

## 30+5 Springfield Update Summer 07

30+5 successfully completed our first year! Since our April site visit, we have been working on **Simplifying** as we **Collaborate** with our strong partners within the community. The lessons we learned this past year combined with the wisdom of our technical advisor, Beverly Tyler, continue to move 30+5 forward! We are investing our energy into the areas of our program that are working well and that can be sustained in the future. We continue to strengthen our relationship with the school and with other community organizations. We appreciate the tremendous support we receive from the Springfield Community.

Thank You to those community members who joined us on April 25, 2007 for the Springfield Consortium Meeting. At this meeting we outlined our plans for 2007-2008 in order to get approval and feedback. The following update is a reflection on where we've been and where we're headed!

### **\*\*Special notice**

We say goodbye to Springfield superintendent Rose Rooth and Riverside Middle School principal Judy Pullinen. Their support of 30+5 has been a major factor in the growth and success of our efforts. We are scheduled to meet with the new superintendent on July 23<sup>rd</sup> and look forward to sharing our work with him!

### **BMI's:**

In Springfield, school nurse Linda Rinder and 30+5 consultant dietitian Janet Morin worked together to obtain heights and weights of Riverside Middle School students. With this data, 30+5 health educator Elizabeth Brood calculated BMI percentiles for the 2006-2007 school year. Individuals with a BMI in the 85<sup>th</sup> percentile or greater received phone referrals for 30+5 dietitian services. See below for results.

### **BMI Results:**

Riverside Middle School	Total # Measured	At Risk BMI 85-95 percentile		Overweight BMI > 95 percentile		Underweight BMI < 5 percentile	
		#	%	#	%	#	%
6 <sup>th</sup> Grade	86	19	22	21	24	1	1
7 <sup>th</sup> Grade	87	19	22	22	25	2	2
8 <sup>th</sup> Grade	104	19	18	25	24	2	2

Riverside Middle School	Total # Measured		At Risk BMI 85-95 percentile		Overweight BMI > 95 percentile		Underweight BMI < 5 percentile	
			% of total Males	% of total Females	% of total Males	% of total Females	% of total Males	% of total Females
	Males	Females						
6 <sup>th</sup> Grade	44	42	27	17	25	24	0	2
7 <sup>th</sup> Grade	37	50	16	26	32	20	5	0
8 <sup>th</sup> Grade	49	55	20	16	31	18	4	0

### Dietitian Services:

In August of 2006, local pediatricians were made aware that 30+5 would offer free dietitian services to Springfield middle school aged youth. Our dietitian referral system was not utilized as much as we had hoped; next year we will continue to offer 30+5 dietitian services through local medical practices. We will also have our dietitian available for consultation with students and school staff at Riverside Middle School 2 hours per week. Janet Morin, RD presented nutrition education activities to JJ Whitmore's **Family and Consumer Science Classes (FACS)**. We are currently working on developing a nutrition education curriculum to present over 2 class sessions during the 2007-2008 school year.

In addition to the nutrition ed lessons, **30+5 visited FACS classes** approximately two times per month to taste test and prepare a variety of healthy and quick meals/snacks. Students in these classes helped 30+5 prepare food for the Try It For Your Diet Community Dinner which was held every Friday evening while school was in session. 30+5 and J.J. will develop and implement fun, hands-on healthy food activities for the coming school year. We will host an after school Lifestyles of the Fit and Healthy event on November 1<sup>st</sup> which will feature healthy meals prepared by FACS students. 30+5 will work with all youth in the FACS classes 3 times over the course of a trimester.

At the close of the 2006-2007 school year, 30+5 said goodbye to our faithful, Friday night diners at the **Try It For Your Diet** meal. We will be focusing our intervention energy on our work in the school throughout the 2007-2008 year.

### School Lunch Improvements

30+5 Key Players met with Caroline Scully, Springfield Cafe Services manager and Linder Rinder, RN to discuss the Wellness Grant that RMS received in January of 2007. This grant funding will be used to procure

equipment to assist in the preparation of fresh produce served in the cafeteria (a salad spinner and an industrial mixer). Funds from this grant were also used to provide VT FEED education to cafeteria workers.

Throughout the 2007-2008 school year, **30+5 will supplement the school lunch** by providing a **leafy salad mix** one time per week; through a donation from Black River Produce we also hope to offer students a selection of **fruit** one time per week.

It is to be noted that the Springfield Cafeteria continues to make healthy nutrition changes in the school environment. Some changes to date so far:

Replacing Iceberg Lettuce with Romaine Lettuce on the salad bar

Reducing beverage portion sizes

Removing sugary beverages from the vending machines

Providing cafeteria workers with training from VT FEED

Limiting students to one helping of French fries and tater tots per lunch

**\*\*We hope to take this a few steps further during the 2007-2008 school year by limiting French fries and tater tots to **one DAY** per week.**

#### **Action Packs and PALS (Physical Activity Logs) and Prizes:**

In November, Elizabeth Brood from the **30+5** program met most of the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders in Riverside as she handed out 30+5 Action Packs and signed up students for the PAL Challenge. Of the One Hundred and Ninety-Four 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders that signed up to take the 30+5 PAL Challenge, Ten students completed their PALS and were eligible for some **super prizes**. In May, winners received: A **mountain bike** gift certificate, **4- IPODS**, and **gift certificates to Olympia Sports**.

**30+5** is working on updating the **Action Packs** and reformulating the **PAL Challenge** to better meet the needs of the Riverside community. We are considering working solely with the Learning Lab classes to promote additional school time physical activity. An e-mail letter was sent notifying the appropriate teachers of this potential and requesting their feedback as to how this could best work in their classroom. We will also encourage these youth to engage in physical activities after school. We hope to reward participating students with a fun-filled, physically-active field trip

#### **After School Physical Activity Options**

This spring, 30+5 offered two free after-school physical activity classes to the Riverside youth: **Break Dancing** and **Belly Dancing**. We had enthusiastic

participants attend both these classes. Next year we plan to offer more after-school events, but will promote them in collaboration with existing programs/organizations like the Riverside Middle School After-School Program run by Polyanna Bladyka, The Right Foot, and The Southern Vermont Regional Recreation Center.

**Collaboration with the Recreation Center:** We have established a partnership with the Southern Vermont Recreation Center and are collaborating on a pilot program for youth to support the development of healthy eating and activity behaviors. Participants of this individualized program will be referred by medical practitioners and by 30+5. Each student case will be managed by 30+5 and the program benefits include the following: a 6-month membership to the Recreation Center, 2 meetings a month with a personal trainer, 2 meetings a month with a dietitian and access to educational resources that support the development of life-affirming health behaviors.

**Additional Summer Collaborations:** Elizabeth Brood is assisting the **Right Foot** with the **Girls on Track Program**.

**Summer Tech Camp: July 16<sup>th</sup> -20<sup>th</sup>.** 30+5 will provide fruits and vegetables, donated by Black River Produce for the **culinary arts component** of this program. 30+5 also met to review and exchange recipes with the chef/food prep instructor, Kim Buelher. We will also hula-hoop with the campers!

### **Scholarships:**

We continue to offer scholarships for interested youth to enroll in physical activity classes. We are tailoring scholarships to reflect an individualized health intervention process that will be monitored by 30+5 program staff case-management style. Youth are eligible for up to 1 year of paid enrollment in an activity of their choice through our new scholarship design. For more information, contact Nancy or Elizabeth at 802-885-3744.

We are also tailoring scholarships to reflect an individualized health intervention process that will be reviewed every three months.

We are also asking **teachers and other interested adults** if they would like to **offer** a particular **physical activity** program or excursion for middle school youth, we may be able to assist with **funding**. We are looking to hire a certified or willing-to-be certified person to oversee /belay the **Climbing Wall** at the Right Foot 1 day per week. If you are interested or you would

like more information regarding leading youth activities, please call:  
Elizabeth Brood at (802) 885-3744.

**Public Information:** This fall 30+5 will provide consistent weekly **updates** and promotion of **30+5 activities and events** through local **newspapers** and school **newsletters** in Springfield.

We will be present at the Riverside Middle School Open House to advise interested parents about our programs and upcoming events.