



St. Croix Valley Foundation Proposal Narrative

I. Organization Overview

Cruising down rural Highway 35 in Northwest Wisconsin, you're greeted by a sign stating "You're in Luck!" That says it all. When you enter the Village of Luck, population 1071, you might assume you're in just another drive-by town, but that is the farthest thing from the truth. Ours is a town of rich heritage and history, most notably for our title as "The Yo-Yo Capital of the World." Though the Duncan Yo-Yo Factory is gone, we are still a remarkable town, now known for an abundance of outdoor recreation activities. Our school is unique in that we sit on the shore of a 384 acre lake. Few schools can boast that fact!

Despite our history and wonderful recreational opportunities, this is an economically challenged community. In the Luck School, 45.8% of all K-12 students are receiving free or reduced lunch. In addition to this, 44 families receive free bags of food through the Backpack Program that provides supplemental food that has been donated by the Salvation Army and local churches.

The Luck School District Mission is to Achieve Excellence by Supporting and Focusing on the Needs of Others to Ensure the Maximum Potential of Each Individual. Just as the mission states, we aim to focus on maximizing the potential of every student here at Luck and we truly believe that it all stems from having a healthy heart, mind and body. We are always looking for more ways to get families resources and provide services that will do just that. We are pursuing this grant in hopes of breaking the stigmas of living a healthy lifestyle by helping people understand the importance and potential ease of developing healthy habits. The two biggest stigmas of leading a healthy life are that it is a huge financial burden and time commitment, both of which are myths. The Luck staff and Luck FCCLA (Family Career Community Leaders of America) are prepared and excited to implement this amazing program for students, families, and the community of the Luck School District!

II. Project Description

A healthy heart, mind and body make a happy life- our project title and motto. This project is ongoing, beginning at the start of the 2018-2019 school year. Every Wednesday will be Wellness Wednesday, with a physical activity or brain break at the beginning of the day. These activities will be pre-planned on a calendar so that all staff teaching during that hour of the day will be the leader of the activity. The activity will take place every Wednesday at the very start of the second hour, the first 5-10 minutes. These activities may include: a scavenger

hunt, silly dancing, cup stacking competition, team building activities, yoga moves, wheel of fitness, and a variety of quick brain games to name a few.

Bi-annually, there will be a Wellness Day, one in the fall and one in the spring. These Wellness Days will be half of the school day filled with activities including: speakers and trained professionals on different health topics, opportunities to learn and/or take part in new physical activities (eg. Yoga, Tai Chi, etc.), exploratory sessions on healthy cooking, meditation, pet therapy, fishing, making your own stress ball, and so much more.

To correspond with the fall bi-annual Wellness Day, there will be an evening parent event provided by The Hazeleden Betty Ford Foundation. The Hazeleden Betty Ford Foundation is Minnesota's leading inpatient alcohol and drug rehab center. This foundation does outreach in surrounding communities by putting on presentations for parents and students regarding mental health issues as well as alcohol, drug and technology awareness. This will be a free event for the community with a meal provided by a local vendor.

In addition, there will be a springtime race put on during what was formerly our school wide wellness event, Lucky Loops. This race will be a spin on the ever popular Color Run, which we will call the Color Chase. The Color Chase will take place during the school day and will allow students, families, and community members to participate. During the race, there will be other activities as well including food, music, games, and informational wellness booths.

The goal of this project is to increase availability of resources and knowledge of how to lead a healthy and happy life to all students at Luck. Our plan is for students to begin making healthy lifestyle habits through exploring different physical activities as well as recognizing the importance of their mental health.

Our project will be working towards connecting many resources in our school, community, and families. The school will lead the project, with FCCLA (Family Career Community Leaders of America) as the student facilitators. Teacher participation will be vital into providing insight and leadership in the activities and sessions held during the Wellness Wednesdays and bi-annual Wellness Days. Family participation is strongly encouraged as is community involvement, though both are very much a part of the Luck School community already. The lead supervisors of this initiative are Jacklyn Anderson, the Student Support Coordinator, and Renee Gavinski, the Family and Consumer Educator. The project will need the involvement of all three entities (school, community and family) to create a holistic approach and work towards making positive lifelong changes together.

III. Need, Impact, Evaluation

The Luck Community will use this opportunity to reinforce the importance of maintaining a healthy heart, mind, and body. The Luck School District serves a wide variety of students with a range of needs. Polk County faces many challenges such as poverty, drug addiction, and crime. The community of Luck lacks resources outside of school sponsored activities which is a driving force to make more options available to all.

We want to include as many people in our community as possible. Our plan does not limit us to a certain group of people. The Wellness Wednesdays and Wellness Days will reach all of our student population while the community and families will have the opportunity to take part in the

Hazelden presentation and Color Chase. These community activities will allow outside resources to come into our community and present their knowledge and expertise in areas of need.

In order to gauge student interest, involvement and feedback, we will send out short surveys to students and staff quarterly. Total engagement numbers will be our main method of tracking. We will look at participation numbers of students, parents, and community members at each event. A comment box will also be available throughout the year in the main office for people to leave suggestions and provide feedback as they wish.

The opportunity to make healthy changes in the Luck families and community is tangible and your financial support would allow us to make that giant leap towards creating a community that is heart, mind, and body healthy.