

**RHIP Final Mini-Grant Report for Cascade Middle School, Bend**  
**“Cascade Middle School Bridges to Resilient Youth Room”**  
**Reviewed by the Address Poverty and Physical Health Workgroups**

**Summary of Results:**

- Throughout the school year we served a variety of students in grades 6-8, including 13 who were formally “in the BRYT Program” and came on a daily/regular basis plus another 25 students who, although not formally in BRYT, nonetheless accessed the space for regulation, work time or check ins.
- When students entered the BRYT space, they were asked to check in with an adult who could then help them find a space to regulate or offer a check in/problem solving conversation.
- We offered snacks, although we required students to complete some work, attend 15 minutes of class and bring work back before getting a snack.
- We often took students on walks to regulate, and or just to get movement.
- Our location provided us with the opportunity to walk around the track and or take them down to Skyline Park.
- We started implementing going to the park on Fridays as an extra motivator and movement break.
- Bend La Pine Nutritional Services provided consistent meals for all our BRYT students along with making available a variety of healthy snack options (fruit or vegetables). Students were eating healthier by the end of the year.

**Story:**

One student started the year only accessing two classes (a TA for art and their BRYT class). Through the combined support of the BRYT team/space, other students, family, and community collaboration, by the 2nd semester, they were attending four academic classes and one BRYT period!