

Dear _____,

First off, we would like to apologize for not being able to attend today's meeting however the reason we are absent is in part due to one of our School Health Improvement Plans. After school every Wednesday we work closely with youth in the Adams 12 district to mentor and guide them in a community garden project.

Secondly, we would like to express our deepest gratitude for not only giving Rocky Top Middle School the opportunity to make positive changes for our staff and students, but also Adams 12 as a whole. This has been a very enlightening and energizing experience for us and we feel confident in saying that has also begun transferring to our students and community as a whole.

We have two School Health Improvement Plans that have been "under construction" over the 2014-15 school year, and a third SHIP that was possible through a mini-grant. We can confidently say that all three of our SHIPs have been very impactful to our school and students.

1) SHIP 1

Rocky Top Middle School will implement a Health and Wellness Communications Campaign for families and staff members utilizing at least three different methods to promote priority health issues** in order to create a school community focused on creating and sustaining the vision of "A Healthy School = Successful Students."

2) SHIP 2

*Rocky Top Middle School will support a School Garden Committee of at least ten staff members, parents, community members and students for garden planning/development, implementation/harvest, and maintenance.

3) SHIP 3

Brain Break Kits for every staff member at RTMS to increase student activity throughout the school day.

SUCCESS STORY:

Our greatest success, and most fun thus far has been our Annual RTMS 5K. We held our first 5K this past Saturday starting and finishing at Rocky Top. This activity was a component our Health and Wellness SHIP and it was a great success!

We had over 160 registrants/participants composed of students (past and present as the overall winner was a past RTMS student!), parents, staff and other community members that participated. The 5K had a tangible feel of community and it was obvious that everyone had a great time! Using resources from the Healthy Schools Successful Students grant we were able to provide medals for the top three winners in each age category and a "goodie bag" for each registrant. In each goodie bag there was a t-shirt, a raffle ticket, and transceiver that attached to each runner's shoe. Gratefully, we had TJ's help in implementing the timer so each participant had his/her time recorded so we could post the times of everyone later that day on our Rocky Top web page. Check it out...it's very impressive.

In addition to having the district's assistance with the use and management of the timer (thanks so much TJ!), we have had, and continue to have, full support with this SHIP as well as our other SHIPs. We are continuously encouraged by our amazing administrators and staff, our equally amazing parents, and of course our students. None of this would have been possible without their help and continued support!

We invite all of you to come visit us at Rocky Top anytime to see the great work we are doing there with our staff and students.

Again, thank you for giving us the opportunity, through this grant, to make a positive change with our students!

Sincerely,
Shelly Ford
Audrey Hoffa