

Healthy Behaviors Implementation **Cedar Ridge Middle School located in Sandy Oregon**

By MICHELLE EMERY

First phase: February 2019-May 2019

Students who attended Homework Club between February and May were exposed to outside activity time. They were also given instruction on reducing screen time and alternate activities for a healthier lifestyle. There were 41 students.

In many of Todos Juntos' programming, there were students who needed these experiences. As we began incorporating movement and exercise into the last 15 minutes of Homework Club in January, we saw an increase in participation in these activities, including some students who were previously more sedentary. They ran around playing tag, threw a ball back and forth to each other, or simply walked the perimeter of the school grounds.

Second Phase: June 2019-August 2019:

Kidsfest Summer Camp. This was held June 24, 25, 26, and 27th from 10am to 2pm. It was a huge success with 35 students who attended. These students participated in walking field trips, nutrition lessons, reduced screen time conversations and many activities for a healthy lifestyle. See below for more information.

Prior to this grant, activities at the school for nutrition and movement were almost exclusively specific sports related. This meant that if you as a student did not identify with a specific sport such as soccer or track, you would not engage in healthy behaviors with exercise and nutrition within the after school activities at school.

The second stage of implementation was created as a stand-alone program. We focused on healthy behaviors and choices. The students made people out of vegetables, created their own t-shirts and made name tags and posters for themselves so they could get to know each other. We went hiking, played tag, explored all sorts of outside and inside games and also offered the chance to try different sports like pickle ball, badminton and other all-inclusive activities. Everyone was able to participate with no exclusion.

We also partnered with a local shop, Mt. Moka, for a combination field trip and nutrition experience. Mt. Moka kindly provided each student with an Italian soda free of charge. Before we walked to the shop, we had a discussion on calories, choosing wisely, and what bodies need to be healthy. We discussed the options for when they wanted to have a treat. We talked about the ingredients in the Italian soda which are flavoring, carbonated water and optional whipped cream. We came to the conclusion that the Italian soda might be a healthier choice than a milkshake or other drinks that have more calories etc. This opportunity also gave them experiences in choosing for themselves, ordering at a store, gratitude, walking as a group, pro-social behavior etc.

We had different levels of athletes. Some were super athletic and others struggled even to run. At the beginning of the camp, one student would show up with a big milkshake and resist any activity. Towards the end of camp, she was bringing just her water bottle, she was eating the food we provided and when asked what her favorite part of camp was she said hiking.

On an aside, the beginning of this next quarter is girls club and this student comes every club day and asks where we are going that day. And, in fact, she was recently one of the fastest girls walking on a field trip. This is completely the opposite of what she was like at the beginning of the camp experience. This is a student who would never have engaged in activity without this new club.

The Third Phase: September 2019- March 2020

The PE teacher at Cedar Ridge middle school has been involved and dedicated to this project from the first phase. She is perfectly suited to this as she teaches and observes all the classes for physical education. She spent September inviting all students to Cedar Ridge Moves club (CRM). Since the school's fitness room was ready to go by the middle of September, we started the club on October 4th. It runs every Thursday from 2:15 until 3:30pm. The last two weeks we have had a total 13 students attending. The average is 10 students each week. About half of those are the ones who feel out of place in PE and who rarely participate. Sue Doan, the facilitator and brain behind the program's success said, "It has been motivating to watch. Several students in PE class barely participate in that setting, but when they come to Move Club, they are excited to use the equipment and participate in a variety of activities."

I believe that she, the principal and other Cedar Ridge staff are happy with the addition of this funding and the good results that are coming from the implementation of Cedar Ridge Moves club from Healthy Behaviors.



Fourth Phase: April 2020-August 2020

With the onset of repercussions of COVID-19, everything we have been accustomed to has changed. The clubs at school were no exception. We were saddened by the closing of schools on March 13th which ultimately meant no school for the rest of the school year.

We did not want to lose the bond the students had to Todos Juntos and the school in their participation of Cedar Ridge Moves Club so we went to work quickly to decide how best to adapt. We decided to begin a Google Classroom specifically for all the students who had previously been involved in clubs. Sue was an integral part of this move to a virtual platform. She posted work outs and then Move Club check-ins to dialogue with the students about their exercise choices and what they were doing to stay active during the quarantine.

Here is an excerpt for a check-in she did with two students-

“From Ms. Doan’s Couch:

Is anyone else struggling to get off of the couch. I am so comfortable and feel like doing nothing but I know that hours of couch time is not good for me!

Q:What are you doing to get off of the couch today?

A: (from male student) I am helping some of my family

A: (from female student) I am going out to work on my tumbling moves and to exercise with my horse.

She also posted the “Just Dance” playlist that the students loved and played almost everyday that club was held. She told them that they could dance at home to the songs they loved during club as they would copy the dance moves of the avatars on screen. The link below is for a video of the students dancing to the song “YMCA.” It makes me so happy to watch it!

<https://photos.app.goo.gl/RrmXHbEfJidCYx9C6>

Now we stand at a bit of a crossroads. With the inability to meet in person during the summer and the uncertainty of schools opening in the fall, we need to adapt to virtual connection in an authentic way. We have created a virtual Summer Fun Club. It will run for the summer with innovative and unique approaches to connecting with students.

First, the students will come pick up a supply kit with everything needed to join us in healthy behavior challenges (with prizes for those who complete all 6 weeks of exercise challenges) and the supplies to help them create fun art projects. Next, they will be sent a link to access two videos each week. One will detail how to do the art project. The other is Sue Doan explaining the challenge with the other staff demonstrating the correct way to do the exercise. The videos are being created by Todos Juntos staff and will be on YouTube and on the Todos Juntos Google Classroom. In addition, each week the staff will host a Club Meeting (via Google Meet) to talk about the healthy living challenge for the week, play games and show and tell the items the students have made.

Below is an outline of the program.

July 5th: SUMMER FUN CLUB CAST INTRODUCTIONS!

POST: Introduction video

Introductions of facilitators. Google Classroom post comments (the first week would be posting some healthy behaviors of facilitators and allowing students to post their healthy behaviors. Get to know each other focusing on healthy behavior

July 12th-Spread Kindness:

POST-Squat Challenge and 3D holiday card demo.

Squat challenge

- Day 1-5 squats
- Day 2-10 squats
- Day 3-15 squats
- Day 4-20 squats
- Day 5-25 squats
- Day 6-Rest
- Day 7-30 squats

ART: Make holiday cards for soldiers and veterans and collect them to give out for Christmas. We will be using SupportOurTroops.Org to send them to deployed soldiers, marines, sailors and airmen.

KIT INCLUDES:

Weekly Challenge Log

- 2 sheets paper
- 2 cardstock
- Marker

July 19th Theme: Move Your Body (Hygiene and creation habits)

POST: Toothbrush challenge and Coil and thumb pot demo

Toothbrush Challenge- explain

Art: Coil and Thumb pots (move your hands with clay)

KIT INCLUDES:

Weekly Challenge Log

- Air dry clay
- Beads
- toothbrush

July 26th- Choosing Healthier Food Options

POST: “Eat healthy all week” Challenge, Italian Soda Demo and Tile Coaster Demo

Eating healthy all week: (explanation)

Treat: Italian sodas-

Sparkling water and coffee creamer

Recipe: 6 half and half pods, 1 can strawberry perrier.

Art: Ceramic coaster (for your drink)

KIT INCLUDES:

Weekly Challenge Log

Food/Art

- Ceramic coaster
- Alcohol ink
- Straw
- Isopropyl alcohol spray bottle
- Felt dots
- Strawberry perrier
- Coffee Mate

August 2nd- Move Your Body #2

POST: Butt and Gut Challenge and Sculpture figuring demo

Butt and Gut challenge

- Day 1-10 squats, 10 crunches
- Day 2-10 lunges, 30 second plank
- Day 3-10 squats, 15 crunches
- Day 4 -10 lunges, 35 second plank
- Day 5- Rest
- Day 6-15 squats, 15 crunches
- Day 7-15 lunges, 40 second plank

ART: we will be making a “sculpture” figurine they can paint/decorate/ use for use for drawing reference; you can make your figurine do squats with you.

KIT INCLUDES:

Weekly Challenge Log

- Tin foil
- Pipe cleaners
- Masking tape

Aug 9th - Theme: Move your body and be creative

POST: Dance Challenge and Personal Collage Video

Art will be making grab bag, creative personal collages. Send a photo of your collage to email or post in Google Classroom. We will use Google meeting to show the collages to each other.

KIT INCLUDES:

Weekly Challenge Log

- Art supplies (you get what you get)
- Magazine pages
- Paper

Aug 16th--Theme: Morning: Starting off right!

POST: Eating breakfast challenge and Stained glass demo

“Eat breakfast every day” challenge:

To create a healthy habit, you must do it for at least two weeks. Two week challenge log and then tell them to bring all completed challenges when we meet for the in-person camp next week to win a prize.

Art will be making “stained glass” art that they can look at every morning.

KIT INCLUDES:

Weekly Challenge Log

- Pancake mix
- Plastic sheet
- Black sharpie
- Clear glue
- Acrylic paint
- Paintbrush

Mid August (17th-20th)-- We plan to run an in person day camp for all those who engage with Todos Juntos through-out virtual camp programs. Healthy Behaviors activities include games and exercises like trail walking. Art will be making a mural for the school.

We are currently taking registrations and will begin the first full week in July. Our gratitude is for you as you have made all this possible through the Blueprint grant. We will continue to seek new and effective ways to connect with students and get them moving and growing to have lives filled with healthy behaviors. Our hope is that you will grant us the opportunity to continue to change students lives one at a time through continued funding.