

Chelsea Friends and Family Wellness Coalition | Plan Year 8

SECTION 1	INTERVENTION INFORMATION
NAME OF THE INTERVENTION	Chelsea Children’s Cooperative Preschool Playground
5HF Element to Impact: Eat Better, Move More, Connect with Others in Healthy Ways, Avoid Unhealthy Substances (select minimum of 1)	Move More, Connect with Others in Healthy Ways, Eat Better
Fiscal Agent	Chelsea Children’s Cooperative Preschool
Tax I.D	38-2032822
Implementation Contacts (2 or more required)	Gillian Jackson, President Claire Baushke, Director
Contact phones and emails	Gillian Jackson, President president@chelseacoop.org (828) 989-8913 Claire Baushke, Director cbaushke@chelseacoop.org (616) 745-8215
Date Funding Required	March 2019
Implementation Date	May 2019
Estimated Completion Date	July 2019
Total Amount Requested from 5HF	\$12,000

SECTION 2	CRITERIA
Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</p> <p><i>Typically one paragraph (3-5 sentences)</i></p> <p><i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>Our goal is to expand and update the outside play area at St. Paul Church, where the Co-op preschool will be a new tenant under a 5 yr fixed lease with the possibility for renewal after five years. In collaboration with St. Paul Church, we intend to install a new play structure, fence in the tricycle track, extend a sidewalk, and add a nature play area and garden space. The focus is on young children and the adults who love them, including their families and community members. Approximately 45 families are impacted over the course of a school year.</p>

<p>2. How does this intervention address the needs identified by your community and the coalition? <i>Please be specific and refer to local data (i.e. HIP, MiPHY, PAC, NEAT, etc.) and/or the coalition strategic plan. Should include specific health/wellness indicators</i></p>	<p>This project relates to 5 Healthy Towns missions of stewardship, innovation and collaboration in relation to physical activity, eating better, and community connection. We are providing good stewardship through improving the green space around St. Paul Church, which connects to the trail system around the hospital and the neighborhoods surrounding St. Paul Church.</p> <p>According to the 2015 HIP (Health Improvement Plan) data, 47% of surveyed children between 2 and 5 years of age engaged in less than one our of active play per day. This intervention will enable and encourage children in this age range to engage in more active play on a regular daily schedule. 2015 HIP: Chelsea Adult data</p> <p>This intervention is in alignment with the 2018 Suggested Improvements for Chelsea PAC (Promoting Active Communities) in regards to programming and promotion for physical activity. 2018 PAC and NEAT Suggested Improvements</p> <p>We are hoping to provide a nature play space in addition to a new play structure to foster an age-appropriate play based environment to teach children and families about the importance of physical activity. This is a collaborative effort between the Chelsea Children's Cooperative Preschool and St. Paul Church, and various volunteer organizations around Chelsea. The garden space will teach the children and the church community about growing vegetables and eating healthy using an intergenerational seasonal gardening program.</p> <p>While “Chelsea” is in our name we serve families throughout western Washtenaw Co. with no restrictions based on home address. To that point, we currently have families enrolled from Dexter, Manchester, Grass Lake, and Munith. While our annual enrollment is limited due to teacher/student ratio, we envision the use of the outdoor space beyond just our Co-op families. St. Paul Church holds many activities throughout the year that could benefit from this space, and its proximity to trails near St. Joseph Mercy Hospital would make it a welcome addition.</p>
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<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> <p>See http://www.wikihow.com/Set-SMART-Goals</p>	<ol style="list-style-type: none"> 1. Goal: Design a playground that fosters physical activity and environmental education <ol style="list-style-type: none"> a. We will measure progress by following a thorough calendar in order to meet the deadline of completion before school starts b. Our playground Committee will be responsible for following the calendar. c. We believe this goal is attainable because of the advisement of organizations and individuals who have implemented similar programs in a similar amount of time. d. The playground will encourage the community to move more on the playground and eat better by learning about gardening. e. We will complete the design phase by May 2019. Construction will begin in summer 2019, with anticipated completion date of July 2019 2. Goal: Install playground features using community collaboration <ol style="list-style-type: none"> a. We will measure progress by following our calendar in order to meet the deadline of completion before school starts. b. Our playground committee will be responsible for following the calendar c. We have had offers from community groups such as Kiwanis, Boy Scouts, and the Ann Arbor Construction Coalition to aid in the construction of the playground. d. Using community collaboration to install the playground features will encourage people to connect with others in healthy ways and move more. Having this be a community effort will make everyone feel a sense of ownership of the space and encourage community use. We will also be using our community as a source of physical labor which will certainly have them moving more! e. We will complete the build phase by August 30, 2019.
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	<p>3. Goal: Ensure 30 students get 0.5 hours of outdoor play per day, resulting in 1,980 units of engagement per year.</p> <ul style="list-style-type: none"> a. We will measure progress by keeping a record of playground visits. b. The teachers will record class playground visits along with their attendance records. c. This goal is attainable because we already incorporate playground visits into our daily routine. The preschool handbook states children will play outside every day, barring dangerous weather. We will continue to play outside in the sun, snow, and light rain to give ample opportunity to meet our goal. d. Ensuring the preschoolers regularly visit the playground will encourage regular exercise and active outdoor play. By allowing children to learn about dressing in and using necessary gear, their knowledge of how to play outside in all conditions will transfer to their lives outside of school. e. We will review the collected data at the end of the 2019/2020 school year.
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SECTION 3	MEASUREMENT/DATA
<p>1. What key data will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as number of participants, pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<ol style="list-style-type: none"> 1. To Measure the success of our project, we will survey the teachers, students, and parents to determine the functionality and enjoyability of the new playground. 2. To Measure the level of community engagement we will have community groups sign in when they are volunteering with the playground construction. 3. To measure the efforts to eat better we will document our preschoolers and community members learning in the garden and enjoying fresh produce. 4. To measure moving more, we will report increased usage of the outdoor space by preschoolers and the community using time interval units of measurement.
<p>2. What are the estimated Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i></p>	<p>Units of engagement for Co-op Preschoolers= 30 preschoolers/day x 4 days per week x 33 weeks per year</p>

<p><i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>UNITS OF ENGAGEMENT DO NOT NEED TO BE CALCULATED FOR INFRASTRUCTURE (i.e. parks, sidewalks, trails, etc).</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>x 0.5 hours = 1980 units of engagement</p> <p>In addition, community members will be invited to use the playspace and we will host gardening events with neighboring organizations.</p> <p>1980 units of engagement by the preschool + 200 units of engagement by the community= 2,180 units of total engagement by the community.</p>
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SECTION 4	COLLABORATION
<p>1. Who (specifically) will be responsible for what aspects of intervention implementation?</p> <p><i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>Gillian Jackson, President</p> <ul style="list-style-type: none"> - Obtain permits and permissions required by City of Chelsea - Schedule and coordinate installation timeline - Conduct survey and collect data on project success from the teachers, students, and parents <p>Claire Baushke, Director</p> <ul style="list-style-type: none"> - Obtain preschool licensing inspections required by State of Michigan - Recruit volunteers from current and past Co-op membership and St. Paul Church - Meet on-site with installation workers and volunteers <p>Amber Koch, Treasurer</p> <ul style="list-style-type: none"> - Make payments as needed - Track costs and monitor budget <p>Kyle & Kristin Bingham, Assistant Treasurer</p> <ul style="list-style-type: none"> - Seek and apply for support from local organizations and businesses <p>Anne Seyferth, Publicity Chair</p> <ul style="list-style-type: none"> - Invite the public to use playground <p>Take pictures of playground installation and completion</p>

<p>2. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>Yes. The Co-op is working closely with St. Paul Church to develop a lease agreement. Plans have been made to work collaboratively on improving the outdoor play area.</p>
<p>3. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>Boy Scouts, local hardware and building stores, Kiwanis, Garden Clubs, Ann Arbor Building Coalition.</p> <p>We will promote community collaboration and usage of the outdoor playspace by advertising and hosting play dates for preschool families and community members with young children over the summer. We will also host gardening events with preschool families and community members to get our vegetable garden planted and harvested. In addition, St. Paul church has expressed interest in opening the playground for public use outside of preschool hours.</p>

SECTION 5	SUSTAINABILITY
<p>1. If this is a continuing intervention:</p> <p>A. How many years has this intervention been funded by the coalition?</p> <p>B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to 5HF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to 5HF?</i></p> <p>C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).</p> <p>D. Has the amount requested from the coalition increased or decreased? Why?</p> <p>E. How many more years will this intervention request funds from the coalition?</p>	<p>N/A</p>

2. Does your intervention have a sustainability plan?
How the intervention will be sustained if the coalition does not grant/renew funding?

In accordance with the lease agreement, the Co-op Preschool and St. Paul Church will share maintenance and upkeep of the playground space.

3. Provide citation(s) of similar programs used as a model in developing this intervention.

Active Recess
<http://whatworksforhealth.wisc.edu/program.php?t1=21&t2=12&t3=79&id=509>

School Fruit and Vegetable Gardens
<http://whatworksforhealth.wisc.edu/program.php?t1=21&t2=12&t3=114&id=278>

Pre-school Physical and Nutrition programs
<http://whatworksforhealth.wisc.edu/program.php?t1=21&t2=12&t3=78&id=491>

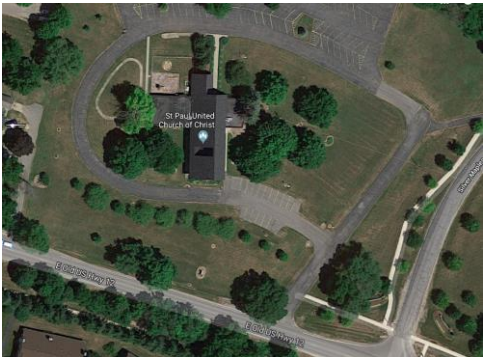
Inspiration:



Starburst Play Structure:



Aerial Views of St. Paul and Surrounding Area:



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~ INSERT A BUDGET which shows all expenses, revenue and in-kind contributions*. Please also indicate which expenses will be covered by the funds from the 5 Healthy Towns Foundation. * Note: Examples of in-kind contributions include volunteer hours, use of space, items, etc.

Projected Income		
Chelsea Friends and Family Wellness Coalition Grant	\$12,000	
Chelsea Children’s Cooperative Preschool	\$5,000	
St. Pauls Church	\$5,000	
Volunteer Labor and ‘At Cost’ Supplies	\$3,000	Boy Scouts, local hardware and building stores, Kiwanis, Garden Clubs
TOTAL	\$25,000	

Projected Expenditure		
Equipment - Starburst play system and wheelchair ramp	\$12,919.50	
Supplies - Wood Playground Mulch, Duraliner, Playground Border	\$2,526.00	
Supplies - Fencing, Nature Play Materials, Garden Materials	\$2,670.50	
Labor - equipment rental, installation of play structure etc.	\$6,884.00	
TOTAL	\$25,000.00	

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Also provide the information in the two tables below

SECTION 6	INTERVENTION	BUDGET
Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$12,000	48%
Total funds from other sources	\$13,000	52%
Marketing/Advertising	N/A	
Compensation – to one or more people	\$6884	28%
Infrastructure (structure that lasts 5 years or more)	\$25,000	72%
Other expenses		

Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to SHF
Year 1				
Year 2				
Year 3				
Year 4				
Year 5				
Year 6				
Year 7				
Year 8	\$12,000	\$25,000	\$0	\$0