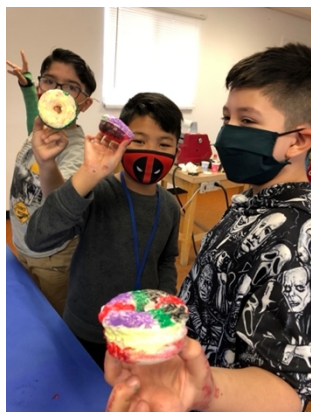


Healthy Schools Enrichment Kullerstrand Elementary School Wheat Ridge, CO



Coming into the 20-21 school year, Kullerstrand Elementary School staff wanted to focus on the physical, social, and emotional health of the school community. As a result, Kullerstrand became a part of the Healthy Schools Program through the Jeffco Public School District. By including families in the planning and implementation of the program, staff successfully created an inclusive culture while building trusting relationships, even in a time when families and staff were unable to be together in person.



Lisa Denton (Family Engagement Liaison), Cheryl Clay (Principal), and Sean Kovar (Social Emotional Specialist) worked to form the Healthy Schools Team made up of parents, students, and staff members. Together they planned and implemented the Healthy Schools Enrichment program. Community partners joined and supported their efforts throughout the year.

The yearlong program included many different enrichment opportunities, starting with lessons about Coronavirus precautions. Next, the program focused on mental health by having students make stress balls out of two chemical compounds during science enrichment.

The team offered monthly healthy bingo, a home-based activity getting the whole family involved with nutrition and movement challenges. Family cooking nights so were also a hit! Families would take turns hosting a zoom cooking night where all were invited to join in the social time and learn how to make a nutritious dish.

Johnny Appleseed day focused on the history and nutritional benefits of the apple and ended with planting seeds (which are growing quite nicely now). Corn day covered the importance of corn culturally and how we can use corn to make an environmental impact by learning how to make corn plastic. The school also participated in the district wide Walk-tober challenge which engaged everyone in the physical and mental health benefits of getting out and moving. The program ended the year with the Water Challenge which focused on the importance of drinking water for both your physical wellbeing and for the planet. The PTA even focused their biggest fundraiser around movement. It was truly a collaborative effort!



Families provided feedback on an end-of-year survey and the results will be used to plan and improve for next year. To best replicate this initiative, the Kullerstrand team recommends having a clear focus, using available resources, and collaborating with families and community members to reach your goals. It is also important to plan for the entire year and then be flexible to make changes as needed.