Thanks to the Indianapolis Colts, Jump IN for Healthy Kids created Jump Right UP, a partnership to improve the health of kids in four Indianapolis school districts. During the 2018-2019 school year, Jump Right UP included 35 participating schools and assisted in implementing and improving school wellness best practices, impacting 23,000 students and helping schools meet their wellness goals.

The purpose of Jump Right UP is to provide technical assistance and resources to achieve the goals of promoting positive nutrition and physical activity, organizational, and environment policy and practice changes in schools, to assist in the prevention and reduction of childhood obesity, and overall improvement in children’s health. The Jump Right UP program aims to create a sustainable infrastructure for health and wellness school cultures to flourish.

As part of the evaluation effort, the Alliance for a Healthier Generation’s School Health Index (SHI) is being used to measure the number of best practices adopted by each school and district. The SHI was developed by the Center for Disease Control (CDC) in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies to

- Enable schools to identify strengths and weaknesses of health and safety policies and programs.
- Enable schools to develop an action plan for improving student health, which can be incorporated into the School Improvement Plan.
- Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health.

The SHI is based on CDC’s research-based guidelines for school health programs, which identify the policies and practices most likely to be effective in reducing youth health risk behaviors. By using the SHI, Jump Right UP participating schools are able to specifically focus on 6 of the 10 categories of the Whole School, Whole Community, Whole Child (WSCC) model. Jump Right UP then assists in identifying goals based off of the SHI and WSCC evaluations.
Whole School, Whole Community, Whole Child

Jump Right UP was created to increase health and wellness best practices in schools. Guiding this work is the Whole School, Whole Community, Whole Child (WSCC) model created by the Center for Disease Control (CDC). The Jump Right UP program focuses on 6 out of the 10 model categories.

Using the WSCC model as the framework for success, we then use the Alliance for a Healthier Generation’s School Health Index (SHI) to aid in assessing gaps and action planning within those WSCC categories. We are constantly reinforcing the WSCC model within our participating schools and districts and educating leaders on how the Whole Child concept can positively increase behavior, healthy habits, mental clarity, and ultimately test scores.

Jump Right UP focuses on 6 out of the 10 WSCC model categories. These include:

- Health Education
- Physical Education & Physical Activity
- Nutrition Environment & Services
- Employee Wellness
- Family Engagement
- Community Involvement


On February 22nd 2019, Jump Right UP assisted in hosting Health.Moves.Minds., a superintendent symposium focused on educating Indiana superintendents on the WSCC model and the Whole Child concepts. Jump Right UP is proud to report that 3 of the 4 districts were represented at the event by key leaders.

The agenda included hearing from Dr. Jim Roberts, Superintendent of Bartholomew Schools, on how he integrated the WSCC model into his district. Dr. Jennifer McCormick, the State Superintendent of Public Instruction at the Indiana Department of Education, spoke on how to use funds towards health and wellness work. Dr. Lori Desautels, Assistant Professor at Butler University, educated on the neurobiology of stress and hope within the students behavior and choices schools see students make every day.
Jump Right UP uses the Alliance for a Healthier Generation’s School Health Index (SHI) to aid in assessing gaps and action planning within the WSCC categories. The SHI was created in collaboration with the CDC to provide a platform for schools to assess themselves on the adoption of specific health and wellness best practices.

To assess the Jump Right UP participating schools, Jump IN For Healthy Kids Community Project Specialist Haley Loechel, worked with leaders at each individual school to assess, educate on the best practices, and aid in action planning and implementation. See below an example of what the SHI looks like for each participating school.

Along with aiding in assessing best practices, the SHI also comes with other perks if a school qualifies. Schools may be awarded a Bronze, Silver, or Gold award based on the number of best practices adopted. However, these awards don’t come easy. To qualify for the Bronze award, a school must be at least a 90% best practice adoption. Most of the Jump Right UP participating districts have a ways to go.

Since 2014, MSD of Pike Township is the only district within Indiana to achieve Bronze status at each of its schools. However, with the aid of Jump Right UP, Pike High School and Lincoln Middle School were able to apply for the Silver award this year. Awards will be granted in late July 2019.

There has never been an Indiana school to achieve this award before.
District Success Stories
Jump Right UP would like to share a few stories from the first year of the Jump Right UP program in the four participating districts.

**MSD of Pike Township**
Pike High School worked with the district food service program, Chartwells, to put on a program called Student Choice. Chartwells selected 4 healthy menu options that it could easily afford to add permanently. Monday through Thursday they let the students taste test the different options and on Friday the students voted for which one they enjoyed best. Spicy baked chicken was the winner!

**MSD of Warren Township**
Jump Right UP teamed up with MSD of Warren Township's food service provider, Chartwells, to apply for the Indiana State Department of Health's Indiana Healthy Schools Grant in January 2019 and was awarded the grant! Starting in August 2019, Warren will receive $10,000 per year for three years to implement their wellness plan. This plan includes reducing the sugar content in foods and starting a hot breakfast at the high school.

**MSD of Lawrence Township**
As part of the Jump Right UP program, each district is asked to work on sustainability of wellness in the district. Because of this, MSD of Lawrence Township started a new role within each school in January 2019! Each school now has their own Wellness Champion which will take on the responsibilities of improving health and wellness for staff and students. This is a great stride to sustainable success!

**Indianapolis Public Schools**
With the support of Jump Right UP, IPS participated in CATCH, which stands for a Coordinated Approach to Child Health. Within the CATCH program IPS schools focused on threeWSCC model components: nutrition education, physical education, and family engagement. Each school participated in the CATCH health curriculum, promoted nutrition with bulletin boards, and held a fun family fitness night for the community.
Below is the process for which Haley worked within the Jump Right UP program this year. Haley met with every school and took thoughtful strategized steps to be successful in each school and district. Each school moved at their own pace; however, the below process is the overall scope of the year in review collectively.

### Relationship Building
- Haley met with each school to discuss the program, expectations, and their needs.
- Ideas were gathered for goals.
- Meetings were scheduled and ways of communication were solidified.

### Analysis
- Haley educated on the WSCC model.
- Haley assisted each school in completing their School Health Index (SHI), answered questions about changes, and gave feedback on answers.

### Goals
- Goals were formed and solidified based off of the schools' needs, wants, and SHI results.
- Schools spoke to their teammates and councils and asked for assistance in completing each goal.

### Execution
- Each school worked on their goals with their teams and staff.
- Resources were given to each school to assist in completing their goals.
- Proposals and grants were written for funding of projects.
- SHI's were reviewed and revised to grasp a more accurate level of best practice adoption.

### Evaluation
- Each school will submit a progress report to tell the story of how far they have come this year.
- These reports will then help drive next steps and goals, based off of SHI gaps.
- Final reporting will be due to each district in late June 2019.
- Jump Right UP will evaluate our program, process, and approach summer 2019.
- SHI's will be updated August 2019.
Jump Right UP goals were based off of each school's SHI baseline results, and their individual needs and wants. The process of goal creation consisted of Haley reviewing each SHI with the individual school and connecting the dots between gaps, barriers, and best practices. Below are the breakdown of the types of goals worked on this year by Jump Right UP participating schools and districts.

The reality of goal creation is that each school has to assess who will assist in completing the goal by the intended end date. Some schools had very supportive teams, teachers, and colleagues, where others had less support from their peers. Each school and district moved at their own pace due to this support structure at their facility.

### Total school goals based off of WSCC components

- **Health Education**: 35.5%
- **PE & Physical Activity**: 20.6%
- **Nutrition Environment**: 14.0%
- **Employee Wellness**: 13.1%
- **Family Engagement**: 12.1%
- **Community Involvement**: 4.7%

**Jump Right UP Goals**

Jump Right UP is currently awaiting finished progress reports from the participating schools. These progress report answers will not only assist in clearly understanding what was accomplished this year, but will also assist the district and school leaders in planning for future goals and initiatives. Each Jump Right UP participating school will complete their SHI again in August 2019. This will allow Jump Right UP to gage program progression, as well as each school to again grasp a better understanding of gaps and barriers and will lead the way to creating sustainable change in Jump Right UP year two.
Looking Forward

The Indianapolis Colts and Jump IN for Healthy Kids believe all young people deserve a chance to live healthier lives. Jump Right UP was created to help schools use their respective resources and achieve the goal of promoting positive nutrition and physical activity policy's and practices. Long-term, positive changes in school health will help prevent and reduce childhood obesity and improve children’s health.

Based on initial assessment, each school created at least one nutrition and one physical activity goal that aligned with their School Health Index results, district wellness policy, and federal guidelines. Over the spring 2019 semester, each school worked towards completing their individual goals. Through Jump Right UP, schools had access to resources, guidance, and project management assistance while completing goals. As well, $75,250 was identified in grant dollars for the four participating districts and $36,500 was collected, making the Indianapolis Colts funding go further in impacting local schools and communities.

Schools are currently completing progress reports at this time and Jump Right UP looks forward to reviewing those results with leadership in Fall 2019.

The major objectives of the Jump Right UP program in year two are to aid in creating systems change in each district and aid in self-sustainable practices for years to come. This sustainability effort would not be at the focus of each district without the support of Jump Right UP.

Participating schools for year two of the Jump Right UP program will include the same 35 schools as year one and an additional 8 schools, totaling 43 schools throughout Marion county. These additional schools include:

**Pike:**
- Fishback Creek Elementary
- Guion Creek Middle School

**Lawrence:**
- Amy Beverland Elementary
- Oaklandon Elementary
- Mary Castle Elementary
- Winding Ridge Elementary
- Indian Creek Elementary
- Forest Glen Elementary

Jump IN for Healthy Kids would like to see the Jump Right UP program expand into additional districts after the first two years are complete. Keeping in mind how large IPS is, they may continue to be part of the program.

We believe that a combination of commitment, knowledge, and leadership support are the key essentials to district success in this work and we are confident in the districts that we serve!