe. Media Clips of garden activities are posted on:

<https://www.facebook.com/healthynorthlandfarmtoschool/?fref=ts>

**Grant Awards**

MN Department of Education awarded LPMS funds to support Community School transition. \$100,000 USDA Farm to School grant was awarded; Duluth District is 1 of 3 partners through 2016. The Victory Fund awarded \$33,325 for 9 district food service training sessions focusing on local food. The MDA & BCBS awarded \$28,000 to Duluth District to purchase baking equipment for healthy breakfast baked-good items.

