

# Families Leading Change Project CHECKLIST

## *How can we make our West Virginia school stronger?*

**A restaurant menu tells you what your choices are. This menu, or checklist, gives you a list of affordable, healthy, lasting projects you can do in your school.** All these choices are currently being implemented in West Virginia, with the help of local school, community, and family leaders.

You don't try to eat everything on a restaurant menu at once. Similarly, from this menu, you choose projects you'll start now and those you'd like to try later. You need a combination of projects to create a better school. So a long-range plan is important. This project this year, that one next year. This menu makes it easier to choose projects and create a long-range plan that helps you prioritize in an organized way: First, we'll try this, then we'll try that.



The menu also helps you see what your community has already done. Then you identify your priority projects. Pick those you think will work, then prioritize them, these this year, those next year, etc. (One last thing. This menu is just a beginning. Know of a great project that's not included below? Know somebody who could put together a "How to" guide for it? Contact [Charlotte@OurFutureWV.org](mailto:Charlotte@OurFutureWV.org))

**Use this key to rank each item on the menu:**

1. **This won't work here.**
2. **We'd like to do this someday, but not now.**
3. **We've started this. It's OK as it is for now.**
4. **We've started, and it's priority to improve / expand it.**
5. **This is a new, high priority project.**

**Fill out the menu below. It's best to do this with a team of 3-5 parents, students, family members, community leaders, teachers, and school officials.**

- Go through and rank each menu item, using the key. Have your whole group fill it out, separately or together: Compare your ranking and discuss.
- The items you rank 4 or 5 are probably your high priority list. Choose 1-2 from them.
- THIS LIST IS JUST A START—We are always adding new How-To's. In the meantime, we encourage you to add your own ideas of what you would like to see in your school!
- Apply the questions at the end of the checklist to each high priority item.
- KEY: FLC—means you can find more information at [familiesleadingchange.org](http://familiesleadingchange.org); TT—find more information at [trythiswv.com](http://trythiswv.com); PAW—find more information at [wvparents4wellness.com](http://wvparents4wellness.com)

### **Start here: Use the key to rank each item.**

Control + click on the item name if you want more info about what that item involves.

#### **Bullying, Entrepreneurship, and more - Invite the Community Into your School**

Activity	1	2	3	4	5	Notes
Become an Entrepreneurship School (FLC)						
Become a Community School (FLC)						
Shared Use/ Open Our Doors! (FLC)						
Start a Youth Center (FLC)						
Start an Anti-Bullying Program (FLC)						
SADD Chapter / Fight Substance Abuse (FLC)						
Handle With Care / Partner with Law Enforcement & Trauma-informed Care (FLC)						
Our own idea: _____						

## Get Moms, Dads, Grandparents and other Kin More Involved

Activity	1	2	3	4	5	Notes
Start and Run a Successful Parent Group (FLC)						
Dads Group like iFather or WatchDOGS (FLC)						
Start a Health & Wellness Committee (PAW)						
Run for your County School Board! (FLC)						
Start a Parents as Mentors Program (FLC)						
Start a Grandparents Support Group (FLC)						
SNAPS-Special Needs Parent Support (FLC)						
Our own idea: _____						

## School Food, Gardens, Exercise, Health, and Science!

Activity	1	2	3	4	5	Notes
Build an Outdoor Learning Environment (FLC)						
Jump Rope Team or Girls on the Run (FLC&TT)						
Start a WV Fed Up youth wellness team (FLC)						
Keep Kids Active During the School Day (TT)						
Start a Lego Club (FLC)						
Get Kids Moving Afterschool (TT)						
Create a Children's Gardening Program (TT)						
Healthy Concessions Cart (FLC)						
Healthy Kids through Nature and Play (FLC)						
Make Healthier School Meals (TT)						
Start or Expand Farm to School (TT)						
Our own idea: _____						

## Curriculum, College, Reading, Music, and the Arts

Activity	1	2	3	4	5	Notes
DREAM BIG Afterschool Music Program (FLC)						
Family Library Project or Read Aloud (FLC)						
College and Career Readiness (FLC)						
Get involved in Curriculum Change (FLC)						
Early Literacy – Get Kids, Families, and Communities reading young! (FLC)						
Our own idea: _____						

### **Good questions to ask at the beginning of a project**

1. Which parents, families, school officials, teachers, students, and community leaders can we bring to the table?
2. Who already LOVES this activity or project? How can we get them involved?
3. Who is our captive audience? Is there a class, a parent group, a senior center that has people we can work with?
4. Who/what organization will take the lead on this?
5. What resources will we need to get started, and who might have them? (For each possible partner or contributor, list what they might contribute and who on our team could contact them!)
6. When / where will we hold our next meeting?

*This menu is adapted from the Try This WV Checklist...thanks, Try This WV!*