

Fund Your Health & Wellness Initiative with a Sustainable Jersey Small Grant

NJAHPERD Conference
Long Branch, NJ
February 23, 2016



Presenters

- Renee Haider, Associate Director, Sustainable Jersey
- Laurie Cancalosi, EdD, Supervisor of Health & Physical Education
Long Branch School District
- Cynthia Anderson, Physical Education and Health Teacher
Mainland Regional High School
- Joanne Aidala and Karen Straim, School Health Specialist
Statewide Parent Advocacy Network



Agenda

- Welcome and Introductions
- Overview Sustainable Jersey for Schools Efforts and the Small Grants Program
- What Schools are Doing
- Enlisting Parents as Allies
- Questions and Answers



Sustainable Jersey for Schools

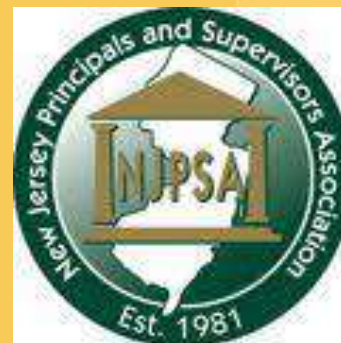


Sustainable Jersey for Schools

- Modeled off of the municipal program
- School level sustainability certification
- Free and voluntary
- NJ based and consensus driven



Program Partners



Sustainable Jersey for Schools Supporters

Underwritten By:



Sponsored By:

*Sustainable Jersey
for Schools Small
Grants Program
Underwriters*



Founding Sponsors



Silver Sponsor



Bronze Sponsor



Municipal

Schools



433: 193 Certified



155 (D)/400(S): 59 Certified

Sustainable Jersey Program Participants



Certification Requirements

150

Bronze

- Total of at least 150 points
- Mandatory Green Team
- Implement 2 of 11 priority actions
- Actions completed in 6 of 17 categories

350

Silver

- Total of at least 350 points
- Mandatory Green Team
- Implement 3 of 11 priority actions
- Actions completed in 8 of 17 categories



Why Participate?



- Framework for action
 - Best practices, guidance and training
 - Technical support resources
 - Small grants
- Positive impact on school community
 - Cost savings
 - Healthier learning environments
 - Student and staff performance



Why Participate?

- Move towards a sustainable future
 - Increase recognition and understanding of current and future challenges
 - Arm students with knowledge and insights to make wise choices
 - Connect STEM education with real-life
 - Expose students to future career paths
- Recognize and reinforce progress
 - Celebrate accomplishments
 - Share successes
 - Distinguish your district and school



Small Grant Awards

Sponsor	Deadline	Awards	Total \$
PSEG	2/23/2015	34	\$100,000
DOH-Health	6/26/2015	29	\$116,000
NJEA	10/4/2015	50	\$180,000
Gardinier-Energy	11/1/2015	7	\$90,000
PSEG	1/24/16	34	\$100,000
DOH-Health (TBA)	6/10/16	30	\$120,000
Total		184	\$706,000



Background

- The NJDOH through its Maternal and Child Health Services Title V Block Grant is contributing \$120,000 for a Sustainable Jersey for Small Grants cycle to fund schools to work on specific Sustainable Jersey for Schools Health & Wellness Actions
- DOH Grantee Agencies can provide technical assistance to assist schools in completing the health and wellness actions.



Cycle Overview

- Thirty \$4,000 grants to districts and schools
- Online application will open by the end of March and be due Friday, June 10th
- Application Information Package available on Grants & Resources Page or Link from application



Eligibility Requirements

1. New Jersey Public Schools serving grades 6 and above
 - School districts with schools serving grades 6 AND above
 - High school, middle school, or K-8 school
2. Be registered with Sustainable Jersey for Schools **AND** have appointed a **Green Team**.
3. Previous Sustainable Jersey for Schools grant recipients
 - \$10,000 Grant Recipients – Not Eligible
 - \$4,000 Grant Recipients – Eligible if Grant Project Completed by June 10
 - \$2,000 Grant Recipients – Eligible
4. Grant must be used to implement specific Sustainable Jersey for Schools actions



Eligibility Requirements

- Staff salaries and stipends
- Consultant or contractor fees (including training)
- Equipment
- Programmatic or promotional items such as meeting supplies, incentives or awards (limited percent of total budget)
- Educational materials



Green Team

The formation of a "Green Team" is the first step in establishing a school sustainability program. Green Teams leverage the skills and expertise of team members to develop plans, implement programs, and assist with educational opportunities that support the creation of a sustainable school.

- Mandatory Action
- Can be Completed at the District or School Level
 - District Green Teams Must Have School Representation
- Diverse representation including designated union representatives



Types of Actions

- District Only
 - District completes these actions and submits them for review
- School Only
 - Individual schools complete these actions and submits them for review
- Either District or School can complete the action
 - Action must be claimed by the agreed upon entity

Learning Environment	
School Grounds	
Student & Community Outreach	
Student and Staff Wellness	
1 Programs to Promote Physical Activity	Status: Unplanned
10 Points School Only	Unplanned
1 Staff Wellness Program	Status: Unplanned
10 Points	Unplanned
1 Policies to Promote Physical Activity	Status: Unplanned
10 Points District Only	Unplanned
1 School Health Assessment	Status: Unplanned
20 Points School Only	Unplanned
1 School Wellness Council	Status: Unplanned
10 Points Priority School Only	Unplanned
Student Learning	
Student Safety	

Food and Nutrition

- Breakfast After the Bell
- Healthy Food Choices
- Promote Locally Grown Foods
- School Gardens



NJ Seasonality Chart

This chart displays the seasonal availability of various fruits and vegetables in New Jersey. The columns represent months from January to December. The rows list various produce items, with color-coded bars indicating their peak season: yellow for summer (June-August), green for spring (April-May) and fall (September-October), and blue for winter (November-March).

Produce Item	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples												
Asparagus												
Bananas												
Beans												
Berries												
Broccoli												
Cauliflower												
Corn												
Cucumbers												
Eggplant												
Fennel												
Garlic												
Kale												
Kidney Beans												
Lentils												
Mushrooms												
Onions												
Potatoes												
Spinach												
Sweet Potatoes												
Tomatoes												
Winter Squash												
Zucchini												



Healthy School Environments

- Access to Healthy Water
- Asthma Friendly School
- Indoor Air Quality Review



Student and Staff Wellness

- Policies to Promote Physical Activity
- Programs to Promote Physical Activity
- School Health Assessment
- **School Wellness Council**
- Staff Wellness Program



Innovative Project

- COPE TEEN
- Protocol for Students with a Chronic Health Condition
- School Climate & Culture Study





Sign in or sign up.



FOR SCHOOLS
SUSTAINABLE
JERSEY

• CERTIFIED •



ABOUT

ACTIONS &
CERTIFICATION

EVENTS &
TRAININGS

GRANTS &
RESOURCES

MEDIA &
COMMUNICATIONS

SUPPORT US

REGISTER

one school
at a time



ABOUT SUSTAINABLE JERSEY FOR SCHOOLS

Sustainable Jersey for Schools is a certification program for New Jersey public schools that want to go green, conserve resources and take steps to create a brighter future, one school at a time. [Learn More→](#)

SUSTAINABLE JERSEY FOR SCHOOLS PARTICIPANTS



DISTRICTS



SCHOOLS

HEADLINES



**South Jersey Gas
Announced as Founding
Sponsor of Sustainable
Jersey for Schools
Program**

MAY 08, 2014



**New Jersey Natural Gas
Named Founding Sponsor
of Sustainable Jersey for
Schools Program**

NOV 14, 2013

UPCOMING EVENTS



**Sustainable Jersey for
Schools Program Launch
New Jersey School Boards
Association Conference**

OCT 28, 2014 - 04:00 PM TO

For More Information

- Visit website at www.sustainablejerseyschools.com
- Email schools@sustainablejersey.com
- Call Sustainable Jersey Staff
 - Heather McCall 609-771-2469
 - Veronique Lambert 609-771-3427



Thank You



“FITNESS FEVER; CATCH IT”

PHASE THREE



GOALS OF THE PROGRAM

THE OVERALL GOAL OF THE "FITNESS FEVER, CATCH IT" PROGRAM IS TO ENHANCE, DEVELOP AND IMPLEMENT A COMPREHENSIVE PHYSICAL FITNESS PROGRAM. THIS GOAL WILL BE ACHIEVED THROUGH THE NEW "FITNESS FEVER, CATCH IT" PROGRAM, WHICH WILL ADDRESS MEETING AND IMPROVING UPON ALL NJ CORE CONTENT STANDARDS. TO MEET THESE GOALS THE FOLLOWING OBJECTIVES WILL BE IMPLEMENTED THROUGHOUT GRADES SIX THROUGH EIGHT STUDENTS;

- 1. TO INCREASE FITNESS LEVELS OF ALL STUDENTS.
- 2. TO INITIATE AN UPDATED PHYSICAL EDUCATION AND WELLNESS PROGRAM FOR GRADES 6-8 STUDENTS, OBTAIN NECESSARY EQUIPMENT AND INCORPORATE TECHNOLOGY INTO THE "FITNESS FEVER, CATCH IT" PROGRAM.

WE BELIEVE THAT LONG BRANCH PUBLIC SCHOOLS ARE; "WHERE CHILDREN MATTER MOST". WITH THIS PHILOSOPHY IN MIND, WE ARE CERTAIN THAT THE "FITNESS FEVER, CATCH IT" PROGRAM WILL TEACH CONTINUOUS GROWTH AND ACHIEVEMENT FOR ALL STUDENTS, WITHOUT EXCEPTIONS.

ACTION PLAN-

- IMPLEMENT A TWO DAY PER WEEK MANDATORY FITNESS DAYS, WHICH WILL INCORPORATE NUTRITION VALUES IN ALL 6-8 PE/HE CLASSES. THE LBMS STAFF WILL IMPLEMENT THE FITNESS GRAM PROGRAM.
- PURCHASE THE PROGRAM AND ADDITIONAL TECHNOLOGIES NECESSARY TO USE THE PROGRAM SO WE CAN TRACK ALL STUDENTS' PROGRESS.
- THE DATA WILL BE USED TO DRIVE INSTRUCTION FOR IMPROVEMENTS.
- OCTOBER 15TH ALL 6-8 STUDENTS WILL BE TESTED IN THE FITNESS GRAM, THEY WILL BE TESTED IN THE SPRING OF THE FOLLOWING YEAR (MAY).
- RESULTS WILL BE COMPARED TO MAKE IMPROVEMENTS IN OUR FITNESS PROGRAM FOR THE FOLLOWING YEAR. ALL RESULTS WILL BE SHARED WITH STUDENTS AND PARENTS.

ACTION PLAN-

- DURING THE COURSE OF THE YEAR WE WILL IMPLEMENT FITNESS DAY PROGRAMS TO HELP STUDENTS INCREASE THEIR CARDIOVASCULAR ENDURANCE, BMI AND STUDENT ACHIEVEMENT.
- STUDENTS WILL BE INVOLVED IN BRAIN BREAKS THROUGHOUT THE DAY, CIRCUIT TRAINING IN PE CLASSES AND FITNESS GAMES TO WORK ON THEIR SKILLS. WE WILL IMPLEMENT A DANCE CLASS AND YOGA CLASS.
- WE WILL HOST 3 FAMILY FUN AND FITNESS NIGHTS SO PARENTS AND FAMILY MEMBERS CAN BE INVOLVED IN THE ACTIVITIES. THIS YEAR OUR FIELD DAY WILL BE THEMED FITNESS FIELD DAY.
- WE WILL PARTICIPATE IN THE NJ KIDS MARATHON WHICH WILL TRACK THEIR MILES ALL THROUGHOUT THE YEAR.
- ALL STUDENTS WILL WEAR A PEDOMETER TO SEE THEIR INDIVIDUAL RESULTS DURING PE CLASS. ALL DATA WILL BE UTILIZED TO DRIVE INSTRUCTION FOR 21ST CENTURY LEARNING.

EVALUATION

- BMI DATA WILL BE COLLECTED ON ALL 6-8TH GRADE STUDENTS BY SCHOOL NURSES AND/OR PE INSTRUCTORS WHO ARE TRAINED TO FOLLOW APPROPRIATE COLLECTION PROCEDURES PUT FORTH BY THE CDC INCLUDING CONFIDENTIALITY. ALL DATA WILL BE PUT DIRECTLY INTO THE DATABASE AND ANALYZED AS EACH STUDENT MOVES FROM ONE GRADE TO THE NEXT. REPORTS WILL BE DISTRIBUTED TO ALL STAKEHOLDERS AND PUBLISHED ON THE DISTRICT WEBSITE UNDER “TEACHER PAGES”.
- THE DISTRICT PHYSICAL EDUCATION TEACHERS WILL CONDUCT ASSESSMENTS DURING THEIR DAILY CLASSES; ALL DATA WILL BE REVIEWED ON A MONTHLY BASIS. PEDOMETERS WILL BE WORN AND TRACKED DAILY IN GRADES 6-8, SKILL ASSESSMENT TESTS WILL BE CONDUCTED AT THE END OF EACH UNIT IN THE PE CURRICULUM, AND THE FITNESSGRAM PROGRAM WILL BE UTILIZED TO ASSESS STUDENT FITNESS LEVELS TWO TIMES PER YEAR IN GRADES 6-8.

EVALUATION

- REPORTS WILL BE GENERATED BY THE FITNESSGRAM AND SENT HOME TO PARENTS (ALONG WITH THEIR REPORT CARDS) ON INDIVIDUAL STUDENT FITNESS STATUS, PROGRESS AND COMPARISON TO PEERS. THE REPORTS GENERATED BY THE FITNESSGRAM WILL PROVIDE SPECIFIC INFORMATION TO PARENTS SHOWING THE CORRELATION BETWEEN FITNESS ACTIVITIES AND THE HEALTH AND WELLNESS OF THEIR INDIVIDUAL CHILD. THESE REPORTS WILL AID IN EDUCATING PARENTS ABOUT THE IMPORTANCE OF A HEALTHY LIFESTYLE BY CORRELATING FITNESS AND WELLNESS TO OTHER ASPECTS OF LIFE.



Mainland Regional High School



Home
of the
Mustangs

What are our Goals of this Presentation?

- 1. Discuss the vision & focus of the Health & Wellness Committee
- 2. List and explain grants our school has applied for, been awarded, and how each are applied in the school setting.
- 3. Explore reasons why one would want to write a grant
- 4. Illustrate and discuss ways Wellness can be seen around the halls of Mainland.

Health & Wellness Committee

What are the Vision & the Focus of the Committee?

- **Vision:**
The purpose of the Mainland Health & Wellness Committee is to provide information and education to students, parents, community, and staff regarding the benefits and values of a healthy diet and lifestyle as well as the means to attain them. The committee will serve as both a source of information for the Mainland Community and a leader in these efforts for the Mainland Regional School District.
- **The focus will be on the 3 Priorities of Wellness:**
 - (1) Healthy Eating,
 - (2) Active Living, and
 - (3) Positive Social Environment

What initiatives has the committee put in place?

- 1. Survey to the staff and students on the 3 components of Wellness
 - A. By surveying groups, you get a sense of where you can begin and move forward
 - B. Also, help increase and enhance the climate of the building.
- 2. Proposal for “Healthy Kiosks” during Unit Lunch
 - A. Our school uses a modified block schedule with a simultaneously Unit Lunch
 - B. Through the survey, hoping to implement a **Smoothie Kiosk**
 - C. Looking forward towards next year: A kiosk offering health information in all areas of wellness.



Why write a grant?

- 1. Opportunity to enhance your program and school for all students and staff.
- 2. With budget cuts and issues, a great way to make up monies lost during difficult times, but still develop quality programs.
- 3. You have support and resources throughout the grant process.
 - A. Example: AtlantiCare has been an outstanding resource for guidance and support throughout the grant process. They have helped and assisted our school, send us information, and keep us up to date on conferences and grants that would help to keep our school operating at the optimal level we want to achieve.
- 4. If you are not the 1st receipt of a grant, please do not get discouraged. Keep trying... Your staff and students will thank you for it!

Grant Information

- ▶ There are many to choose from....just have to look!
- ▶ Grants that our Health & Physical Education Department has applied for and received:
 - ▶ 1. 2015 Sustainable Jersey for Schools Health and Wellness Grant in the amount of \$4,000: **Pillar 360 Fitness Program**
 - ▶ 2. 2015 NJAHPERD Mini Grant award for: **Recreational & Leisure Activity Course** in the amount of \$995.74
 - ▶ 3. Mainland Regional Educational Foundation (MREF): Local community partnership grant awarded to our department for **fitness equipment** in the amount of \$500.00.

2015 Sustainable Jersey for Schools Health and Wellness Grant

1. This fitness system was presented by Don Blair of Pillar 360 during a NJAPHERD conference at Rowan University in Spring of 2015.



Supporting all your fitness needs!

The PILLAR 360 anchoring system is a crucial component for implementing a high intensity and dynamic training program. The PILLAR 360 was developed with the rise of functional training methods utilizing exercise ropes, bands, resistance tubes, and TRX Rip.® As training methods evolve, the one constant is the need for a dynamic, strong, and safe anchoring system such as the PILLAR 360.

Simply slide and lock your PILLAR 360 into the pre-drilled floor sleeve and begin your workout.

The only limit to your next workout is YOUR IMAGINATION!

- ♦ Allows therapists, teachers, coaches, and trainers to customize programs for multiple plane movement
- ♦ Engages numerous students, athletes, and patients in a limited space
- ♦ Offers the capability to instruct and develop individual student athletes at different skill levels
- ♦ Provides a safe form of exercising
- ♦ Increases muscle strength and cardio endurance in short periods of time
- ♦ Enhances sport specific training
- ♦ Implements injury prevention
- ♦ Creates team building

Contact Information:
Don Blair
Blairing Ideas, LLC
P.O. Box 3090
Pt. Pleasant, NJ 08742
908-899-1360
www.pillar360.com



➤ 2. Our department was trained in the system, our AD even got a workout in, we were featured on the Pillar 360 Facebook page, our school newspaper covered the story, and our local newspaper did an awesome article as well!

MRHS and the Pillar 360

- 1. Pillar 360 will be implemented into PE Curriculum Semester 2 of this school year. (Quarters 3 and 4)
- 2. Pillar 360 will be an integral part of the **Freshmen & Sophomore Curriculum** beginning 2016 school year.
- 3. Pillar 360 will also be a key feature in the Junior/Senior Semester Selective Courses:
 - A. Fitness Concepts
 - B. Advanced Weight Room and Nutritional Concepts
- 4. Pillar 360 will be an **after school club** offered to all students two times a week and will run throughout the school year. This will be open to all students, in hopes of increasing fitness and activity levels.
- 5. Pillar 360 will also be offered as a **Summer Enrichment Program**. Details to follow...

2015 NJAHPERD Mini Grant Award

- **Course Length:** Semester
- **Recreational & Leisure Activities Course-** Junior/Senior Level Student
- **Goal :** To be able to present students with an activity they would otherwise not know or participate in gives them a chance to participate in more activities outside of school. Ultimately, we want the students become more active and healthy, both of body and mind.
- **Equipment purchased through Mini Grant:**

Blongoball
No Point Darts
Spikeball
Indoor Horseshoes
Lawn Dice Game
Baggo
Shuffleboard Set
Croquet Set
Cricket Game

MRHS, for the first time in the School's history, is pleased to offer Summer School Enrichment Courses for Middle School students (grades 7, 8, and rising grade 9) on Mainland's Campus July and August 2016.

Results of a Parent/ Student Survey will be strongly considered in regard to:

• *Course Offerings*

• *Hours of Operation: Morning or Night Courses*

Please take a few moments to complete the survey listed below.

My child would be interested in taking the following Summer School Courses. ✓

Computer Network and Infrastructure Solutions ☐

Conversational French ☐

Culinary Cooking/ Baking Around the World ☐

First Aid for Babysitters ☐

Forensics ☐

Game Development ☐

Model United Nations / Presidential Debates ☐

Musical Soundtrack and Score Development ☐

Musical Theater and Dance ☐

Myth Busters ☐

Physical Education Pilar 360 ☐

Science Laboratory in Physics and Biology ☐

String Ensemble ☐

TV Production Studio ☐

All courses shall be for *two week durations*, in three summer sessions contingent upon enrollment.

Monday -Thursday *Exception: Tuesday July 5th- Friday July 8th*

Session I: July 5 - 8, 11-14

Session II: July 18 - 21, 25 - 28

Session III: August 1- 4, 8 -11

Hours of Operation? I Prefer: ✓ 9:00AM – 11:00AM ☐ 6:00PM – 8:00PM ☐

COST: \$150.00 PER TWO WEEK COURSE

THANK YOU FOR YOUR COOPERATION

MRHS Summer Enrichment Program: Featuring the Pillar 360 Fitness System

More Grant Information from around our school..

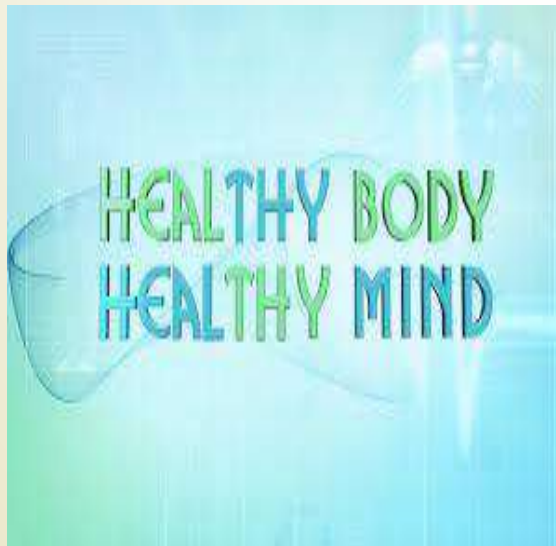
► **Food Ecology** Gr. 9-12

- The course will examine Food Ecology through authentic experiences. Our studies will examine the impact of food on the physical environment, human health, the science of botany, organic agriculture, composting, the locavore movement, and the food habits of the United States consumer. Our authentic experiences will include seedling preparation, herb gardening, raised bed farming, container farming, traditional backyard farming experiences, and the planning of whole foods meals using ingredients from our farm. By the end of the course students will have learned how to maintain an efficient micro farm as a supplementary fresh food source. The large scale goal is to teach students how to grow their own food and how to make healthy and sustainable whole-food meals using harvested ingredients.

1. This course was awarded 2 Grants, totaling \$2500.00 through AtlantiCare:
 - a. **School Wellness Award**
 - b. **Healthy Garden Start Up Award**
2. Students enrolled in this course learn how to grow, maintain, and prepare various foods on their own.



Wellness around the halls of MRHS



MRHS Physical Education

Curriculum Philosophy

- Our philosophy focuses on the health & well-being of all of our students.
- As a department, we believe that the development of healthy habits now will carry over into the future, providing lifelong wellness.
- We, as a department, also promote a healthy lifestyle, which incorporates a
 - healthy diet,
 - moderate daily exercise and
 - positive decision-making.

Freshmen Year:

1. Health & Wellness I

A. This course will be a quarter in length.

B. Topics to include, but not limited to,

Family Life, Relationships, Bullying, Conflict Resolution , Substance Abuse, & Nutrition Basics

2. Fitness Concepts & Team Games I

A. This course will be a semester in length

B. Topics to include, but not limited to, Weight Room Basics, Fitness terms and applications (Pillar 360 intro, Yoga basics, Pilates, etc), Foundations of Team Games & Cooperative Activities

3. Aquatics I

A. This course will be a quarter in length

B. Topics to include, but not limited to,

Aquatic terms, Basic Swim Skills, Swim Games, Swim Fitness Concepts, & Synchronized Swimming

Sophomore Year:

1. Driver Education

A. This course will be a quarter in length.

B. Topics to include, but not limited to, to prepare for the NJ State Test, traffic laws and regulations, driving safety topics and tips, car registration info, etc.

2. Fitness Concepts & Games II

A. This course will be a semester in length

B. Topics to include, but not limited to, Weight Room Intermediate, Fitness terms and applications continuation(Pillar 360, Yoga, Pilates, etc.) , Foundations of Individual Activities and Dual Sports

3. Aquatics II

A. This course will be a quarter in length

B. Topics to include, but not limited to, building swim endurance, advanced swim skills, lifesaving techniques, basic first aid & CPR, swim games, & diving



Junior/ Senior Electives

(Semester in Length each)

- 
- 1. Individual Activities
 - 2. Team Activities
 - 3. Fitness Concepts
 - 4. Health & Wellness II
 - 5. Recreational Sports & Leisure Games
 - 6. Advanced Weight Room & Nutrition Concepts

The Physical Education Department Student of the Month.

A Physical Education student from each grade level who exemplifies leadership, character, sportsmanship, effort and teamwork in addition to the following criteria:



1. Positive Attitude
2. Extra Effort and Class Participation
3. Good Attendance
4. Ability to get along with and encourage others
5. Overall Grade Average

Wellness Bulletin Boards



MRHS Staff Wellness Day



1. Pillar 360 Fitness Training for Beginners and Advanced Sessions
2. Walking for Fitness Sessions -Why walking is healthy, how to track steps, proper stretches, walk for 30 minutes and count steps—regroup at end and discuss
3. Tai Chi for Beginners Sessions
4. Planning for Retirement Sessions
5. Massage Chairs for Stress Relief
6. Financial Preparation Informational Sessions

Food Ecology Course



Building the Winter Gardens



Chocolate Beet Cakes



Aquaponic
s Unit





Thank you for your time &
have a wonderful day!





*Statewide Parent
Advocacy Network*

Parents as Champions For Healthy Schools



Funded by a grant from the New Jersey Department of Health,
Division of Family Health Services, Child and Adolescent Health Program.



Parents are Valuable Partners to Promote Healthy Schools

To effect improvements in school wellness, we must involve parents as partners in the process.

David Satcher, MD, PhD.
Former U.S. Surgeon General



What Parents Need

to Strengthen Capacity as Partners

- ▶ **Knowledge, Skills and Confidence** to be effective partners to promote healthy schools
- ▶ **Parent Team** – for parent to parent support, stronger voice as advocates
- ▶ **School Staff** – to serve as partners and a source of advice and support
- ▶ **Funding** –to implement parent action plans



“ Parents as Champions” Workshop

- ▶ Three sessions (on three Saturdays)
- ▶ Each session: 9:30 am – 2:30 pm
- ▶ Team of three parents or more
- ▶ Personal Stipend if attend all three sessions
- ▶ Eligible Teams may apply for grant up to \$1 000



School 12 (K-8) Elizabeth Public Schools Playground Grant

Cary Stone



Setting up Parent Wellness Group

- ▶ Ask for a list of volunteers for other school programs.
- ▶ Call informing them of an opportunity to help the school.
- ▶ Inform them of a \$100 stipend for completing the program.



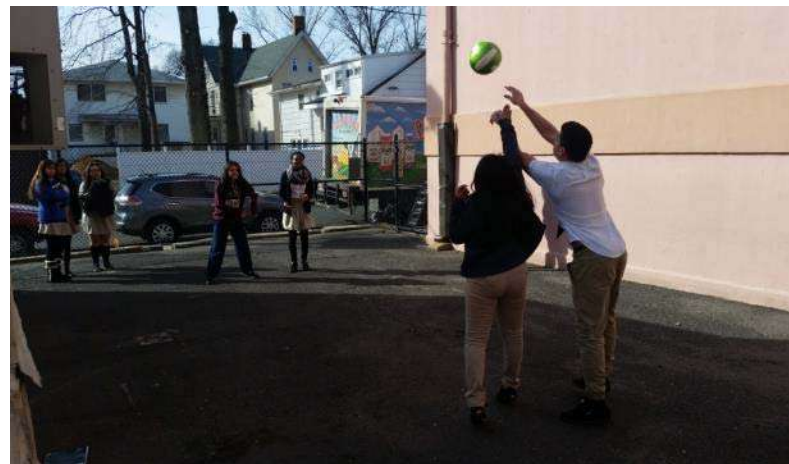
My Experience

- ▶ Well run Program.
- ▶ Meet enthusiastic parents.
 - Programs (Field Day)
- ▶ Time is not an issue (collaboration)
 - Call weekly
- ▶ Attended one day of the program.
 - Brainstorming with the parents.



Grant

1000 dollars for Physical Education Equipment for recess.



Writing the Grant

- ▶ During the program we set up a guideline as a group.
- ▶ There was very little time needed to fill out the form.
- ▶ The Vice Principal was very excited and happy to receive the grant.
- ▶ The Students now have enough equipment to separate out the recess equipment from our everyday equipment.



Conclusion

- ▶ Its worth a couple hours of your time to make connections that can last for years to come.
- ▶ Thank You to Parents for Champions.
 - Joanne and Karen

