



Which best describes your activity/event: Parent involvement - Healthy Choices (Physical Activity)

Event Title: Hippity Hop-A-Thon

Name of School / Facility: Hoffman Trails Elementary

Name of School District: Hilliard City School District

Total Enrollment: 482

Grades served: K-5

Zone: 8

County: Franklin



Target audience(s): Students

Target age group(s): K-5

Goals: Healthy fundraiser
Healthy rewards (classroom or other)
Increasing physical activity

Organizer: Parent

Frequency: One time event

Cost: [Click here to enter cost.](#)

Event Details: Hoffman Trails began a tradition of having one large fundraiser (some type of a thon) that supported the PTO's budget and allowed fewer fundraisers to be used to meet the economic demands on the PTO to serve the school. Over the past 2 years we have done a Math – a-thon and History-a-thon all with great financial outcomes for the PTO's budget. As a parent of the school I am grateful for this and support the effort. However, my concern was that the rewards being used were largely food based and ranged from Hometown Buffet Lunch to Movie Theatre foods for doing work that was largely sedentary.

The History a thon did have the elements of walking included, but the walking was not physical or challenging. I am a parent of two children in the school, I have a degree in Human Nutrition, and I

teach Family and Consumer Sciences in a local school district. I have been trying for the past year to increase the awareness of both the students and their families in regards to physical activity and nutrition. I read about a district in Ohio that had done a fundraiser by hopping, ironically my daughter was bouncing in our kitchen on her “hippity hop” at the same time. I offered at the end of the 2010-2011 school year to chair the a-thon fundraiser for the 2011-2012 school year. It was my desire to show that our kids do want to move and they need to move daily!

The H.T.E. Hippity-Hop-A-Thon was held September 30th 2011. Three women stepped forward to help and we met one evening in the summer to put a plan in motion. First, we determined how we were going to make academic connections. We created examples for teachers to use in their classrooms to encourage students mathematically and how many hops it would take to travel to favorite vacation destinations. We developed a limited reward system which focused at each level on movement. The intention was to encourage movement and team work. For example there was one reward for a student to earn solo and that was to raise \$50 and to get a Hippity Hop Ball. The other rewards were for an extra recess as a class, a sno cone (our only food!), and a dance to be held at school and DJ'D by a local radio talent. The money collection was a piece that was taken over by our PTO treasurer and volunteer. Once we had these items in place we had to figure out the logistics of the day. We set it up so that students would report to the gym to hop based on their “specials” schedules. This way there was no interruption to the classroom teacher’s day or the school. We also created a video to announce the fundraiser so that students and teachers could ask and answer questions as they needed too and it could be shared with parents in place of an all school assembly.

The Hop-A-Thon ran smoothly with some even unexpected surprises that added to our day. Our school principal purchased “Tom and Jerry” costumes that she and I wore in the morning as students arrived. We bounced alongside busses and into classrooms getting the students excited. We had a great schedule, students and teachers followed their normal routine. The local YMCA allowed a Group Fitness Instructor to come to the school and lead every group in stretching before they began. Mark Dantzer, local radio personality, set up his equipment and had music playing all day to keep the kids moving! Our biggest hurdle was to ensure students had the right size ball. We blew up 75% of the 300 balls ordered in order to ensure our tiniest and biggest students were able to participate. A team of volunteers spent the evening before the event inflating balls using our own air compressors. The work was done in less than 90 minutes. The day of the event we had the one challenge that we knew we had put in our own way by telling students that if they brought in their \$50 the day of the event they could take a ball home that night. Our team was able to count money and get the balls to each and every student before they left that day! It was fast and furious but worth it to keep the kids

energized. UNEXPECTED: even students in the Multiple Handicap room were able to join us and participate!

Project Impact: EVERY STUDENT PARTICIPATED! Even those with handicaps were able to participate and be a part of their peer community! Students were eager to get their balls and hop!! Parents have been emailing me (even as late as this past week 12/3 to purchase left over balls for CHRISTMAS GIFTS!). Mark Dantzer sent the following quote: "Congratulations to YOU and all your hard work. It was wonderful to meet you and your husband. I am involved with hundreds of fundraisers and other events and the Hop-a-thon was first-rate. You did a terrific job and I am grateful you asked me to be a part of it".

Personally, we had so many volunteers that we were ALL hopping with the students and the next morning I had phone calls and emails talking about how they were sore but their kids were still hopping. I felt like the fundraiser had truly impacted the Hoffman Trails Families in a positive way! There was so much positive feedback it was amazing for such a simple event.

The one reflection piece that I have would be to find a way to sell the balls afterwards that are left over. We still have approximately 40 balls that I am trying to find homes for. We did decide to donate 30 of the 40 to the school for the teachers and students to use for indoor recess, classroom celebrations, etc...We recently had a large levy initiative but now that it has passed I am working on trying to incorporate changes into our school policy and to begin contact with the District. We have parents who are willing and I want to ensure they know we are here and ready.

Partners / Sponsors: Local YMCA

The YMCA allowed a Group Fitness instructor to lead our stretching, Mark Dantzer provided his musical talents and great music for motivation, Jumping Balls.com gave us a GREAT price for the order, Nathaniel Painter a local attorney donated money to offset some of the costs for us!