

# WRIGHTSTOWN COMMUNITY SCHOOL DISTRICT



## PROJECT TIGERTOUGH

### Vision

We will become a leader in physical education and community wellness, providing exceptional and innovative programs and services that result in measurable and transformational changes in the lives of those we serve.

### Mission

We are committed to providing unparalleled educational and recreational programs, services, and facilities in order to promote health, wellness and activities that strengthen the Wrightstown Community School District's students, staff, and community.

### Core Values

Wrightstown Community School District embraces values that guide our actions, shape our programs and services, and result in measurable outcomes, including:

- **Community:** Building positive relationships with students, staff, alumni, and Wrightstown area community members
- **Quality:** Achieving excellence in the provision of instruction, programs, service, and facility management
- **Education:** Creating opportunities for personal and physical development, enrichment, health and wellness that benefit our students and members

### Current Wellness Center

- 2,520-square-foot weight room is currently located on the second floor of the building to the east of the gymnasium.
- It houses strength training equipment but no cardiovascular equipment or functional training space, which restricts the usage for PE classes, athletic teams, and community members. In addition to size restrictions, the area is not climate controlled, which limits the amount of use during late spring, summer, and early fall.
- The gymnasium and upper wrestling room are currently utilized to their maximum capacities.
  - Gymnasium space is used for district and club athletic teams from 3:15-9:00 PM.
  - The loss of the wrestling room space in 2006 at Wrightstown Middle School has increased the use of this space at the high school, which is currently also utilized from 3:15-9:00 PM for the majority of the school year.
  - Available time for community use of current facilities is between 5:00 AM and 6:00 AM.

# Student/Community Wellness Center Need

## Students

- Wrightstown High School 2014-15 Physical Education Assessment Results for Body Mass Index (BMI)
  - 26% of High School Freshman and Sophomore students have an above average BMI
  - 36% of High School Junior and Senior students have an above average BMI
  - 26% of High School Freshman and Sophomore students do not meet cardiovascular expectations on the PACER (Progressive Aerobic Cardiovascular Endurance Run) assessment
  - 48% of High School Junior and Senior students do not meet cardiovascular expectations on the PACER assessment
- ALL students will use student/community wellness center during their time at Wrightstown High School
- Students will gain the knowledge necessary to live a healthy lifestyle through a Physical Education curriculum that will have the ability to focus on fitness instead of the traditional sports-based curriculum.
- Physical Education will include not only strength and conditioning, but also biomechanics, anatomy, kinesiology, corrective exercise, and performance enhancement.
- Students will be exposed to a curriculum that isn't currently possible and that will promote, model, and encourage healthier lifestyles for a lifetime.

## Community

- Bring community members in to our buildings for a shared purpose
- Open for community use and group exercise classes. This facility would allow our community to stay in Wrightstown for fitness and wellness needs.
- Fitness Center Proximity
  - The nearest fitness centers are:
    - Ghost Town Fitness 9.2 miles
    - Anytime Fitness 9.83 miles
    - Snap Fitness Kaukauna 10.31 miles
- One in five homes in the United States have a fitness or recreation center within a half-mile distance – **Wrightstown 9.2 miles**
- Brown County Stats
  - 67% of adults are overweight or obese; 30% are obese
  - 24% of adults did not participate in physical activity in the last month
  - 13% increase in the prevalence of diabetes over the last 4 years in adults

## Athletic Programs

- Dedicated space for dance and color guard teams to practice as they are currently practicing in the hallways and cafeteria areas, which are not conducive spaces for effective performance.
- The student/community wellness center will also allow our student athletes and athletic programs to condition in strength and cardiovascular training all year round.
- The additional equipment and space will aid our Athletic Training staff in providing injury prevention and rehabilitation services to our student athletes.

- The new facility will provide our athletic programs every opportunity for success in competition at various levels.
- Conversion of the current weight room into a film study and chalk talk classroom would add a vital component that is currently missing from our athletic departments. We will have the technology to take our programs to the next level but lack the dedicated space to deliver the message.
- The majority of schools in the North Eastern Conference offer a combination cardiovascular/strength area for students and student athletes
  - Two-thirds are open for community use

## **Staff**

- Wrightstown Community School District 2014-15 Staff Health Assessments
  - 39% Above Average Cholesterol
  - 67% High/Very High Body Mass Index (BMI)
  - 68% Elevated Blood Pressure
- District staff would be able to utilize the student/community wellness center, which as a result would have immediate impact on staff retention and recruitment.
- The multi-purpose room would offer a common space to hold exercise classes that will be offered to staff.
- The district would also see benefits of a healthy staff in the form of lowered healthcare costs.
- In addition to saving the district money, staff would see the benefits in their overall health, which leads to a happy, more productive collective group.

# Timeline of Activity

- **July 2015**
  - Board of Education Presentation
    - Any concerns with Moving Forward with More Formal Planning
  
- **August-December 2015**
  - Five area site visits
  - Explore Concept Drawings for Wellness Center
  - Develop Preliminary Budget for Wellness Center
  - Investigate Financial Opportunities for Wellness Center
  
- **January-February 2016**
  - Create School/Community Steering Committee to Move Forward with More Formal Planning
  - Strengthen Preliminary Concept Drawings and Budget
  - School perceptions survey
  
- **March-June 2016**
  - Community Focus Groups
  
- **July-October 2016**
  - Build Community Understanding for Wellness Needs for Students, Student Athletes, Community, and Staff
  - Finalize Funding Plans for Wellness Center
    - Optimal Timing with Debt Retirement of High School
    - Ability to Decrease Tax Levy Even with Addition of Student and Community Wellness Center
  
- **November 2016**
  - Ask Community for Support of the Student and Community Wellness Center Through Building Referendum
    - Decrease in 2017-2018 Tax Levy with Successful Referendum and Retirement of High School Debt
  
- **November 2016-March 2017**
  - Finalize Architectural Drawings
  - Seek Qualified Bids for Construction
  
- **April-December 2017**
  - Construct Student and Community Wellness Center
  
- **December 2017**
  - Celebrate the Opening of the Student and Community Wellness Center