

Michigan Surgeon General's

# Healthy School Environment

## Recognition Program

### 1st Place: 2006 School of Outstanding Achievement

Bath Elementary School  
Kenneth T. Beagle Middle School  
Kent Education Center – Mayfield  
Switzer Elementary School

### 2nd Place: 2006 School of Excellence

Alcona Elementary School  
Campbell Elementary School  
Ebeling Elementary School  
Gateway Elementary School  
Harrison Park Elementary School  
JKL Bahweting  
Oakview South Elementary School  
Schavey Road Elementary School  
Schwarzkoﬀ Elementary School

### 3rd Place: 2006 School of Distinction

Buchanan Elementary School  
Cass City High School  
Cass City Middle School  
Cherryland Middle School  
Discovery Elementary School  
East Essex School  
Eureka Elementary School  
Explorer Elementary School  
Hoover Middle School  
Slauson Middle School  
Traverse City West Senior High School

### 2006 Honorable Mention

Barhitte Elementary School  
Beaumont Elementary School  
Jefferson North Elementary School  
New Buffalo Middle School  
Saginaw Chippewa Academy  
Waterford Village Elementary School

# Michigan Surgeon General's Healthy School Environment Recognition Program

## 1st Place: Outstanding Achievement

To achieve this level, your school must meet the following requirements:

- A Coordinated School Health Team (CSHT) or similar team, comprised of representatives from three or more factions, that meets at least twice a year (Section 1)
- Completion of the Healthy School Action Tool (HSAT) within the last three years (Section 1)
- At least 1 point in each of the remaining sections 2 through 5
- Total score of 155 or more
- Submission of an accepted success story along with the Recognition Program application.

## 2nd Place: School of Excellence

To achieve this level, your school must meet the following requirements:

- A CSHT or similar team, comprised of representatives of at three or more factions, that meets at least twice a year (Section 1)
- Completion of the HSAT within the last three years (Section 1)
- At least 1 point in each of the remaining sections 2 through 5
- Total score of 125 to 154
- Submission of an accepted success story along with the Recognition Program application.

## 3rd Place: School of Distinction

To achieve this level, your school must meet the following requirements:

- At least 1 point in all sections 1 through 5
- Total score of at least 100 points
- Submission of an accepted success story along with the Recognition Program application.

## Honorable Mention

To achieve this level, your school must meet the following requirements:

- Completed and submitted the online Recognition Program application
- Submission of an accepted success story along with the Recognition Program application



# 2006 2nd Place: School of Excellence

## School-Based Health Clinic Success Story

**Alcona Elementary School**  
Alcona Community Schools  
Alcona County  
PO Box 249  
Lincoln, MI 48742-0249

Enrollment: 487  
Public School

### Success Story Contact:

Trudie Kusmierz, AHC  
Phone: 989-736-8715  
Email: tkusmierz@alconahc.org

Our success story began when a community health educator and the school nurse introduced the Healthy School Action Tool (HSAT) to the elementary school administrator. The elementary school formed a Coordinated School Health Team (CSHT) to complete the HSAT and to address health as a building issue. The HSAT helped the school identify the strengths and weaknesses of its programming. Some areas of weakness were addressed immediately, including: a change to whole wheat bread for sandwiches in the cafeteria, distribution of a non-foods incentive list to classroom teachers, and administrative support for additional professional development for the elementary physical education teacher. Other areas of weakness became part of the action plan for continuing efforts. When offered the opportunity to participate in a FIT KIDS assessment, the school was quick to take advantage of it. As a result, risk indicators for fifth grade students led to four referrals to the Alcona Health Center for high blood glucose or hyperlipidemia. In addition, as a result of the action plan items, an after-school program of healthy activities including a walking club, parachute activities, playground games, and music and motion was implemented in the 2005-06 school year.

### Success Story Information:

**Reach:** Building Level

**Duration:** 1 to 1 1/2 years

### Costs:

- Greater than \$5,000
- Materials/supplies
- Release time/substitute costs

### Factors for Success:

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- Funding
- FIT KIDS Program

In winter 2005, the health coordinator brought a grant opportunity to the CSHT. The grant funding through the Michigan Department of Community Health was to establish school-based health clinics. Four members wrote the grant and in Spring 2005 received word that they had been awarded a planning grant. Using data from the assessments completed through the CSHT and a more in-depth community needs analysis, the school made its case for a school-based clinic.

In October 2005, the school was awarded full funding to establish a school-based clinic. The initial funding is \$175,000 per year and provides for a full-time nurse practitioner, a full-time medical assistant, and a half-time psychologist for the school. The award of this grant was exceptional in that all prior grants had been awarded to urban sites and none were awarded to elementary buildings. Grants from the Besser Foundation and Staples have given additional support to the clinic project. More than \$20,000 of donated labor and materials has paid for construction of the clinic which is scheduled to open in early April 2006.

We believe that the school's heightened awareness of health issues started with the HSAT and the Coordinated School Health Team. The success the school has met in its first year of working on health issues has given the CSHT momentum and excitement about its ability to impact programming. We believe the health focus will be sustained and that the efforts will affect student health now and into adulthood.

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Students (on the team for middle/high school; input from elementary schools); Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: Healthy School Action Tool

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.

**Barhitte Elementary School**

Bentley Community Schools  
Genesee County  
6080 Roberta Avenue  
Burton, MI 48509-2223

Enrollment: 400  
Public School

**Success Story Contact:**

Arlene Wolfling  
Phone: 810-591-9661  
Email: lz5xfr@hotmail.com

**Success Story Information:**

**Reach:** Building Level

**Duration:** 1 to 3 months

**Costs:**

- \$0

**Factors for Success:**

- Administrative support

**Recess Before Lunch Success Story**

Students seemed to not be eating properly because they wanted to go outside as quickly as possible to play. At the beginning of the 2005 - 2006 school year, Barhitte Elementary School implemented outdoor recess before all lunch periods. This has given students the opportunity to enjoy unstructured physical activities prior to eating lunch.

A clean, safe, enjoyable meal environment is provided for all students supervised by paraprofessionals and special class teachers. All tables are cleaned before students eat and table coverings and decorations are used for special occasions.

Students are supervised to make sure hands are washed prior to eating lunch. Adequate time is provided for students to enjoy eating, and lunches are scheduled as near the middle of the school day as possible. Students seem to come to the lunchroom with better appetites and clean hands. The children seem less distracted when they are eating because they are not rushing to finish their lunches to go outside after lunch. Afternoons seem to be more productive than they have been in past years.

**Other Relevant School Information:**

Our Coordinated School Health Team/Committee met one time during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); School Counselor, Psychologist or Social Worker; Students (on the team for middle/high school; input from elementary schools); Classroom teacher (other than PE or Health); Other

Assessments\* Completed: No assessment completed.

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# 2006 School of Outstanding Achievement

## 1st Place:

**Bath Elementary School**  
Bath Community Schools  
Clinton County  
PO Box 139  
Bath, MI 48808-0139

Enrollment: 400  
Public School  
Team Nutrition School

**Success Story Contact:**  
Mary Larson  
Phone: 517-641-6771  
Email: mlarson@bath.k12.mi.us

### Success Story Information:

**Reach:** Building Level

**Duration:** 1 to 3 months

**Costs:**

- \$2,500-\$5,000
- Materials/supplies

**Factors for Success:**

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- Funding

## Recess Before Lunch Success Story

Bath Elementary School began the 2005 school year with recess before lunch. Lunch and recess time (30 minutes) remained the same but the order was switched.

Automatic hand sanitizer dispensers were installed. The dispensers were portable and are locked up after lunch to prevent waste and excess cost. The school contracted with a linen service for doormats and weekly cleaning for safety during winter months and provided teachers with large plastic tubs to transport cold lunches from the classroom to the cafeteria. Kids carry the tubs to the cafeteria before they go outside. Slow eaters are encouraged daily to eat more and talk less.

The school communicated the change to parents through the first Friday newsletter of the school year. Positive and negative phone calls have been received. The Coordinated School Health Team provided the principal with talking points in advance to address concerns.

Why this was a success:

- Decrease in tummy aches after lunch
- Decrease in vomiting on the playground
- Few discipline problems after lunch
- Gain in instruction time
- 27 of 30 students completed a writing assignment where they expressed positive opinion about the change to the principal.

Grant funding paid for: linen service, large plastic tubs, sanitizer and dispensers.

Lessons learned – advanced communication to teachers, maintenance, and parents would have helped.

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); School Counselor, Psychologist or Social Worker; Students (on the team for middle/high school; input from elementary schools); Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: Healthy School Action Tool

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**1st Place:**  
**2006 School of Outstanding Achievement**

**Kenneth T. Beagle Middle School**

Grand Ledge Public Schools  
Eaton County  
600 South Street  
Grand Ledge, MI 48837-1861

Enrollment: 451  
Public School  
Team Nutrition School

**Success Story Contact:**

Joni Henretty  
Phone: 517-627-4274  
Email: HENREJ@GLPS.K12.MI.US

**Success Story Information:**

**Reach:** Building Level

**Duration:** 1 to 3 months

**Costs:**

- \$501-\$1,000
- Materials/supplies

**Factors for Success:**

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- Funding

## Physical Education Success Story

The Kenneth T. Beagle Middle School physical education department decided to make cardio fitness a priority this year. During the fall and spring months, we were able to walk and jog around our track, but the winter months create a problem for us.

We had a room in the school that was not being used and decided to make it our new “cardio fitness room.” The problem we had, was that of no equipment. We decided to ask families via our school newsletter, and district staff via e-mail, for donations of any used equipment. The response was incredible! Within three weeks, we had 27 pieces of cardio equipment up and running in our new cardio room. Our PTA then purchased two new pieces bringing our total to 29.

Each physical education class gets twenty minutes of cardio work each day they have class, and they love it! The students switch machines every five minutes to keep things exiting. Heart rates are checked at the ten and twenty minute mark to insure they are within the “target zone.”

Our goal is to continue to develop our cardio room and maintain the enthusiasm of our students and staff.

**Other Relevant School Information:**

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Students (on the team for middle/high school; input from elementary schools); Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: Healthy School Action Tool; School Health Index for Physical Activity, Healthy Eating, and a Tobacco-Free Lifestyle: A Self-Assessment and Planning Guide from Centers for Disease Control and Prevention; and Changing the Scene Healthy School Nutrition Environment Improvement Checklist from U.S. Department of Agriculture, Food and Nutrition Service, Team Nutrition

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**2006**  
**Honorable Mention**

**William Beaumont Elementary**

Waterford School District  
Oakland County  
6532 Elizabeth Lake Road  
Waterford, MI 48327-1719

Enrollment: 356  
Public School

**Success Story Contact:**

Mary Barghahn  
Phone: 248-682-6822  
Email: mb17owat@wsdmi.org

**Physical Activity Success Story**

We are very proud of our students' achievement as a result of the program improvements made during the previous school year. Technology, rubrics and collaboration are to what we attribute the tremendous gains in areas of fitness, motor skills and knowledge at all levels.

We were honored to have Michigan's Surgeon General Kimberlydawn Wisdom, President of Weight Watchers, Florine Mark, members of the Fitness Foundation, Exemplary Physical Education Curriculum, and others visit our district to highlight our achievements as we received our level six award.

Throughout tough budget times in education, our administration has been extremely supportive of our continuing efforts to make physical education an important part of each student's education. As we work toward level seven, it is exciting to be considered among the elite company of other exemplary physical education programs.

**Success Story Information:**

**Reach:** District Level

**Duration:** Greater than 2 years

**Costs:**

- Greater than \$5,000
- Materials/supplies
- Release time/substitute costs

**Factors for Success:**

- Administrative support
- Funding

**Other Relevant School Information:**

Our school has not yet formed a Coordinated School Health Team/Committee.

Assessments\* Completed: none

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# 3rd Place: 2006 School of Distinction

## **Buchanan Elementary School**

Grand Rapids Public Schools  
Kent County  
1775 Buchanan Avenue SW  
Grand Rapids, MI 49507-1642

Enrollment: 380  
Public School  
Team Nutrition School

### **Success Story Contact:**

Madonna Saia  
Phone: 616-819-2252  
Email: saiam@grps.k12.mi.us

## **Coordinated School Health Team Success Story**

In September 2005, teachers & administrators were busy with the start of a new school year, but there was a motivated group of Buchanan staff that was willing to develop a Coordinated School Health Team (CSHT). The Team, consisting of 11 members, including representatives from the PTA and the school's community partners, met in November and conducted a school evaluation using the Healthy School Action Tool (HSAT).

During this process, it was noted how much fresh fruit was discarded by our student body, across all grade levels. It was determined that students would eat more fresh fruit if it were pre-sliced. A team member, the Food & Nutrition Services Director, indicated that fruit slicers were already available in stock, but funding the manpower to slice the fruit would be a challenge. Another team member, the PTA President, suggested that parent volunteers could help with this task.

This *Recommended Action* of our HSAT Action Plan, "To slice fresh fruit offered at lunch," was initiated on November 11, 2005 and became a *Completed Action* on November 21, 2005. The students liked the easy finger food, and, noticeably, more fresh fruit was eaten. The Team thinks by making this small change, we have greatly impacted the nutrition of our students in a positive way.

This simple accomplishment is a real tribute to the value of our CSHT, and the ability of its members to work well together. In addition, it is a testament that creating a healthy school environment can be done in small steps, and with no or small costs.

### **Success Story Information:**

**Reach:** Building Level

**Duration:** 1 to 3 months

#### **Costs:**

- \$0

#### **Factors for Success:**

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- Parent Volunteers

### **Other Relevant School Information:**

Our Coordinated School Health Team/Committee met one time during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: Healthy School Action Tool

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# 2006 2nd Place: School of Excellence

## Coordinated School Health Team Success Story

### Campbell Elementary School

Cass City Public Schools  
Tuscola County  
6627 Rose Street  
Cass City, MI 48726-1220

Enrollment: 484  
Public School  
Team Nutrition School

#### Success Story Contact:

Betsy Dillon  
Phone: 989-872-2158  
Email: bdillon@casscity.k12.mi.us

Several years ago Bob Miner, our Intermediate School District health education “guru,” offered us something that changed our school district forever. He did the unthinkable by offering a stipend to a group of educators to complete the School Health Index. Little did we know that act would set off a chain reaction that has resulted in our district making some very healthy changes. Our district Coordinated School Health Team has been active and successful: new sidewalk to encourage walkers, Weight Watchers at Work, 24/7-tobacco ban, nutritious changes in cafeteria offerings, writing district policies, and much more.

#### Success Story Information:

**Reach:** Building Level, District Level, and Classroom Level

**Duration:** 4 to 6 months

#### Costs:

- \$101-\$500
- Release time/substitute costs

#### Factors for Success:

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- We received a team nutrition grant, which served as our “seed money.”

When our district team found out about the availability of a Team Nutrition Grant for the elementary school, we jumped at it. A committee was formed. We completed the Health School Action Tool and it indicated a need for more health education at the elementary level. We used grant money to form programs for each grade level regarding nutrition education: Kindergarten, a walking program with fruit and veggie tasting; 1<sup>st</sup> grade, 5 A Day; 2<sup>nd</sup> grade, family backpacks filled with nutrition information; 3<sup>rd</sup> grade, Snackin’ Healthy; and 4<sup>th</sup> grade, a big Health Fair.

The committee is continuing to meet to form written health, physical education, and activity guidelines specific to our school. We are piggybacking on the success of our district team and find it invaluable to have a building team as a liaison to the district team. This way elementary teachers have a voice in writing policies they will be responsible enforcing.

#### Other Relevant School Information:

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Students (on the team for middle/high school; input from elementary schools); Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: Healthy School Action Tool

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# 3rd Place: 2006 School of Distinction

## Tobacco-Free Policy Success Story

**Cass City High School**  
Cass City Public Schools  
Tuscola County  
4868 N. Seeger Street  
Cass City, MI 48726-9401

Enrollment: 540  
Public School  
Team Nutrition School

### Success Story Contact:

Sandi Smith  
Phone: 989-872-4397  
Email: [ssmith@casscity.k12.mi.us](mailto:ssmith@casscity.k12.mi.us)

Our Coordinated School Health Team (CSHT) completed the Tobacco Assessment sections of the School Health Index in mid-January 2004. As a result of completing these sections, reviewing and revising the tobacco-free schools section of our school board policy was identified as a top priority, especially when we discovered that the policy was written over ten years ago and had not been reviewed or revised since that time. The old policy allowed the use of tobacco products on weekends, holidays and after 6:00 p.m. on school days.

Members of the CSHT and high school student members of the Teens Against Tobacco Use (TATU) group met together to review the old tobacco use policy and came up with a revised policy to present to the school board at the March board meeting. The cooperative effort of these two groups working together demonstrated the important role that both the adults and students in our school district have in communicating a tobacco-free message. The school board approved the revised policy on April 26, 2004.

The next step was to share the revised policy with all staff members in the school district, so all were aware of it and understood the rationale behind it. The policy awareness campaign included updating our student handbooks, posting appropriate signage throughout the district, and sharing our success story in an article in a local newspaper. Announcements at school athletic events serve as a reminder of our tobacco use policy.

Our revised tobacco-free schools policy affects not only our students and staff, but our community as well. Attendance at athletic competitions, band and choir concerts, award ceremonies, graduation, or other performances brings the school and community together and provides opportunities to educate and promote healthy lifestyle choices. It is our hope that the "ripple effect" will eventually improve the health and wellness of our community.

### Success Story Information:

**Reach:** District Level

**Duration:** 4 to 6 months

### Costs:

- \$0

### Factors for Success:

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- Grant monies for signage

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Students (on the team for middle/high school; input from elementary schools); Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: School Health Index for Physical Activity, Healthy Eating, and a Tobacco-Free Lifestyle: A Self-Assessment and Planning Guide from Centers for Disease Control and Prevention

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# 3rd Place: 2006 School of Distinction

## **Cass City Middle School**

Cass City Public Schools  
Tuscola County  
4805 Ale Street  
Cass City, MI 48726-1200

Enrollment: 470  
Public School  
Team Nutrition School

### **Success Story Contact:**

Joan Helwig  
Phone: 989-872-4397  
Email: JHELWIG@CASSCITY.K12.MI.US

### **Success Story Information:**

**Reach:** District Level

**Duration:** 1 to 1.5 years

#### **Costs:**

- Greater than \$5,000
- Materials/supplies
- Time to plan and coordinate the project

#### **Factors for Success:**

- Coordinated School Health Team
- Completing an assessment
- Funding
- Grant writing

## **Safe Walking Routes Success Story**

Completing the School Health Index brought to our attention the need for developing outside facilities for promoting physical activity for both students and our community. A major concern was the need for a sidewalk so that students could safely travel between our middle school, high school, and the practice fields. Students are often observed walking on the gravel road or trudging through an adjacent field to get to and from our school. In the fall, middle school football players follow this same route to get to and from the practice fields. These situations pose safety concerns for both walkers and drivers.

Not only were we concerned about safety issues for our students, but we also desired to provide a safe surface for the many walkers and bike riders in our community. We were fortunate to be awarded \$15,000 by the Michigan Department of Community Health, to be used for the construction of a safe walking route. The project became a joint effort between the school and the Village of Cass City. The Village Department of Public Works crew completed work that was above and beyond the original plan. They excavated a large hill located in the middle of the route, added a new storm sewer to help insure proper drainage of the area, and completed the landscaping and hydro-seeding after the sidewalk was completed. A local contractor did the concrete work.

Unfortunately, the cost of the project exceeded the amount of the grant award and there is approximately 700 feet of the route that did not get finished so the sidewalk ends in the middle of a field. In the fall of 2005, we applied for a local grant through the Pinney Foundation and were awarded \$15,000 to complete the sidewalk and add lighting, which should happen this spring.

Once the sidewalk is completed, we hope to see an increase in the number of students walking to and from school and our physical education classes and lunch walking clubs can use the new sidewalk during the school day. Community members look forward to its completion as well, especially having a safe well-lit route at night.

### **Other Relevant School Information:**

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

**Assessments\* Completed:** School Health Index for Physical Activity, Healthy Eating, and a Tobacco-Free Lifestyle: A Self-Assessment and Planning Guide from Centers for Disease Control and Prevention

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# 3rd Place: 2006 School of Distinction

## Cherryland Middle School

Elk Rapids Schools  
Antrim County  
707 E. 3rd Street  
Elk Rapids, MI 49629-9402

Enrollment: 400  
Public School  
Team Nutrition School

### Success Story Contact:

Jami Gray  
Phone: 231-264-8991  
Email: [jgray@elkrapids.k12.mi.us](mailto:jgray@elkrapids.k12.mi.us)

## Teen Health Committee Success Story

After a discussion at our K-12 Health Committee, I used a suggestion that we have students more involved in health decisions at our school. I created the PULSE (Preventing Unhealthy Life Styles Every day) team that has about twenty 7th and 8th graders involved. This team works with our food service director. They taste test healthy food, give their opinion on suggestions for new food choices, and have provided ideas to re-design the lunchroom.

Our team created two murals on the walls of our lunchroom. One design was of the new food guide pyramid. Our food services director will then “color-code” the packaging for the food that links to the colors in the new pyramid. The other mural was a fun “veggie” drawing made by our art teacher.

Our PULSE team meets bi-monthly with me. They are now working on a “Survivor” type movie (created by the team) that gives information in a fun way about nutrition and fitness. The movies will be shown during lunchtime for all students. In all, the PULSE team is a fun and exciting way for students to promote healthy behavior.

### Success Story Information:

**Reach:** Building Level

**Duration:** 1 to 3 months

**Costs:**

- \$1-\$100

**Factors for Success:**

- Completing an assessment

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Students (on the team for middle/high school; input from elementary schools); Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: School Health Index for Physical Activity, Healthy Eating, and a Tobacco-Free Lifestyle: A Self-Assessment and Planning Guide from Centers for Disease Control and Prevention

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# 3rd Place: 2006 School of Distinction

## East Essex School

St. Johns Public Schools  
Clinton County  
5531 W. Lowe Road  
St. Johns, MI 48879-9789

Enrollment: 100  
Public School  
Team Nutrition School

### Success Story Contact:

Myrna Wieber  
Phone: 989-227-4902  
Email: beagle\_j@stjohns.edzone.net

### Success Story Information:

**Reach:** Building Level

**Duration:** 4 to 6 months

**Costs:** \$0

#### Factors for Success:

- Team/committee (other than a Coordinated School Health Team)

## Healthy Fundraising Success Story

For the 2<sup>nd</sup> year, we have changed the nature of our fundraising drives so that we do not ask students to sell food products that are unhealthy for themselves and others. Therefore, we do not use companies that sell candy, cookie dough, sausage, processed cheese, etc. to raise money for our school.

Rather, we now conduct a raffle drawing for cash and other items that culminates in a Family Fun Night. That evening, the students can bring their families and enjoy an evening of games, prizes (non-food), and healthy snacks. This has proven to be a very good event and parents appreciate that their children are not selling products, especially junk food.

In addition, this year we experimented with another kind of fundraiser that turned out to be very popular. It also did not involve food but instead students sent special postcards out to their family and friends. Those people then were mailed a magazine offer. If they chose to subscribe (they are under no obligation), the child earned a t-shirt and the school received a commission. It was simple, lucrative for the school, and most importantly a healthy way to raise money, which will benefit our children.

We also continue with Jump Rope for Heart, Walking Club, and Grandparents Day (new this year), which will include healthy snacks and health information for families. In addition, classrooms are now striving to serve healthy snacks for holiday parties this year—something the kids have really enjoyed—and the staff has instituted a “Shape Up For Spring” weight loss challenge which has been very successful. We are trying very hard to promote healthy eating and lifestyle changes for students and staff members alike.

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met two to three times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society)

Assessments\* Completed: No assessment completed.

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.



# 2006 2nd Place: School of Excellence

**Ebeling Elementary School**  
Utica Community Schools  
Macomb County  
15970 Haverhill Drive  
Macomb, MI 48044

Enrollment: 698  
Public School  
Team Nutrition School

**Success Story Contact:**  
Brandon Manzella  
Phone: 586-797-4700  
Email: mm4mucs@ucs.misd.net

## Coordinated School Health Team Success Story

Ebeling Elementary has had a School Health Team for over two years. The team has made an incredible amount of progress in improving the culture of the school in regards to health and wellness. They utilize many community resources to provide programs for students, staff, and parents throughout the school year. They are constantly looking for new activities to enhance the programs they already implement. The team networks with other schools in their district as well as other schools in the community to find resources and programs that meet their school issues and needs and that have been successful at other schools. They are a member of St. Joseph's Healthcare School Health Network and regularly participate in the network's continuing education workshops. The Ebeling's School Health Team Leader is a prominent leader as a physical education teacher and often provides different and innovative activities in her physical education classes that are also sent home to families and promoted at staff wellness programs. She was also instrumental in developing a health promotion program for staff at Ebeling. The following are just a few of the many accomplishments of the team in this last year.

- Provided a dynamic interactive health fair with over 20 community resources for staff, parents and students
- Completed the Healthy School Action Tool and immediately began implementing their action plan
- Provided health promotion and disease prevention articles in the school newsletters throughout the year
- Coordinated interviews with health care professionals from the community at morning announcements on their cable-vision regarding current health concerns or issues
- Facilitated a weight management program for the staff
- Promoted healthy food options for fund-raisers
- Utilized their school nurse once a month to present a health education topic at morning announcements
- Invited and were successful in including the school nurse, social worker, and resource center teacher as part of the coordinated school health team
- Incorporated wellness activities into programs that were already occurring at the school

These action steps and activities have changed the health culture of Ebeling Elementary School and students, staff, and parents are very motivated and excited about what's going to be offered next!

### Success Story Information:

**Reach:** Building Level

**Duration:** 7 to 9 months

**Costs:**

- \$0

### Factors for Success:

- Coordinated School Health Team
- Completing an assessment
- Administrative support

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Students (on the team for middle/high school; input from elementary schools); Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: Healthy School Action Tool

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.



# 3rd Place: 2006 School of Distinction

## Eureka Elementary School

St. Johns Public Schools  
Clinton County  
P.O. Box 600  
Eureka, MI 48833-0600

Enrollment: 100  
Public School  
Team Nutrition School

### Success Story Contact:

Myrna Wieber  
Phone: 989-227-4902  
Email: [wieber\\_m@stjohns.edzone.net](mailto:wieber_m@stjohns.edzone.net)

## Success Story Information:

**Reach:** Building Level

**Duration:** 1 to 3 months

**Costs:**

- \$0

**Factors for Success:**

- Administrative support

## Organizational Success Story

Eureka Elementary has third through fifth grades and East Essex Elementary has kindergarten through second grade. Both schools are part of the St. Johns Public Schools and they are both relatively small schools in a rural area.

We combined our resources to start one Coordinated School Health Team that would serve both schools because we share a principal and have identical school policies. We have met for approximately 45 minutes before school once a month. The sharing of ideas and information at meetings is making all the participants much more aware of health issues at all grade levels.

We are planning to complete the Healthy School Action Tool in February and have received a Team Nutrition Grant.

Eureka Elementary School's Spring Musical Program is featuring songs that encourage healthy living. The songs encourage eating right, exercising, getting a good night's rest, taking care of your body, and taking time to relax and enjoy life. We have also made arrangements to have blood pressure screening available before this program as a service to community members who will be attending.

We are in the process of planning a Sun Safety Poster Contest for students this spring. This is an opportunity to reinforce the importance of using sunscreen when you are going to be outside exercising and playing.

## Other Relevant School Information:

Our Coordinated School Health Team/Committee met two to three times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society)

Assessments\* Completed: No assessment completed.

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# 2006 2nd Place: School of Excellence

## Gateway Elementary School

St. Johns Public Schools  
Clinton County  
915 N. Lansing Street  
St. Johns, MI 48879-1081

Enrollment: 317  
Public School  
Team Nutrition School

### Success Story Contact:

Karla Palmer  
Phone: 989-227-4126  
Email: palmer\_k@stjohns.edzone.net

### Success Story Information:

**Reach:** District Level

**Duration:** 10 to 12 months

#### Costs:

- \$101-\$500
- Administrative time/schedule changes

#### Factors for Success:

- Coordinated School Health Team
- Administrative support

## Recess Before Lunch Success Story

The first meeting or "Vision" meeting for Gateway Elementary Coordinated School Health Team inspired our group to take on the "Recess Before Lunch" Program. We had support from the principal, and she made the necessary changes for it to occur in the schedule for the entire building.

A challenge for the older students has been the change in cafeteria procedures necessary to accommodate the allotted time frame for lunch. And we have seen all of the expected results from our program: less discipline occurring during the lunchtime; less students down to the clinic area after lunch/recess; and less food waste. We are excited our program was implemented and support the continuation of the program.

An important piece of implementing this program is educating the families and community about why the program is a better way to do things. For us, hearing one student say: "I don't have stomach aches any more because when I am done eating I don't have to run around on a full tummy," has made it successful.

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met two to four times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Students (on the team for middle/high school; input from elementary schools); Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: Healthy School Action Tool

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.



# 2006 2nd Place: School of Excellence

## Harrison Park Elementary School

Grand Rapids Public Schools  
Kent County  
1440 Davis Avenue NW  
Grand Rapids, MI 49504-3112

Enrollment: 487  
Public School  
Team Nutrition School

### Success Story Contact:

Charlene Cline RN,BSN  
Phone: 616-819-2566  
Email: [clinec@grps.k12.mi.us](mailto:clinec@grps.k12.mi.us)

### Success Story Information:

**Reach:** Building Level

**Duration:** 1 1/2 to 2 years

#### Costs:

- \$ 0
- Materials/supplies
- Release time/substitute costs
- In-kind services from community partners, donations, and grants

#### Factors for Success:

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- Funding
- Community Partnerships

## Coordinated School Health Team Success Story

Harrison Park Elementary School recognized the need for our students to have a healthier school environment with more health education and physical activity to improve their own lives. A team was formed to glean input from staff, parents, students, and administration, complete the necessary assessments, and formulate a plan with goals for our journey toward better health.

Our school health team is a very committed group that meets monthly to plan and coordinate efforts. We developed a calendar with a monthly health topic aligned with Michigan Model. This provides a framework for our activities and allows us to plan ahead and maximize efforts. Friday afternoons have become "Healthtastic Fridays" to provide a place in lesson plans for our planned activities or for teachers to enhance their own lessons with health topics. Another reason our team is truly successful is the ongoing collaboration we have with committed community partners, parental input, and teacher evaluation of presented health education/activities.

Some of the activities we have provided include parent/staff health screenings, parenting classes (bilingual), walking club, cooking with your kids classes (bilingual), monthly health education/physical activities, a nutrition carnival, Healthy U program, after-school garden, and various assemblies. Our team is always on the look out for new opportunities and community programs to work with. This year we are a recipient of the USDA Fresh Fruit and Vegetable Project, requiring a combined effort between the Health Office, Nutrition Services, and "Mixed Greens" to provide daily fresh snacks and extra nutrition education. The end result is truly a "coordinated effort" that benefits the whole school!

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: Healthy School Action Tool and School Health Index for Physical Activity, Healthy Eating, and a Tobacco-Free Lifestyle: A Self-Assessment and Planning Guide from Centers for Disease Control and Prevention

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.



# 3rd Place: 2006 School of Distinction

## Hoover Middle School

Taylor School District  
Wayne County  
27101 Beverly Road  
Taylor, MI 48180-1045

Enrollment: 600  
Public School

### Success Story Contact:

Joyce McCabe  
Phone: 313-295-5775  
Email: jmcba@aol.com

### Success Story Information:

**Reach:** Building Level

**Duration:** 1 to 3 months

**Costs:**

- \$101-\$500

**Factors for Success:**

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- Funding

## Physical Activity Success Story

The Hoover Middle School, School Health Team, completed the Healthy School Report Card and Healthy School Improvement Plan. As a result of this assessment process, we realized that the students needed an opportunity to get physical activity on a daily basis, especially since physical education is not required. So an after-lunch activity program in the gym was created and implemented this school year.

When students are finished eating, they go to the gym for 10-15 minutes of physical activity, supervised by the physical education teachers. On Monday (girls) and Tuesday (boys), a circuit-training system is used where students go to different stations for different activities, such as steps, hand weights, jump rope, sit-ups, and push-ups. On Wednesday (girls) and Thursday (boys), the students walk briskly around the gym, and on Friday they play basketball. Money from The Coordinated School Health Leadership Institute mini-grant was used to purchase the equipment.

The lunch schedule was changed from three periods to four so fewer students are being served and can get through the lunch line more quickly, eat, and go to the gym. Students enjoy the opportunity to be active in the middle of the day and go to their next class more physically and mentally alert. Students, staff, and parents have responded positively to the after-lunch activity program.

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met two to three times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Classroom teacher (other than PE or Health)

Assessments\* Completed: No assessment completed.

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.



# 2006 2nd Place: School of Excellence

## **JKL Bahweting**

Chippewa County  
1301 Marquette Avenue  
Sault Ste. Marie, MI 48316-2257

Enrollment: 300  
Public School  
Team Nutrition School

### **Success Story Contact:**

Greg Chromy  
Phone: 906-635-5055  
Email: gchromy50@hotmail.com

### **Success Story Information:**

**Reach:** Building Level, Classroom Level

**Duration:** 1 to 3 months

#### **Costs:**

- \$101-\$500
- Materials/supplies

#### **Factors for Success:**

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- Funding

## **Pedometer Program Success Story**

As a health team, we decided it was very important to get not only the students active but everybody in the school. We set our sights on the staff and administration of the school and then the students because our staff members are role models. We knew if we got the staff excited about exercising, it would transfer to the students.

We started our walking/pedometer program for our staff two weeks before we started a pedometer program for the students. Over 70 percent of the staff participated and were excited. I would see them in the halls comparing steps. The staff's program made the students curious, so our Physical Education Department started a pedometer program for the students. We are currently trying to get each class to get 80,000 steps during the school day. Teachers have shared with me how students are now walking around the room and reading just to get more steps.

It has worked very well getting the staff excited first so they are on board and then transferring this excitement to the students! We are now getting fit and having fun getting fit as a school!

### **Other Relevant School Information:**

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse

Assessments\* Completed: Healthy School Action Tool

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**1st Place:**  
**2006 School of Outstanding Achievement**

## Physical Activity Success Story

Kent Education Center - Mayfield is a special education school that provides structured programming for students with severe emotional impairments. Helping students and parents understand the importance of physical activity and healthy lifestyles with 75 percent or more students eligible for free or reduced lunch is a challenge.

To accomplish the above, we have incorporated the Healthy "U" program at the YMCA and dance as additional physical activity. Healthy eating and food choices are now part of our written school policies, and we've removed snack vending, substituted with water and energy drinks, and instituted "no ala cart food sales."

A professional dancer works weekly with our students on a variety of dance routines. Students have developed a wonderful sense of rhythm, great moves, and have fun while increasing activity levels.

The Healthy "U" Program as part of our planned curriculum, offers our students weekly swimming and "Fit Zone" activities. In conjunction with our basketball program, we've seen increases in both self-confidence and stamina.

Our Coordinated School Health Team (CSHT), with community/parent support, has changed the focus of our program to one of health and energy. Because of the committed and diverse representation on our Team, we believe that our CSHT is a model for our district and others.

### Kent Education Center - Mayfield

Grand Rapids Public Schools  
Kent County  
225 Mayfield NE  
Grand Rapids, MI 49503-3768

Enrollment: 58  
Public School  
Team Nutrition School

#### Success Story Contact:

Helen Brent  
Phone: 616-819-4489  
Email: BrentH@grps.k12.mi.us

#### Success Story Information:

**Reach:** Building Level, Classroom Level

**Duration:** 1 1/2 to 2 years

#### Costs:

- Greater than \$5,000
- Release time/substitute costs
- Transportation to and from Healthy "U" Program at YMCA
- Contract with Dance Professional

#### Factors for Success:

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- Funding
- MSU Extension support staff

#### Other Relevant School Information:

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: Healthy School Action Tool

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.



### **New Buffalo Middle School**

New Buffalo Area Schools  
Berrien County  
1112 East Clay Street  
New Buffalo, MI 49117-1540

Enrollment: 175  
Public School  
Team Nutrition School

#### **Success Story Contact:**

Patty Iazzetto  
Phone: 269-469-6048  
Email: [piazzett@remc11.k12.mi.us](mailto:piazzett@remc11.k12.mi.us)

#### **Success Story Information:**

Reach: Middle School, High School  
(somewhat)

**Duration:** 7 to 9 months

#### **Costs:**

- \$501-\$1,000
- Materials/supplies

#### **Factors for Success:**

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- Other team/committee
- Funding
- Community Support

## **Healthy Eating Success Story**

Thanks to a Changing the Scene Grant, we created a Coordinated School Health Team (CSHT) and completed the Healthy School Action Tool (HSAT). The CSHT was comprised of food service personnel, administration, teachers, parents, and a board member. Completing the HSAT helped us all understand each other's role in the school system. Our CSHT is continuing to meet and plan events for the upcoming year and will also be a part of planning the Wellness Policy.

The Middle School Student Senate began an after school store, which contains "healthy snacks." In May 2005 our Middle School students participated in ACES, the children walked, and the community donated water and bananas for a snack after the walk. Our community funded a visit from Jared at Subway to tell his story about weight loss and learning to eat properly. Posters are displayed in our cafeteria about tobacco use. In September the Food Service Department participated for the fourth year in Kids Day America, at which the Michigan Apple Committee donated Honey Crisp apples for all attendees to enjoy. Ala-carte lines in the cafeteria include "healthy snacks" that have gone over well with the students.

New Buffalo Middle School is currently planning to participate in ACES again. New this year is a "Wellness Festival" set for May 26<sup>th</sup>. It will involve the New Buffalo community in a celebration of healthy lifestyles, summer recreation, and personal safety for our middle school students.

The High School Health Teacher and the Food Service Director are developing a program for athletes. The program will educate students on basic nutrition needs of a middle/high school athlete, so they can be nourished and compete to their potential. The program was introduced by Gordon Food Service.

#### **Other Relevant School Information:**

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); School Counselor, Psychologist or Social Worker; Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

**Assessments\* Completed:** Healthy School Action Tool

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.

**Jefferson North Elementary School**

Jefferson Schools  
Monroe County  
8281 N. Dixie Highway  
Newport, MI 48166-9778

Enrollment: 450  
Public School

**Success Story Contact:**

Sara Noble

Phone: 734-322-2343

Email: snoble@jefferson.k12.mi.us

**Physical Education Success Story**

Jefferson North Elementary School has successfully taken steps to promote healthy living within the school environment in an effort to improve the overall quality of education being received by the students and staff.

Through administrative initiatives, the district has taken a role in positively changing the obesity epidemic that is occurring at such a young age. It has become a district policy to increase the amount of structured Physical Education that a student will receive weekly from 50 minutes per week total to 75 minutes.

The extended amount of Physical Education time each week allows us to focus more on getting the children moving. We developed an Endurance Run created to make children exercise more effectively. How to pace themselves, and the importance of having a healthy heart and lungs are stressed topics and students engage in an Endurance Run weekly. The amount of time is age appropriate and is increased by one to two minute intervals, depending on class progress. Although the word "Run" is used, students are also be asked to build endurance by performing other skills. Skipping and galloping are used—especially at younger ages.

**Success Story Information:**

**Reach:** Building Level, District Level, Classroom Level

**Duration:** 1 to 3 months

**Costs:**

- \$0

**Factors for Success:**

- Administrative support

**Other Relevant School Information:**

Our Coordinated School Health Team/Committee met one time during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Services Provider or School Nurse

Assessments\* Completed: No assessments completed.

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.



# 2006 2nd Place: School of Excellence

## Oakview South Elementary School

St. Johns Public Schools  
Clinton County  
1400 S. Clinton Street  
St. Johns, MI 48879-2350

Enrollment: 357  
Public School  
Team Nutrition School

### Success Story Contact:

Karla Palmer  
Phone: 989-227-4126  
Email: [salters\\_k@stjohns.edzone.net](mailto:salters_k@stjohns.edzone.net)

### Success Story Information:

**Reach:** Grades 4 & 5

**Duration:** 1 to 3 months

#### Costs:

- \$ 0
- Students were required to pay to participate.

#### Factors for Success:

- Coordinated School Health Team
- Administrative support
- Girls On The Run Program

## Physical Activity Success Story

“Girls on the Run,” a national program, was piloted at Oakview South Elementary School. St. Johns Public Schools was one of five sites chosen from the Lansing area as a pilot.

The program is an after school program targeted towards 4<sup>th</sup> and 5<sup>th</sup> grade girls, and the mission is “to educate and prepare girls for a lifetime of self-respect and healthy living.” We are very fortunate to have some enthusiastic local “coaches” for this program. The program lasts for 12 weeks and “trains” the participants to run in a 5K run. The group meets twice a week, and at each session they have a lesson from a curriculum that works towards achieving their mission of self-respect and healthy living. At the end of the 12 weeks, the participants take part in a 5K run together. The program was initiated because of concerns regarding self esteem discussed in the Oakview South Coordinated School Health Team (CSHT) meeting. The program recruited 16 girls to participate and was very successful.

Numerous comments regarding the success of the program have been shared. The goal is to continue to provide this program at this school and at other interested schools.

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met two to three times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Students (on the team for middle/high school; input from elementary schools); Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: Healthy School Action Tool

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**2006  
Honorable Mention**

**Saginaw Chippewa Academy**

Saginaw Chippewa Academy School District  
Isabella County  
7498 E. Broadway  
Mt. Pleasant, MI 48858-8967

Enrollment: 300  
Private/Non-Public School  
Team Nutrition School

**Success Story Contact:**

Cari Maniteau  
Teacher Assistant/Wellness Coordinator  
Phone: 989-775-4453  
Email: cmaniteau@sagchip.org

**Healthier School Lunch  
Success Story**

“Working Together For Our Children And Their Future” is exactly what our Coordinated School Health Team has been doing for almost a year now. We formed our committee in March of 2005 and are still working hard to ensure that our children have a healthy future.

The Parent Advisory Committee provided help and support which allowed us to buy a salad bar for our school. Every Tuesday and Thursday the students and staff are able to choose between hot lunch and the salad bar. The salad bar consists of leafy greens, several meat choices, an array of vegetables, cheese, several different dressings, yogurt, different fruits, cottage cheese, and bottled water. The impact of the salad bar on the students and staff has been phenomenal. The students feel good about themselves when they are able to make a healthy choice on their own.

**Success Story Information:**

**Reach:** District Level

**Duration:** 10 to 12months

**Costs:**

- \$1,001-\$2,500
- Materials/Supplies

**Factors for Success:**

- Administrative support
- Other team/committee
- Funding

**Other Relevant School Information:**

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: Healthy School Action Tool

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# 2006 2nd Place: School of Excellence

## Physical Education & Healthy Snack Success Story

**Schavey Road Elementary School**  
DeWitt Public Schools  
Clinton County  
P. O Box 800  
DeWitt, MI 48820-0800

Enrollment: 430  
Public School

**Success Story Contact:**

Greg Shubel  
Phone: 517-668-3550  
Email: shubelg@dewitt.edzone.net

Dewitt Public School District began increasing support for health initiatives during the 2005-06 school year. At Schavey Road Elementary School, the students are receiving double the number of physical education time on a weekly basis. They are now receiving 80 minutes of physical education (two 40 minute classes) up from the one class of 40 minutes in the previous years. A certified physical education teacher is teaching this quality physical education program, and the program includes using the Exemplary Physical Education Curriculum (EPEC). This change was supported by district administration and the Board of Education and implemented by restructuring the students' special times. The students are using the skills and reinforcement activities they learn in the class at recess and at home. Physical education is a priority in Dewitt!

The creation of a building Health Team has allowed us to look more closely at a number of building practices related to nutrition and to make some immediate changes. One change that has been well received by the parent community and students, is the restructuring of the a la carte offerings. "Cookie day" has become "healthy snack day." On Tuesdays and Thursdays the students were offered a 2.5 oz cookie for \$.50. We worked with the district's food service director, to decrease the cookie to 1.0 oz and add animal crackers, goldfish crackers, fruit snacks and other healthier options. Both the choices and nutritional value have increased for the students and the price has decreased. We feel that in explaining this to the student population and their families, we are also sending a very important message related to nutrition and its importance.

The school newsletter has also begun incorporating health messages on a weekly basis to continue to promote the importance of being physically active and eating healthy.

### Success Story Information:

**Reach:** Building Level

**Duration:** 4 to 6 months

**Costs:**

- \$1 - \$100

**Factors for Success:**

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- Other team/committee
- Cooperation/support of other district personnel

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met two to three times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Family Involvement (Parent/Guardian); Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society)

Assessments\* Completed: Healthy School Action Tool

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.



# 2006 School of Excellence

**Schwarzkoﬀ Elementary School**  
Utica Community Schools  
Macomb County  
8401 Constitution Boulevard  
Sterling Heights, MI 48313-3900

Enrollment: 676  
Public School  
Team Nutrition School

**Success Story Contact:**

Michael P. Hardy  
Phone: 586-797-6300  
Email: Michael.Hardy@uticak12.org

**Success Story Information:**

**Reach:** Building Level

**Duration:** 7 to 9 months

**Costs:**

- \$0

**Factors for Success:**

- Coordinated School Health Team
- School-wide & Community Support
- Completing an assessment
- Administrative support

**Other Relevant School Information:**

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Superintendent); Physical Education (PE teacher); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Students (on the team for middle/high school; input from elementary schools); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society, Sterling Heights Fire and Police Dept., Medstar Ambulance); Other

Assessments\* Completed: Healthy School Action Tool

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.

## Organizational Success Story

The 2005-2006 school year has brought many changes to the Schwarzkoﬀ Elementary Cougar Health Team. The year has been filled with many exciting and new activities. The most acclaimed accomplishment for the Team this year was the creation of a student health team known as S.W.A.T. (Student Wellness Alert Team).

The members in this multi-grade team have made a dramatic impact on many fronts. The S.W.A.T. members have participated in a multitude of activities, in which they have broadened the education of their peers and family members, made positive contributions to their local community, as well as, other communities across the nation. Their accomplishments have taught them to be responsible, compassionate, and respectful individuals.

As the year progresses, each member strives to learn from their teachers, peers, and most importantly, from the community in which they live. Their eagerness to learn becomes contagious and has a direct impact on the people that surround them and the school environment.

The S.W.A.T. members' accomplishments from September to January have included:

- making recipe booklets that helped raise money to make fleece blankets for pediatric cancer patients
- raising money for Hurricane Katrina survivors
- participating in a family fun night where families were invited to make/purchase a bunny and a percentage of the proceeds were donated to make bunnies for children in 911 situations
- participating in school-wide morning announcements (teaching peers, teachers, and parents a healthy tip of the week)
- learning about germ propagation and how to prevent the spread of disease caused by these germs
- sharing the gift of reading with under privileged children by organizing a book donation program
- exploring the five senses and sending a dog to school (The Leader Dog for the Blind Program)

In addition to the above accomplishments, the students strive to make physical activity, nutrition, and food allergies their main focus for the upcoming spring sessions. They will encourage peers, family members, teachers, and each other to participate in a daily physical activity routine and prepare well-balanced meals. They realize how important it is to stay healthy and fit, in order to lead a satisfying and productive lifestyle.



# 3rd Place: 2006 School of Distinction

**Slauson Middle School**  
Ann Arbor Public Schools  
Washtenaw County  
1019 W. Washington Street  
Ann Arbor, MI 48103-4241

Enrollment: 750  
Public School

**Success Story Contact:**  
Cathy Fitzgerald

Phone: 734-975-3060  
Email: cfitz@umich.edu

## Project Healthy Schools Success Story

Sixth grade teachers, as a group, chose to participate in Project Healthy Schools and incorporate it into their homeroom time. The goals are for the students to eat more fruits and vegetables, make better beverage choices, include at least 150 minutes of physical activity each week, eat less fast and fatty food, and to spend less time in front of the TV and computer. During homeroom period, sixth graders participate in ten interactive activities that are hands-on learning experiences. Four large group activities (yoga and pilates, dynabands and loops, team jump roping, line dancing) illustrated how to work more physical activity into their lives. Activity minutes, beverage, fruit and veggie choices were tracked Monday to Friday at an online healthy blog. Each student received a pedometer to encourage physical activity and other incentive prizes were awarded to homerooms and individuals with the most blog points. Evaluation includes a pre/post questionnaire and heart health screenings in the fall and spring. Cholesterol, blood pressure, height, weight, and cardiac fitness level checks are screening components. Sixth graders and all school staff were eligible for free screening.

In the cafeteria, a salad bar is a regular addition to the cycle menu and baked chips replaced regular chips. Water, 100% juice, and 1 percent white and chocolate milk are the predominant beverages offered. More changes are coming for next year. Bulletin boards in the cafeteria feature pictures of sixth graders making healthier choices. The Healthy School Action team continues to meet after completing the HSAT to make the healthier school goals a reality.

### Success Story Information:

**Reach:** Building Level

**Duration:** 4 to 6 months

**Costs:**

- \$101 - \$500

**Factors for Success:**

- Administrative support
- Funding
- 6<sup>th</sup> grade teachers decided they wanted to participate in Project Healthy Schools

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met two to three times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Other

Assessments\* Completed: Healthy School Action Tool

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**1st Place:**  
**2006 School of Outstanding Achievement**

## Sun Safety Success Story

### Switzer Elementary School

Utica Community Schools  
Macomb County  
53200 Shelby Road  
Shelby Township, MI 48316-2257

Enrollment: 630  
Public School  
Team Nutrition School

### Success Story Contact:

Steve Slancik  
Phone: 586-797-6495  
Email: stephen.slancik@uticak12.org

### Success Story Information:

**Reach:** Building Level, Classroom Level

**Duration:** 7 to 9 months

#### Costs:

- \$1-\$100
- Materials/supplies
- Release time/substitute costs
- Other

#### Factors for Success:

- Coordinated School Health Team
- Completing an assessment
- Administrative support
- Community Involvement

After completing the Healthy School Action Tool, it was very obvious that our health team had not addressed Sun Safety. We also realized that we were not using our technology in the building to its greatest potential. With this in mind, the health team began working with the student council to develop SWITZERVISION: televised morning announcements with a health note each day.

Health notes included a sun safety message each week leading to the schools Field Day and Fun Run. These two outdoor school-wide events were targeted so that every student in the school would become sun aware. Sun safety messages were also put into the school newsletters to increase awareness among our parent population.

A health team member also contacted several area dermatologists to provide sun safety education materials to the school. This was a huge success because an office provided sunscreen for all of our students and staff for BOTH events!

Sun safety is, once again, on our list of goals for our health team, and we are beginning earlier this year and communicating the need for sun screen during winter activities and with the ski club.

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; School Counselor, Psychologist or Social Worker; Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

Assessments\* Completed: Healthy School Action Tool

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# 3rd Place: 2006 School of Distinction

## Traverse City West Senior High School

Traverse City Area Public Schools  
Grand Traverse County  
P.O. Box 32  
Traverse City, MI 49685-0032

Enrollment: 1,510  
Public School  
Team Nutrition School

### Success Story Contact:

Patti Tibaldi  
Phone: 231-933-7781  
Email: tibaldipa@wsh.tcaps.net

## Physical Activity and Nutrition Success Story

Traverse City Area Public Schools was fortunate enough to be awarded a PEP Grant from the federal government to combat obesity, improve nutrition in the schools, and increase physical activity before, during, and after school. Traverse City West High School has embraced this opportunity and has implemented the following programs:

- The Noon Activity Program (NAP) was a program already in existence at the school, providing board games and limited physical activity during the three lunch hours. It was entirely staffed by volunteers. The grant allowed the school to hire someone to promote physical activity during this time. Four square, Dance Dance Revolution, and salsa have been added to basketball, tennis, ping-pong, and soccer. The number of students in the gym before was anywhere from 50-75; this past year, there have been days where the program services 400 students. There has been a significant increase in the number of females actively engaging in physical activity. A new high climbing wall will be another attraction.
- Traverse City West operates under a block schedule, which includes a seminar period every Friday, during which time students have the chance to get additional help, see counselors, fill out surveys, and test. The staff and administration agreed to allow "wellness activities" during this time. Students sign up in advance for various activities that are offered (ex. basketball, salsa instruction, and volleyball), report to the gym with their ID card, and play!
- The Booster Club funded a supervisor in the weight/cardio room for two hours after school. The room is full of students---not just athletes---using the ellipticals, bikes, and weight equipment. Yoga and pilates are offered to the staff after school twice a week.
- Nutrition advances include: offering salads and fruits as sides to replace fries; vending machines in cafeteria turned off during school; water and flavored water replacing pop; farm to school initiatives, using fresh, local produce in cafeteria; food portion displays; whole grain choices increased. The list here goes on and on!

### Success Story Information:

**Reach:** Building Level, District Level

**Duration:** 1 to 1-1/2 years

#### Costs:

- \$1,001-\$2,500
- Some staff supervision costs

#### Factors for Success:

- Completing an assessment
- Administrative support
- Other team/committee
- Funding (PEP grant and Boosters)

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met two to three times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); Health Services Provider or School Nurse; Other

Assessments\* Completed: School Health Index for Physical Activity, Healthy Eating, and a Tobacco-Free Lifestyle: A Self-Assessment and Planning Guide from Centers for Disease Control and Prevention

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.



**Waterford Village Elementary School**

Waterford School District  
Oakland County  
4241 Steffens Street  
Waterford, MI 48329

Enrollment: 340  
Public School

**Success Story Contact:**

Steve Garrison  
Phone: 248-623-6789  
Email: GARRIS01@WSDMI.ORG

**Success Story Information:**

**Reach:** Building Level

**Duration:** 1 to 3 months

**Costs:**

- \$0

**Factors for Success:**

- Coordinated School Health Team
- Completing an assessment
- Administrative support

## Organizational Success Story

As an elementary principal, I have “wanted” for two years to go through the Healthy School Action Tool (HSAT) process with a team as a method for moving to a healthier environment for our students. However, as a result of an over abundance of responsibilities, I was never able to find the time to coordinate such a team.

Our school is now involved in a unique partnership with Oakland University’s (OU) Nursing Program. For four hours every Tuesday, OU nursing students (and their coordinator, Sue Putman) spend time at our school working on improving the school environment. The students have completed preliminary work on the HSAT for our school by interviewing key staff, compiling their information and brainstorming ideas improvement. I plan to pull together a Coordinated School Health Team to review and come to consensus on the assessment results and determine the recommended action that will make the greatest impact on our school environment. I firmly believe this partnership is something that has so much potential to create a much healthier school environment.

Already, in addition to the HSAT being started, the OU students are mentoring at-risk students in classrooms, working with our special education and physical education teachers in their classrooms, promoting physical activity by creating bulletin boards, and working to implement additional health promotion activities for nutrition and physical activity throughout our school.

**Other Relevant School Information:**

Our school has not yet formed a Coordinated School Health Team/Committee.

Assessments\* Completed: none

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# 3rd Place: 2006 School of Distinction

**Discovery Elementary School**  
Williamston Community Schools  
Ingham County  
350 Highland  
Williamston, MI 48895

Enrollment: 420  
Public School  
Team Nutrition School

**Success Story Contact:**  
Lynette Pemble  
Phone: 517-655-2855  
Email: pemblel@wmston.k12.mi.us

## School Improvement Plan Success Story

Discovery Elementary created a Coordinated School Health Team, completed a healthy school environment assessment, and developed an action plan. These steps led to the successful development of a School Improvement Goal for a Healthy School Environment: Nutrition and Physical Activity.

The team felt that the first step to creating a healthy environment needed to start at the top with administrators and teachers (this document is in the School Improvement Plan) and then trickle down to the students in a variety of venues. This School Improvement Goal jump-started numerous other activities and events focused on nutrition and physical activity.

Our school improvement goal has brought focus to nutrition and fitness in our school. Implementation of actions that have had no costs include: Health Team flyer in our school monthly newsletter, health and fitness information on our school bulletin board, mini-health lessons during our weekly school announcements covering different topics each month, mini-lessons on nutrition and fitness in physical education class related to the topics of the month, distribution of free nutrition and health paraphernalia from the USDA, a taste test of two entrée's from our food service during parent information night, a Jump Rope Assembly, the Healthy Me Assembly sponsored by Blue Cross Blue Shield, and more!

### Success Story Information:

**Reach:** Building Level

**Duration:** 1 to 1-1/2 years

**Costs:**

- \$0

**Factors for Success:**

- Coordinated School Health Team
- Completing an assessment
- Administrative support

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Family Involvement (Parent/Guardian); School Counselor, Psychologist or Social Worker; Students (on the team for middle/high school; input from elementary schools); Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

**Assessments\* Completed:** Changing the Scene Healthy School Nutrition Environment Improvement Checklist from U.S. Department of Agriculture, Food and Nutrition Service, Team Nutrition

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.



# 3rd Place: 2006 School of Distinction

## Multiple Success Stories

**Explorer Elementary School**  
Williamston Community Schools  
Ingham County  
416 Highland Street  
Williamston, MI 48895

Enrollment: 415  
Public School  
Team Nutrition School

**Success Story Contact:**  
Heath Plaxton  
Phone: 517-655-2174  
Email: plaxtoh@wmston.k12.mi.us

### Success Story Information:

**Reach:** Building Level

**Duration:** 1 to 3 months

**Costs:**

- \$0

**Factors for Success:**

- Coordinated School Health Team
- Administrative support

Beginning in the fall of 2004, Explorer Elementary School began to offer a very successful lunchtime fitness program called the Lunch Bunch. The Lunch Bunch program is coordinated by the schools physical education teacher as a way to meet the needs of our most physically and socially at risk students. Participation in the program is voluntary, and we try to keep the numbers low so that the students do not feel the pressures of being in a large classroom setting.

The need for such an intervention was based on current research findings on childhood obesity as well as our students' scores on the Fitnessgram. Student behaviors and social interactions were also observed and documented prior to the start of this program.

The goal of our Lunch Bunch program is to teach students healthy habits in a fun and developmentally appropriate atmosphere. During the Lunch Bunch program, the students perform various health enhancing activities including, but not limited to, heart rate monitoring, goal setting, advanced pedometer use, rock climbing, in-line skating, and more detailed instruction on the importance of good nutrition and staying physically active. The program is unique because the smaller numbers of participants allow for a more personalized approach to healthy living

Since the Lunch Bunch program first began, there has been a significant improvement in the attitudes of the participants. They are becoming more confident in their physical abilities and as a result are feeling better about performing with and in front of a larger group. Many of the participants are even taking on leadership roles in the regular physical education classroom, which for many participants had not happened in the past. When asked what they like about the program, many of the responses revolve around the fact that they belong to something special. The Lunch Bunch is special because it is making a positive impact in the health of our students.

### Other Relevant School Information:

Our Coordinated School Health Team/Committee met four or more times during the past 12 months.

Our Team/Committee has the following active members: School Administration (Principal, Assistant Principal, Superintendent); Nutrition Services (Food Service Director or Manager); Physical Education (PE teacher); Health Education (Health Teacher/Health Educator/Classroom Teacher who teaches health); Family Involvement (Parent/Guardian); School Counselor, Psychologist or Social Worker; Students (on the team for middle/high school; input from elementary schools); Classroom teacher (other than PE or Health); Community Involvement (Examples: Health Dept., MSU Extension, Heart Assoc., Cancer Society); Other

**Assessments\* Completed:** No assessment completed.

\*Since 2004, The Healthy School Action Tool is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.