



# *A Closer Look:* Coordinated School Health in Action: Middle School Stories

## Franklin Middle School

There is an old adage that goes as follows, “every solution generates another problem.” A case in point happened at Franklin Middle School in Greeley, Colorado but the outcome belies the adage.

**Problem:** A sudden increase in student enrollment in 2004/2005.

**Solution:** The auxiliary gym was converted to four classrooms and the stage was made into the orchestra room.

**Problem:** The main gym now had to accommodate two to four PE classes at one time. This crowding made it difficult to follow the prescribed PE curriculum.

**Solution:** Reconvert the auxiliary gym to classrooms.

The Coordinated School Health (CSH) team documented the fact that the classrooms in the converted auxiliary gym have no ceilings; hence the noise was distracting to both teachers and students. The Principal agreed to add an out-building to remove two of the four classrooms from the auxiliary gym for the 2005/2006 school year. One of the new classrooms was converted into a fitness room; the other room became the location for PE Health classes.

**Problem:** Two of the four classrooms remained in the auxiliary gym, resulting in all of the same curriculum and noise issues as before.

**Solution:** An Assistant Principal who was part of the CSH team became Principal and had the authority to put add a second out-building for the 2006/2007 school year.

The gym is now restored and is being used for 6th grade PE and intramurals. The number of students taking PE classes in one gym at the same time has been reduced. The four classes that had been held in the auxiliary gym are now housed in normal classrooms. The learning environment is much improved, resulting in a positive impact on student achievement.

The teachers affected by the change—PE, gifted, ELL, LA/Reading, Health, Literature—are excited about the instructional environment. CSH designed a banner that has been placed above the entrance to the auxiliary gym which reads, “Healthy Falcons SOAR Higher... community & family...counseling services...healthy services...nutrition services...physical education... health education...student wellness...staff wellness.” The message is loud and clear: PE is important!

**For more information about this program, contact Mary Ainsle or Ruby Aragon at 970-348-3200.**

## Orchard Mesa Middle School

Orchard Mesa Middle School in Mesa, Colorado discovered an easy way to motivate staff to achieve weight loss in a 49 day period. E-mails and fliers were sent to all staff inviting them to join a “Get Fit” contest. Two awards of \$100 were offered: \$100 to the person who lost the most weight by comparing the percentage of the beginning and ending bulk; and \$100 to the person who lost the most inches by comparing the percentage of beginning and ending girth. Individuals who participated were not given a prescribed weight loss program; instead, they were allowed to choose their own method.

A trainer donated his time before the start of school on January 28, 2006 to weigh and measure 19 staff members. The trainer also created a chart that listed all measurements by staff name and he provided a goal sheet to each staff member. On March 24, the trainer returned to re-weigh and re-measure. As it turned out, one very highly motivated person won both awards: the Special Ed secretary walked away with \$200. In all, 16 staff members (three dropped out) worked off a combined total of 65 pounds and 49 inches in seven weeks. Everyone who participated said they would continue their efforts throughout the summer.

**For more information about this program, contact Joanne Florian at 970-242-6383.**