

Unleashing Our District's Outdoor Space

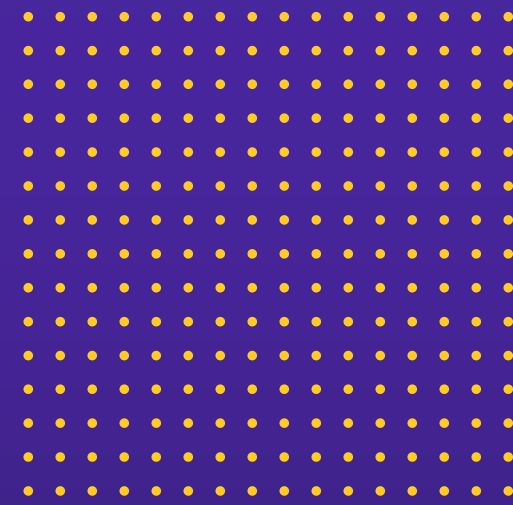


A Place Where Everyone Finds Value and Meaning Everyday

SGL believes in INNATE CURIOSITY • EMPOWERING LEARNERS • LEARNING TOGETHER • RISK TAKING & GROWTH • CHALLENGING & SUPPORTIVE



HELLO!



**We're Springville-
Griffith Institute
Central School
District ...**

Brooke Langworthy-
Colden Elementary
School Principal

Jason Shelley-
Springville Elementary
School PE
Teacher/Wellness
Committee

Karen Reynolds-MS PE
Teacher/Wellness
Committee



WELLNESS

SGI believes students and staff who are mentally and physically well, will bring their full selves to school each day and will be poised for a more positive experience. The health and wellness of our schools will ripple out to our broader community. Healthy, emotionally intelligent students will be ready to be the leaders of tomorrow.





CREATING HEALTHY
SCHOOLS AND
COMMUNITIES

Grant Objective:

Reduce the risk of obesity and chronic disease in high-need communities and school districts by **increasing demand for and access to healthy food and opportunities for physical activity** through the implementation of sustainable policy, systems, and environmental changes.

Creating Healthy Schools and Communities

School Initiatives



Develop wellness committees



Increase opportunities for physical activity



Improve nutrition environment



Improve SEL Competencies

Community Initiatives



Develop wellness committees



Develop complete streets and safe routes to school



Improve food guidelines at worksites, community settings and day care centers



Increase physical activity in day care centers

Forge Your Path to Wellness



**Where Nature Meets
Fitness on the Outdoor
Trail of Health**

Timeline for Middle School & Springville Elementary

2019

Proposal of fitness trail to our Superintendent and community budget vote

2020

Design and development of outdoor fitness trail behind Middle School and Springville Elementary

2022

Brainstorming about outdoor fitness stations

Spring
2023

Creating Healthy Schools Grant was approved for our project that aided in our project

Fall
2023

Community Build of our Ninja Warrior obstacle course

Where Nature Meets Fitness on the Outdoor Trail of Health



Biking during Physical Education





Why a Fitness Obstacle Course?

- ❖ Most attractive for kids to participate
- ❖ Effective Teaching Space
- ❖ Easier to maintain
- ❖ Course can be added to over time
- ❖ Extension from Elementary Playground



Experiential Learning Field Trip



Excitement from Students



Community Build



COMMUNITY BUILD EVENT

SEPTEMBER 16 | 8AM-6PM
BEHIND SPRINGVILLE
ELEMENTARY/MIDDLE SCHOOLS

In our ever-evolving world, community bonds have never been more important. We recognize the need to create spaces that not only promote physical health but also foster a sense of togetherness. That's why, as a community, we embarked on the journey of building our very own obstacle course.



The banner features a repeating row of 15 circular icons at the top and bottom. The icons include: a hand, a wrench, a shovel, a group of people, a hand, a wrench, a shovel, a group of people, a hand, a wrench, a shovel, a group of people, a hand, a wrench, and a shovel. The text on the banner reads:

SLR
landscape structures®

Community
Playground Build

A Place Where Everyone Finds Value and Meaning Everyday

Community Build Contributors

- ❖ Local Town Highway
- ❖ Local Contractors
- ❖ High School Students
- ❖ Teachers, Staff and Administrators
- ❖ Parents
- ❖ Community Members
- ❖ Parkitects (Ben Frasier)



Equipment and Volunteers in Action..



Community in Action...

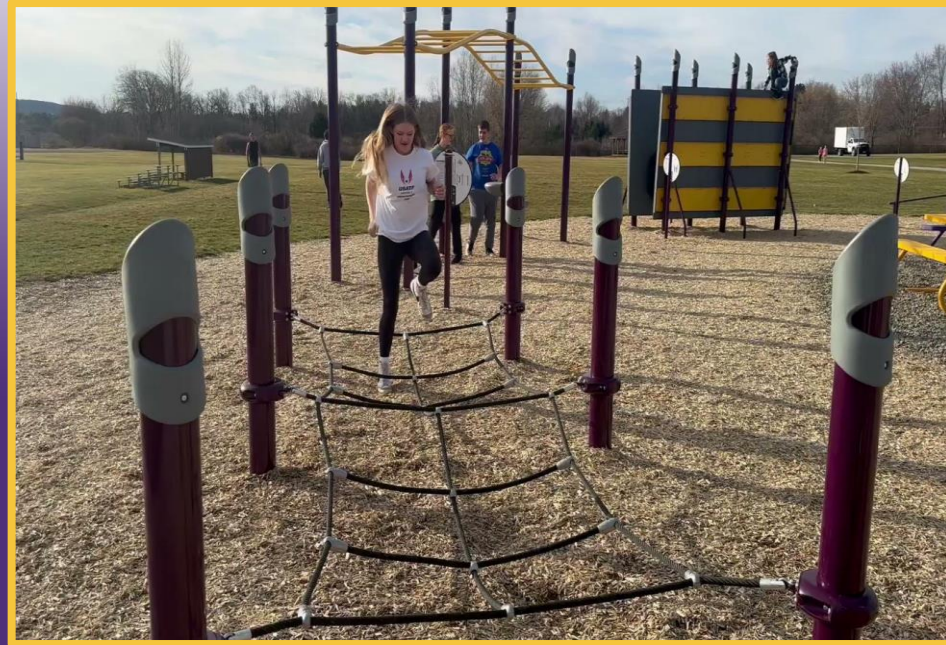


Ribbon Cutting



Creating a shared space where individuals of all ages and abilities can come together, challenge themselves, and support one another. This obstacle course is more than a series of challenges; it's a testament to our collective commitment to building a stronger, healthier, and more connected community.

Caught in Action...



Key Things to Consider...

1

Space and Environmental factors that could assist or impede on the final product

2

Type of stations you would like that are age appropriate and specific to goals of program

3

Company to order from and make sure they can assist with installation.

4

Money allocated to the build and a list of supplies and equipment needed

5

Publicize and recruit people to help with community build

6

Maintenance checks and warranty of equipment

Goal: Bike Trail



Ongoing project: Construction of a biking and walking trail to introduce mountain biking to students and provide a safe space for the community to ride bikes. Wooden bicycle playground features have been built along the trail to inspire confidence in biking



Why biking & the biking features?!

- Increase focus, improve coordination, and balance
- Boost self-confidence
- Strengthen emotional wellness
- Fun obstacles that safely build cycling confidence
- Features can include: bridges, rollers, tunnels, and teeter totters
- Provides a safe and dedicated place to ride bikes away from busy streets



COLDEN ELEMENTARY TRAILS PROGRESS

Progress to date:

5 bicycle playground features built

(1) skinny feature

(1) bridge feature

(2) berm features

(1) roller feature

New safer trail surface applied

Trail bench Kiosk built

Bike Shed built

Storage Rack built for balance bikes

Bikes:

25 youth bikes

24 balance to Pedal Bikes

Bike helmets for every student

- Youth mountain bike lessons provided to 3rd and 5th graders by Tom's Pro Bike
- Bike safety presentation by GoBike Buffalo
- Mighty Movers after school program held 5 bike sessions for students



Follow the progress @coldenelementary_trails

Timeline of the CES bike trail...

2022

Proposed bike and wellness trail planning

June
2022

Ground breaking ceremony celebrated kicking off this project

Fall
2022

Trail constructed & 2 wooden bicycle playground features installed.

Summer
2023

Additional Bike path features- built on location and set up.

New trail surface applied

ONGOING

...

Connection to Erie-Cattaraugus Rail

Developing woods trails

Additional feature construction

Groundbreaking Ceremony

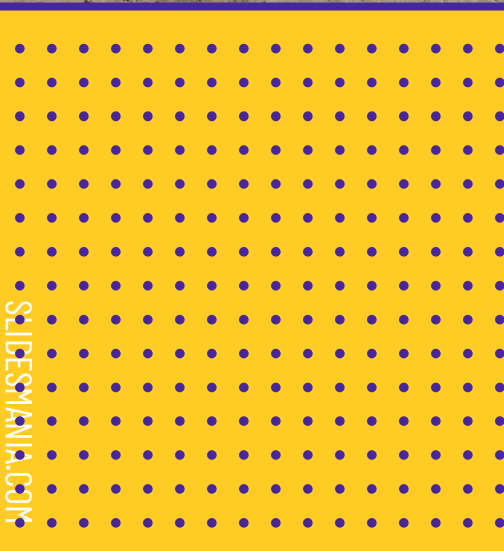


2022

**Colden Elementary
Trails
Groundbreaking**







Mountain Bike Instruction

By: Colin Carpenter, Tom's Pro Bikes





Building Community Relationships



- broaden the reach of our biking program and close the gap on kids who do not know how to ride a bike
- provides balance to pedal bikes, helmets, storage racks and curriculum
- funding available to assist schools





You reposted
Creating Healthy Schools and Communities
@CreatingHealthy

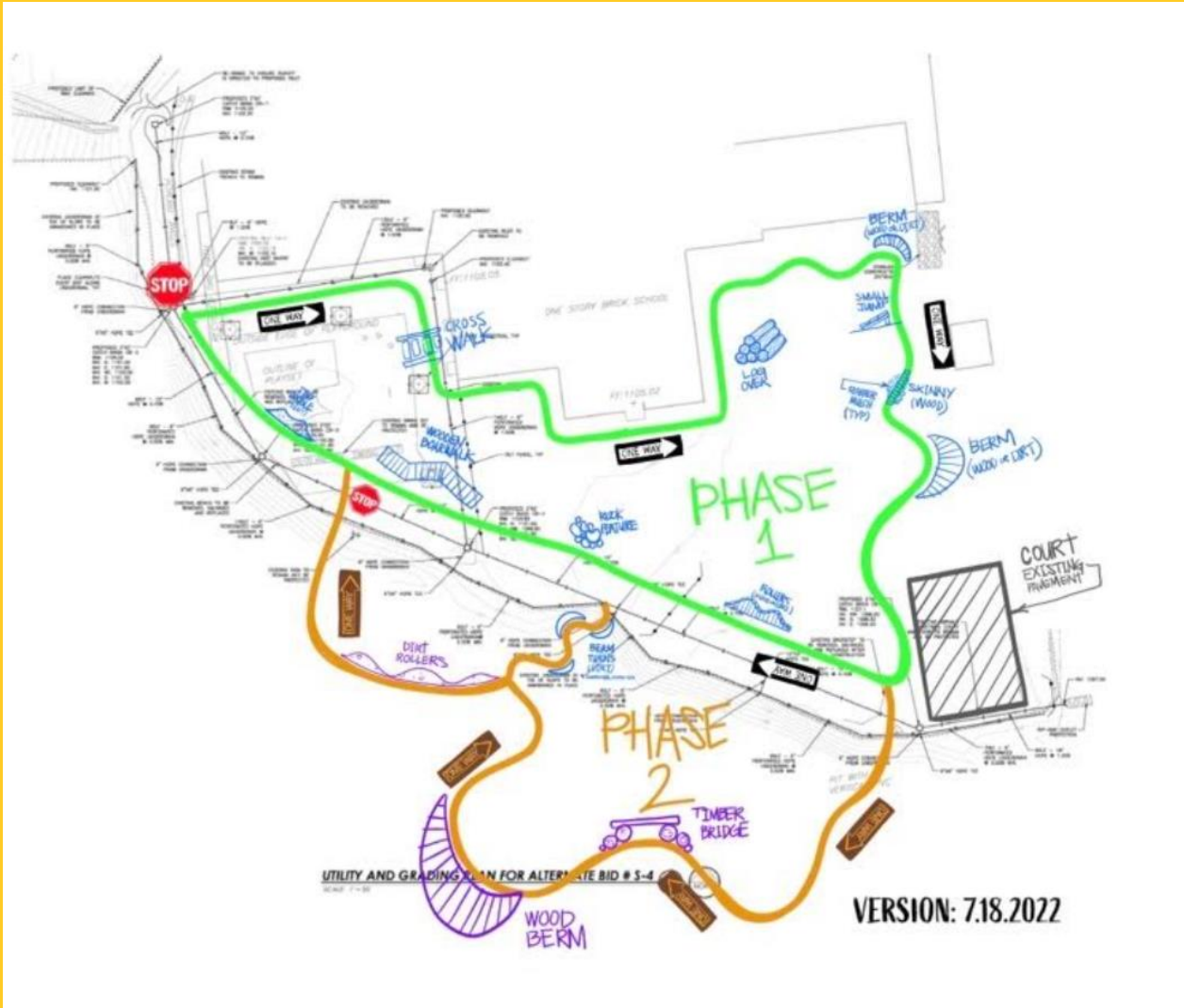
Administrator buy-in makes all the difference when creating #HealthySchools! Love the joy on the students faces!

Brooke Langworthy @brookeadams_ces · Oct 7, 2022
This was our first full week of enjoying our brand new bike trail.
Nothing makes me happier than see our students happy, healthy, and active!



Mighty Movers Program

Ongoing goals...



Key Things to Consider...

1

Space and Environmental factors that could assist or impede on the final product

2

Appropriate type of trail material depending on trail location.

3

Company to order from and make sure they can assist with installation.

4

Money allocated to the build and a list of supplies and equipment needed

5

Proper storage for bikes and related equipment

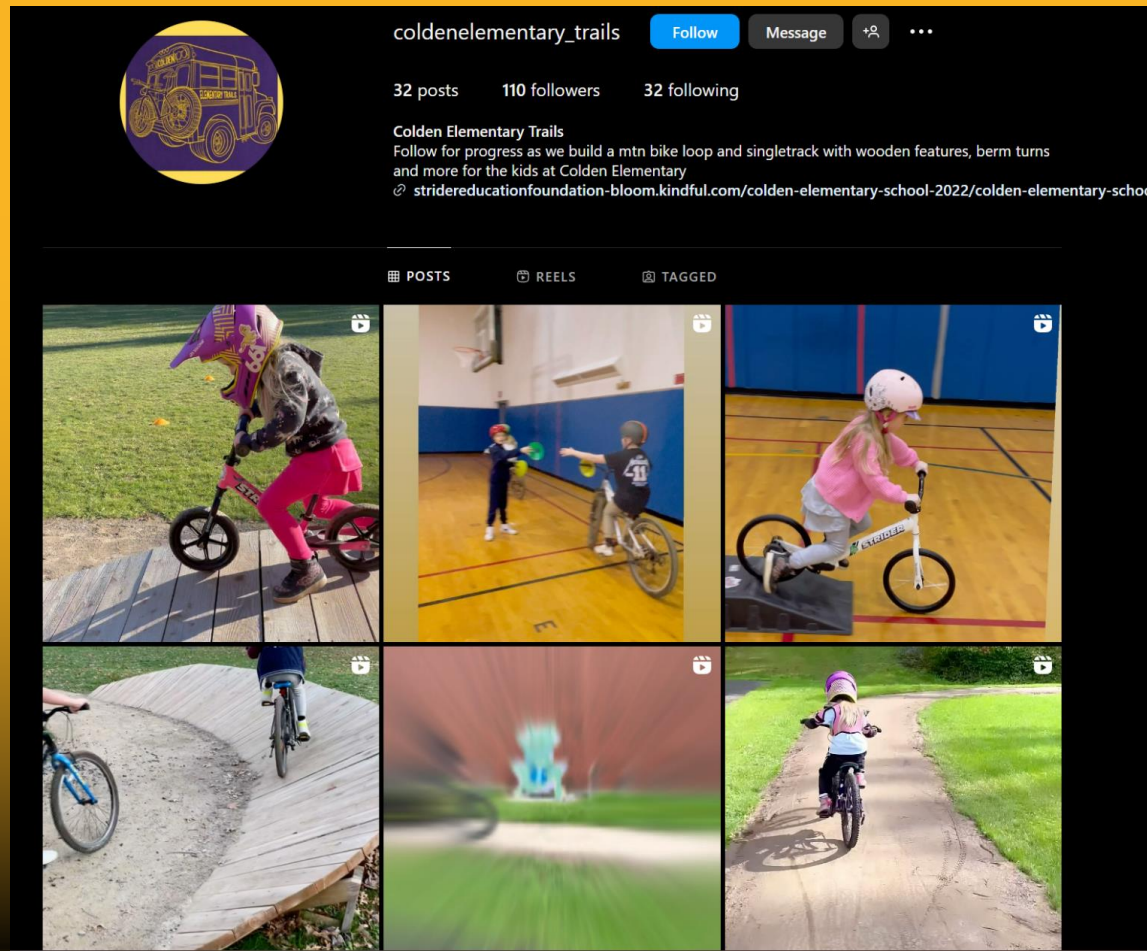
6

Trail and bike maintenance and bike feature safety checks

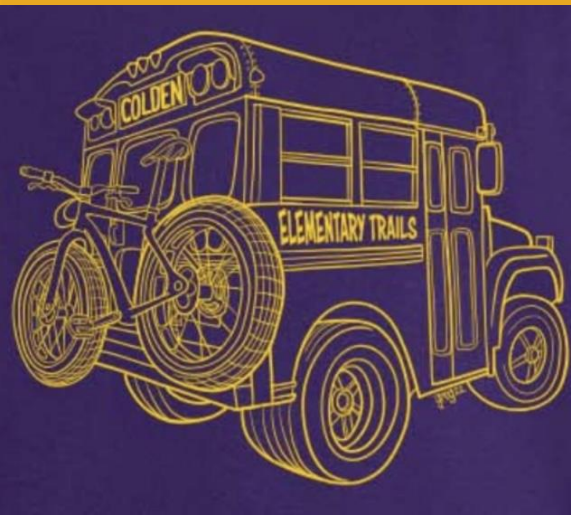
Video clip



Follow us on Instagram: coldenelementary_trails



The image shows the Instagram profile for 'coldenelementary_trails'. At the top left is a circular profile picture featuring a yellow school bus with a bicycle mounted on the back. To the right of the profile picture, the username 'coldenelementary_trails' is displayed, followed by 'Follow', 'Message', and a plus icon. Below this, the profile statistics are shown: '32 posts', '110 followers', and '32 following'. The bio reads: 'Colden Elementary Trails Follow for progress as we build a mtn bike loop and singletrack with wooden features, berm turns and more for the kids at Colden Elementary'. A link is provided: 'stridereducationfoundation-bloom.kindful.com/colden-elementary-school-2022/colden-elementary-school'. Below the bio are three tabs: 'POSTS', 'REELS', and 'TAGGED'. The main content area displays a grid of six photos: a child on a balance bike on a wooden ramp, two children on bicycles in a gymnasium, a child on a balance bike on a wooden ramp, a child on a bicycle on a wooden ramp, a blurred image of a child on a bicycle, and a child on a bicycle on a dirt path.



Resources

Obstacle Course

Landscape Structures

Ben Frasier Parkitects

Ben@playgroundinfo.com

Engineered Wood Fiber

John M. Artmeier

716-8682567

Colden Bike Trail

Volunteers:

Greg Culver, Chris Perks, Colin Carpenter, David Georger:
Trail and feature design and
bike feature construction

Erin Georger: Project planning
and project management

(716) 712-7437

Thank you!
Any Questions?



SPRINGVILLE - GRIFFITH INSTITUTE CENTRAL SCHOOL DISTRICT

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