

## Overall Enrichment Grant Goals – FIT2ORDER:

- I. Serve more children and school communities in BCPS with high quality hands-on collaborative events.
  - Students and parents learning lifelong health and wellness activities and strategies by exercising side-by-side in four different exercise rotations (Zumba, martial arts, boot camp, yoga) and participating in a parent nutrition workshop.
- II. Maximize the impact of school community events through collaborative strategic planning and as a result diversify resources
  - Partnering with individual, total school communities (e.g. school faculty/staff, PTA, community and business partners, etc.) to promote awareness of a healthy lifestyle.
- III. Offer capacity building opportunities to community partners so they may better serve their educational community.
  - Donations which would extend and expand educational and recreational opportunities.
  - Stimulate participation in diverse school events.
  - Market to inform whole school community of available resources.
  - Opportunities to provide wellness rewards for life.
  - Connecting to community resources present and future.
- IV. Offer schools an opportunity to extend the grant efforts into sustainable long-term projects
  - Walk across America.
  - Monthly wellness events (e.g. 5K event; encouraging awareness of issues such as childhood obesity, eating disorders; provide anger management strategies, alternate ways to for students to learn to self-regulate/calm self – such as yoga; etc.).
  - Weekly charting of fruits and vegetables eaten – analyze data collected.
  - Farm to table.
  - Friday recess walk/run.
  - Wellness week.