

# MG KEITH L. WARE PUBLIC AFFAIRS COMPETITION

## 2013 ENTRY FORM

**Entry Type:**  **Award Type:**

**Category:**

Ensure category corresponds with entry type (1 Print, 2 Broadcast, or 3 Community Relations)

**Entry Title:**

**Publication/Air Date:**  **URL:**

**Unit POC:**

(In the below space provided please include rank, name, branch of service, position title, e-mail address, DSN and commercial phone numbers and commander's name):

**Command/DRU:**

**Submitting Unit:**

(include unit name and complete verified, official mailing address, DSN and commercial phone number and fax number; please spell out all acronyms)

**Award Should Be Issued To:**

(enter an individual's name for individual awards only)

**Gender:**

**Comments/Significant Contributors:**

(list up to five for unit awards only and note gender)

**Unit/Duty Section:**

**Supervisor's Name/Title:**

**Supervisor's Signature:**

Upon completion of this form, click the "Save as" button to the right. If multiple forms are needed click the reset form button to continue to your next submission.



# Fitness for Life

## 157th Infantry Brigade 2013 MG Keith L. Ware Competition, Community Relations: Program





DEPARTMENT OF THE ARMY  
HEADQUARTERS, FIRST ARMY DIVISION EAST  
4550 PARADE FIELD LANE  
FORT GEORGE G. MEADE, MARYLAND 20755-5340

REPLY TO  
ATTENTION OF

AFKA-DVE-MOB

23 January 2014

MEMORANDUM FOR Office of the Chief of Public Affairs, Community Relations and Outreach Division, The Pentagon, Washington D.C. 22202-395

SUBJECT: Letter of Endorsement, 157<sup>th</sup> Infantry Brigade Fitness for Life nomination, Department of the Army Community Relations Awards Program, Category B: Community Relations Program

1. I strongly endorse the nomination of the 157<sup>th</sup> Infantry Brigade Fitness for Life Program in the 2013 MG Keith L. Ware Public Affairs Community Relations Program Category.
2. The 157<sup>th</sup> Infantry Brigade's Fitness for Life program partners Soldiers with local elementary children to focus on nutrition, physical fitness, mentoring and fun. The Soldiers develop events that appeal to the children but at the same time, teaches them concepts they need. During the events, Soldiers aren't content to merely watch the children excel, but they participate right besides them, showing them firsthand how a team works. By focusing one-on-one attention and mentorship with the students, they have built a bond. The faculty and school leaders sought out the unit's support and are thrilled to count them now as part of their extended resources.
3. The Fitness for Life Program started with a simple request from one of the faculty and has grown into a recurring relationship. The Soldiers and students look forward to each event and have begun planning this year's events already. This program costs very little, other than the Soldiers' time, but its rewards cannot be calculated.

  
Amanda C. Glenn  
GS-13  
Chief, Public Affairs



REPLY TO  
ATTENTION OF

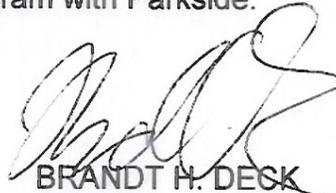
DEPARTMENT OF THE ARMY  
HEADQUARTERS, 157TH INFANTRY BRIGADE  
FIRST ARMY DIVISION EAST  
7TH NORTH STREET, BLDG 414  
CAMP ATTERBURY, INDIANA 46124

AFKA-DVE-FN-CMD

MEMORANDUM FOR Office of the Chief of Public Affairs, Community Relations and Outreach Division, The Pentagon, Washington D.C. 22202-395

SUBJECT: Letter of Endorsement, 157<sup>th</sup> Infantry Brigade Fitness for Life nomination, Department of the Army Community Relations Awards Program, Category B: Community Relations Program

1. I strongly endorse the nomination of the 157<sup>th</sup> Infantry Brigade Fitness for Life Program in the 2013 MG Keith L. Ware Public Affairs Community Relations Program Category.
2. The 157<sup>th</sup> Infantry Brigade's Fitness for Life program partnership with the Parkside Elementary School in Columbus, Indiana has proven to be very successful. The program promotes physical fitness and nutrition, and encourages children to live an active healthy lifestyle.
3. The Fitness for Life Program has received incredibly positive feedback, and due to it's success, the unit plans to continue the program with Parkside.

  
BRANDT H. DECK  
COL, SF  
Commanding

# Table of Contents

|                                   | <u>Page</u> |
|-----------------------------------|-------------|
| Public Affairs Endorsement letter |             |
| Brigade Commander Endorsement     |             |
| Summary.....                      | 5           |
| Planning.....                     | 6           |
| Execution.....                    | 7-8         |
| Overall Value to the Army.....    | 9           |
| Letters of Appreciation.....      | 10-12       |
| Media Round-Up.....               | 13-14       |
| Awards.....                       | 15          |

# Summary

Soldiers of the 157<sup>th</sup> Infantry Brigade partnered with the Parkside Elementary School in Columbus, Indiana for the past two years promoting physical fitness and nutrition and providing mentoring throughout the school year to assist in Parkside winning the Healthy Hoosier School Award from the State of Indiana.



# Planning

Soldiers, in conjunction with the Parkside Elementary Physical Education teacher, created two age appropriate “Boot Camp” training sessions with 10 exercise stations for the fourth- and sixth-grade physical education classes.

Soldiers constructed an obstacle course consisting of 10 obstacles of varying difficulties allowing the students to work as teams.

Soldiers joined students, kindergarten through sixth-grade, during recess to earn “Toe-Tokens” (points for running distance).

The Senior Brigade Medic conducted briefings encouraging healthy nutrition with healthy exercise.

# Execution

**Boot Camp:** Prior to the workout, students are taught basic drill and ceremonies to create a sense of team and acclimatize students to military preparatory commands and execution of commands.

In a large formation, Soldiers lead students in a thorough warm up prior to the circuit type fitness training.

The work out consists of 10 different stations with each exercise focusing on the different muscle groups or cardiovascular fitness.

Teams of 10-12 students participate in several rotations with each rotation time decreasing.

A Soldier leads each fourth-grade team through the rotations, while the sixth-grade teams are independent.

Upon completion of the circuit training, the teams compete in a fitness relay consisting of all 10 exercises.

For the cool down, one Soldier leads the entire group in "Sergeant Says."



**Obstacle Course:** Fifteen volunteer Soldiers create a 10 station obstacle course of varying difficulties allowing students to work as teams.

One to two Soldiers guide and encourage each group of students over, under and through each obstacle.

As students wait to navigate the course, Soldiers lead physical training warm ups or face paint students with camouflage patterns.

## Overall Value to the Army

The Soldiers of the 157<sup>th</sup> Infantry Brigade have a vested interest in initiating, establishing and maintaining relationships with our local community. Embracing community citizenship, Soldiers become a part of the neighborhood. Collaborative efforts promote continued partnerships and further growth.

One cannot place a value on the smile of a young student giving a high five to a grinning Soldier.

Volunteering within the local community has becoming part of the culture of the 157<sup>th</sup> Infantry Brigade.

BARITLOMEW CONSOLIDATED SCHOOL CORPORATION

PARKSIDE ELEMENTARY SCHOOL

1400 PARKSIDE DRIVE

COLUMBIA, IN 47203

PHONE: 812-376-4314 FAX: 812-376-4324

Dr. Edna B. Olick  
SUPERINTENDENT

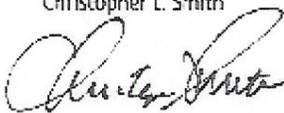
CHRISTOPHER L. SMITH  
PRINCIPAL

January 10, 2014

Dear Colonel Deck:

I am extremely pleased to say that the partnership that has formed between the students and staff of Parkside Elementary and the soldiers of the 157<sup>th</sup> Infantry Brigade has become a wonderful asset to our school and student body. These soldiers have made themselves available to our school and students in a variety of ways. Many of the ways involve health and physical fitness. The activities which they are involved include a Fitness Boot Camp with our 4<sup>th</sup> and 6<sup>th</sup> grade students. The soldiers also run with students during recess time, Kindergarten through 6<sup>th</sup> grade, in our Toe Token running program. They have helped organize and participate in our annual 6<sup>th</sup> grade field day at the end of the school year. On top of helping promote a healthy life style, many soldiers have come to the school to help promote academics with our students. They were a big part of our "Put Your Nose in a Book Day" on Dr. Seuss Day when they read to or with students all over our building. These soldiers are wonderful role models for our students. To give of their time to promote fitness and academics in so many ways is wonderful for our students as well as the entire school community. We thank them for all that they do.

Christopher L. Smith



Deeper Learning Works

BARTHOLOMEW CONSOLIDATED SCHOOL CORPORATION  
PARKSIDE ELEMENTARY SCHOOL  
1400 PARKSIDE DRIVE  
COLUMBUS, IN 47203  
PHONE 812-376-4314 FAX: 812-376-4324

Dr. John D. Quesada  
Superintendent

Christopher L. Smith  
Principal

January 10, 2014

Dear Col. Deck,

Parkside Elementary School has formed a partnership with our 157<sup>th</sup> Infantry Brigade Atterbury Soldiers. The Atterbury Soldiers came to our school to work with our students in a "Boot Camp". How exciting and fun it was! Plus, some of our soldiers who participated with us have children attending our Parkside School, which was really awesome! Beginning this new journey with our soldiers, who lead by example, living a healthy lifestyle thru physical fitness and nutrition, formed a family/school partnership. The soldiers not only have conducted boot camps with our fourth and sixth grades, but also ran for "Toe-Tokens", a running program during our school's recess before lunch. The children were so excited to see the soldiers run with them and their goal was always to beat them. Then, on Dr. Seuss Day, our soldiers came to school to read too and with our students from different grade levels. The children were so happy being with the soldiers in a different work setting. Also, the soldiers helped Mrs. Coleman, the PE Teacher with our sixth grade field day that we have at the end of the year. The soldiers set up an outside fitness obstacle course which the students loved and could not wait to see if they could accomplish the assignment! Soldiers were participating with the kids and cheering positive words of accomplishment to them as they performed. At the end of the obstacle event, our soldiers were invited to come into our gym for our Colt's Celebration. Parkside School won the contest with Fuel Up To Play 60 for being the Healthiest School in the state of Indiana. Our Colt's guests were so honored to meet our soldiers, they had the soldiers stand and the whole school of 800 kids cheered and thanked the soldiers for their service to our country and to our school!!!!!!

Our 157<sup>th</sup> Infantry Brigade Atterbury Soldiers will soon be coming back to Parkside to execute another "Boot Camp", run for "Toe-Tokens", Dr. Seuss Day (Read Across America), and another fitness field day for our sixth grade students! Wow... Parkside School is MOTIVATED, thanks to our soldiers for all their help and expertise on fitness and nutrition. Thank you, thank you, for all of your service to our country, to Parkside School, and your love and support with our Parkside kids!!!! You just don't know how much you bond with our children and how you change their lives! Thank you also for being an added fitness ingredient in helping us win the Healthy Hoosier School Award again from the State of Indiana NINE years in a row! SALUTE!

Mrs. Coleman

Physical Education Teacher Parkside School



A world-class community learning system.

BARTHOLOMEW CONSOLIDATED SCHOOL CORPORATION

Parkside Elementary School

1400 Parkside Drive

Columbus, IN 47203

PHONE: 812-376-4314 FAX: 812-376-4324

Dr. Jean B. Quirk  
Superintendent

Colonel Jeffrey L. Smith  
Principal

Dear Colonel Deek,

1/13/14

It is with great pleasure that I am writing you in regards to the works of service done by the 157<sup>th</sup> Infantry Brigade Atterbury Soldiers at Parkside Elementary. They have not only been invaluable in furthering the physical well-being of our students, but also their character development. At Parkside, we view the members of the 157<sup>th</sup> Infantry Brigade as partners in our mission to create future young leaders that are kind, safe, truthful, responsible and respectful.

As a 5<sup>th</sup> grade teacher, I have had the honor to work with the Atterbury Soldiers on many occasions. They are present in our school throughout the year. For Veteran's Day, the soldiers have graciously donated their time to be interviewed by our 6<sup>th</sup> graders regarding their experiences in the military. This interview results in a poster that highlights the soldier's contributions to our country. The non-physical result of this project is a greater understanding of sacrifice, duty and honor that is meaningful to our young adults, learned only through a first-hand encounter. We are additionally blessed to have many of the soldiers attend our Veteran's Day program at school. Their presence means more to the students than they know.

Later in the year, the soldiers come back to Parkside to hold a "Boot Camp" designed to foster physical and mental fitness. The entire camp is designed and run by the soldiers and it is a day that is memorable to our students both for the physical exhaustion they all feel by the end of the session and for the personal interactions they have with the soldiers. The camp is extremely well designed and efficiently run; the kids are never left inactive. At all times during the event, the soldiers encourage and push the students to be their best. The kids all feel a sense of accomplishment due to the continuous support the soldiers offer and the spirit of teamwork the soldiers instill.

Finally, at the end of the year, our 6<sup>th</sup> graders get to have fun with the soldiers during our 6<sup>th</sup> grade field day. Again, the 157<sup>th</sup> Infantry Brigade donates their time to play field day games with the kids and later go swimming with them at Donner Park. They are incredibly helpful in assisting with setting up stations, leading teams, and facilitating the events themselves. Last year, due to weather, our day had to be rescheduled. Not only did the soldiers reschedule their time with the kids, but they also created an impressive obstacle course for the children, complete with military touches that made the day even more special. The Brigade even brought a sound system and d.j. to add to the excitement of the event!

I cannot express how valuable a contribution this group of men and women has given our school. They are not only excellent examples of character and honor for our children, but are also role models, heroes and friends that many students have never had. I look forward to working with them this year.

Sincerely,

Liz Stroh  
5<sup>th</sup> Grade Teacher  
Parkside Elementary  
Columbus, IN 47203  
812-376-4314  
stroh1@bcsc.k12.in.us



A world-class community learning system.

# Media Round-Up

“We care about the places our children are being raised and taught, and it is so important to build those relationships,” said Sgt. Maj. Mark Jackson, the 157th Brigade operations Sergeant major.

“They volunteered to run with my kids starting mid-March, if the weather’s OK,” Coleman said. “It means a lot for the kids, and I know it means a lot for the Soldiers too.”

Soldiers, students build bond through sweat  
(Army.mil) <http://goo.gl/lrsAnp>

Fitness is for Life (The Republic)  
<http://goo.gl/opOZHT>

# CLASSROOMS

Monday, March 4, 2013



## FITNESS IS FOR LIFE

In 'boot camp,' soldiers teach kids about staying active

By PAUL MINNIS  
pminnis@therepublic.com

**D**ROP and give me 20.  
And eat your veggies  
while you're at it.  
The 157th Infantry Brigade of  
Camp Atterbury visited Parkside  
Elementary School twice in  
February to teach more than 200  
fourth- and sixth-graders about  
exercise and nutrition.

Students ran relay races, did  
pushups and situps and jumped  
rope in what loosely could be  
described as a boot camp, accord-  
ing to school and Camp Atterbury  
officials. They also learned to  
stand in formation and work as a  
team.

But there was more to the  
soldiers' visit with sixth-graders  
Feb. 18 and fourth-graders Feb. 20,  
said Nora Coleman, the school's  
physical education teacher. She  
said the soldiers and students  
developed a relationship that will  
continue.

"They've volunteered to run  
with my kids starting in mid-  
March, if the weather's OK,"  
Coleman said. "It means a lot for  
the kids, and I know it means a lot  
for the soldiers, too."

Coleman said she started  
bringing soldiers to the school two  
years ago when she became  
acquainted with a soldier from the  
Muscatatuck Urban Training  
Center in Buttrville. She said the



Submitted

**Above:** Sgt. Nathan A. Marshall of the 157th Infantry Brigade sprints with fourth-graders Feb. 20 at Parkside Elementary School during a morning boot camp. **Top:** Soldiers from the 157th Infantry Brigade at Camp Atterbury and more than 100 fourth grade students exercise during the early morning boot camp.

program was a hit with her  
students.

Last year, she contacted Col.  
Brandt H. Deck, commander of  
the 157th Infantry Brigade, which  
had been looking for new ways to  
reach out to communities to make  
a difference.

The program that resulted fit  
perfectly with Coleman's class  
emphasis on nutrition and fitness  
and the school's ongoing participa-  
tion in the Action for Healthy Kids  
contest.

Last year, Parkside took first  
place out of 113 schools in that

contest. Action for Healthy Kids is  
a nationwide initiative dedicated to  
improving the health and educa-  
tion of children through better  
nutrition and physical activity in  
school.

"We've talked about portion  
distortion and getting the right  
kind of foods on the plate," Cole-  
man said. "By getting these  
soldiers here, the students really  
get into the message."

Capt. Jessica Halladay, public  
affairs and media relations officer  
for Camp Atterbury, said the

students learned basic movements  
and proper etiquette, such as how  
to salute. The soldiers also talked  
to them about the importance of  
exercise and nutrition to stay  
healthy, she said.

She said the students were  
divided into groups of between 12  
and 15, and each group was  
headed by one of the roughly  
dozen participating soldiers. Each  
soldier would direct an exercise for  
about two minutes before the  
students were instructed to move  
to the next station for another  
exercise that targeted different  
muscle groups.

"They caught on pretty quick-  
ly," said Master Sgt. Danny  
Conley, who led one of the groups.  
"Some of this stuff is hard to  
teach."

Students said they enjoyed the  
experience.

"I think it was awesome," said  
Emily Wessel, a fourth-grader.

Jarrett Embry, a sixth-grader,  
described his workout as "hard  
and long." But he said he learned  
from the soldiers that fitness is for  
life.

Halladay said she thinks the  
soldiers were as tired as the  
students by the time the events  
ended. But she said it was good for  
them to work with children,  
especially for those soldiers who  
have children of their own and  
don't see them often.

"It was a great experience all  
around," Halladay said.

# Healthy School Hoosier Award 2013-2014



**2013 – 2014 Healthy Hoosier School Award**

**Gold Level**

**Awarded To**

**Parkside Elementary School**

Rob Bigeslie, CEO, Action for Healthy Kids

Hannah Ramsland, State Coordinator,  
Action for Healthy Kids



Indiana University Health