



commit to be fit

SY 2019-2020 Report

Year 3: Changing Community Culture

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Note about COVID-19: Due to the COVID-19 pandemic, schools were closed in March by order of Governor Northam. While Commit to Be Fit did not meet all original school year objectives due to the unexpected closure, we did adapt to the quickly evolving crisis. As a result, this report has a pandemic response section at the end of each of our three categories: cafeteria, classroom, and community. Furthermore, we are extremely grateful to the PATH Foundation for the resources to serve our community during this challenging, unprecedented 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

**Hollyann Jenkins**

C2BF Wellness Integration Specialist

RCPS Public Relations & Digital Communications Officer

**Amanda Butler, MA, CHES**

C2BF Nutrition Specialist

RCPS Director of Food Services

**Dr. Shannon Grimsley**

PI of Grant

RCPS Division Superintendent and Cheerleader In Chief

**Jennifer Atkins**

ABL Facilitator

YEAR 3

SY 2019-2020



**Inspiring Healthy
Role Models**

**Focusing on the
Family**

**Changing
Community Culture**

A Broader Scope

**Global Outreach and
Sustainability**



New in SY 2019-2020



Above- Monthly ABL Wellness Warriors recognition to promote wellness behaviors

Left- Sensory Pathway at RCES for additional movement opportunities

Right- More classroom push-ins to promote classroom movement

commit to be fit Parents' Newsletter

October 2019
Be the "I" in Kind

During the month of October, Commit to Be Fit kicked off Bullying Prevention Month with a focus on kindness. Large murals that served as a backdrop for the students and staff to take a picture in front of were posted in both the elementary and high school cafeteria.

In addition, RCS staff were encouraged to participate in a Kindness BINGO game by participating in thoughtful pictures such as, "I am kind to my coworkers", "I am kind to my students", etc. for the month of October. Recent research shows a link between kind acts and your psychological and physiological health.

KIND KAND

October Wellness Warriors



We are so appreciative of our new Wellness Warriors for the month of October! Each month one student per grade level (K-4) will be recognized for outstanding effort in the Brain-OB Action Board Learning (ABL) Lab. This includes being their best self, following directions at each station, respecting their classmates, being kind to others, and being a big help!

Monthly Parents' Newsletter designed to increase family engagement



Community-wide walking challenge to increase physical activity

commit to be fit TEACHER'S CORNER

March 2020

Lisa Heller Bailey Bennett Sheri Darlud Jillian Smith Sarah Moore
Michelle Pritchard Amy Gray Kelly Ether Jennifer Cole
Shelley Sherrill Brittany Bratich Tiffany Montague Margie Soudard
Julie Ruth Mike Myers Undie Way Pearl Barron Jennifer Jobber
Karen Williams Matt Hurnell Geraldine Baby Callie Deale
Valerie Herring Jenny Berney Brooke Herring Natalie Johnson
Natalie Johnson Jennifer Jobber

Thank you to everyone who has participated in the C2BF MINDFUL MINUTE

Visit our sign-up sheet (Google drive) to sign up. Everyone who participates will receive a breckin ball on our first week.

Recent Feedback from Teachers:

"I found it very helpful in getting my classroom refocused and ready."

"I feel that it is very successful in helping students be fitter. Their minds are energized and focused."

"The students are just utilized for their mindless moment in another classroom but asked what we do it to calm down and re-focus!"



March Staff Challenge

We are going (eating) GREEN in March!! Keep track of all of your fruit and veggie servings with our healthy challenge! You will receive a point for each serving of any green fruits and veggies and 3 points if they are GREEN!

One winner will receive a Ninja Blender!

This flier is available in a pdf format at <https://www.rcaes.org/craft>

Monthly Teacher's Corner Newsletter designed to enhance staff wellness



New classes included Meditation, Balance, and 6- Week Goal Getters Workshop

Mindful Minute to reduce stress and promote self-regulation

Greater focus on social emotional wellbeing for staff and students





Increased Locally Sourced Foods for RCPS

During SY 2019-2020, 33% of purchased produce was sourced locally for Rappahannock County Public Schools. Our students and staff enjoyed local apples and nectarines from Rappahannock County, sweet potatoes from Page County, and a substantial variety of produce from 4P Foods/Local Food Hub. Additionally, we served local protein sources including ground beef and sausage from community farmers. Compared to SY 2018 – 2019, there was an 81% increase in total dollar amount spent on local foods.

The RCPS Nutrition Department also received a \$25,000 Farm to School Grant from the Virginia Department of Education School Nutrition Office to further support education and procurement efforts.



Power of Produce (POP) Bucks

Commit to Be Fit continued the POP Bucks' program for the third year, despite COVID challenges. The Rappahannock County Farmers' Market changed in response to the pandemic to be a pre-order, drive-thru market. Similarly, our POP Bucks model adapted from using traditional POP Bucks exchanged as money to a CSA-style Market Bag that RCPS families could sign-up for. Every Rappahannock County Public Schools student is eligible to redeem their virtual POP Bucks for a Market Bag, which includes a homemade loaf of bread, a pound of local protein, assortment of local produce, and mushrooms from community farmers. As of September 2020, 296 POP Buck Market bags have been distributed to our students.



RCPS Feeding Program

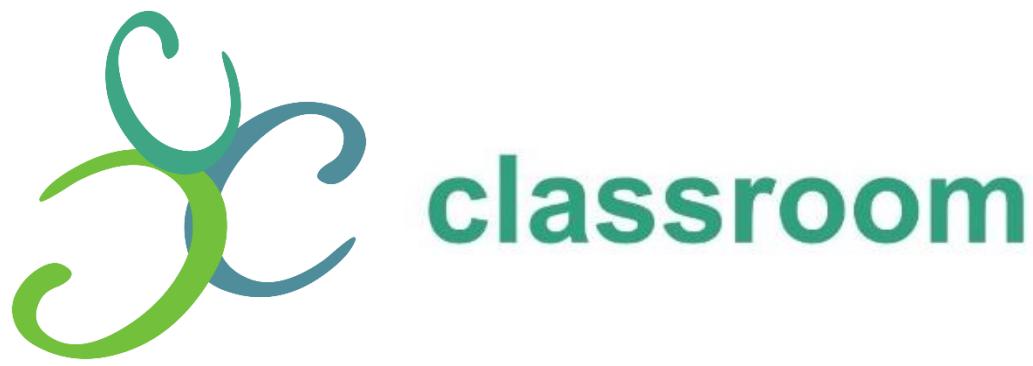


The RCPS School Nutrition Department immediately went to work to ensure that none of our students would be food insecure during the COVID-19 school closure. In fact, the first announcement of the Meal Access Hotline was included in the initial school closure statement, which was provided to parents on Friday, March 13th. During the first delivery on Monday, March 16th, the nutrition department packed over 100 meals for families.

The program evolved to one distribution day a week which provided each child with 5 breakfast and 5 lunches along with a weekend backpack from the Rappahannock County Food Pantry. On average, 1100 meals would be distributed each week from March to July 2020 with a total of 21,153 free 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 no child went hungry during the pandemic.





9



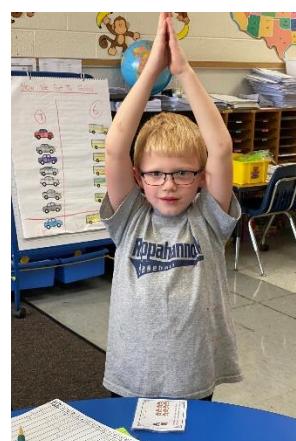
Action Based Learning (ABL) Lab

The ABL Lab continued to service all students in grades PreK- 5th grade during SY19-20. New stations were added for increased engagement and greater challenge to build movement foundations.



Classroom Push-ins

One of Commit to Be Fit's objectives for SY 19-20 was to have an increased presence in RCPS classrooms. From August thru March, C2BF conducted a total of 84 push-ins, which consisted of five-minute brain breaks, a mindful minute, and twenty-minute integrated movement lessons in reading, math, and other subjects. Additionally, health-related workshops such as positive body image and understanding nutrition labels were offered.



High School Nutrition & Personal Fitness Class

Our high school elective class, Nutrition and Personal Fitness, continued on to its 7th semester of teaching students the knowledge and applicable skills to lead a healthy lifestyle. Taking students to the WARF to spend POP Bucks on local foods and exercising in the Aqua Tone and Tread class is always a highlight of the course and fun hands on learning experience. This year we also involved our students more within the community as they led an active role in our Stuff the Bus food donation drive for the food pantry. Additionally, we use peer health education strategies through social media and hallway posters to further promote healthy behaviors among all students.



At-Home Wellness Activities

In response to the pandemic, Commit to Be Fit offered fun fitness and nutrition related activities for students to complete following the school closure.

The image displays six green-themed worksheets for student wellness activities, each featuring the "commit to be fit" logo and Student Wellness Activities text.

- ROLL THE DICE:** A dice-rolling game for two players. It includes a 2x2 grid of activities: Jumping Jacks, Sit-Ups, Squats, High Knees, and Running. Each activity has a corresponding number of rolls (1-6) and a brief description.
- New C2BF Student Wellness Activities:** A large title slide with the "commit to be fit" logo and Student Wellness Activities text.
- CREATE YOUR OWN DANCE ROUTINE:** A worksheet for students to draw their own dance moves. It includes a drawing area and three steps:
 - Dance a song
 - Step 2: Sketch your own dance moves. Tip: To incorporate movement, think about silly footwork and spinning. Be creative and have fun!
 - Step 3: Challenge your parents or siblings to learn it too!
- AGILITY ACTIVITY:** A worksheet for students to set up an agility course on the floor. It includes a drawing area and a grid for marking the course.
- FINISH LINE WORD SEARCH:** A word search puzzle where students find words related to sports and activities. The words include: HURDLES, CATCHERS MITT, SWIMMING, ROLLING PIN, BASKETBALL, SWIMMING, GARDENING, ROLLING PIN, SWIMMING, LUMPSKIN PIE OR SWIMMING, OLYMPICS, SWIMMING, ROLLING PIN, SOCCER, ULTIMATE FRISBEE, SWIMMING.
- FIND A NEW HOBBY! BINGO:** A bingo card for students to find new hobbies. It includes a drawing area and a grid for marking the cards. The categories include: Ideas for a hobby, Play a board game, Have a hobby with friends, Play chores, Have a hobby with family, Eat healthy, Get outside, and Eat a healthy meal.

Student Videos

Additionally, C2BF created videos for students to engage in physical activity and a mindful minute while at home.







During SY 2019-2020, we offered 323 group fitness classes, workshops, and events prior to the pandemic.

Weekly Classes:

- Balance (new to SY19-20)
- Cardio Bootcamp
- COW (Challenge of the Week)
- Fit Fun Circuit
- Kick It!
- Low Impact Aerobics
- Meditation & Relaxation (new to SY 19-20)
- RIP30
- Step
- Walk/Run
- Walking Group
- Yoga



Workshops:

- Monthly Meal Prep
- Goal-Getters Workshop Series (new to SY19-20)

Events:

- Halloween Trunk or Treat Obstacle Course (in collaboration with the PTO)
- Annual Turkey Trot





Staff Wellness



Left: RCES Principal, Lisa Gates, poses with the "Be the I in Kind" mural. Right: RCES Art Teacher, Amy Grady, accepts her November Challenge prize while participating in Wear Your Workout Clothes to Work on Wednesdays. .

October Challenge



3 Prize Drawings!

Massage Gift Certificate • Target Gift Card • Fall Themed Goodie Basket

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- Challenges incorporated **social emotional wellness** in addition to physical and nutritional wellness.
- Teachers were encouraged to wear their workout clothes each Wednesday if they participated in a movement activity with students. This was dubbed **Wear Your Workout Clothes to Work Wednesdays**.
- Each teacher was given a **breath ball** to conduct Mindful Minutes with students.

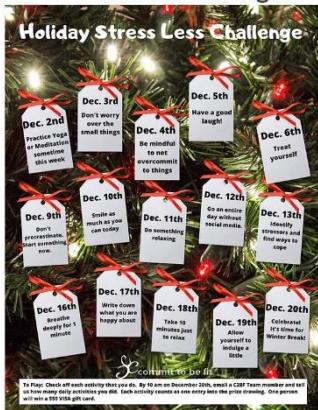
November Challenge



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 4 Show gratitude to a co-worker by ready theming to do for somebody else | 5 Write a thank you note to a colleague telling them how much you appreciate them | 6 Write down 10 things that you are grateful for in your job | 7 Great everyone in your life that made you smile today | 8 Make a photo of a co-worker that made you smile today |
| 11 Write down 10 things that you are grateful for in your job | 12 Do something nice for somebody else for no reason at all | 13 Do something nice for a colleague | 14 Write down 10 things that you are grateful for in your job | 15 Make a gratitude journal and make it look good in your desk |
| 18 Encourage someone to show off their school pride | 19 Do a positive note to a student or colleague | 20 Give a surprise gift or treat for a co-worker | 21 Make a nice positive trait about yourself and share it with your class | 22 Make the most of your day and make it better |
| 25 Give a hug or high-five to someone you greatly respect | 26 Write down how many positive activities you completed during the month. The number of activities you completed during the month will be the number of entries you have in the prize drawing. Once 25 activities have been completed, the number of entries in the prize drawing will be increased by one (ex. 25 activities result in 25 entries, 26 activities result in 26 entries, etc.) | 27 Write down how many positive activities you completed during the month. The number of activities you completed during the month will be the number of entries you have in the prize drawing. Once 25 activities have been completed, the number of entries in the prize drawing will be increased by one (ex. 25 activities result in 25 entries, 26 activities result in 26 entries, etc.) | 28 Write down how many positive activities you completed during the month. The number of activities you completed during the month will be the number of entries you have in the prize drawing. Once 25 activities have been completed, the number of entries in the prize drawing will be increased by one (ex. 25 activities result in 25 entries, 26 activities result in 26 entries, etc.) | 29 Write down how many positive activities you completed during the month. The number of activities you completed during the month will be the number of entries you have in the prize drawing. Once 25 activities have been completed, the number of entries in the prize drawing will be increased by one (ex. 25 activities result in 25 entries, 26 activities result in 26 entries, etc.) |



December Challenge



January Challenge

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January Fitness Challenge

Details: For each day below, check off any of the listed date's goals, record all of your goals, or track one of our CFM Classes. Classes start Jan 19th & end Jan 31st. Turn in completed log by February 1st. The more classes you attend, the more will tally your points! Complete on your own worth 3 points and \$25.00 Visa gift card (\$25.00). Once we tally your points, your point total will be the number of entries into our prize drawing. For example, 30 points = 30 entries.

Prize: One winner will receive a \$50 gift card to their sporting goods. A second winner will receive a repair fluid.

| Date | Did not work out | Worked out on my own | Attended a CFM class |
|-----------------------|------------------|----------------------|----------------------|
| Tuesday, January 2 | | | |
| Wednesday, January 3 | | | |
| Thursday, January 4 | | | |
| Friday, January 5 | | | |
| Saturday, January 6 | | | |
| Sunday, January 7 | | | |
| Monday, January 8 | | | |
| Tuesday, January 9 | | | |
| Wednesday, January 10 | | | |
| Thursday, January 11 | | | |
| Friday, January 12 | | | |
| Saturday, January 13 | | | |
| Sunday, January 14 | | | |
| Monday, January 15 | | | |
| Tuesday, January 16 | | | |
| Wednesday, January 17 | | | |
| Thursday, January 18 | | | |
| Friday, January 19 | | | |
| Saturday, January 20 | | | |
| Sunday, January 21 | | | |
| Monday, January 22 | | | |
| Tuesday, January 23 | | | |
| Wednesday, January 24 | | | |
| Thursday, January 25 | | | |
| Saturday, January 27 | | | |
| Sunday, January 28 | | | |
| Monday, January 29 | | | |
| Tuesday, January 30 | | | |
| Wednesday, January 31 | | | |

February Challenge

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buddy up challenge!

FEBRUARY FITNESS CHALLENGE

Details: Bring a friend to as many CFM classes as possible. For each class that you attend, you will receive a point. If you bring a buddy, you and your buddy can each get 1 additional point! Simply fill in the log below and submit to us. We will tally the number of entries into our prize drawing. Two winners will each receive a \$50 VISA gift card.

| DATE | How Many CFM Classes Did You Take? | How Many CFM Classes Did You Take With a BUDDY? |
|--------------------------------------|------------------------------------|---|
| Monday, February 1 st | | |
| Tuesday, February 2 nd | | |
| Wednesday, February 3 rd | | |
| Thursday, February 4 th | | |
| Friday, February 5 th | | |
| Saturday, February 6 th | | |
| Sunday, February 7 th | | |
| Monday, February 8 th | | |
| Tuesday, February 9 th | | |
| Wednesday, February 10 th | | |
| Thursday, February 11 th | | |
| Friday, February 12 th | | |
| Saturday, February 13 th | | |
| Sunday, February 14 th | | |
| Monday, February 15 th | | |
| Tuesday, February 16 th | | |
| Wednesday, February 17 th | | |
| Thursday, February 18 th | | |
| Friday, February 19 th | | |
| Saturday, February 20 th | | |
| Monday, February 21 st | | |
| Tuesday, February 22 nd | | |
| Wednesday, February 23 rd | | |
| Thursday, February 24 th | | |
| Friday, February 25 th | | |
| Saturday, February 26 th | | |
| Sunday, February 27 th | | |

March Challenge

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GO GREEN FOR MARCH

FOOD & VEGETABLE CHALLENGE

Details: Track the number of **FRUIT & VEGETABLE** you eat each day. Give yourself 1 point per day for each fruit and vegetable eaten. **GREEN FRUITS AND VEGETABLES ARE WORTH TWO POINTS**. Logs are due to C2B by Wednesday, April 1st to be entered into the prize drawing.

| DATE | Total Points | DATE | Total Points |
|--|-----------------------------|-------------|-----------------------------|
| One winner will receive a Ninja Blender!!! | 3/18 | 3/17 | 3/17 |
| 3/19 | 3/19 | 3/20 | 3/20 |
| 3/21 | 3/21 | 3/21 | 3/21 |
| 3/22 | 3/22 | 3/22 | 3/22 |
| 3/23 | 3/23 | 3/23 | 3/23 |
| 3/24 | 3/24 | 3/24 | 3/24 |
| 3/25 | 3/25 | 3/25 | 3/25 |
| 3/26 | 3/26 | 3/26 | 3/26 |
| 3/27 | 3/27 | 3/27 | 3/27 |
| 3/28 | 3/28 | 3/28 | 3/28 |
| 3/29 | 3/29 | 3/29 | 3/29 |
| 3/30 | 3/30 | 3/30 | 3/30 |
| 3/31 | 3/31 | 3/31 | 3/31 |
| 3/32 | 3/32 | 3/32 | 3/32 |
| 3/33 | 3/33 | 3/33 | 3/33 |
| 3/34 | 3/34 | 3/34 | 3/34 |
| 3/35 | 3/35 | 3/35 | 3/35 |
| Name: _____ | Total Monthly Points: _____ | Name: _____ | Total Monthly Points: _____ |

Step on Hunger

PANDEMIC RESPONSE

In response to the pandemic, Commit to Be Fit designed a fitness challenge for the community that would help to support local residents in need. **The Step on Hunger Steps Challenge** was created to encourage families and community members to walk a combined total of 2801.4 miles (or 5.6 million steps), the distance between Rappahannock County and San Francisco, CA. For each state line crossed, C2BF vowed to donate food to the Rappahannock Food Pantry on behalf of the challenge participants. We were impressed with the amazing sense of community that was quickly established on our FB group page as participants entered their daily totals and walking photos. While we expected the challenge to take a few months to achieve our virtual cross-country trek, the goal was achieved within two, short weeks. By the end of week three, the participants had walked the distance back to Rappahannock. **In total, 1525.5 lbs. of food was donated to the local food pantry!**



The C2BF Team, shown above after shopping for the third week's food donations, was thrilled with the community's eagerness to support the food pantry.

**Step
on Hunger**

commit to be fit

Final Results



Week 1- 2253.85 miles (Utah)

Week 2 - 2750.1 miles (GOAL)

Week 3- 1722.3 miles (Rapp)

Total Miles in 19 days
6726.3 Miles (13452600 steps)



**Step
on Hunger**

commit to be fit

Food Donations

Week 1- 434 lbs.

Week 2 - 555.7 lbs.

Week 3- 535.8 lbs.



Total Donated

1525.5 lbs

to the Rappahannock Food Pantry

Participant Feedback

"I think this is a wonderful way to bring the community together during a difficult time of having to stay apart due to pandemic. I love all the positivity this is bringing to each of us. Improved physical and mental health, sense of belonging, and most importantly away to give back to others through the food pantry!!!" – Anonymous Participant

"This challenge has been exciting and fun, as it got me up and moving more than i usually would! Knowing it supported the local food pantry was a good reason to motivate me!" – Anonymous Participant

Step[!] for Heroes

Weeks 4-6: Due to the popularity of the Step on Hunger Challenge, we continued with the step challenge as a way to honor our heroes working or volunteering on the front lines of the pandemic. Participants continued to submit their mileage and included the names of the people they were walking for during the week. Each week we gave special shout-out on social media to all of the heroes on behalf of the participants.

Weeks 7-8: The steps challenge concluded with Step for Seniors to honor the RCHS class of 2020. The participants selected different seniors to walk for throughout the two weeks. The honored seniors were mailed a card on behalf of the community to let them know that they were being recognized in the challenge. In the end, every senior received a card. The challenge ended with a virtual walking event on the day in which they were supposed to have graduated prior to the pandemic.



Welcome to Australia!

11,048.3 Miles

22,096,600 Steps

Grand Total Distance

commit to be fit
Step[!]
 on Hunger Step[!]
 for Heroes Step[!]
 for Seniors RCHS
 HONORING THE RCHS CLASS OF 2020

At the end of the three walking challenges, the total steps were calculated. Overall, the community had walked over 11,000 miles, which is roughly the distance from Rappahannock County to Australia! This was an amazing feat in only 8 weeks.

Participant Feedback

"I think it's a great idea as it gives us a feeling of togetherness and contribution in this stressful time." -Anonymous Participant

"This challenge has been very motivating for us to maintain fitness goals and get outside more often!" -Anonymous Participant

"I absolutely loved this challenge! It not only motivated me to GET MOVING but gave me something to move for— my health and those in need." -Anonymous Participant

*Feedback was collected through an anonymous survey.



Presentations

October 3, 2019- National Wellness Conference- Kissimmee, Florida

Commit to Be Fit had the honor of presenting a breakout session entitled “A Three-Pronged Approach to School Wellness in a Rural Community” at the National Wellness Institute’s National Wellness Conference in Florida. In addition to presenting, the team had the opportunity to meet and learn from other wellness professionals across the country.

Awards

October 2019- RCHS named Virginia Living Top Schools 2019

In the October 2019 edition of Virginia Living Magazine, RCHS was recognized as one of the Virginia Living Top Schools 2019 for the Commit to Be Fit Neuronasium.

October 2019- RCPS receives Local Food Hub's Trailblazer Award

Rappahannock County Public Schools was honored to be the recipient of Local Food Hub's Trailblazer Award on Thursday, October 17th in Charlottesville, VA as a part of the Community Food Awards Ceremony. The RCPS Director of School Nutrition and Commit to Be Fit's Nutritionist, Amanda Butler, accepted the award on behalf of the school division. Butler, along with our amazing cafeteria staff, has been integral in increasing the amount of fresh, locally sourced foods served in the RCPS cafeterias.

April 2020- RCPS recognized as a 2020 U.S. Department of Education Green Ribbon School District Sustainability Awardee

Rappahannock County Public Schools was nominated by the Virginia Department of Education, following an application process that was spearheaded by Dr. Robin Bolt, Executive Director of Administrative Services, in collaboration with Commit to Be Fit team members (Jackie Tederick, Amanda Butler, and Holly Jenkins) and RCPS personnel, Sarah Moore, Bethany Bostic, and Kathy Sickler. The division was nominated for their work encompassing all three pillars: efforts to reduce environmental impact and costs, efforts to improve the health and wellness of students and staff, and inclusion of environmental and sustainability education throughout the curriculum. A few of the district's highlights in these areas include a focus on energy efficiency in the facilities, recycling programs, the Mental Health Innovators Team, Mental Health first aid training for all staff, the outdoor learning classroom within the newly renovated courtyard, school gardens, the use of community partnerships with organizations such as RappFLOW for environmental education, and the Commit to Be Fit program, which promotes wellness among students, staff, and community.

May 2020- Dr. Shannon Grimsley recognized and honored as Region IV Superintendent of the Year

The ceremony, which was hosted by Virginia Ed Strategies in collaboration with the VA Association of School Superintendents, included remarks from Governor Ralph Northam. Dr. David Jeck, who serves as superintendent of Fauquier County Public Schools and chairman for Region IV, recognized Dr. Grimsley's many of her accomplishments as RCPS Superintendent. Highlighted programs that were specifically mentioned included the creation of the Commit to Be Fit wellness program, the development of the preschool collaboration following the discontinuation of Headstart, the creation of a public relations department and strong social media presence, transparency in the budget process for all stakeholders, and critical friends program for professional development.

“I first got to know more about Shannon when I attended a VSBA presentation that she hosted regarding a school and community wide health program called Commit to Be Fit. It’s a remarkable program that left a sort of indelible imprint on the Rappahannock community. Commit to Be Fit is a program that I think that all of us should follow. It’s a program that has really transformed the Rappahannock community.” –Dr. Jeck, FCPS Superintendent, during his remarks recognizing Dr. Grimsley as Region IV Superintendent of the Year



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