

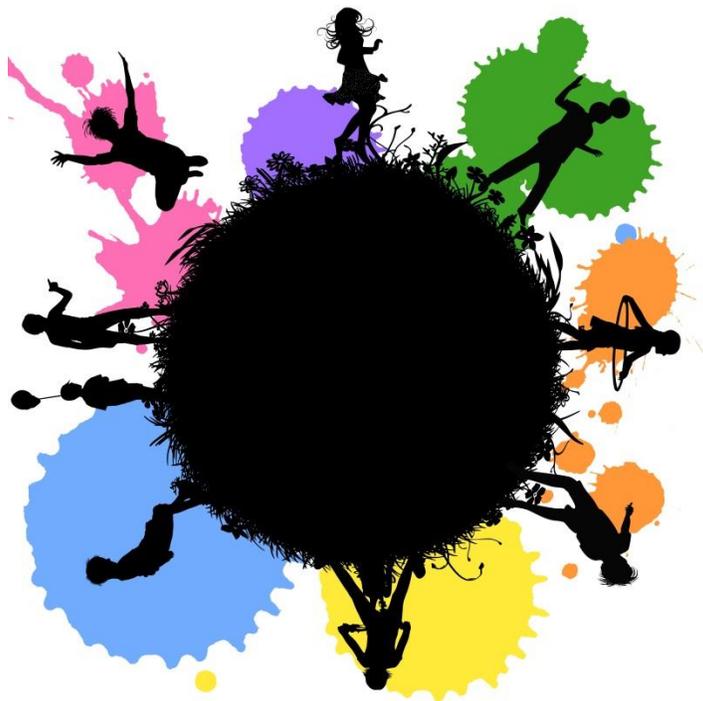
**THE DICK AND TUNKY RILEY AWARD FOR  
SCHOOL IMPROVEMENT COUNCIL EXCELLENCE:**

**A Collection of Selected SIC Activities**

**Volume V**

**Health and Wellness**

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## Message from the SC-SIC Executive Director

Dear SIC Member:

Across South Carolina each year, nearly 15,000 School Improvement Council members like you come together on 1,100-plus SICs with a common goal – to make a difference in the lives of the schools and students they serve.

Each school community (and each SIC) has its own unique personality, set of needs, and available resources to help their school be successful. But sometimes, local School Improvement Councils can wonder just exactly what they can do to make a real difference.

This series of six publications developed by the SC School Improvement Council is intended to provide examples of what some effective SICs have accomplished and to offer ideas in a number of topic areas so that your SIC can undertake its work in a planned, thoughtful, and meaningful fashion.

Presented in each of them are a variety of projects and endeavors of SICs that have been recognized through SC-SIC's *Dick and Tunky Riley Award for SIC Excellence* process. Many of these examples are applicable to most school communities, while others may be more specialized. Review them and identify those which might be a good fit for your SIC and school community.

As always, please consider the SC-SIC office as a ready resource to assist you in your efforts. We are only a phone call or an email away.

Thank you for your service on your School Improvement Council. Your dedication of time and energy to help your school and its students is valuable and appreciated.

You have my best wishes for a year of successful and significant SIC work!



Tom F. Hudson  
Executive Director  
SC School Improvement Council

## **I. Introduction**

This volume is one in a series highlighting activities undertaken by *Riley Award* honorees since the inception of the Award in 2002. SC-SIC has collected and organized these activities by general topic areas.

These activities were selected from among case statements submitted by SICs who participated in the *Riley Award* process and were named to the Honor Roll, received an Honorable Mention award, or were named a *Riley Award* winner. The name of the SIC, the school district, and the *Riley Award* year follow each activity. This series is not intended to catalogue every activity undertaken by *Riley Award* honorees: activities were selected to provide readers with examples from a broad cross-section of topic areas.

In some cases, you will find additional resources listed at the end of a topic. These are only a sampling of the many resources available online or through universities, non-profits, and government agencies at the federal, state, and local levels. Please contact SC-SIC if you need assistance in identifying additional resources in a particular topic area.

## **II. How to Use the Information in this Collection**

### **Identify Your School's Needs and Define Your Goals before Choosing Activities**

This collection was prepared in response to SIC member requests for more information about *Riley Award* honoree activities from past years. It is important to remember, however, that SICs selected these activities based on their school's unique needs and goals for improvement.

To help ensure that your time and effort are directed toward activities that are appropriate for your school, consider the following questions before selecting, planning and implementing specific activities:

1. Are we addressing a need that was identified in our school's Five-Year School Improvement (Renewal) Plan?
2. If not, have we looked at other existing data or collected data ourselves in order to verify that the need actually exists? Have we confirmed that this need impacts student achievement either directly or indirectly? Do we have enough information to know what factors contribute to this need at our school?
3. Have we defined the goal that we hope this activity will help us achieve? Is our goal aligned with one or more goals in the School Improvement (Renewal) Plan?
4. Will this activity help us meet our goal by addressing one or more of the factors that contribute to the need we are working on?
5. Will this activity duplicate activities that are already being implemented by others? Is it a good fit for our school community?
6. What resources do we need in order to implement this activity with quality? Do we have these resources? If not, can we get the resources we lack through partnerships with other individuals or organizations in the school or community?

## Lessons Learned from *Riley Award* Honorees

In reviewing the many case statements describing the experiences of *Riley Award* honorees, SC-SIC staff made several general observations that may be helpful to your SIC:

- It will likely take more than a single, one-time activity in order to achieve an SIC goal. Most *Riley Award* honorees undertook several, strategically linked activities which together were directed toward achieving one of their goals.
- It will likely take several years of sustained SIC effort in order to meet longer-term school improvement goals. For this reason, it's important that SICs plan ahead on how they will transfer information and responsibilities for key activities from year to year.
- Collaboration and partnerships are essential to SIC effectiveness. *Riley Award* honorees often worked together with various combinations of administrators, teachers, school staff, and other school and community organizations to implement school improvement activities.
- It's important to do your homework! *Riley Award* honorees took the time to review their School Improvement (Renewal) Plan and school performance data, gather input from stakeholders using surveys and other tools, and research what has worked for other schools like theirs by going out and visiting other schools, consulting with nearby universities or non-profit organizations, and using online resources.
- Don't hesitate to ask for help. *Riley Award* honorees often invited experts in to help educate themselves about their area of focus. They called on teachers, guidance counselors, dieticians, district staff, local law enforcement, traffic safety experts, marketing and communication professionals, college professors, pediatricians and school nurses, and others in order to better understand their schools' needs and find effective solutions.
- Effective SICs divide their work among committees that are organized around each specific goal or area of focus. Many *Riley Award* honorees reported that forming a committee was an important step in moving forward with work on their goals.

The staff at SC-SIC hope that you will find this collection of *Riley Award* activities to be a source of ideas and inspiration as you work through the school improvement process. More information about the *Riley Award* and recent *Riley Award* honorees is available on our website at <http://sic.sc.gov>. If your SIC needs individualized assistance in any area of your work, please don't hesitate to contact a member of the SC-SIC staff. We are here to help!

### III. Riley Award Activities

#### Health and Wellness

##### 1. Student Nutrition and Fitness

**School Wellness Committee, increased student activity levels, and improved health measures for teachers and parents.** This SIC spearheaded the creation of a School Wellness Committee which includes representatives of the school's physical education department, cafeteria staff, the school nurse, and other key personnel. The Committee meets regularly to strategically coordinate school activities impacting student nutrition and fitness. The SIC also partnered with Palmetto Health, Modern Woodmen of America, and the PTO on several of the SIC's fitness initiatives for students, teachers, and families. These included an activity log program for students, a Biggest Loser program for teachers and parents, and a Heroes Hustle Fun(d) Run. Monies raised from the Fun Run were used to build a rock climbing wall and purchase other school equipment to help increase students' physical activity levels. As a result of SIC leadership, the school also became a partner school with the USC College of Education's program, Promoting Active Communities for Excellence in Schools (PACES). This program evaluated students' physical activity needs and then provided professional development to teachers and staff on how to increase physical activity in the classroom and during recess. (*Harbison West Elementary SIC, School District 5 of Lexington & Richland Counties, 2017, 2015*).

**Bike Rodeo.** This SIC collaborated with many community partners on a bike rodeo event to teach students safe riding habits and to sharpen their cycling skills. The Medical University of South Carolina's local Safe Kids coalition provided a bicycle town, bicycles, and helmets for kids to use and helped ensure that the helmets fit properly. A local bicycle store conducted bike safety checks and the Low Country Helmets for Kids charity donated additional helmets to those who needed them. The Town of Mount Pleasant Policy Bike Patrol also assisted in setting up and taking down the bicycle town and led students through the various stages of the bike rodeo course. (*Jennie Moore Elementary SIC, Charleston County School District, 2016*).

**Getting to know fruits and vegetables.** This SIC assisted in implementing the school's initiatives, funded through a grant from the SC Department of Education Fruits and Vegetables Program, to provide students with nutrition education and daily supplements of fresh fruits and vegetables. Nutrition education was incorporated into the curriculum through activities such as creating alphabet books using fruits and vegetables to illustrate each letter or, in the older grades, creating and publishing a newsletter of nutrition facts. Each morning during school announcements, a student announced a fruit or vegetable of the day and classes competed to present a fact about the next day's featured fruit or vegetable. Other activities gave students opportunities to sample both common and more exotic fruits and vegetables. Learning opportunities for parents were also part of the program. The school partnered with several local and national produce providers in implementing the program. (*Burton Pack Elementary SIC, Richland School District 1, 2012*).

**Being Caught Eating Healthy.** This SIC focused on supporting its school's goal to increase student awareness about the importance of good nutrition and leading a physically fit lifestyle. The SIC created an entire day of games, characters, and prizes to promote a Being Caught Eating Healthy event at lunch during National Nutrition Week. The SIC also won a grant for their school from a grocery chain to support implementation of additional activities targeted toward this goal. (*North Augusta Elementary SIC, Aiken County Public School District, 2011*).

**Healthy food choices.** This SIC worked together with members of the student council to develop and implement a Healthy Food Choices Program. The twin goals of the program were to reward children for making healthy food choices during school lunch and to increase their level of exercise and physical activity at home. The SIC and students researched student food eating habits through observation and discussions with the cafeteria staff. Points were assigned to different foods, with the most avoided healthy foods assigned the highest number of points. Bonus points were assigned to various types of physical exercise undertaken at home. The reward program was primarily targeted toward 4th and 5th grades to allow for student management of the program. Each month, student leaders would report point totals to the SIC and identify winners of incentive prizes. SIC members mentored students in designing and preparing communications relating to the program such as flyers, correspondence to teachers, memos to students, and communication with parents. The SIC also mentored these students in preparing a budget and seeking donations for incentive prizes from school business partners. (*Burgess Elementary SIC, Horry County Schools, 2011*).

**Rewarding healthy food and beverage choices.** This SIC partnered with two local institutions of higher education to plan and implement a Healthy Choices lunch program for students. The first step was educating students about healthy choices. Students who made healthy lunch choices and selected white milk over flavored milk were then rewarded with the privilege of ringing a special bell. Researchers from the universities collected data to evaluate the effectiveness of the program. They found a significant drop in the number of kids who drank flavored milk and an increase in those choosing healthy lunch options and white milk. The program was eventually expanded to other schools in the district. (*Jesse Boyd Elementary SIC, Spartanburg School District 7, 2011*).

**Yoga for kindergarten students.** Among the fitness initiatives spearheaded by this SIC was a yoga class for kindergarten students during the school day. The SIC partnered with the PTSO to fund the class. The SIC also assessed the school's total health program using the criteria for DHEC's School Health Award and encouraged the PTSO to provide healthy food options at school-wide events. (*Jesse Boyd Elementary SIC, Spartanburg School District 7, 2011*).

**Healthy cafeteria offerings.** This SIC, together with their school's Health Steps Committee, worked with the school's registered dietician and cafeteria manager to review food offerings and make several changes to improve the healthfulness of the cafeteria offerings. The review also identified a faulty food heater that was thereafter replaced. (*Nursery Road Elementary SIC, School District 5 of Lexington & Richland Counties, 2010*).

**Nutrition education, school cook book, and exercise initiatives.** This SIC supported school initiatives such as the Healthy Habit student survey; Nutrition Nuggets

monthly newsletter; Good Morning Dolphins morning exercise sessions; Nutrition Queens program to teach students about healthy snacks; student health and fitness related clubs such as the Dolphin Dash Running Club, Walk and Talk Club, Jump Rope, and Pep Squad; and a school Nutrition Week that included a special presentation on “Food Quackery” by Dr. Bill from the National Science Center in Augusta, GA. Other SIC sponsored activities included creating a school cookbook of recipes for healthy snacks and meals that included student drawings, poetry and songs about healthy eating and a Team Lean faculty and staff weight loss and fitness program. (*North Augusta Elementary SIC, Aiken County Public School District, 2009*).

**Health and Fitness Fair.** This SIC partnered with the school's Breaker's Café and other community agencies to expand their successful school Health and Fitness Fair. Food vendors showcased healthy food choices. Health screenings were provided by school district nurses, the county Health Department and local medical center, and the county Sheriff's Department. Exercise options and program information were provided by local fitness gyms/clubs, dance studios, gymnastics centers, and the county Recreation Department. The SIC also used this opportunity to distribute its annual *SIC Report to the Parents* to attendees to raise awareness about the SIC's goals and work. (*Doby's Mill Elementary SIC, Kershaw County School District, 2009*)

**Healthier lunch choices and classroom activity breaks.** This SIC met regularly with the school's cafeteria manager and together they explored options for helping children make better food choices, including eliminating the extra sales of high fat foods and instead promoting low-fat frozen products, fruits, and bottled water. Through conversation with and presentations to their faculty, SIC members were also successful in getting more teachers to incorporate activity breaks into their daily classroom routines. (*Chukker Creek Elementary SIC, Aiken County Public School District, 2007*).

**School running club.** Students in grades K-5, their parents, teachers, and school staff met on the track before school once a week to do laps and other physical fitness activities (Fun Run) and started recess every day by running a lap (Lap a Day Before We Play). Students kept a log of their laps or mileage. (*Pineview Elementary SIC, Lexington School District 2, 2007*).

### ***Additional Resources***

Alliance for a Healthier Generation (<https://www.healthiergeneration.org/>).

An Organizer's Guide to Bicycle Rodeos (<http://www.bike.cornell.edu/education.html>)

Promoting Active Communities for Excellence in Schools (PACES program), University of South Carolina, College of Education, Department of Physical Education  
([http://www.sc.edu/study/colleges\\_schools/education](http://www.sc.edu/study/colleges_schools/education))(contact: Dr. Collin Webster).

Safe Kids South Carolina (The Children's Trust of South Carolina)  
([http://www.scchildren.org/about\\_us/programs/safe\\_kids\\_south\\_carolina/](http://www.scchildren.org/about_us/programs/safe_kids_south_carolina/)).

SC Department of Education, Division of Operations and Support, Fresh Fruits and Vegetables Program (<http://ed.sc.gov/agency/os/>).

## **2. Family Health and Wellness**

**Assistance for parents of students with mental health challenges.** This SIC assisted in coordinating a National Alliance on Mental Illness course for parents of students with behavioral and mental health challenges. Parents participating in the six-week course built relationships with the school and interventions for their children became more personalized. Four school staff members also received training as a part of this initiative. (*South Florence High SIC, Florence Public School District One, 2016*).

**Male Leadership Conference.** This SIC partnered with the school to sponsor a Male Leadership Conference. The featured speaker was SC State Senator John Scott and workshop speakers addressed issues such as gang prevention, childhood obesity, mental health, and discipline/karate. (*A.J. Lewis Greenview Elementary SIC, Richland School District 1, 2010*).

**Real Talk with Parents, for Parents.** This SIC sponsored an evening of discussion for parents that included subjects such as gang involvement, eating disorders, peer pressure, and maturing bodies. (*Indian Land Middle SIC, Lancaster County School District, 2010*).

**Community resources fair for families.** This SIC sponsored an Education Fair that featured exhibits by a number of agencies and organizations from the surrounding county in order to familiarize parents with the wide range of services available to families and children. (*Manning Early Childhood Center SIC, Clarendon School District 2, 2010*).

**Talk with the Docs and Coffee with the Counselor.** This SIC partnered with Clemson University's Strong Families initiative to sponsor "Talk with the Docs," a panel discussion on childhood health and wellness featuring a local pediatrician, hospital pharmacist, and the school nurse. The panel addressed topics such as asthma and allergies, school vaccinations and communicable disease policies, and proper medication administration and dosing. "Coffee with the Counselor" was developed by the school's guidance counselor, who was also an SIC member, and addressed topics such as effective communication and developmentally appropriate behaviors. Both programs provided parents with an opportunity to hear advice from professionals, share their own experiences, and support one another in a relaxed, non-intimidating atmosphere. (*Hunt Meadows Elementary SIC, Anderson School District 1, 2009*).

**The world of adolescents.** In response to data collected from a parent survey, this SIC invited one of its appointed community members, a professor from a local college, to speak at a forum for parents about the behavior and social world of adolescents. Parents had an opportunity to ask questions and discuss issues such as teen pregnancy, drug addiction, and the impacts of negative peer pressure. (*Martha Dendy Sixth Grade Center/Bell Street Middle SIC, Laurens School District 56, 2005*).

**Health Extravaganza and Smart Matters.** This SIC partnered with its school and faith-based and other community partners to organize a health fair that included health screenings, exhibits and workshops by a variety of community health service providers, fun attractions for kids, dinner, and entertainment provided by school students. The health fair was

expanded after the first year to include all cluster schools. (*A.J. Lewis Greenview Elementary SIC, Richland School District 1, 2005/2004*).

### ***Additional Resource***

Clemson University Cooperative Extension Specialists (<http://www.clemson.edu/extension/>.)

National Alliance on Mental Illness, South Carolina Chapter (<http://namisc.org/>).

### **3. Domestic Violence and Sexual Assault**

**Access to information.** This SIC partnered with Sistercare to provide students with access to a curriculum that helped them identify domestic violence, understand the cycles of violence, and develop an action plan for prevention and protection. SIC members also provided each student with a pocket card with help-line and emergency numbers so that students could seek help in a non-threatening, private way. The cards were distributed by the school's Student Council, and the Student Council President appeared on the school's morning news show to explain the purpose of the cards and how to use them. (*E.L. Wright Middle SIC, Richland School District 2, 2003*).

### ***Additional Resource***

SC Coalition Against Domestic Violence and Sexual Assault (<http://www.sccadvasa.org/>).

## **Many thanks to the SICs whose work is featured in this Collection.**

*A.J. Lewis Greenview Elementary SIC, Richland School District 1*

*Burgess Elementary SIC, Horry County Schools*

*Burton Pack Elementary SIC, Richland School District 1*

*Chukker Creek Elementary SIC, Aiken County Public School District*

*Doby's Mill Elementary SIC, Kershaw County School District*

*E.L. Wright Middle SIC, Richland School District 2*

*Harbison West Elementary SIC, School District 5 of Lexington & Richland Counties*

*Hunt Meadows Elementary SIC, Anderson School District 1*

*Indian Land Middle SIC, Lancaster County School District*

*Jennie Moore Elementary SIC, Charleston County School District*

*Jesse Boyd Elementary SIC, Spartanburg School District 7*

*Manning Early Childhood Center SIC, Clarendon School District 2*

*Martha Dendy Sixth Grade Center and Bell Street Middle SIC, Laurens School District 56*

*North Augusta Elementary SIC, Aiken County Public School District*

*Nursery Road Elementary SIC, School District 5 of Lexington & Richland Counties*

*Pineview Elementary SIC, Lexington School District 2*

*South Florence High SIC, Florence Public School District 1*