

Community Resources

Fort Collins Supports School Wellness!



The following organizations have information and resources to help support wellness at your school.

Beyond the Mirror

Beyond the Mirror is a counseling center for women & youth which specializes in disordered eating, body image, self-esteem, relationships, and eating issues. Services include: individual and group counseling, workshops, staff-trainings, & presentations. Beyond the Mirror outreach gives presentations in local schools and communities on body image in the media and self-esteem. All services are available on a sliding scale.

Contact: Jennifer Amaral-Kunze, M.Ed., NCC, (970) 402-8543 or jsamaralkunze@yahoo.com
www.beyondthemirror.org

CanDo – Coalition for Activity & Nutrition to Defeat Obesity

CanDo is a community-wide coalition dedicated to improving the eating and physical activity habits of Fort Collins area residents. Staff and volunteers are organized into committees and meet regularly to coordinate programs, policies, and activities related to obesity prevention. CanDo can provide resources, tools, and technical assistance to help schools promote healthy eating and physical activity for both students and staff.

Contact: Virginia Englert, MS, RD, (970) 495-7517 or ve2@pvhs.org
www.CanDoOnline.org

Colorado State University – Department of Health and Exercise Science

The Department of Health and Exercise Science at CSU is dedicated to helping the community to “Discover Healthy Lifestyles.” Through research, teaching, and outreach programs, the faculty, staff, and students in the department are interested in assisting community members to develop and maintain healthy lifestyle habits and avoid chronic diseases such as obesity, cardiovascular disease, and diabetes. To help with this goal, several of CSU’s programs can be useful and beneficial for the Poudre School District community:

- **Student Interns** – As the largest major of study at CSU, the department has over 900 undergraduate students. Most of these students complete practicum and internship experiences as part of their coursework. These experiences are largely unlimited in scope and focus, and many students would be excited to get involved with school-based projects, on a short-term or semester-long full-time basis. For more information on how to get students involved in your programs, contact Wendy DeYoung, Internship and Practicum Coordinator, at 491-3768 or wendy.deyoung@colostate.edu.
- **Youth Sport Camps** – The department also offers its very popular summer Youth Sport Camps, which are designed to teach healthy activities and promote sport skill development through fun day-camp programming throughout the summer. The camps, now in their 35th year, serve over 2500 campers through 55 camp sessions in 10 different sports and activities. For more information on these camps, contact Dr. Brian Butki, Camps Director, at 491-3183 or brian.butki@colostate.edu.

- **After School Program** – The department has recently started an after school program, based on the very popular Youth Sport Camps model. This program runs from 3:00-6:00 PM Monday-Friday during the school year on the CSU campus and features physical activity programming, healthy snacks, and informational sessions about healthy lifestyles. For information on the after school program, contact Brian Butki at 491-3183 or brian.butki@colostate.edu

Colorado State University – Larimer County Extension Office

CSU Extension is able to provide nutrition education to parents on various topics, from healthy cooking to budgeting. Nutrition classes are free to those who meet low-income requirements.

Contact: Maggie Shawcross, (970) 498-6013 or mshawcross@larimer.org

Nora Garza, (970) 498-6015 or ngarza@larimer.org

Colorado State University - Nutrition Education Center

Graduate students studying to be registered dietitians can give talks to classes on healthy eating and physical activity, teach after-school cooking classes, and provide an information table in middle and high school cafeterias to talk to students during lunch.

Contact: Melissa Wdowik, PhD, RD, (970) 491-1062 or mewdowik@cahs.colostate.edu

The Gardens on Spring Creek

The Gardens on Spring Creek has a unique Children’s Garden, a place for children — and children-at-heart — to explore, discover and grow! There is one-half acre of features such as an 8-foot tall watering can, a large waterfall and pond, a picnic shelter with a planted roof, plant-created hideouts, bountiful vegetable gardens, and an interactive sundial. The next garden to be developed is the Garden of Eatin’. It will be designed to provide fresh fruits and vegetables to food insecure households while educating the community about health and nutrition-related issues and opportunities. The Garden of Eatin’ will give parents and children the opportunity to be empowered and engaged in hands-on experiences related to the production, preservation, and nutritional preparation of fruits and vegetables. Tours and field trips are available for schools at low-cost.

Contact: Robyn Dolgin, (970) 416-2486 or rdolgin@fcgov.com

www.fcgov.com/horticulture

Health Clubs

The Fort Collins area is fortunate to have a variety of health clubs that are supportive of both community and school wellness. Several health clubs in the Fort Collins area have been supportive of CanDo’s efforts of childhood obesity prevention and are interested in opportunities to serve kids in our community. Contact your local health club to find out how they can help support wellness in your school.

Health District of Northern Larimer County

Health educators can provide class presentations on body image, eating disorders, fitting healthy eating into a crazy schedule, and how nutrition affects health. Handouts, recipes, and information on most nutrition topics are available (i.e. balanced nutrition, eating disorders, weight control/loss, healthy eating). There is no cost to schools for presentations or resource materials. Services are available to any age group; however, information may be more pertinent to high school age students. Availability is dependent upon schedules and general time constraints.

Contact: Kristan Williams, Health Promotion Services Coordinator, (970) 224-5209 or kwilliams@healthdistrict.org

www.healthdistrict.org



Healthy Kids Club

Healthy Kids Club is a program sponsored by Poudre Valley Health System to promote health and fitness among elementary age children in Fort Collins, Loveland, Windsor and surrounding areas. Healthy Kids Club programs and activities include:

- Comprehensive wellness partnerships with local elementary schools
- After school programs focusing on exercise, nutrition, safety and fun
- Monthly kindergarten health lessons and activities
- Health/safety lessons to supplement elementary school curriculum
- Healthy Kids News – monthly newsletter for all elementary students
- Healthy Kids Run Series – kids earn prizes for participating in local runs
- Schools on the Move Challenge! – kids and staff keep activity logs and earn PE equipment for their schools
- Kids on the Move Classroom Activity Decks – deck and CD with 50 fun 10-minute classroom physical activity breaks
- Be Your Healthy Best – classroom poster series and leader’s guide to promote healthy habits
- Project Fit – fitness programs and classes for elementary classrooms
- Cooking Up a Storm! – cooking classes for elementary and junior high students

Contact: Laurie Zenner, Healthy Kids Club Program Manager; lhz@pvhs.org; (970) 495-7511

Heartaware

Heartaware is a program that offers heart-health education and cardiovascular screening to 4th grade and 10th grade students free of charge (some school districts choose 5th grade instead of 4th grade). The Heartaware program is sponsored by Heart Center of the Rockies, affiliated with Poudre Valley Health System, and is provided as a free service through funding by the Poudre Valley Hospital Foundation.

Two programming options are available for 4th/5th graders. Schools may choose a site-based programming option, or for a nominal entrance fee into the Discovery Science Center, groups may choose the “Thoracic Park” field trip option (participating schools arrange their own field trip transportation). Both programming options include free Heartaware health education and screening. For 10th graders, Heartaware provides cardiovascular screenings. In addition, high school teachers may request cardiovascular education resources for their lesson plans. High schools may also request height and weight screenings to determine age- and gender-specific body mass index (BMIs) for students.

Heartaware programming is offered to school districts throughout Northern Colorado; therefore, the limits of the school calendar and availability of Heartaware staff dictate that programming reservations are scheduled on a first to request - first to serve basis.

Contact: Colette Thompson, Heartaware Program Manager: (970) 297-6059 or crt@pvhs.org;

Annette Alfano, Screening and Presentation Scheduling: (970) 297-6059 or ara3@pvhs.org

www.heartcenteroftherockies.com

Larimer County 4-H Program

Nutrition and health classes, curricula, and programs are available to schools at no or low cost. Examples include the following:

- I Like My Body – 60 to 90 minute class for pre-adolescent and adolescent girls ages 11-19
- Curricula in Foods and Nutrition, Foreign Cookery, and Food Preservation for children ages 8-19
- Germs/Food Safety/Handwashing – 30 to 60 minute classes for children ages 5-18
- Cooking Class Series – 4-week series for 5-7 year olds; primarily foreign cooking
- “Lesson in a Box” – Eating the Alphabet and Good Enough to Eat; for 5-7 year olds (adaptable for older children)

Contact: Kathy Wolfe, (970) 498-6000 or kwolfe@larimer.org

Program ENERGY

Program ENERGY is an integrated science education enrichment program whose goal is to reduce the rate of obesity and diabetes in elementary school children and their families. Program ENERGY's objectives are:

- Inquiry-based educational enrichment in science and math using disease-related examples and exercises
- Teaching children and their families to live a healthy lifestyle - healthy eating and active living
- Awareness of science/health careers
- Active partnership between educators, Colorado State University scientists and students, health and science professionals, museums, and local businesses

Program ENERGY has lesson plans available for 2nd through 6th grade classrooms that are aligned with state and local standards. Many of these lesson plans are available on the website. Staff are available by phone and email to assist schools with advice on lesson planning and implementation.

Contact: Françoise Smith, Program Director; (970) 491-7889 or fsmith@cahs.colostate.edu

www.programenergy.org

Safe Kids Larimer County

Safe Kids Larimer County is a partnership of health care providers, government agencies, civic clubs, law enforcement, and private and public organizations committed to preventing accidental injuries in children ages birth to 14 years old. Safe Kids works to keep children safe by focusing on areas such as bicycle and pedestrian safety, child passenger and motor vehicle safety, water safety, and fire and burn prevention.

Programs provided through Safe Kids include the following:

- Strap and Snap Bicycle Helmet Program – This program is offered to all 3rd graders in the Poudre School District. Presenters educate students on the importance of the brain, why they should wear a helmet, and how to fit a helmet properly. Educators use egg demonstrations to show what happens when a helmet is worn versus when a helmet is not worn. These fun demonstrations give a clear picture of why students need to wear their helmets every time they ride their bike, scooter, skateboard, etc.
- International Walk a Child to School Day – This event, which occurs the first Wednesday of October every year, encourages kids, parents, and staff to walk or bike to school. Parents surveys are conducted to bring attention to safety concerns around the school that could be addressed by the transportation planning departments and schools.
- Walk Across Colorado – This program can be offered in conjunction with International Walk a Child to School Day or done at other times throughout the year. This program encourages students to keep track of the miles they walk and bike to school over a month's time. Total classroom miles are tracked in a Colorado map and students learn tidbits of Colorado history along the way. At the end of the program, students can see how far they've walked/biked across Colorado...maybe to Colorado Springs, maybe to Glenwood Springs. Safety and physical activity are the main goals of the program.

Contact: Janet Werst, Injury Prevention Coordinator, 970-495-7504 or jw12@pvhs.org

Safe Routes to School

The Safe Routes to School (SR2S) is a program designed to promote the safety and environmental conditions for students traveling to and from school. With the hope to increase the numbers of students walking or biking to school, this program uses the Four E's (Education, Enforcement, Engineering, and Encouragement) to provide a comprehensive approach to traffic safety problems around schools. The SR2S Program through the City of Fort Collins Transportation Department contains the following components:

- School Traveling Information and Maps – Not sure of which route to choose? Plan ahead by looking at the SR2S website to find the safest route for getting to your school. Simply pick your school's name from the dropdown menu and find information and maps on bike lanes, friendly walk routes, drop off zones, and more.

- Curriculum – Free online SR2S curriculum invites students to become active citizens and examine real issues in their own communities. It encourages traffic safety, fitness, and a clean environment. Available for grades K-9.
- SchoolPool Match – The City of Fort Collins and the North Front Range MPO are teaming up to create an online matching system for the SchoolPool program. SchoolPool is a free service that matches families from participating schools with others who are interested in sharing a trip to school via carpooling, biking or walking.
- Speed Radar – A speed radar can be placed at schools to make drivers more aware of their driving speed.

Contact: Kurt Ravenschlag, Transportation Planning, (970) 416-2040 or saferoutes@fcgov.com
www.fcgov.com/saferoutes

School Links

School Links is a nutrition education reimbursement program funded by Food Stamp Nutrition Education (FSNE) and is available to K-12 schools with 50% or more of students receiving free or reduced price meals. It is available at no cost to participating schools. When teachers track their time in the classroom instructing students in nutrition education, the school is reimbursed by School Links for that time. Schools can spend the reimbursement funding on items such as nutrition education curriculum, healthy food samples for students, and parent education materials.

Contact: Diane Wenzel, MS, RD, Colorado State University, (970) 491-0932 or dianemw@cahs.colostate.edu



NOTE: If you know of additional local organizations that can provide free or low-cost school wellness resources, please contact CanDo so we can update our resource list.

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 Phone: (970) 495-7517 | ve2@pvhs.org
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