RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

RHIP Final Mini-Grant Report for REALMS Middle School, Bend
"Realms Middle School BRYT Program"
Reviewed by the Promote Enhanced Physical Health Workgroup

Summary of Results:

- The Realms MS BRYT space recorded 758 total visits, 60 of which were unique student visitors (meaning nearly 42% of the student population used the new BRYT space this year!)
- The most frequent reason students came to the BRYT space was to help with regulation.
- The top five student users came three times a day (on average), set a ten-minute timer, did an activity (e.g., colored a sheet, played with magnetic fidgets, had a conversation with an empathetic adult), and then went back to class "ready to learn."
- The next highest category of users came for academic work in a quieter environment to foster focus.
- These students showed both an increase in work completion and their time on task over the course of the school year.
- All students who used the space saw an increase in academic performance and their ability to tolerate stress in the classroom.
- Knowing they could "take a break" at any time fostered confidence and independence in learning more about themselves as students.
- We had 86% of students self-report an increase in physical activity by 25% or more.
- 100% of students in the BRYT Program had access to breakfast and lunch without charge. Additionally, students could come into the BRYT space anytime of the day for additional healthy snacks.

Story:

We had a 7th grade student who came to the space every morning to say hello and multiple times a day to get a drink of water. The previous year, they had several dysregulating experiences and would run from the classroom and sit by a tree and cry. This year was different. They were more mature and invested in the BRYT space systems and trusted the staff. We labeled a drinking glass with their name on it, and they used the space regularly and did not "bolt" from the classroom a single time this year.

*Order of projects is by final report submission date   Published August 2022