



commit to be fit

SY 2020-2021 Report
Year 4: A Broader Scope

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Note about COVID-19: Due to the COVID-19 pandemic, safety mitigation procedures were in place to ensure the safety of our staff and students. Commit to Be Fit had to make adjustments to our regular programming, which included temporarily discontinuing our community group exercises classes for the 2020-2021 school year. The team was tasked with finding creative solutions to continue our wellness promotion efforts during this unprecedented time. While we are looking forward to resuming many of our pre-pandemic activities, a few of our initiatives were proven to be quite successful and will hopefully continue beyond this time.



Commit to Be Fit is an award winning, grant funded, school supported program in a rural Virginia county that is geared towards creating a healthier culture in three key areas: cafeteria, classroom, and the community. Realizing that academic performance is strongly correlated to healthy minds and bodies, wellness and healthy lifestyles have become an integral part of our educational culture. The Commit to Be Fit program was presented an award by Governor McAuliffe as the recipient of the 2017 Virginia School Board Association’s Food for Thought Competition for wellness/physical activity. This program is generously funded by the generosity of the PATH Foundation.



A Three-Pronged Approach to Creating a Culture of Wellness

Meet the C2BF Team



Jackie Tederick, M.Ed.
C2BF Wellness Integration Coordinator
RCPS Dean of Staff Relations & Health and Wellness



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Dr. Shannon Grimsley
PI of Grant
RCPS Division Superintendent and Cheerleader In Chief



Jennifer Atkins
ABL Facilitator

YEAR 4

SY 2020-2021

Year 1

Year 2

Year 3

Year 4

Year 5

Inspiring Healthy
Role Models

Focusing on the
Family

Changing
Community Culture

A Broader Scope

Global Outreach and
Sustainability



Above- Staff Farmer's Markets
Left- Every Kid Healthy Week
Right- Kids' Cooking Club



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Stomp, Slap, Clap

Physical Activity for Physical Distancing database for PreK-7



C2BF Activities at the Wonderful Wednesday Day Camp

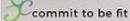
Exercise Tutorial & Modifications Video



SQUAT JUMPS (10X)
 +
 PUSH-UPS (10X)
 →
 WARRIOR BALANCE (alternating 5X per side) = 1 ROUND

How many rounds can you do in 15 min.?

Week of 1.11.21
Challenge of the Week (COW)

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Virtual COW (Challenge of the Week)



The Daily 15 to increase physical activity for students and teachers



Mindfulness, nutrition, & positive self-esteem activities in ABL



Focus on staff wellness: portal, strength & conditioning class, and awards (shown)



cafeteria





Kids' Cooking Club & Nutrition Education

After school cooking clubs were held for grades K, 1st, 2nd, 5th, 6th, and 7th graders. Students had the opportunity to make a variety of foods while learning age-appropriate cooking skills.

Additionally, Commit to Be Fit conducted a series of nutrition lessons to 3rd grade students during the ABL exploratory. The lessons incorporated the MyPlate curriculum with movement integration.



Staff Farmer's Market

C2BF held a special Farmers' Market on Thursday, November 19th for all RCPS staff as a way of showing our thankfulness to each of them and to further promote staff wellness. Each staff member was given \$20 in tickets to shop for items to add to their Thanksgiving feast. The farmers' market provided an opportunity to show our gratitude to the staff while supporting our local farmers. With nearly every single staff member opting to participate this after-school event was a huge success. While many staff members opted to shop at each vendor's table, pre-order curbside pick-up was available to all in order to be COVID conscious. Our participating vendors included Thornton River Orchard (apples and cider), Roger Jenkins Fruit Stand (apple butter, honey, and jams/jellies), Jackalope Ridge (sourdough bread and cookies), Farm at Sunnyside (sweet potatoes, carrots, winter squash, and herbs), and Wholehearted Health Foods (dark chocolate, granola, and sourdough bread).

Due to the success of the Fall event, a Spring event was held on May 25th. Many of the original vendors, along with a new meat vendor, Bean Hollow Grassfed, participated. Overall, we felt that this was a wonderful opportunity to promote staff wellness and provide business for our local farmers.



RCPS Feeding Program

The RCPS School Nutrition Department continued to pack and deliver meals to students throughout the school year and through the summer. With students in a variety of learning formats (hybrid, four-day, and fully remote), it was essential to ensure that all children had access to meals.

This was a division-wide program that could not have been possible without the help of many volunteers, bus drivers, staff members, and donors. Commit to Be Fit was only one of many organizations that helped to make this feeding program possible. Thank you to everyone who helped to ensure our students had weekly meals and that no child went hungry during the pandemic.



Hydration is Important!

During the pandemic, school drinking fountains were closed as a safety precaution. Students were encouraged to bring a reusable bottles to school. Commit to Be Fit purchased reusable water bottles to supply any student that did not regularly have one throughout the school year. Proper hydration is a key component to student health and this eco-friendly alternative helped to reduce plastic consumption at the schools.

Power of Produce (POP) Bucks Market Bags

Commit to Be Fit continued the POP Bucks' program for the fourth year, despite COVID challenges. The Rappahannock County Farmers' Market continued with the pre-order, drive-thru market format this year. Every Rappahannock County Public Schools student is eligible to redeem their virtual POP Bucks for a CSA-style Market Bag, which includes a homemade loaf of bread, a pound of local protein, assortment of local produce, and mushrooms from community farmers.





classroom





Action Based Learning (ABL) Lab

The ABL Lab continued to service all students in grades PreK- 5th grade during SY20-21 with modifications to ensure students' safety during the pandemic. The modifications included group fitness activities (in place of alternating stations), increased outdoor activities, and added education aimed at increasing health literacy. Students engaged in mindfulness studies, nutrition lessons, and positive self-esteem activities.



Personal Fitness & Nutrition

Our high school elective class, Nutrition and Personal Fitness, continued on to its 9th semester of teaching students the knowledge and applicable skills to lead a healthy lifestyle. New in SY20-21, the high school students played an active role in promoting wellness activities for the elementary school. The students created videos to promote different aspects of wellness during Every Kid Healthy Week. The video series was shown in PreK- 7th grade classrooms and shared online for remote students.



Mindful Monday
 Standing, mindful movements & positive affirmations

Tasty Tuesday
 Colorful fruits and vegetables

Wellness Wednesday
 Outdoor exploration

Thoughtful Thursday
 Tips for being kind to others

Fitness Friday
 Dance moves



Physical Activity for Physical Distancing

Commit to Be Fit created a database (PDF & videos) of physical activities for the classroom that aligned with COVID safety mitigation procedures. These activities were offered for grades PreK-3 and 4-7 and provided seated activities with standing modifications.

activity format

Suggested grade level and time → **PHYSICAL ACTIVITY FOR PHYSICAL DISTANCING AS IF** → **Easy to follow directions**

Suggested Levels: PreK-3 **Time:** 1-5 minutes **Equipment:** NONE

Directions: Teacher reads aloud one of the sentences below. The students must act out the sentence for 30 seconds. The teacher then selects another one for the class to act out. Have the students perform at least 5 of them.

AS IF...

- While seated, climb AS if there is a rope above your head.
- Paint AS if a paintbrush is attached to your head.
- Swim AS if you are in a pool full of Jell-O.
- Shake AS if you are a wet dog.
- While seated, dance AS if there is fast music playing.
- Juggle AS if you are juggling hot potatoes.
- Drive AS if you are a racecar driver.
- While seated, move AS if you are an elephant.
- Paddle AS if you are canoeing upstream.
- Flag your arms AS if you are a dragon.
- Slap your desk AS if you are playing whack-a-mole.

Seated activities if 6 feet of distancing is not possible

PLAYGROUND AND LEAVE SPACE OPEN

Standing Modification Ideas for larger spaces that allow for 6 feet of distancing

- Jog in place AS if a bear chasing you
- Step in place AS if you are stepping in pudding
- Jump AS if you are popcorn popping
- Hop AS if you are on a tiny trampoline
- Spin AS if you are a dog chasing your tail
- Walk AS if you are walking on a tight rope

Commit to be fit www.rappc2bf.com Source: Modified from *Fun Time & Brain Care*

All activities are in a PDF format for easy printing, reference, and sharing!

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Counting Through Movement

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Stomp, Slap, Clap



Daily 15

On September 14th, Commit to Be Fit launched the Daily 15 challenge for all RCPS PreK-12 classes. This challenge encouraged teachers to provide a 15-minute walking (or running) break for students in addition to their recess and PE times. Designed to allow for extra daily physical activity opportunities, the program also provided time outdoors and (in many cases) a mask break. The teachers who tracked their daily class walks competed to win kinesthetic learning equipment. With one Daily 15 session roughly averaged as one mile, we calculated that the classes walked a total of 1212.7 additional miles from September 14th – November 24th, which is slightly further than the distance between Rapp and Key West, Florida!

For the second semester, many of the classes continued to participate in the Daily 15 even though the contest had ended. It was exciting to see that this practice had been embraced by students and teachers.

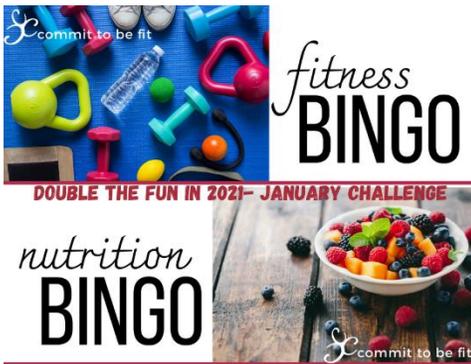




community



Community Challenges



Commit to Be Fit held a variety of monthly challenges for staff and community members. Topics included self-care, hiking, positive thinking, fitness, nutrition, healthy habits, and going green. Also, we offered weekly fitness challenges, COW (Challenge of the Week). Exercise tutorial videos were included for many of these as well.





Wonderful Wednesday C2BF Activities

C2BF paired up with the Wonderful Wednesday Day Camp and provided a variety of different activities for campers and counselors to experience during the “Commit to Be Fit Activity” portion of the camp. Each week, participants engage in a new activity which includes a fun, physical activity game as well as a mindfulness cool-down.

Virtual Turkey Trot

Due to the pandemic, Commit to Be Fit held our annual Turkey Trot in a virtual format. Participants were asked to pre-register and complete a walk/run during the week of Thanksgiving. Additionally, participants were encouraged to submit a photo from their family “turkey trot.” In total, we had 127 participants, which was a larger turnout than previous years. Due to the virtual format, families that were traveling out of the area for the holiday were still able to participate. Our community reported their trot from various states across the east coast: PA, NC, GA, FL, and of course, different regions of VA.



Rapp at Home Balance Class

C2BF was excited to collaborate with Rapp at Home and has been offering Brain Body Balances classes for Rapp at Home members. Held at the Washington Schoolhouse, participants work on cognitive balance exercises to enhance the brain and body connection, body weight strengthening exercises for lower body and core, and an assortment of balance drills. Additionally, participants received a 7-page handbook to continue exercises at home. Classes are held on a monthly basis and have expanded to two cohort groups to accommodate more participants while still maintaining appropriate physical distancing.





Presentations

June 14, 2021- LFCC Education Consortium

Commit to Be Fit had the honor of presenting at the LFCC Education Consortium on Monday, June 14th in Fauquier. During the presentation, "Kinesthetic Strategies to Create Brain STARS in the Classroom," the team shared research supporting the link between academic success and movement. Additionally, participants were presented with budget-friendly, action-based activities to enhance learning in the classroom.

Special Guests

Rappahannock County Public Schools had the honor of welcoming the United States Department of Education's Assistant Secretary for Elementary and Secondary Education, Frank Brogan along with many other esteemed guests, including local and state officials, such as the chairs from the Board of Supervisors and School Board, Delegate Michael Webert, and Dr. Dave Myers, Assistant Superintendent for Data, Research, and Technology at the Virginia Department of Education. While the guests were here to see the entire division and learn about the processes that have resulted in successfully and safely reopening schools, Commit to Be Fit was excited to have the opportunity to share the Neuronasium, the ABL Lab, and the Sensory Pathway.

Assistant Secretary Brogan enthusiastically tried out one of RCHS Neuronasium desk gliders (pictured right) as well as different activities in the RCES sensory pathway. Dr. Myers, from the Virginia Department of Education, was quite impressed with the Neuronasium. According to Myers, "I've been through thousands of schools and have never seen anything like the Neuronasium before."






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