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Sustainable Jersey for Schools Small Grants Program  
Health and Wellness Grants  
Final Report for Grants Awarded in 2016

*Due: June 16, 2017*

Funded by:



A MEMBER OF GEISINGER HEALTH SYSTEM



## I. Instructions

Please complete the Sustainable Jersey for Schools Health and Wellness Grants **Final Report** below for your grant. These reporting requirements are a condition of your grant award. If this documentation is not received on time, your district/school may not be eligible to apply for future Sustainable Jersey for Schools grants.

If you have any questions regarding the Final Report form please contact [grants@sustainablejersey.com](mailto:grants@sustainablejersey.com) or by

phone at 609-771-3189. For questions regarding your specific project, please contact your New Jersey Department of Health regional school health coordinators (AtlantiCare, EmPower Somerset, or The Center for Prevention and Counseling).

## II. Grantee Information

Grantee    Readington Middle School

County    Hunterdon

NJDOE School District Code                 4350

School District Employer  
Identification Number (EIN)                 22-6002246

*Please contact your School District's Business Administrator or Chief Financial Officer to obtain the EIN.*

Primary Contact Name                         Jodi Bettermann

Title     Energy Efficiency Coordinator

Phone    9082342195

Email    jbettermann@readington.k12.nj.us

## Business Administrator Information

Name    Jason Bohm

Title     Business Administrator

Phone    9082342195

Email    jbohm@readington.k12.nj.us

Mailing Address                                 P.O. Box 807, 52 Readington Road, Whitehouse Station, NJ 08889

## IV. Project Description

Please provide a brief description (2-5 sentences) of the original project as proposed in your grant application.

Project Description	With this grant funding, a workout space was created for small group fitness instruction for both staff and students to use during and after school to enhance the opportunities for physical education at Readington Middle School.
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## V. Final Summary

Please summarize the efforts that have taken place to complete the project by answering the questions below.

*NOTE: Any modifications to deliverables must be preapproved by Sustainable Jersey. Please consult with your regional technical support provider (The Center for Prevention and Counseling, EmPoWER Somerset, or AlantiCare) regarding any modifications prior to submitting requests to Sustainable Jersey.*

### 1. School Health Team

Have you held school health team meeting(s)?	Yes
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School Health Team Meeting Date(s)	Meeting dates: September 27, November 1, January 24, March 28 and school-wide Wellness Week April 3-7, 2017.
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Member Job Titles/Positions	Adam Connelly (Guidance Counselor), Adam Lillia (PE/Health Teacher), Michelle Hoff (PE/Health Teacher), Stephanie Sperone (PE/Health Teacher), Paul Yunos (PE/Health Teacher), Jim Casertano (PE/Health Teacher), Verna Hegstrom (Guidance Counselor), Jodi Bettermann (Parent/Energy Coordinator), Mary Ann Connelly (School Nurse), Debbie Nazzaro (School Nurse), Mrs. DiGiovanni (Parent), Tobi Fashae (8th Grade Student), Megan Armstrong (8th Grade Student), Kelly Redmond (8th Grade Student), Chloe Rivera-Rindock (7th Grade Student), Julia Andresson (6th Grade Student), Jonathan Moss (Assistant Principal), Sharon Moffat (Principal)
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Please comment on the challenges, barriers and progress your school health team has encountered.

School Health Team Narrative	The RMS Wellness Committee continues to meet and organize a Wellness Week for the school community each year. We find it challenging to schedule regular meetings, but members are diverse and bring good ideas together for the group to consider. Having buy in from the Wellness Committee was critical to the success of the soft fitness room project.
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## 2. Action Plan

Did you complete all aspects of your grant project?	Yes
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## 3. Student Engagement

Did you engaged students in the project?	Yes
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Estimate number of students engaged	All students - 604
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Please describe how students were engaged in the project.	Students were engaged in the project first of all through their involvement with our school's Wellness Committee where they gave input and advice on the layout and equipment for the room as well as ways to promote the use of the space. Once the fitness area was completed, all students completed a poster project promoting health and wellness. And now that the project is completed, students are able to use the space.
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## 4. Assistance

Did you take advantage of assistance available from your regional coordinator?	Yes
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Please summary your interaction with your NJ DOH regional school health coordinator.	Ruth Prothero and Kristen Schiro have been a great source of support for our fitness room project. When we could no longer use the room we had planned to use, Ruth came out and toured an alternate space with me and gave suggestions on how to best use the space. Kristen and Ruth checked in on our progress and reminded us of the opportunities such as the School Health
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Summit available to us as part of the grant. They were very easy to work with and very helpful.

## VI. Success Story

The final report for this project should be written as a success story to share with other schools and partners. Please complete the sections below using the guidelines provided. It should be written in paragraph form, demonstrate responsible use of resources/funds, share best practices and include a few key photos with people involved in the activities.

### 1. Project Title

Create a title for your success story that captures the overall message of your awarded project, along with an action verb (ex. Fostering Faculty Fitness). *NOTE: A basic internet search of "action verbs" will return a variety of options to get you started.*

Project Title

Shaping Up with Soft Fitness

### 2. Problem Overview

Describe the problem being addressed, why it is important and the affected populations. Make sure to use data to frame the problem/need for action.

Problem Overview

The goal of implementing this soft fitness room project was to improve the whole student intellectually, physically, and emotionally by offering the option to participate in small group fitness instruction. The fitness space extends our Physical Education program by including students not inclined to participate in traditional gym activities. Additionally, the fitness space offers the opportunity for staff to workout and de-stress themselves after school in a space dedicated to that purpose.

### 3. Program/Activity Description

Succinctly describe the program/activity that was implemented, including where and when it took place and how it addressed the problem. Describe how the grant supported/contributed to the program/activity. Identify who was involved (including partners), and the target audience.

At Readington Middle School, we reclaimed an area used for storage of our

## Program/Activity Description

wrestling mats and repurposed it to be used as a soft fitness space. Although our original plan was to use a classroom dedicated as a fitness room, enrollment numbers dictated that the room be used for world language instruction this school year. So, we fit out a soft fitness area with portable equipment in a storage area at the end of a 6th grade hallway. Our partners at EmPower Somerset worked with us to plan out the area and make it conducive to working out. We purchased portable barres, individual soft yoga mats, hand weights, and stretch bands all of which can be moved to the classroom space once it is available at the end of the current school year. We postponed installation of wall mounted mirrors until the end of the school year so that they could be installed in the classroom that will be the long term home of the fitness area. The students created posters in their health classes to decorate the walls of the temporary fitness space and to promote the usage of the space for fitness activities. It has been great to see the school community get involved with putting this alternate space together and use it. Our Student Council was inspired by the space to create a mural on the back wall that you face when you are using the space. It has made the space more welcoming. We had our grand opening of the fitness area on Student Academy Day, a day where staff along with community volunteers offer fun and different courses for all students. Students take three sessions, one each that focus on the mind, the body, and the inner self. A local gym, Healthy U, volunteered to lead our students in a "Super Strength" course utilizing our new fitness space. It was very well received! After that, we opened the space up to staff to use after school with our Superintendent, Dr. Sargent, offering a fitness course called PiYo (a pilates yoga fusion). Since then students and staff have begun to use the space in small groups. Our Special Education population of students are located in classrooms near the fitness space and have used the area to refocus the students' energies during the day. As an additional motivator as part of the grant we had the opportunity to have Olympic track athlete, Joetta Clark Diggs, visit our school and speak to a small group of students about motivation and grit and reaching your goals. We also had a Physical Education teacher attend the School Health Summit and bring back ideas to our Physical Education staff at the school. As the school year wraps up we are relocating our equipment and setting up the room in its classroom home where it will be used in the coming year for small group fitness classes during and after school. We are looking at the opportunity to

start a Dance Club at the school which may be able to utilize the space. The grant we received has made these new opportunities available to the Readington Middle School community, and we are so appreciative.

#### 4. Outcomes

Identify the short-term and long-term outcomes that demonstrate how the program/activity addressed the problem (ex. change in policy, use of curriculum, change in school practices, establishment of additional future funding, etc.). Provide numbers to quantify results and convey the compelling outcomes. Avoid using broad, sweeping statements such as "there was a noticeable increase in healthy eating habits" - be as specific as possible to the changes, impacts and/or results. This section can start off with a statement like, "As a result of this health and wellness grant, our school..."

Outcomes	With this health and wellness grant, Readington Middle School has increased its fitness offerings to staff and students. We had all students contribute to the area either by helping plan the space, decorate the space, or taking part in activities in the space. All of these things contribute to their awareness of healthy habits and fitness which will allow the space to continue to be used. Staff have also been able to use the fitness space after school for individual yoga practice or fitness classes to increase their overall health as well. Moving forward we hope to include more staff in use of the fitness space.
Total Number of Students	604
Number of Students Impacted	604
Number of Staff Impacted	12

#### 5. Conclusion

Provide an effective conclusion to wrap up the success story that emphasizes the broader potential of benefits of implementing the program and/or how the school community will continue to benefit from these actions.

Conclusion	The soft fitness space funded by this health and wellness grant has inspired students and staff to use different ways to stay fit and include a workout in their days. Having this space has led to expanded opportunities in our Physical Education curriculum with yoga instruction, expanded opportunities for staff to workout and has given us the idea to start a Dance Club in the upcoming school year which can utilize the fitness space.
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Please provide any final comments on the lessons learned as a result of the planning and implementation of your project.

Lessons learned                      We learned that flexibility is important when implementing a grant project such as this. Involvement of the Wellness Committee and the larger school community made our use of space more successful. And we found that the use of portable equipment as opposed to fixed allowed our space to be more flexible so that it can continue to be used even if the physical location is changed.

## 6. Photos

Please upload photos that reflect activities related to the grant. Photos should include pictures of multiple people working together on the project or benefitting from it, as opposed to a stand alone object, such as a playground or drinking fountain.

**Note:** All photos should be uploaded individually as a .jpg file. **Please only submit photos of students that have Authorized Photo/Media Releases.** To remove documentation, upload a new version of your document and it will overwrite the old one.

Photo Upload 1                      RMS Fitness Room Mural 2017.jpg

Photo Upload 2                      RMS Students Workout\_2017.jpg

Photo Upload 3                      20170327\_092817.jpg

## 7. Additional Information

Please upload any additional materials such as testimonials, quotes from partners/participants, links to videos, etc.

**NOTE:** All documentation uploaded must be in PDF format. (You can combine multiple documents into one PDF for upload). To remove documentation, upload a new version of your document and it will overwrite the old one.

Additional Information Upload 1      RMS\_StudentAcademyArticle\_2017.pdf

Additional Information Upload 2      FitHealthyPosterDrive\_RMS\_2017.pdf

Additional Information Upload 3



## VII. Expenditures

Please provide final project expenditures with invoices or other appropriate documentation.

*NOTE: Any modifications to deliverables or budget must be pre-approved by Sustainable Jersey for Schools **prior to submitting the Final Report**. Please consult with your regional technical assistance provider (The Center for Prevention and Counseling, EmPoWER Somerset, or AlantiCare) prior to submitting any modifications to Sustainable Jersey.*

**Note:** All documentation uploaded must be in PDF format. (You can combine multiple documents into one PDF for upload). To remove documentation, upload a new version of your document and it will overwrite the old one.

Expenditures Upload 1                      Account Detail Report\_HealthWellness\_2017.pdf

Expenditures Upload 2                      SJSchools\_Wellness\_Grant\_\_Budget\_RMS\_2016\_actual\_final.pdf

Expenditures Upload 3

Expenditures Upload 4

## VIII. Grantee's Certification Declaration

Please upload a [Grantee Certification and Declaration](#) **signed and dated** by school business administrator or other authorized representative.

**Note:** All documentation uploaded must be in PDF format. To remove documentation, upload a new version of your document and it will overwrite the old one.

Certification Declaration                      GranteesCertificationGuarantee\_RMS\_HealthWellness\_2017.pdf

Please submit your Final Report no later than **June 16, 2017**. If you have questions regarding the Final Report form, contact [grants@sustainablejersey.com](mailto:grants@sustainablejersey.com) or call 609-771-3189.

*Sustainable Jersey will notify you that the report is approved or refer you to your New Jersey Department of Health regions/ school health coordinator (AtlantiCare, EmPower Somerset or The Center for Prevention and Counseling) for follow-up.*