

SULLIVAN 180 

# Empowering a Healthier Generation

A SCHOOL-BASED FOCUS ON THE  
HEALTH & WELLNESS OF OUR YOUTH

SINCE 2021

# Dear Friends,

When Sullivan 180 entered the conversation about the health of Sullivan County, we were amazed to learn of the incredible work already being done by so many individuals and organizations. As we explored further, we were surprised, and a little shocked, to learn that less than 5% of healthcare dollars goes toward prevention. We decided to focus on prevention as the greatest opportunity and our most important initiative.

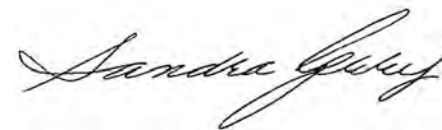
With this focus on prevention, what better place to start than with our children? From here we launched Empowering a Healthier Generation to engage Sullivan County public schools in creating a culture of health and wellness among students, staff, parents, and the school community.

It really does take a village. In our case, it will take a county of families, parents, caretakers, volunteers, business owners, retired neighbors, organizational and elected leaders to make the systemic changes needed for a healthier generation. We will only be able to do this together.

**Our children are our future. An investment in their health is a direct investment to creating a healthier Sullivan County. We need your help and your involvement in this, our most important work ever.**

I invite you to read through these pages to see the remarkable work that our Sullivan County schools are doing to empower a healthier generation.

Sincerely,



Sandra Gerry, Founding Chair



You take a child who is quiet, insecure, dealing with some trauma...out of the classroom and bring them outside...into nature and you have a different kid. [One] who is glowing, who is thriving, who is productive and positive and who is feeling empowered.

– **Scott Cooper, Healthier Generation Advisor**  
RJK Middle School, Monticello

Everyone has a role in all of the projects and initiatives that we take on. From the students all the way up to the parents. I like to think of the teachers and the school staff as the ones that are facilitating these efforts between the kids to get to the parents. So in the end, the whole family and the whole community win.

– **John Evans, Superintendent**  
Livingston Manor and Roscoe Central School Districts

**8,859**  
Sullivan County Public  
School Population\*

**60**  
Healthier  
Generation  
Projects

**200**  
Healthier Generation  
Committee Members  
County-wide

**3,606**  
Students with  
Access to New  
Outdoor  
Classrooms

**\$240,000**  
in Healthier Generation  
Grants Awarded

**30**  
School Resource  
Committee  
Organizations\*\*

**100**  
“The Walking  
Classroom” Devices  
Purchased

**572**  
Students with Access  
to New Social and  
Emotional Learning  
Curriculum

**\$12,000**  
in Healthier Generation  
Turtle Awards

**22**  
Healthier  
Generation  
Advisors

**531**  
Students with Access  
to “The Walking  
Classroom”

**1,082**  
Students with  
Access to  
“Mindset Matters”  
Mindfulness Kits

I feel like I am cooped up a lot being in school for 6 hours a day...when I am on the rail trail I remember that there is an entire world outside of the houses we live in.

– **Rahmat Gambari, Class of 2024**  
Sullivan West High School

There are a lot of people as individuals, small organizations, whether they are civic organizations or not-for-profits who are trying to do good in this community. What Sullivan 180 has been able to do as a facilitator is to find those opportunities for success and to uplift; to support and to find the resources necessary for each of us to do our part.

– **Audrey Garro, Executive Director, A Single Bite**

# Eldred



## DISTRICT SNAPSHOT

Population: 450

Superintendent: Tracy Ferreira

District Wellness Coordinator: Kelly Pratschler



## ELDRED JUNIOR/SENIOR HIGH SCHOOL

600 Route 55, Eldred

Student Population: 218

Healthier Generation Advisors: Kelly Pratschler, Denise Farragher

### Health & Wellness Highlights:

- Oversized yard games
- Alternative seating
- Increased water consumption
- Mental Health First Aid kits made by students and donated to counselors
- Hosted 2nd Annual Health & Wellness Day
- Completed cafeteria art murals to enhance lunchroom experience
- Continued use of student fitness watches to track steps
- Installed pickleball courts
- Beautified school grounds
- High-powered blenders and physical activity equipment provided in partnership with Cornell Cooperative Extension Sullivan County
- Hosted SNAP-Ed programs

### Community Collaboration:

A Single Bite, Catholic Charities, Catskill Mountainkeeper, Sullivan County Public Health, Maternal Infant Services Network (MiSN), Fearless, Sullivan Allies Leading Together, Monteleone Hydrofarm, Students Against Drunk Driving (SADD), Positive Behavioral Interventions & Supports (PBIS)



## GEORGE ROSS MACKENZIE ELEMENTARY

1045 Proctor Road, Glen Spey

Student Population: 232

Healthier Generation Advisor: Heather Tice

### Health & Wellness Highlights:

- Backpack program to provide students with school supplies
- Leader In Me social and emotional learning program
- Pre-K field trip to Sullivan County Transfer Station to learn about recycling
- Hosted SNAP-Ed programs

### Community Collaboration:

Sullivan County BOCES



## DISTRICT OUTCOMES

Increased outdoor activity for students. Increased water consumption. Increased use of alternative seating resulting in improved student focus.



# Fallsburg



## DISTRICT SNAPSHOT

Population: 1,437

Superintendent: Dr. Ivan Katz

District Wellness Coordinator: Amanda Stevens



## FALLSBURG JUNIOR/SENIOR HIGH SCHOOL

115 Brickman Road, Fallsburg

**Student Population: 678**

**Healthier Generation Advisor: Amanda Scully**

### Health & Wellness Highlights:

- Staff and student yoga
- “Comet Breakfast Broadcast” wellness based announcements
- Fruit and vegetable carts in hallways
- Family Engagement Days
- Piloted alternative In-School Suspension program with Bethel Woods
- Significant changes in food offerings in cafeteria including salad bars, new kitchen equipment
- Hosted Catholic Charities & PARFACT for drug presentation for graduating seniors
- Reopened pool
- Winter & Spring Wellness Days and a Wellness Conference Day
- Hosted SNAP-Ed programs

### Community Collaboration:

Cornell Cooperative Extension Sullivan County, Sullivan Allies Leading Together (SALT), Sullivan County Workforce Development, PARFACT



## BENJAMIN COSOR ELEMENTARY

15 Old Falls Rd, Fallsburg

**Student Population: 759**

**Healthier Generation Advisor: Stacy Strassburg**

### Health & Wellness Highlights:

- The Walking Classroom
- Walking trail upkeep & utilization
- Introduction of healthy celebrations & blender bike
- Wellness-based Professional Development Day including speakers, yoga, & art therapy
- Fruit and vegetable cart
- Wellness-based announcements
- Yoga 4 Classrooms
- Walking Club and Yoga for staff
- Calming Corner created for social and emotional wellness
- New cafeteria equipment & salad bars
- The Big Apple Crunch
- Hosted SNAP-Ed programs

### Community Collaboration:

Cornell Cooperative Extension Sullivan County, A Single Bite, Assemblywoman Aileen Gunther



## DISTRICT OUTCOMES

**Improved Wellness Policy. Higher test scores. Improvement in active learning skills. Reduced student stress. Boosted morale and motivation. Increased physical activity and flexibility.**



# Liberty



## DISTRICT SNAPSHOT

Population: 1,693

Superintendent: Dr. Patrick Sullivan

District Wellness Coordinator: Erin Alvord



## LIBERTY HIGH SCHOOL

125 Buckley Street, Liberty

Student Population: 501

Healthier Generation Advisor: Erin Alvord

### Health & Wellness Highlights:

- Purchased snowshoes for gym class, staff, and community use
- Salad bar and other food preparation equipment
- Catskill Edible Garden Project garden beds & indoor grow tower

### Community Collaboration:

Cornell Cooperative Extension Sullivan County



Having those partnerships and sitting at a table with colleagues, and so many people that are invested to help support a healthier generation is a win. Not just for Liberty, but for Sullivan County, all of our students and our families and the communities as a whole.

– Dr. Patrick Sullivan, Superintendent  
Liberty Central School District



## LIBERTY MIDDLE SCHOOL

145 Buckley Street, Liberty

Student Population: 565

Healthier Generation Advisors: Rachel McLean, Jill Parks

### Health & Wellness Highlights:

- Healthy Habits Club
- Healthy celebrations using Blender Bike
- 8th grade "wellness trip" to Hurleyville to walk the rail trail and screen "The Social Dilemma"
- Student-led trail clean-up event on National Trails Day on O&W Rail Trail
- Trainings: CATCH My Breath Vaping program and breathwork facilitation
- Hosted resiliency speaker Duncan Kirkwood
- Daily announcements featuring health tips
- Students and staff participated in "Liberty Fitness Games"
- Catskill Edible Garden Project
- Hosted SNAP-Ed programs

### Community Collaboration:

Cornell Cooperative Extension Sullivan County, Hurleyville Performing Arts Centre, A Single Bite, Boys & Girls Club



## LIBERTY ELEMENTARY

201 North Main Street, Liberty

Student Population: 627

Healthier Generation Advisors: Sheila Wormuth, Alicia Houghtaling, Mary Bayer

### Health & Wellness Highlights:

- The Walking Classroom
- Promoting healthy celebration alternatives with Blender Bike
- Catskill Edible Garden Project
- Hosted SNAP-Ed programs

### Community Collaboration:

Cornell Cooperative Extension Sullivan County



## DISTRICT OUTCOMES

Increased outdoor physical activity for students, staff, and community. Increased student time spent outdoors. Increased mindfulness. Created access to alternative learning opportunities.

# Livingston Manor



## DISTRICT SNAPSHOT

Population: 398

Superintendent: John Evans

District Wellness Coordinator: David Eggleton



## LIVINGSTON MANOR MIDDLE-HIGH SCHOOL

19 School Street, Livingston Manor

Student Population: 195

Healthier Generation Advisor: Calley Erlwein

### Health & Wellness Highlights:

- Implemented The Walking Classroom
- 60 new snowshoes for students, staff and community use
- Outdoor activity stations and yoga poses stenciled throughout school grounds
- Healthy celebrations implemented and promoted
- School fitness facilities opened to community
- Use of outdoor classroom
- New gaga ball pits
- Increased Farm to School efforts
- Summer Enrichment Program with outdoor and wellness activities
- “Resilience” screened for all school staff
- Monthly mental health themes
- Staff step challenge and wellness conference days
- Catskill Edible Garden Project providing produce to cafeteria salad bar
- Social and emotional wellness games
- Hosted SNAP-Ed programs
- Student-led Backpack Program

### Community Collaboration:

Cornell Cooperative Extension Sullivan County, A Single Bite, Forest School, Sullivan County Public Health, Manor Ink, Future Farmers of America, Rotary Interact Club



## LIVINGSTON MANOR ELEMENTARY

19 School Street, Livingston Manor

Student Population: 203

Healthier Generation Advisor: Rene Carlson

### Health & Wellness Highlights:

- Implemented The Walking Classroom
- 60 new snowshoes for students, staff and community use
- Outdoor activity stations and yoga poses stenciled throughout school grounds
- Healthy celebrations implemented and promoted
- Outdoor classroom and 3 indoor sensory pathways
- Math & Movement training for staff and Math & Movement mats for students
- New gaga ball pits
- Increased Farm to School efforts
- Summer Enrichment Program with outdoor and wellness activities
- “Resilience” screened for all school staff
- Monthly mental health themes
- Staff step challenge and wellness conference days
- Catskill Edible Garden Project providing produce to cafeteria salad bar
- Social and emotional wellness games
- Hosted SNAP-Ed programs

### Community Collaboration:

Cornell Cooperative Extension Sullivan County, A Single Bite, Forest School, Sullivan County Public Health, Manor Ink, 4-H, Gael Roots Community Farm



## DISTRICT OUTCOMES

Increased opportunities for physical fitness, stress reduction, outdoor education and mindfulness. Increase in Farm to School efforts. Engaged 128 students with The Walking Classroom; 87 of those students walked for 30 minutes 3 times per week.



# Monticello



## DISTRICT SNAPSHOT

Population: 2,778

Superintendent: Dr. Matthew Evans

District Wellness Coordinator: Dana Taylor



### MONTICELLO HIGH SCHOOL

39 Breakey Avenue, Monticello

Student Population: 885

Healthier Generation Advisor: Position Available

#### Health & Wellness Highlights:

- Participation in Spartan Race at Bethel Woods Center for the Arts



### ROBERT J. KAISER MIDDLE SCHOOL

45 Breakey Avenue, Monticello

Student Population: 672

Healthier Generation Advisor: Scott Cooper

#### Health & Wellness Highlights:

- Created a Spartan Club with over 50 students working on nutrition, fitness, goal setting, mental health and coping skills; working to sustain the club through various partnerships
- Fitness trail
- Smoothie Fridays and Meditation Mondays
- Nutrition lessons and healthy taste testing
- Catskill Edible Garden Project
- Hosted SNAP-Ed programs



### ST. JOHN STREET SCHOOL

22 St. John Street, Monticello

Healthier Generation Advisors: Amanda Depew, Christina Olsen-Gray

#### Health & Wellness Highlights:

- Purchased weights and yoga equipment to create fitness room
- Held nutrition class
- Utilized outdoor learning spaces
- Focused on increasing water consumption
- Beautification of campus

#### Community Collaboration:

Cornell Cooperative Extension Sullivan County, ENGN, Sullivan Allies Leading Together (SALT)



### EMMA C. CHASE ELEMENTARY

28 Pennsylvania Avenue, Wurtsboro

Student Population: 229

Healthier Generation Advisor: Maryann Swenson

#### Health & Wellness Highlights:

- Bucket filler T-shirts
- Inspirational wall clings
- Journaling initiative
- Fruit & vegetable carts in hallways
- Staff pickleball
- Calming baskets in classrooms
- New playground installed
- Catskill Edible Garden Project

#### Community Collaboration:

SNAP-Ed, Cornell Cooperative Extension Sullivan County



### GEORGE COOKE ELEMENTARY

69 Richardson Avenue, Monticello

Student Population: 482

Healthier Generation Advisor: Elisa Mendels

#### Health & Wellness Highlights:

- Outdoor sensory stenciling project
- Catskill Edible Garden Project
- Reintroduction of blender bike & healthy Celebration Cart

#### Community Collaboration:

SNAP-Ed, Cornell Cooperative Extension Sullivan County



### KENNETH L. RUTHERFORD ELEMENTARY

26 Patricia Place, Monticello

Student Population: 510

Healthier Generation Advisor: Kayleigh Bowles

#### Health & Wellness Highlights:

- Mindset Matters - classroom kits with fidget toys, breathing balls, and self-care activity cards, and Yoga4Classroom cards
- Social Emotional Wellness posters displayed
- Water bottles distributed to students
- Morning announcements encouraged healthy food choices, mini exercise activities, increased water intake, and healthy things to do at home
- Catskill Edible Garden Project

#### Community Collaboration:

SNAP-Ed, A Single Bite, PRASAD Children's Dental Health Program, CATCH



## DISTRICT OUTCOMES

District-wide Wellness Wednesday. District-wide staff wellness program leading to increased staff physical activity and improved staff morale. Increased time spent outdoors, physical fitness, mental health, and stress reduction.

# Roscoe



## DISTRICT SNAPSHOT

Population: 222  
Superintendent: John Evans  
District Wellness Coordinator: David Eggleton



## ROSCOE CENTRAL SCHOOL

6 Academy Street, Roscoe

**Student Population: 222**  
**Healthier Generation Advisor: Evan Bowers**

### Health & Wellness Highlights:

- Gaga Pit
- Blender bike and healthy Celebration Cart implemented
- Maternal Infant Services Network (MiSN) presented in health classes on healthy relationships, social media, professional development, and more
- Dr. Stephen Bird presented on bullying, relationships, and character
- Hosted Maple Syrup Hike & Learn
- Adult Recreation Programs in gym
- Family Engagement Club raised awareness for healthy celebrations
- The outdoor learning space and sensory hallway were expanded
- Hosted SNAP-Ed programs

### Community Collaboration:

Cornell Cooperative Extension Sullivan County, A Single Bite



## DISTRICT OUTCOMES

Increased physical activity, time spent outdoors, nutritional knowledge, and healthy celebrations.

# Sullivan County BOCES



## DISTRICT SNAPSHOT

Population: 221  
Superintendent: Dr. Robert Dufour  
District Wellness Coordinator: Position Available  
Office Location: 15 Sullivan Avenue, Liberty



## RUBIN POLLACK EDUCATION CENTER

52 Ferndale-Loomis Road, Liberty

**Healthier Generation Advisors: Cheryl Johnstone, Eileen Reyes**

### Health & Wellness Highlights:

- Repurposed existing classroom to create a staff lounge and private nursing station to support mental health, productivity and inclusion to address staff health & wellness
- Nature & garden sensory pathways
- New physical activity equipment
- Various trainings including Youth Mental Health First Aid and CATCH My Breath Vaping Prevention Program
- Catskill Edible Garden Project

### Community Collaboration:

Cornell Cooperative Extension Sullivan County, Sullivan County Public Health, Center for Workforce Development, Sullivan County Youth Bureau, Bethel Woods Center for the Arts, Catholic Charities, Garnet Health, Touro College



## DISTRICT OUTCOMES

The staff lounge provides daily opportunities for stress reduction and mindfulness among staff. The benefits extend to the classroom as teachers have a place to take a break and return refreshed.



# Sullivan West



## DISTRICT SNAPSHOT

Population: 997

Superintendent: Dr. Kathleen Bressler

District Wellness Coordinator: Kurt Buddenhagen



## SULLIVAN WEST MIDDLE-HIGH SCHOOL

6604 Route 52, Lake Huntington

Student Population: 463

Healthier Generation Advisor: Patricia Ruggles

### Health & Wellness Highlights:

- Created campaign to spotlight student and staff wellness
- Fitness Center open to the community
- Purchased commercial food processor
- Catskill Edible Garden Project

### Community Collaboration:

Cornell Cooperative Extension Sullivan County



## SULLIVAN WEST ELEMENTARY

33 Schoolhouse Road, Jeffersonville

Student Population: 534

Healthier Generation Advisor: Kayla O'Dell

### Health & Wellness Highlights:

- Implementation of Miss Kendra's Social Emotional Wellness Curriculum
- Internet and personal safety assembly
- Nature trail and outdoor classroom use
- Community marigold flower planting
- Garden competition amongst grades
- 123 Andres & Story Pirates with Bethel Woods
- Gym open to the community
- New mural on the building created by students, staff and community
- Mental health month activities for staff and students
- "Resilience" screenings for staff and community
- Staff yoga
- Therapy dog visit and classroom pets
- Healthy celebrations and blender bike
- New food preparation equipment for cafeteria
- Catskill Edible Garden Project
- Hosted SNAP-Ed programs

### Community Collaboration:

Cornell Cooperative Extension Sullivan County,  
Bethel Woods Center for the Arts



## DISTRICT OUTCOMES

Increased access to fitness opportunities for the school community.  
Increased healthy celebrations, social emotional learning and mental health education to staff and community. Increased staff wellness initiatives.

“ I think it's wonderful that there is a competition that's centrally focused on health. I think it's not just unique in Sullivan County, I think it's probably fairly unique in the country and probably the world ...Being in the competition has exposed us to new things...Miss Kendra is one of those things...now that we are implementing it and we are seeing already the positive results of it, we've already gained, regardless. ”

– Rod McLaughlin, Principal, Sullivan West Elementary School

# Tri-Valley



## DISTRICT SNAPSHOT

Population: 884

Superintendent: Dr. Erin Long

District Wellness Coordinator: Jason Closs



## TRI-VALLEY MIDDLE/HIGH SCHOOL

34 Moore Hill Road, Grahamsville

Student Population: 453

Healthier Generation Advisor: Ashley Wightman

### Health & Wellness Highlights:

- Created a more inviting lunchroom space to focus on healthier choices and socializing
- Fitness Center open to students and staff before and after school
- Outdoor Mobile Classrooms
- Collaborating with the Community Schools team
- Cafeteria taste testing
- Eating Healthy on a Budget
- Working with SNAP-Ed on parent workshop
- School beautification projects

### Community Collaboration:

- Cornell Cooperative Extension Sullivan County, Action Toward Independence, Inc., Future Farmers of America, CATCH, A Single Bite, Community Schools

### What are community schools?

The community schools strategy transforms a school into a place where educators, local community members, families, and students work together to strengthen conditions for student learning and healthy development.



## TRI-VALLEY ELEMENTARY

34 Moore Hill Road, Grahamsville

Student Population: 431

Healthier Generation Advisor: Lucretia Gilles

### Health & Wellness Highlights:

- Created a more inviting lunchroom space to focus on healthier choices and socializing
- Installation of a refillable water bottle station; water bottles donated for all elementary school students by Action Toward Independence, Inc.
- The Big Apple Crunch with Cornell Cooperative Extension
- Monthly staff and student physical activity, nutrition and mental health challenges
- Hosted 1st annual "Bear Bash" this August to promote Community Schools initiative
- Kids Club Kit with playground equipment
- Hosted SNAP-Ed programs

### Community Collaboration:

Cornell Cooperative Extension Sullivan County, Future Farmers of America, CATCH, Community Schools



## DISTRICT OUTCOMES

Increased nutritional education and water consumption; opportunities for socialization; physical activity. Collaborating with the Community Schools team.



# SUNY Sullivan



## CAMPUS SNAPSHOT

Population Total: 1,695

Full-time undergraduates 583; Part time undergraduates 1,012

Officer in Charge: Dr. Casey Crabill



## LOCH SHELDRAKE CAMPUS

112 College Road, Loch Sheldrake

**Healthier Generation Advisor: Position Available**

### Health & Wellness Highlights:

- Refillable water station installed
- Hosting 5k Run to benefit campus food pantry in October 2023
- Earth Day Wellness Day
- Litter Plucks
- Student and Staff Dodgeball
- Hosted SNAP-Ed programs



## CAMPUS OUTCOMES

Increased community awareness and engagement. Provided new water bottle filling station for 260 students in dorms.

