

Campbell High School is hosting its first annual Spa Day to coincide with the Junior/Senior Prom on Saturday, March 13, 2010. The idea was initially presented in late February by a student representative to the PTSA, but the Board quickly ran with the idea to provide a low cost way to look fantastic to the student body preparing for the Prom.

PTSA members contacted various hair, nail and makeup artists and sold 'tables' to them for the 4 hour event which will be held in the school cafeteria. The table spaces were priced at \$10 and in exchange the vendors are going to provide deeply discounted beauty services and products to both male and female students and staff. We had several requests from students wanting to attend the Spa even though they are not planning on attending Prom, so we have opened up the event to the local community. Participants are asked to reserve their spot during the event by paying a \$2 time reservation fee, and those with reservations will have priority over walk-ins on the day. We had PTSA parents accept reservations during lunch for the two weeks leading up to Spa Day, and also created a page on Facebook which turned out to be the more popular choice for responses.

Planning and preparation of the event took an estimated 8-10 hours including soliciting vendors and accepting reservations. The pool of volunteers included PTSA parents, students and Board members. The actual event will run for 4 hours and we're allowing 2 additional hours that day for set-up and clean-up before and after the event. We have asked several of our Partners in Education to provide drinks and light snacks during the event to help create the 'spa' atmosphere in our school cafeteria where the event is being held.

The initial estimated goal for the fundraiser was \$500.00 including money raised by selling tables to vendors and the money collected to reserve a certain time-slot and beauty service. Due to the short lead time between idea conception and the event date, initial feedback was lower than hoped. We have since then opened up access to the event to non-prom attendees,

and placed free ads in neighbourhood newspapers and have street signs near the school which resulted in increased reservations.

At this point, we have \$350.00 in sign-ups fees that are pure profit for the PTSA. Because we are so close to the deadline, we will not be able to have the exact amount raised by this event which occurs the day after the award application is due. We anticipate holding this event again for next year's Prom. We will work with the Prom planning committee in the fall to ensure that we have as much exposure for the Spa event as possible which will increase attendance. This would also to ensure the low cost beauty services are available to students who may have chosen not to attend the prom due to the prohibitive costs involved.

We are using this event to apply for the Healthy Fundraising Award because it was quite simple to pull together and is transferable to many schools, even younger age groups. It could be converted to a Pamper Yourself after a round of testing, or Celebrate the Beauty of You Day for any age group because even elementary age children love having their hair and nails done. All time and materials to solicit participation were donated, so this was also a low cost event to hold.

If we are chosen for the Award being offered, we will use the money to help implement a School Garden to Cafeteria program. Campbell High School is fortunate to have a school garden which is maintained by our Horticulture students. The award money would be used to jump-start a program which would bring student grown and harvested fresh food to our own school lunch without any initial cost to the school or cafeteria. Studies have shown that children are more willing to try new foods if they have been involved in the preparation in some way. Vermont FEED (Food Education Every Day) successfully used taste testing strategies to incorporate school garden produced food into the school cafeteria. Campbell High School could follow the taste testing model to introduce the school grown foods in a

variety of ways while allowing the students to voice opinions of which dishes they preferred and would like to have in the school cafeteria on a more regular basis. We would get the students involved and hands on in preparing food they will eat themselves. It would give the students a sense of pride and ownership in what food is presented for them to eat. We can show the link between fresh food in the garden and how much better freshly prepared foods taste in the cafeteria, as well as being more nutritious, compared to pre-packaged foods. There is also the added potential benefit of more participation in the school provided lunches if students know they already like the new foods being offered due to the earlier round of taste testing.

The grant money would allow us to obtain the needed assistance for understanding the federal and state requirements regarding health and sanitation issues. This would include educating School Food Authorities as well as students, volunteers and the Horticultural staff. This would also be a wonderful opportunity for these various groups to work together toward the common goals of improving school meals. The grant would additionally help to pay for testing for soil or water contaminants and allow the purchase of any necessary food grade tools and equipment needed to meet sanitation requirements. By using grant money for these purposes, it would allow us the opportunity to prove we successfully introduced school grown fruits and vegetables at no cost to the school or the lunch program. We could then reasonably ask that the school allow money from the food service account be used to purchase student grown food to serve in the cafeteria since we know from the taste tests which foods will be readily accepted by the student body. This starts a cycle of money from food sales to the school cafeteria being used to purchase supplies to grow the next crop.