

RAP Tax Application

Entity information

Entity Name: Springdale Elementary Parent Teacher Organization Inc.

Entity Address: 898 Zion Park Blvd. P.O. Box 509 Springdale, Ut 84767

Contact person

Name: Kyla Topham

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Entity Mission and Purpose:

To foster communication, cooperation, and engagement among parents, teachers, students, and the community through a variety of projects that support students in academics, fine arts, health, and safety.

Amount Requested: \$500

Funding Request Description:

The PTO is requesting funding to cover the materials needed to support the Jr. Zion After school Club (JZAC). In order to provide engaging and age appropriate activities the PTO is asking for \$500. The goal of JZAC is to provide students with opportunities to build healthy habits through art, literacy, and play. The requested funds will purchase the consumable materials needed.

Description: An after school program has been a longterm wish of Springdale Elementary however the funding and staffing of such a program have never been available. Recently, Matthew Reid was awarded a grant that allowed him to partner with Zion Adventure Co. to create the Zion Adventure Club (ZAC) which is for students in second grade and beyond. As ZAC got up and running the school staff and PTO saw a need to create programming for students who are too young to participate in ZAC. The PTO has partnered with the Springdale librarians to create JZAC for students in kindergarten and first grades. JZAC is 100% run by volunteers.

Rationale and Community Enhancements:

Organized after school and extracurricular activities are very limited and quite possibly nonexistent in the canyon. Parents are left few options to help their children build community with their peers and explore skills and hobbies that are available without a commute to Hurricane.

Beneficiaries and Anticipated Improvements:

This programming is intended to support local students and their parents by providing consistent weekly after school activities. Much like the ZAC, the goals of JZAC are to provide students with opportunities to create healthy habits and build community through age appropriate activities. As children grow and become more independent it is crucial that they are able to learn healthy and appropriate ways to spend time and cope with stress as well as have a network of peers that support each other. While ZAC accomplishes this goal through recreation and responsible outdoorsmanship; JZAC uses art, literacy, and play to accomplish these goals. Partnering with the Springdale librarians is a strategic part of introducing students to the resources available to them in a nearby area.

General Plan:

10.1.2 Provide new recreational experiences for present and future residents.

10.3.2 Actively support existing and future private non-profit opportunities and other after-school and summer activities.

10.3.2.A Communicate any newly identified community needs, proposals for new activities, and the Town's openness to accommodating new activities to relevant groups who may provide such activities.

11.1.3 Currently the Town supports drug awareness programs at the elementary school. This support should be expanded as is possible. The drug-free zone around the school should be strictly enforced to reduce drug use among the Town's youth.

Other Funding Sources:

While no other monetary funding sources have been identified the Springdale Elementary does provide facilities and use of non consumable supplies. The Springdale librarians provide man power, limited consumables, and resources in the form of lesson planning.

Other Documents:

See the attached grant proposal written by Matthew Reid that gave the PTO a springboard from which to create the Jr. Zion After school Club.

Matthew Reid
Springdale Elementary School
898 Zion - Mount Carmel Highway
Springdale, Utah 84767

Positive Behavior Plan

As defined in Utah State Statute 53G-10-407, a Positive Behavior Plan is “a plan to address the cause of student use of tobacco, alcohol, electronic cigarette products and other controlled substances through promoting positive behaviors.”

Many individuals who develop substance use disorders are also diagnosed with mental health disorders¹, and research suggests that adolescents with substance use disorders also have high rates of co-occurring mental-illness, including depression and anxiety². This is further compounded among low-income populations³ and in areas that tend to be socially isolating.

Springdale Elementary has a high percentage of low-income families (defined by the 46% qualified for the student lunch program). The location of the school and the several distanced, low-population towns it serves, does not provide social opportunities for students outside of the school day.

While substance use disorders are multi-faceted, creating a program that can help to address several of the causes of future substance abuse is the goal. Ideally, this program would address mental health by encouraging strong peer-peer relationships, promoting interactions with positive adult role models, building community and providing a safe and encouraging environment that is educational, fun and engaging.

In spite of the school’s close proximity to the western gate of Zion National Park, most of the students do not have the opportunities to enjoy what this area has to offer—in part due to the financial resources needed to recreate in the park or the surrounding areas. The intention of this proposal is to develop a strong community-based program that teaches students how to recreate safely within the unique natural environment of Springdale. While expanding the students’ outdoor recreation opportunities, the program is founded on team building exercises, the development and learning of new skills and the strengthening of self-esteem—building a sense of self-accomplishment.

Nature-based interventions, specifically green exercise, are shown to be effective for improving mental-health outcomes⁴. The area surrounding Springdale Elementary offers an abundance of opportunities to take advantage of the health benefits of outdoor recreation. The program will introduce students to activities that they might not have had a chance to experience. Beyond the exposure to new experiences outdoors, introducing students to positive outdoor recreation in childhood may broaden their interest-based social groups.

Adolescence, a period of time defined by rapid physical and psychological changes, is also a time of heightened experimentation and increased risk-taking behaviors. These behaviors more predominantly relate to sustained substance abuse among at-risk populations.⁵ Boredom is

the primary reason cited as to why adolescents would choose substance use as a form of recreation.⁶ "At an individual level, boredom may encompass a variety of elements from not knowing what to do with one's time, through to an emptiness associated with social isolation, or a lack of attachment and relatedness to others"⁵. Educating students to recreate outdoors provides a healthy and appropriate outlet for adolescent boredom. The process of learning new skills engages the mind and provides a foundation for future opportunities for the student to build upon. It allows students to connect with one another, while building and encouraging them on an individual level.

Along with the Town of Springdale and Zion Adventure Company (a local, professional guiding and outdoor education company), Springdale Elementary School has developed the framework for an after school program. This program focuses on mental health through team building, creating stronger peer-relationships and outdoor education. Staffed by professionals in the outdoor industry, this program will also foster positive and healthy interactions with adult role models.

The program will be supervised by the Positive Behavior Specialist and staffed by volunteers from Zion Adventure Company. It will meet each Friday that school is in session from January 1, 2022 - May 26, 2022 (last day of school). There are 17 Fridays that will be broken up into themed units. Each unit is designed around team-building exercises and the formation of skills specific to that theme. The unit curriculum is led by a facilitator in addition to other volunteers from the company. The program will run for one hour after the 12pm dismissal on Fridays. Students attending will be responsible for their own transportation. The culmination of each unit will provide the students with an opportunity to apply their new skill set. These days will be staffed by professional guides from Zion Adventure Company.

Zion Adventure Company guides go through an extended training process and are required to pass exams in the field. All guides have current Wilderness First Responder certifications. They are under the company's insurance. The money provided by the grant will be used to financially compensate these guides. These four days (see attached calendar) will require informed consent forms to be filled out by the parents/guardians of the students. Attached to this proposal is a calendar with an intended curriculum. Zion Adventure Company will provide transportation when necessary. Zion Adventure Company guides are covered by Zion Adventure Company's insurance. Drivers and vehicles (when necessary) are insured by Zion Adventure Company as well.

In addition to the resources of Springdale Elementary School, the Town of Springdale has permitted the use of any of their recreational properties and resources. The school, the town and Zion Adventure Company acknowledge the need for an outdoor education program for the local children, and seek to fill that void. Through the sharing of ideas and resources, the hope is to create a sustainable and dynamic platform from which to build upon.

Through this partnership with the Town of Springdale and local businesses, a larger goal of this program is building a greater sense of community for the students who live there. The reality of many of the students in the area is that of a low-income family living in a tourist town. Helping to build a sense of community is important for children to feel safe in their living environments. It is through this program that the child's social-emotional well-being is put first, both individually and communally. This program seeks to address the cause of student use of

tobacco, alcohol, electronic cigarette products and other controlled substances by reaching the whole child early—then providing opportunities to grow into contributing adults.

Investing in the well-being of individuals from childhood, allows them an opportunity to develop into confident adults, and hopefully raise happy and confident children—changing the course of just one child’s life has a far reaching ripple effect across generations. This partnership works toward inspiring children to avoid drugs and alcohol by allowing them to discover alternate forms of recreation, build their sense of purpose and self, and allow them to then inspire others—thus creating a ripple which benefits not just the individual, but the school, the town and countless others.

Thank you for taking the time to consider this program for the Springdale Elementary Positive Behavior Plan.

Itinerary - every Friday noon-1pm:

January 7:

Facilitator: Matthew

Location: Springdale Elementary School

Activity: Team building games and meet Zion Adventure Company (ZAC) Staff

January 14:

Facilitator: Lisol

Location: Springdale Elementary School

Activity: Team building games and meet ZAC Staff

January 21:

Facilitator: Lisol

Location: Springdale Elementary School

Activity: Team building games and meet ZAC Staff

January 28: Bike Day

Facilitator: Vic

Location: Springdale Elementary School

Activity: Safety and games related to safety

February 4: Bike Day

Facilitator: Vic

Location: Springdale Elementary School or Springdale Town Park

Activity: Games related to balancing

February 11: Bike Day

Facilitator: Vic

Location: Springdale Elementary School

Activity: Basic bike care/ cleaning and bike skill related games

February 18: *No School*

February 25: Bike Adventure Day

Facilitator: Vic

Location: Par Rus Trail (Zion National Park)

Activity: Guided bike ride with ZAC guides (informed consent needed; longer than one hour)

March 4: Outdoor Education Day

Facilitator: Bailey

Location: Springdale Elementary School

Activity: Outdoor ethics and education, obstacle courses and team building games

March 11: Slickrock Adventure Day

Facilitator: Rick & Bailey

Location: East Side (Zion National Park)

Activity: Nature walk on slick rock (informed consent needed, longer than an hour)

March 25: Rope Work Day

Facilitator:

Location: Springdale Elementary School

Activity: Knots, rappelling intro and team building games

March 18 - No School

April 1: Rope Work Day

Facilitator:

Location: Springdale Elementary School

Activity: Hauling and team building games

April 8: Ropes Adventure Day

Facilitator:

Location: LaVerkin Overlook (Virgin, Utah)

Activity: Climbing with ZAC guides (informed consent and longer than an hour)

April 15 - No School

April 22:

Facilitator:

Location: Springdale Elementary School

Activity: Rope team building games

April 29:

Facilitator:

Location: Springdale Elementary School

Activity: Rappelling games and team building exercises

May 6:

Facilitator:

Location: Rock Pile or Slab at Knoll (Zion National Park)

Activity: Rappelling with ZAC Guides

May 13:

Facilitator: Rick

Location: Springdale Elementary or Zion Adventure Company

Activity: Prep with Rick for The Wall

May 20: Big Adventure Day - End of School Year Finale

Facilitator: Rick

Location: Kolob Via Ferrata (Kolob)

Activity: The Wall with Rick and ZAC guides (informed consent needed and longer than 1 hour)

Positive Behavior Specialists:

Edith Lang
Matthew Reid

Approximate cost break down:

Program is entirely volunteer based aside from the proposed “adventure days” that require lead guides off of the school or town property.

Lead guides will be compensated \$75-100 per guide, per day on the four proposed “off-site” days.

Cost of Zion Adventure Company vehicles will be waived.

Cost of Zion Adventure Company equipment and gear will be waived.

Fees for entrance into Zion National Park will be waived as per the National Park Service Academic Fee Waiver.

Sources cited:

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2. U.S. Department of Health and Human Services. (2021, March). *Substance use and co-occurring mental disorders*. National Institute of Mental Health. Retrieved December 10, 2021 from <https://www.nimh.nih.gov/health/topics/substance-use-and-mental-health>.
3. Tollett, E. E. (n.d.). *Drug abuse and the low-income community*. Drug Abuse and the Low-Income Community | Office of Justice Programs. Retrieved December 10, 2021, from <https://www.ojp.gov/ncjrs/virtual-library/abstracts/drug-abuse-and-low-income-community>.
4. Coventry, P. A., Brown, J. V. E., Pervin, J., Brabyn, S., Pateman, R., Breedvelt, J., Gilbody, S., Stancliffe, R., McEachan, R., & White, P. C. L. (2021, October 1). *Nature-based outdoor activities for mental and Physical Health: Systematic Review and meta-analysis*. SSM - Population Health. Retrieved December 10, 2021, from <https://www.sciencedirect.com/science/article/pii/S2352827321002093?via%3Dihub>.
5. More, A., Jackson, B., Dimmock, J. A., Thornton, A. L., Colthart, A., & Furzer, B. J. (2017, October 17). *Exercise in the treatment of Youth Substance Use Disorders: Review and recommendations*. Frontiers in psychology. Retrieved December 14, 2021, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5651015/#B71>
6. Dow, S. J., & Kelly, J. F. (2013, December). *Listening to youth: Adolescents' reasons for substance use as a unique predictor of treatment response and outcome*. Psychology of addictive behaviors : journal of the Society of Psychologists in Addictive Behaviors. Retrieved December 14, 2021, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3864177/>