

## SHAPE Honor Roll 2013 – Success Stories

### Dacula Middle School – Gwinnett County, SILVER

Dacula Middle School's greatest success story this year was participating in the Fuel Up to Play 60 program with the NFL. Students tracked their activity minutes in Health classes in an interactive journal while attempting to accomplish 60 minutes of activity per day. Students were exposed to weekly tips from the NFL – Falcons and cheerleaders – in Health classes. A 7<sup>th</sup> grade student from Dacula Middle was nominated and selected as a Fuel Up to Play MVP (one of only 11 in the state) due to her dedication to the program and being a role model to other Dacula Middle students. IN addition, Dacula Middle was the recipient of a \$2,000 grant from the NFL/Dairy Council. The money was used to purchase two stationary bikes, a Vitamix blender, and fruit/yogurt/milk/supplies to expose all students to healthier eating by taste-testing fruit smoothies. The nutrition piece is a huge success resulting in numerous parent inquiries about a smoothie recipe for healthier eating.

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### Oak Knoll Elementary School – Fulton County, GOLD

During the 2012-2013 school year, Oak Knoll Elementary School's Wellness Committee partnered with Children's Healthcare of Atlanta to deliver an exciting year long program called the Strong4Life Challenge. It is designed to teach elementary children about the importance of healthy eating and physical activity. The goal is to promote a change in behavior through awareness and promotion of the "four healthy habits"- making half your plate veggies and fruit, being active for 60 minutes, drinking more water and less sugary drinks, and limiting screen time to one hour a day. Strong4Life members, with the help and coordination of the Wellness Committee, planned on-going activities to keep students engaged and focused on the "four healthy habits." Throughout the year, the Strong4Life team visited the school on several occasions to discuss healthy eating, being active, and making healthy choices. They facilitated a pep rally that encouraged the students to be active by participating in different physical activities and performing skits about picking healthy foods. The culminating activity of the Strong4Life challenge was "Be Active Day," which involved over 480 students and staff members participating in 45 minutes of movement activities like running, hopping, jumping, skipping, and walking. Stationary strength building movements like push-ups and creative dancing were incorporated in intervals to help with lowering the heart rate just for a few seconds and back to running or jogging laps on this warm afternoon. Not only did this activity promote physical activity, but also exposed students to the benefits of being active with a partner or group. Our success story is based on the successful participation and completion of the Strong4Life year-long challenge and the awareness that the program provided. Oak Knoll's students have acknowledged that they do not want to be a part of the 40% of overweight or obese children in the state of Georgia. The students have cooperated with the Wellness Committee and Strong4Life by practicing what they learned about being active, eating healthy, and starting healthier living habits. It is evident from the students' responses to the Strong4Life participants and the activities that were provided that they are more aware of the four healthy habits and can make wise choices regarding practicing them as they continue to challenge themselves to make half of their plate veggies and fruit, be active for 60 minutes a day, drink more water and less sugary drinks, and limit their screen time to one hour a day. Support from this award will allow the school to have additional resources that will promote continued physical activity that aligns with the "healthy habits" that have been instilled in them this school year.

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### **Butler Elementary School – Chatham County, GOLD**

Butler has many success stories. The HealthMPowers initiative has brought heightened health awareness to our school population. As a result, students are eating more fruits and vegetables on a daily basis and are involved in physical activities throughout the school day while encouraging others to do the same. We have had several assemblies with the topics of healthy eating and increasing physical activity that involved students, teachers, staff and families. Many teachers, students, staff and families have used the teachings of this initiative to make dramatic lifestyle changes. For instance, some families have reported that they have a meatless day in their homes. Butler also had a teacher lose over thirty pounds by following the healthy eating habits taught in her HealthMPowers class. In addition, she integrated the healthy habits to her family. She stated that she needed to practice what she taught to her students on a consistent basis. Another teacher reported integrating the HealthMPowers process and lost three dress sizes. She stated that she did a combination of walking and healthier eating habits. She also reports that she has integrated five to fifteen minutes of physical activities in all five of her reading classes. Several of these third grade students reported that they have increased their consumption of water instead of fruit juices in an effort to becoming a healthier generation. Students seem to be more aware of what they are consuming and how it affects their bodies. Therefore, they are making healthier food choices and are involved in more physical activity.

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### **Chestnut Mountain Creative School of Inquiry – Hall County, GOLD**

I am very proud of our school's accomplishments this year. Our school wellness council, which was formed in 2011-2012, continued to work hard assuring that our students, staff, and community had plenty of opportunities to participate in various physical activities and wellness events. Each year we are making greater strides toward the reduction of childhood obesity and promoting a culture of wellness among our stakeholders. The following are just some of the exciting things that happened here at Chestnut Mountain this year -- We have a lot to be proud of here at Chestnut Mountain and even more for which to be thankful.

- We were nationally recognized by the Alliance for a Healthier Generation's Healthy Schools Program for obtaining Bronze Level status.
  - We were awarded the Gold Medal Seal for the Governor's SHAPE Honor Roll.
  - We were a recipient of the \$5,000 Implementation SHAPE Grant.
  - We created an after school student running club which had 22 members.
  - We participated in the FITNESSGRAM Assessment.
  - We participated in the American Heart Association's Jump Rope for Heart event and raised \$7,000.
  - We held a school wide walk-a-thon fundraiser in which we raised enough money to purchase four Xbox Kinect systems and four flat screen TVs for use in the physical education program.
  - We held a Daddy Daughter Dance on a Friday evening and a Mother Son Dojo night, both of which brought in a packed house from our community.
  - We had a family bowling night along with monthly school skate nights.
  - We held our annual 3-day Field Day event in which each grade level had a full day of a wide variety of fun and vigorous physical activities. We had over 100 parent volunteers and local college students to help pull off this large scale event!
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### **Birmingham Falls Elementary – Fulton County, GOLD**

This year, BFES has been fortunate to partner with the Strong4Life program that is supported by Children's Healthcare of Atlanta. Their mission is to educate and encourage 4 healthy habits: drink more water, make half your plate veggies and fruit, limit screen-time to 1-hour a day, and be active for at least 60 minutes every day.

- The S4L Team makes several visits to the school to educate and interact with students.
- Students (for a 4 week period), with the support of their families, are asked to track their weekly physical activity and food-group choices.
- The Wellness Committee, Physical Education Department, and Classroom Teachers reinforce participation throughout the program with fun activities and recognition of weekly accomplishments.
- Throughout the year, we re-visit the importance of healthy exercise/movement and food choices. This is a great way for students to start to learn that they have an impact on their overall wellness.

Birmingham Falls Elementary (BFES) has also participated in First Down for Fitness, a physical activity program supported by the Atlanta Falcons, since 2009. This annual program raises awareness of the importance of fitness and nutrition for students and their families. This year, for our participation and efforts, our school received an Honorable Mention Recognition. Our cafeteria staff provides a variety of opportunities to further educate students and families about healthy eating habits. This includes special promotions (7-10) annually to educate and encourage healthy eating with students and families (ex. Grandparent Luncheon, Thanksgiving Feast, Around the World posters to highlight some special healthy foods from various countries, etc.). Each month a farm grown vegetable is featured and highlighted, fresh fruit is offered daily (variety each week), and nutrition signs are on display to highlight the vitamins and minerals found in some of the foods served. Each spring we also offer a six week Jogging Club (grades K-5).

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### **Blackwell Elementary School – Cobb County, GOLD**

As a Gold Fit Friendly School and a Bronze Healthier US School Recipient, we strive to make fitness and nutrition fun. We participate in many activities during the school year to help children carry a healthy, fit lifestyle over into their adult life. Blackwell is a healthy, successful school because our children (K-5) and teachers strive to be active and eat healthy. We team up with our wellness committee, after school program, and lunchroom staff each year to make our lives the best. We have a 'Run Girls Run' program that has been offered each year for the last 8 years for girls in grades 3-5. The RGR program inspires girls to be active and run their first 5K. The RGR program is for 12 weeks before school from 6:45 – 7:20am every Tuesday and Thursday morning (55 girls and 6 coaches participated this year). Our students participate in the 'Jump Rope for Heart' program and are very successful. They enjoy receiving a jump rope as a motivator to keep active and get that heart pumping. Our After School Program offers a 'Fit Club' for all students in K-5 on Tuesday for 45 minutes. We had a 10-week curriculum that we followed even throughout spring break. We had very positive comments about the program, and the boys and girls participated with smiles on their face wanting to participate more each week. Our lunch bunch staff works to offer healthy lunches and teach children to eat the foods that give them energy and make them stronger. Blackwell also became a partner in education with Wal-Mart's Fresh Market Store. Many students visit the store and are given firsthand information for a healthy lifestyle while learning how eating proper nutritious foods will make you feel better and look better. Our teachers are involved in yoga and Zumba, and they run races on weekends to keep fit and become good role models for our students. The Blackwell campus has 13 raised garden beds which

are used as outdoor classroom extensions. Teachers work with students to study, plant, and learn about good, healthy foods that can be grown in a suburban garden. Students plant, weed, harvest and eat their organic garden gifts. We have a rolling kitchen cart, thanks to the Captain Planet Foundation, that provides tools and materials for in-class cooking and eating experiences – kids cook and eat what they grow! Students are introduced to many new foods and are more likely to try them if they have grown them. Blackwell is proud of our accomplishments and will continue to promote a healthy/fit school commitment into our local community.

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### **Mountain View Elementary School – Cobb County, GOLD**

Mountain View has cultivated a culture of physical activity and wellness over the last school year. Our school has achieved new heights in providing activity for students and staff, as well as developing a philosophy of wellness on our campus. During the 2012-13 school year, Mountain View's Physical Education team met and exceeded Georgia's standards for the SHAPE Act. In addition to the required testing, students in grades 1-3 also experienced Fitnessgram testing in the fall and during the test window. Parents received Fitnessgram fall and spring test results for their children enabling them to compare valuable data on their students. Also, students in grades 3-5 set goals for themselves to achieve on their Fitnessgram tests and tracked themselves on their progress throughout the school year.

While fulfilling the SHAPE Act was a critical piece to our school this year, it was not the only focus. Students were given several extra opportunities to be active including participation in recess, Field Days, Jump Rope for Heart, National Walk to School Day, Adventure to Fitness, Intelleboost, and our Let's Move Walking Weeks. All students at our school are given daily recess time. Additionally, five minute activity sessions were available each day in the spring semester to start the school day. Our participation in a fall Walk to School Day unites between 300-500 participants per event, including family members. Adventure to Fitness is a curriculum based adventure program that was made available to our staff. It provides an exercise scenario that supports the classroom standards for students. Let's Move Walking Weeks were spread throughout the school year. Grade levels are allowed to come to our track on campus and walk or jog for 25 minutes before the school day. Teachers noted the students were more focused in the classroom during our walking weeks. Our first grade team incorporated it on their own without assistance from the Physical Education team during the last week of school. Also, our staff received training from the system Health and Physical Education Supervisor on utilizing brain breaks and activity breaks during the school day. While the students had plenty of activity time last year, our staff had many wellness opportunities, too.

Last year, school staff members got into the wellness routine at Mountain View. A "3 O'Clock Club" was designed to meet once a week. Activities were varied depending on the participants. It was commonplace to see groups jogging, walking, or doing fitness videos together in a classroom. Local fitness centers offered discounts and classes to our staff. Our school system also has special discounts for fitness opportunities throughout the county. These activities allowed staff members to work on their own personal health and grow together as a group during the school year.

There were other various health and wellness activities that occurred at Mountain View last year to create a more healthy school. PTA initiated "Fresh Fruit Fridays" for staff and students to bring in fruits for snacks. Our food services always had a full assortment of fresh fruits and vegetables on our serving line. Physical Educators received new curriculum resources that focused on students receiving more activity time in class. Also, our school was the recipient of the American Heart Association's "Fit Friendly School" Award for 2012-13. Mountain View received grants from Fuel Up to Play 60 and the American Heart Association. Perhaps the most revealing detail that our school is dedicated to physical activity and wellness is our school's mission statement. Mountain View "will provide a learning environment that ensures that every student is provided with the necessary tools to perform to their

maximum potential academically, socially, ***physically***, and emotionally throughout their educational experience.” This further justifies our school cultural emphasis on activity and wellness.

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### **Ocee Elementary School - Fulton County, GOLD**

This year, Ocee Elementary students participated in Children’s Healthcare of Atlanta (CHOA)’s Strong 4 Life program. The Strong 4 Life coaches lead the entire student body in a pep rally to get them excited about CHOA’s program. The coaches delivered a message in a fun and energetic way to get the students excited about eating healthier and moving more. The coaches followed up with four school visits. At each visit the Strong 4 Life coaches discussed their 4 steps to make healthy lifestyle choices: drink water, fill half your plate with fruits and veggies, limit screen time, and be active 60 minutes a day. A coach made a visit to Ocee’s family Bingo Night and shared the healthy steps with the students and their families. The students were excited to see the Strong 4 Life coach again and remembered his message. One of the coaches visited PE class and reminded the students about the Strong 4 Life healthy choices. The coach stayed for several PE classes and played volleyball with the students. The students were very excited to see him and enjoyed discussing the healthy steps with the coach. During lunch, a coach and a nutritionist visited with students to talk about the 4 healthy steps. The nutritionist also talked to all of the students about the healthy choices on the lunch line and how to make those healthy choices. Information was also shared with parents through our school newsletter. The final school visit was a Fun Run for all of the students. Every student at Ocee, Pre-k through 5<sup>th</sup> grade, participated in the Strong 4 Life Fun Run. The coaches were energetic and encouraged students to keep moving (running, walking and dancing) through fun activities while they moved around the track. Students really enjoyed the Fun Run. The students were active for at least 45 minutes. This successful program taught the students about the healthy lifestyle choices in a fun and meaningful way. All of the students were included in the program no matter their age or ability. Many students talked about the Fun Run for days! I am excited that the Strong 4 Life program will continue at Ocee next year. I think the Strong 4 Life program and Ocee’s Cardio Club along with other activities we have planned for next year will make a difference in our students’ overall health.

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### **Largo-Tibet Elementary School – Chatham County, GOLD**

As proud recipients of the 2012 Georgia Shape Program’s GOLD AWARD and National Alliance for Healthy School’s BRONZE AWARD, Largo-Tibet students and staff have intentionally endeavored to make healthier choices by increasing physical activity and providing improved food choices. Our school believes healthy bodies build healthy minds and strong future citizens. Some of the ways we demonstrate this newly embraced philosophy is by augmenting resources to support our health and physical education curriculum, leading informational sessions for parents, and establishing after-school physical fitness programming.

HeathMPowers generated many of the new resources we now use to supplement our health and physical education curriculum. Every morning, we present the Organ Wise Guys video shorts on our morning announcements. These shorts teach about organ functions and ways to keep organs healthy. The children enjoy these tremendously! Additionally, there are newsletters (in English and Spanish) that visually outline the importance of proper nutrition as well as the value of regular exercise, challenging parents to also get involved. In February 2013, the students identified healthy behaviors exhibited by their teachers through a game called ‘Catch a Teacher.’ As the teachers modeled healthy choices, the students initialed a card. This both encouraged and allowed our teachers to be healthy adult role models as well as reinforce learning for our students. It was a win-win endeavor!

While there is still much that can be improved, our greatest source of pride this year is our newly established after-school programming. We partnered with non-profits and businesses in our community to provide our students with recreational and educational enrichment opportunities. A local YMCA director offered free ZUMBA classes every Tuesday and the Savannah Tennis Association led a six week course on basic skills. The children had access to Tae Kwon Do classes, dance classes, and even golf lessons. As SHAPE grant recipients, we were able to provide partial and/or full scholarships for students who qualified. We are eagerly looking forward to expanding our programming for next year by adding a running club and soccer clinic. Also, we are working on conducting a student interest inventory to allow students to shape programming choices. We are extremely excited about where we are headed! This may be the end of an academic year, but this is just the beginning of Largo-Tibet's journey to making our school and community healthy and strong!

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### **ET Booth Middle School – Cherokee County, GOLD**

The teachers, staff and students at ET Booth Middle School are well on the way to becoming healthier. In order to create a plan for our new health initiative, we have formed a Wellness Committee comprised of teachers, administrators, and lunchroom personnel. This group is excited about the challenge of finding ways to improve the overall health and well-being of ETBMS. We kicked off 2013 with an after school walking club. Those interested in burning calories and losing weight headed over to the high school track on Wednesday afternoons to walk and/or run. Each individual could walk a desired number of laps at his/her pace and ability level. We hope to continue to build this walking club, as it has been a wonderful social outlet as well. ET Booth is fortunate to have a certified fitness instructor on staff. For those teachers desiring a variety of exercise options, classes such as Pilates, Yoga, and Zumba are being offered 3 days a week after school. These classes are becoming more popular as the word spreads throughout the building. A "Biggest Loser" competition was created by a group of teachers desiring to shed some excess weight. They exercised and made healthy food choices. Weigh-ins took place each Monday to track weight loss progress. By the end of the competition, every teacher had successfully lost weight! In the upcoming school year, we plan to hold a school wide Biggest Loser Contest! To expand our health initiative, we have also created a new page on Pinterest dedicated to informing teachers, students, and the community about health and wellness. The page is titled "Falcon Bird Food". It will contain items such as healthy recipes, gluten free ideas, exercise options, stress management skills, and diabetes control tips as well as general health tips. Plans are in place for a health educator from Northside Cherokee Hospital to visit some of our health classrooms so students will be hearing presentations on food and nutrition as well as exercise and fitness. Our plan for the upcoming school year is to expand the programs that we currently have in place and to continually strive to find new ways to improve the overall health and well-being of our staff and our students.

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### **McEver Arts Academy – Hall County, GOLD**

We began our journey towards becoming a healthier school in 2011 with our decision to become a member of the Alliance for a Healthier Generation. The changes that we made to our Title I school during that year awarded us as a 2011-2012 Alliance for Healthier Generation Bronze Level Recipient during our first year of existence. Since 2011, McEver Arts Academy has increased the physical activity time of our students by broadcasting morning workouts for 20 minutes each morning. For the past two years, our wellness committee has hosted a Health and Wellness Fair night in February to promote healthy eating, diabetes awareness, healthy recipes, exercise tips, and BMI analysis to our community. Along with our PTO, our wellness team raised \$14,000 for the creation of a 1/8 mile running track. Inside of the running track is a soccer field complete with soccer goals. Next to the track,



we established an outdoor tennis/basketball court. Since installment, this area has been used daily by our students during school hours and by faculty and community after hours. This past spring, we received a grant for 20 of our students to train for a 5K run. The students met twice per week for 10 weeks and completed a 5K on May 4<sup>th</sup>. Looking toward the future, McEver Arts Academy just received the Georgia SHAPE Grant to allow purchasing Striiv Pedometers for use during the 2013-2014 school year. McEver aims to become a Silver Level Recipient for the Alliance for a Healthier Generation in 2013 by increasing our Health minutes per week, limiting/reducing outside sweets/sugars from entering our school, and swapping out the ice creams sold in our cafeteria to only include items approved by the Alliance for Healthier Generation.

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#### **Berkmar Middle School – Gwinnett County, GOLD**

Berkmar's health and physical education program through the support of our Wellness Team serves as an integral component of students' success by providing them with the knowledge and skills they need to become successful learners as healthy, productive adults. As a diagnostic and prescriptive team, we can document our students' success through fitness assessment and student survey data to provide evidence of the positive impact from health and physical education. National research supports findings that students with higher fitness scores also have higher test scores and fewer disciplinary problems. Physically fit students also have fewer absences. Our Wellness team was able to share these findings with our administration and also share data on students in our school supporting this to advocate for a year-long health and physical education program. Previously, both were nine-week courses. After implementing this program, not only did fitness assessment scores improve, but school-wide results were also evident. Discipline decreased with 40% less students being referred to an administrator during the year. Additionally, attendance increased as evidenced by 12% fewer absences, and state-wide standard test scores increased in all areas our first year of implementation. In an era plagued with health and physical education program and position cuts, being an advocate of quality programs is essential to ensuring existence. The health of our nation's children is too important to leave our professional futures to chance. Physically active, healthy children perform better academically. The Wellness Team at Berkmar Middle takes this responsibility very seriously. Through our collaborative efforts, we have fostered strong community partners including the Atlanta Falcons, House of Payne Personal Fitness, Southeast Dairy Association, American Heart Association, and SHAPE. Over the last three years, we have implemented successful grants totaling \$24,000 all directly targeting improved health and wellness behaviors of the Berkmar community. Keeping the momentum going and the spotlight on health and physical education ensures that while many schools are cutting back on time devoted to these programs, they remain a vital component of Berkmar's school culture.

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#### **Indian Knoll Elementary – Cherokee County, GOLD**

The Indian Knoll Elementary School and community came together last fall to promote fitness and healthy living. The goal was to provide a "no cost" fun, entertaining, and educational family event that focused on family fitness and nutrition while providing businesses and vendors an opportunity to participate in bringing awareness to the benefits of living healthy lifestyles. The event was sponsored by many local vendors, and a variety of activities were made available such as lawn twister, bounce house, and Fitness Dice. Prizes were also awarded on a token system redeemable for water bottles, pedometers, and homework passes. The raffle prizes included whitewater rafting tickets, skating passes, tennis lessons, jump ropes, hula hoops, coupons, and gym memberships. It was a HUGE SUCCESS!

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### Macedonia Elementary School (MES) – Cherokee County, GOLD

MES strives to educate overall wellness to all stakeholders – students, teachers, and community at large. MES has various activities that promote the health aspect of what MES believes is “making yourself a better person and the world a better place.” The mission statement of MES, “to empower all students with the knowledge needed to become productive citizens in the world, to become independent learners with a lifelong love of learning, and to develop character that embraces respect for self and others,” is inclusive of mental, social, emotional, and physical health. One of the MES activities sponsored by our PTA is known as the community “biggest loser.” MES had 20 teams consisting of parents and/or teachers with three to five participants weighing in at the end of each week with the MES school nurse. Recognition and awards were based on body fat percentage and weight loss for team totals and also individuals. The MES biggest loser was coordinated by the MES Wellness Committee and was a success with an overall total of 1,001.3 pounds lost!

Another example of striving for wellness at MES is the afterschool aerobics class for teachers and staff. This class has an open invitation for all employees at MES to get fit and socialize with fellow employees. MES has had, in the past, Zumba dance classes taught by a certified trainer who is also a MES parent. Both classes were well received. Each class was held two times per week for an hour, and the average participation was approximately ten participants per class. MES employees enjoyed the camaraderie while at the same time working to become physically fit.

Still another community outreach for health and fitness was the “Macedonia 5K run”. A one-mile “fun run” occurred in conjunction with the 5K for the non-serious runners and youngsters. Both helped enhance community awareness for fitness and overall wellness. This event was open to any and all stakeholders of MES. The event was sponsored by our conscientious PTA and the monies from the event helped to support our PTA and school at large. The 5K had approximately 45 participants and the “fun run” had fantastic involvement as well!

Many examples of physical fitness and individual wellness promoted and encouraged by MES continue on a daily basis. These include regularly scheduled PE classes, daily scheduled recess, nutrition awareness in the classroom and cafeteria. MES’s stakeholders including administrators, teachers, students, and parents continue to strive for excellence not only in academics, but in all aspects of wellness. Mental, social, emotional, and physical health are supported, enhanced, and taught throughout the MES curriculum. MES stakeholders believe that physical fitness awareness is an integral part of an early foundation for “making yourself a better person and the world a better place.”

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