



School Year 2016-17 Wellness Program Report

And

Success Stories



recommending a minimum of 10,000 paces per day. Mr. Bestor designed several individual health plans and workout regimes tailored to staff members' specific needs. The following artifact illustrates our efforts to keep folks healthy and happy:

Sent: Tuesday, October 04, 2016 9:06 AM

To: D_RMCA <D_RMCA@RMCACS.org>

Subject: A ten minute workout?! Weighty Matters--introducing our new set of weights!

Dear Colleagues,

Standing burns more energy than sitting. Your heart pumps 20 percent more blood when you stand than sit. Vigorous walking has tremendous benefits but without the aches and pains of running/jogging. Without causing pain, suffering, or administrative burdens, RMCA now has a Wellness Plan, complete with School Health Improvement Plans. Creating these helped Mr. Bestor secure funding, means, and ways to help students, faculty, and staff stay healthy. Better yet, he has plans that will help anyone become healthier, more energetic, and increase his/her self-perception, so long as you are willing to give thirty minutes a day to such matters. You can break this into mini-sessions that total thirty minutes. His plans include the following: calibrating and marking a walking/jogging pathway around the school; procuring additional exercise equipment; offering one-on-one exercise and nutritional guidance, and more. To help, he just procured this excellent set of dumbbells (see the photo):

<image002.png>

Mr. Bestor will help you learn proper form when using this equipment. He also helps students improve their fitness, conducting morning workout sessions. Why not give him a call?

By following his advice and standing more, walking, and changing some eating habits, he helped me lose four pounds over the last month.

Check this out: <http://www.m2now.co.nz/11-science-say-this-10-minute-workout-just-as-effective-as-45-minutes-of-running-sit/>

Please see our Wellness Plans at:

<image004.jpg>

By simply standing and walking more, along with some simple changes in diet, Nick helped me to lose four pounds last month.

Thanks, Mr. Bestor!—who secured \$1,000 in grant monies to provide the means with which we can all improve our physical—and therefore mental—health.

Best to you,

New Beginnings

During School Year 2016-17, RMCA determined our annual program objective to provide annually each student, family, faculty, and staff member actionable intelligence to improve their whole-person fitness. In addition, RMCA seeks to improve individuals' personal capabilities and willpower to improve whole-person wellness. To attain these, the following initiatives commenced:

1. Expansion of Mr. Wil Winter's annual RMCA "5K Run for Education," our annual capstone event.
2. Mr. William Strain's "Fear the Turtle" After-School Intramural Program.
3. Mr. William Strain's student self-defense classes.
4. Mr. Wil Winter's RMCA booth and contingent at the Colorado Springs Saint Patrick's Day Run.
5. Establishment of before-school student weightlifting (Mr. Bestor).
6. Mrs. Dana Woods and Mrs. Jesse Wretlind's surveys and resultant efforts to improve student mental and behavioral health.
7. Fifth-grade ski trip to Monarch Mountain (Mr. Winter).
8. Regarding new sports, RMCA's new offerings include weightlifting, cheerleading, and wrestling.

Selected News Stories Covering Wellness Activities

Rocky Mountain Fifth Visits Monarch Mountain!



RMCA's fifth grade will be going on a field trip to Monarch Mountain on March 10th from 5:30 am to 6:00 pm. We may return earlier/later depending on traffic. The cost of the trip is variable at Monarch, but the cost of riding Ramblin Express is \$25 per person. Look for the Monarch waiver link in your e-mail from Coach Winter. Please sign this consent form and return it to school if you would like your child to participate. All money and permission slips must be returned to Coach Winter by February 23, 2017.

We need Chaperones. We would like to have at least a 1 to 4 chaperone-student ratio on this trip. Parents are allowed to ride the bus. Ramblin Express is \$25 per person. If only one bus is rented, first preference is given to the students. Then we would kindly ask parents to carpool to the mountain. Buses have bathrooms, TV monitors, Wi-Fi, and storage for equipment.

Please click the links, below, for additional information.

Rocky Mountain Classical Academy 5K Run for Education



On May 20, 2017, 9:00am, Rocky Mountain Classical Academy (RMCA) will hold its 2017 five-kilometer run for education. Mr. Wil Winter, Physical Education Teacher, has once more organized this year's event. According to Mr. Winter, "One of our school's most-anticipated events, even last year's blizzard did not dampen competitors' spirits. We still had 155 runners and walkers." This year, Mr. Winter hopes for greater intra-District participation.

"Everyone wins. Adult registrations defray our cost and support wellness, fellowship, and athletics. Racers not from RMCA see half their adult registration fees refunded to their schools. This covers tee-shirt costs and helps fund all participating schools."

"Runners or walkers should wear their school's colors, because it adds a lot of spirit. Participants see how large our District is, and we each advertise our schools to people who don't know us," said Winter. New for this year, the top overall male and female finishers will each win a cash prize. This year's race also features a free, Kid's Fun Run 50-yard dash.

Participants will "Run for Education" at 9:00am on May 20, 2017, at Stetson Park, located next to Stetson Elementary School. The park's address is 4870 Jedediah Smith Rd, Colorado Springs, CO.

The adult registration fee is \$20.00, and children under seventeen cost \$10.00. Register no later than May 15, 2017: <http://www.showmyevent.com?jumptoevent=2953>.

Karate Teaches Self-Awareness



A month ago, while mulling ideas to capture students' attention while highlighting school character traits, Mr. William "Bill" Strain, Physical Education (PE) Teacher at Rocky Mountain Classical Academy (RMCA), sparked an opportunity.

"At RMCA, we're the Knights, and we have seven character traits," said Strain, adding, "Our students turned our nickname into an acronym for them: Kindness, Nobility, Initiative, Generosity, Honesty, Trustworthiness, and Self-awareness." For Strain, "Sport, wellness, and physical health obviously teach character, and I wanted to include self-defense within our PE curriculum, because it fulfills learning objectives while teaching students how to be self-aware." Counselors Mrs. Dana Woods and Mrs. Jesse Wretlind agreed, offering enthusiastic support. Mrs. Wretlind explained, "Bill's program models how teachers may integrate their curriculum with character education. Self-defense teaches students to know themselves and their situation." Colleague Dana Woods agreed, "I overheard a group of sixth-graders talking about it. They think karate is cool and not something they would take in school. One joked about becoming Chuck Norris."

Each school year, Strain will highlight a different self-defense discipline, avoiding exclusion of any self-defense style. For 2017, middle-school students start with four days of Universal Kempo Karate, on Monday and Tuesday, February 13th and 14th, and again a week later on February 20th and 21st. Strain encourages parents to attend their child's class and learn with them. To participate, students and parents must complete a permission slip ([Kempo Form](#)) and pay \$8 for each of their middle school children. Make checks payable to UKKSA. For questions, please contact Mr. Strain at wstrain@rmcacs.org.

Faculty Best Students in Holiday Basketball Classic




Principal Mike Wedor, the "Tower of Power," drives for a score.

Led by the “Tower of Power,” Principal Mr. Mike Wedor, and Math Teacher Ms. Danielle “Dogfight” Garceaux, the Faculty/Staff Basketball Team celebrated holiday success by overcoming valiant performances by student team stars . . . Well, actually the game ended in a tie, 32-32, but for some laughs and to catch the attention of student readers, we thought we’d toss an eye-catching headline. We wish you all the best, including peace, happiness, and prosperity in 2017. We’ve accomplished great things for great people in 2016, and 2017 will be even better.


Administrative

As noted earlier, RMCA filed its first SHIPs and wrote its first comprehensive Wellness Plan. The new and already-written School Year 2017-18 Plan will soon post to our website at www.rmca.org.



School Year 2017-18

Wellness Plan



13 February 2017

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ADF: School Wellness	
ADF-R: Wellness Policy Guidelines	
EF: Food Services	
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EFEA: Nutritious Food Choices	
GBGA: Staff Health	
IHAM, IHAM-R: Health Education	
IHAM-A: Teaching About Drugs, Alcohol, and Tobacco	
IJJ: Physical Activity	