

RHIP MINI-GRANT PROJECT SUMMARIES

Increasing exercise for a healthier lifestyle

Organization: Bend La Pine School District

Reviewed by: Substance and Alcohol Misuse Prevention and Treatment

Summary of Results

- This program served 19 BRYT students at La Pine Elementary.
- Funds purchased an X5 exercise bike, six Fitbit Ace 2-step meters, some neoprene dumbbells, and a mini-trampoline.
- The three Student Success/BRYT team members worked with school staff to help them understand the goals and resources available in the program and there was increased knowledge as evidenced by increased referrals.
- Even with staff turnover, students increased their pro-social behavior and increased attendance in their regular classrooms.
- The hope was not only to help BRYT students feel more comfortable at school, but to instill in them life-long healthy habits.

Story

One of our female students really struggled in her classroom gr. K-1. She was aggressive, threw things, yelled at her teacher and peers, and shut down emotionally for hours at a time. In 2nd grade she entered the BRYT program, where she had a consistent schedule throughout her day, took scheduled breaks and did classwork in a quieter setting with support from a teacher. By the end of second grade she was in her classroom all day and we had a formal ceremony, graduating her out of the program.