Appendix B

Richmond School Action Plans:

New Programs for 2008-2009
Existing Programs for 2008-2009

Education for Healthy Kids
New Programs for 2008-2009

Our Education for Healthy Kids project for the 2008-2009 school year includes the implementation of four new programs in addition to maintaining the programs that are already well established at Richmond Elementary School.

Tuesday Trekkers is a program that will encourage more students to walk or bike to school at least one day per week. The program will include educational material sent home to families that explain how walking or biking to school on a regular basis will improve student health, reduce traffic at the school site, and result in a healthier and safer school environment. Students who participate as Tuesday Trekkers will receive special cards that will be punched by supervisors each Tuesday when the student reaches the school grounds. A small incentive award is given when the card is filled. All filled cards are put in a special box from which cards will be randomly drawn for bigger prizes at the end of each of the four quarters of the school year.

A Walk/Run for Life Interval Course will be developed to further enhance the benefits of our established Walk/Run for Life playground course. Signs will be developed and posted at four different points along our Walk/Run for Life playground course which will encourage students to engage in an alternative interval activity when reaching that point along the course. For example, at one location along the course the interval sign will indicate that the student needs to stop to perform a series of jumping jacks. Another sign will indicate that the students will participate in a line-jump activity. This new adaptation of our Walk/Run for Life course will provide an additional challenge that will encourage students to continue their participation.

A Health and Wellness Club will be established for students in grades 2-6 at Richmond School. Initially, this program will meet monthly with students representing each of our classroom and advisors from the Richmond Education for Healthy Living Team. The purpose of the Health and Wellness Club will be to provide the students with educational information that will then be taken back to the classroom and shared with classmates. We believe that students teaching other students about making healthy lifestyle choices can have a great impact upon other students in their classes. The Health and Wellness Club will also provide an opportunity for our Education for Healthy Living Team to receive input from students regarding our EHL programming for students and families at Richmond.

Through a partnership with the Richmond PTA and family volunteers, **A Healthy Cookie and Snack Cookbook** for Richmond Parents will be created. This cookbook will include healthy recipes tried and taste-tested by Richmond parents and students. This collection of recipes will serve as resource when parents seeking ideas for special birthday treats, classroom celebrations, or bake sales.

School Action Plan for New Programs

What is our Vision for Educating Health Kids at our school? (Looking 5 year out-What would our school look like?)

Our vision for educating healthy kids at Richmond Elementary School is multi-faceted. Given the results of our current programming to reinforce educating healthy kids, we believe that there has been a substantial change in attitudes, interest, and knowledge of our students, staff, and families about the importance of making healthy lifestyle choices. Through active engagement of each of these groups of stakeholders in a variety of programming options, we believe that in five years we see more students choosing to walk or bike to school, participating in a wide variety of active intramural options before and after school, and making healthy eating choices during snack times and at lunch. In five years we also expect to see a dramatic decrease in the number of less healthy treats that are sent to school by families to celebrate birthdays or other special events. We also anticipate a large percentage of our families participating in the variety of family health and fitness events offered throughout the year by our energized staff.

What are our program objectives and impacts? (What would help us reach our Vision?)

The primary objectives of our Healthy Kids program continues to be to educate staff, students, and parents about making healthy choices and living healthy lifestyles. These objectives which will enable us to fulfill our vision will be accomplished through a variety of activities including the continuation of our intramural program, various family events, participation in Walk Your Child to School Day, Shape Up Wisconsin Kids Day, Bike to School Day and the dissemination of information to families regarding fitness, nutrition, and other family health topics through our Healthy Kids at Richmond newsletter and other school-wide publications. The Richmond Education for Healthy Living program will continue promote healthy snack and treats for special occasions, and the implementation of a Walking School Bus program. Additionally, the EHK team will promote healthy life style choices to our entire staff through the dissemination of information, sharing of ideas, and promotion of a wellness incentive plan. Through these ongoing efforts a growing awareness will be created for students, parents, and staff to independently make healthy life choices.

Who is this important to and who is our audience?

The audience of the Richmond Education for Healthy Kids vision and objectives includes our students, their families, and our staff. Our Education for Healthy Living plan is important to each of these stakeholders and demonstrates a commitment to creating a healthier environment for our students. It is our belief that healthy life choices increase academic achievement, improves the overall health of students, and lays the groundwork for becoming healthy adults.

What is the current situation and what exists presently?	Why is this important; what are the needs; what are the issues?	Project description through action steps	Who will be responsible? Who are the partners we can engage?	By when? Cost?
We want to involve students in the planning, implementation, and evaluation of our EHK activities and programs. **Currently we do no t have student representatives that report to our Education for Healthy Living School improvement Team. Currently, student input is gathered through informal conversations.**	Students are wonderful advocates for healthy behaviors among their peers and other children. We believe that adding the student perspective to the planning and implementation of our programs will encourage more student participation and student commitment to making healthy life style choices.	Student Health and Wellness Club: Student representatives will be chosen from each classroom in grades 2-6. Education for Healthy Living Team advisors will provide educational discussions for the classroom representatives to take back to their peers. The students will meet monthly with the adult facilitators to provide input regarding activities that the students would like to see initiated, discuss ideas for communicating healthy messages to rest of student body, staff, and families. Student ideas will be communicated to the Education for Healthy Living team monthly meetings.	**Terri Schultz, Jen Buss and Mackenzie Jacobsen** **Possibly PTA: Grant for the purchase of T-Shirts for the students that are participating.**	Student representatives selected by October 1. First meeting to be held in October and monthly from that point on. If not funded by EHK grant--PTA Grant written by Jen Buss and Bobbie Schmidt—November 1 Cost for T-Shirts: $6.00 X 20 = $120.00)
Although many of our students do walk and /or bike to school, there are many parents who still drive their children to school.	**We want to encourage more student s to choose to walk and/or bike to school to reduce traffic congestion and to provide students with additional opportunities to add activity to their daily lives.**	**Tuesday Trekkers Program:** • **Create flyer, promote in newsletter, PSAs** • **Design and print Trekker cards and order punchers.** • **Order Trekker banner**	**Bobbie Schmidt** **Bobbie Schmidt** **Bobbie Schmidt**	**9/18/08 (site purchase)** **9/18/08 (site purchase)** **9/18/08 ($150.00)**

We currently have a Walk to School Day program and a Bike to School Day program, but wanted to add a new program that will encourage walking on a more regular basis.		• Create Golden Sneaker award for the class with the most student participation. • Purchase prizes for card completion and quarterly drawings • Schedule parapros and other staff to punch Tuesday Trekker cards on Tuesday before school	Bobbie Schmidt Bobbie Schmidt Jen Buss Mackenzie Jacobsen Bobbie Schmidt Pam Cornell Karen Bennin	9/22/08 (donated) 10/15/08 ($100--donated) 9/18/08
We currently have a successful Walk/Run for Life program at recess.	We want to implement changes in our current program that might encourage more students to participate during recesses.	Determine interval options to be posted at four locations along the Walk/Run Course. Students can add those interval training options as they complete the course. Design and order signs from FastSigns. Post signs with picture descriptions and labels at the four locations along the school fence.	EHL Team members Bobbie Schmidt Tom Latimer	9/11/08 9/18/08 $88.00 10/10/08
Although more and more parents are providing healthy treats for birthdays and classroom celebrations, we believe that more parents would be willing to consider a healthier option if provide with more ideas.	Parents are very busy juggling work, activities of children, and managing a home. If parents have more ideas at their fingertips, many may chose healthier options when sending treats to school.	Parents contribute a health cookie or snack recipe that will be compiled into a healthy cookie/snack cookbook that will be give to each Richmond family.	Suzanne Hitter—PTA Member	Recipes collected: 9/02/08 Compiled and printed: 10/15/08 (donated by PTA)

We also want to encourage more healthy options for treats served during family events.	As parents and students become more accustomed to serving healthier food choices a t family events, it will become the way we "do business" at Richmond	Notify PTA Committee Chairs to express an interest in healthier food choices at family events First event: Meet and Greet—Healthy Cookie Social Next event: Harvest Fest	Bobbie Schmidt Bobbie Schmidt	**9/02/08 No cost: cookie s donated by volunteer bakers** **10/17/08 No cost: PTA budget**

How will we share our plan with the rest of our colleagues?

The Richmond EHK Team will share the Richmond Healthy Kids plan with our colleagues through staff meetings, the weekly staff update, and the promotion of the program activities.

Richmond Elementary School Action Plan for Existing Programs 2008-2009

What exists now	What we want to exist	Next Steps	Who will be responsible?	When will it be done by?
After school Walk/Run Club for 5th and 6th grade students Sixth Grade Track Meet	Continue program Continue program	Order T-shirts to be purchased by student participants	Leader: Terri Schultz Team Members: Deb Cox, Deb Gebheim, Leader: Terri Schultz; Jen Buss	March-2009 -May, 2009
Promote staff, student, parent participation in the Walk to Win program through ThedaCare	Continue program	Promote through posters, announcements, information in Mailgram Students and families will be encouraged to apply Walk/Run miles to Walk to Win	Leader: Bobbie Schmidt Team members: Sandy Kelderman; Jen Buss	September - January 2008
Walk/Run for Life Recess Program for K-6 students	Continue Program	Continue to review incentive program and pursue new incentives Maintain Photo Bulletin Board for students who meet goals Make public service announcements/newsletter recognition for students making goals	Jen Buss Jen Buss Jen Buss, Bobbie Schmidt	September 2008-June 2009
Teacher Led Health Walks with Students	Continue Program	Continue to promote use of pedometers	Classroom Teachers	September 2008-June 2009

Celebrate National Walk Your Child to School Day	Include • Dignitary Walk • Healthy Snacks for students and families • Balloons, helium for decorating school campus • Picture taking station	Contact Dignitaries for Events: Fang, McGruff, Mayor Hanna, PSL officer Raffle ticket sales for Dignitary Walk Purchase balloons, helium, apples, granola bars, disposable cameras "Walk to Prepare Picture Taking station Healthy Snack Station	Bobbie Schmidt/Jen Buss Organize 6th grade Raffle ticket sellers and ticket holders—Terri Schultz Purchases: Mackenzie Gradl Decorate and Manage Picture Taking Stations— Mackenzie Jacobsen, Pam Cornell, Lisa Poss Decorate and Manage Healthy Snack Station—Colleen Perrine, Terri Schultz, Jamie VanderHeiden	September-October, 2008—All preparations
Intramural program: Monday, Friday 3:16-4:15 PM Wednesday 7:30-8:27 AM	Continue	Each month will promote a different activity focus—i.e. Basketball, Jump Rope for Heart, Volleyball, Cardio Bowling	Jen Buss and Mackenzie Jacobsen	September 2008-June 2009
Health and Fitness Articles included in family newsletter, Mailgrams, and classroom newsletters	Continue	Locate and collect articles to be included monthly in the Rocket Reporter, parent newsletter Locate, retype in word document form, and send via email to principal to be included in family newsletter	Team: Colleen Perrine Jen Buss Mackenzie Jacobsen Jaime Vanderheiden Parent Representatives Publication of articles 1X per month--Bobbie	September 2008-June 2009

Participation in Shape Up Wisconsin Kids Day All classrooms, teachers, and interested parents will participate in a 30 minute walk to and around the Lawrence University Track	Continuation	Purchase red and white balloons (Richmond's school colors) and helium Distribute a "bouquet" of balloons to each classroom as they depart from Richmond Take class pictures with balloons/at track Creation of banners/signs for classes to care Purchase and refrigerate water bottles for all students Arrange for parent volunteers to handout bottles	Bobbie Schmidt Deb Gebheim, Pam Cornell Kristin Hooper Classroom teachers Bobbie Schmidt Lisa Poss (parent rep)	May 2009
Bike to School Day	Continue	• Set date of event • Development of Promotional Materials • Set up and manage Banner Signing---I Biked to School Today • Handout "I Biked to School" stickers • Pictures of participants	Education for Healthy Living Team: Jen Buss, Jaime Vanderheiden, Terri Schultz, Colleen Perrine, Lisa Poss, Michelle Schwanke, Bobbie Schmdit	May 14, 2009
Intermediate Musical	Intermediate Musical Production: "A Dance Down Memory Lane"	Work with Sixth Grade students to write musical/dance review Determine a performance date Create props with students Choreography developed	Colleen Perrine Colleen Perrine Jaime Vanderheiden Jen Buss, Colleen Perrine	November 2008-January, 2009
Governor's School Health Award Application	Review evaluation of 2008 application form	During monthly meetings of Richmond EHL Team—discuss areas of strength and areas that need improvement	Education for Healthy Living Team	September 2008-March 2009