



Farm to School Institute 2022: School Teams Orientation Webinar

Video Transcript

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Aubree Roth: I am Aubrey Roth, I'm the Montana Farm to School coordinator with Montana Team Nutrition program at Montana State University. Montana Team Nutrition works in close collaboration with the Montana Office of Public Instruction to provide training guidance and resources to schools across Montana and in one of those topic areas is farm to school. And I'm excited to have all of you here today on behalf of Montana Office of Public Instruction and Montana Team Nutrition, thank you for being part of the first ever Montana Farm to School Institute. Um I'm excited to learn with you alongside you all as we implement this program for the very first time and to see how this model works out in Montana. This is being recorded um as you probably received a little notification and it will be posted on the Montana Farm to School Institute school teams resource page, which I'll talk about here in a minute. So what we'll be talking about today is I'm going to go through a few institute basics to start off then we're going to go through some introductions of both just who's on this call the advisory team coaches as well as team introductions um and then I'll talk through some of the timelines expectations and roles with the Montana Farm to School Institute and then we'll talk about a few logistical and other details about the summer retreat in August and then we'll have some time for q and a. What is the institute? Hopefully through my emails and the application process and all of that you have a good sense of what the institute is but the Montana Farm to School Institute is a year-long program that kicks off with a three-day summer retreat, that's

August 16th through 18th at Chico Hot Springs. This is a new program as I said before and is intended to ignite, grow, and sustain farm to school action within Montana schools and communities by providing training and support, facilitating team building and action planning. So you can see these chunks here that it's really targeted at providing or creating sustainable progress through its action planning, coaching, and team building and then of course having that peer-to-peer sharing and support component as well. The Montana Farm to School Institute is building off of many of the current programs that we have that support farm to school initiatives in our state, including the Montana Farm to School leadership team, our website and social media channels, the Montana beef to school coalition, Montana Harvest of the Month, and the many guides and trainings that we do as Montana Farm to School. Another event that you may be familiar with is the Montana Farm to School Summit which we offered in August 2021. And how the institute is different is important um so that you know what you're getting into with this program. So the institute is, as I said before, really centered on team building action planning um with that focus on sustained farm to school initiatives and it if of course is a year-long program with a three-day event embedded in that and then the summit on the other hand is focused on learning inspiration and networking and that's a couple day event and is not associated with any year-long or extended connections. So that's the difference if you are having to explain that or if that's been confusing for you. I know there are one word difference so um it's great to know those differences. So this um project is supported by numerous individuals and organizations. We're lucky to have an incredible team of folks behind this program um, including our advisory team and our partners this includes the Nebraska Department of Education and their team who implemented their first Nebraska Farm to School Institute last year, as well as Vermont feed who developed the farm to school institute model and has been um helping us providing leadership ideas and support, and then the Farm to School Institute community of practice that I've been serving on for a few years learning from other states who are replicating this model. And then of course we have numerous funders as well that are making this possible and this project is largely supported by a USDA farm to school grant received by the Montana Office of Public Instruction so we're grateful to have that support as well as the support of our many other sponsors who have stepped up to make sure that we can offer this program. And then we have our fantastic teams and that's you all um and so I'm really grateful to have you all here today and to be able to meet you. Um our three teams that were selected through this competitive process are Power, Saint Ignatius, and Hamilton as you can see here. We had a fantastic applicant pool and we're really excited to have you rise to the top for this program. I'm excited to see what you're going to do throughout the year and looking forward to providing you support. So we're going to do some introductions next. Um so first we're going to do introductions for our um advisory team and coaches, and so for advisory team members and coaches I'll just call on you to hopefully

make it as simple as possible. so if you can introduce yourself with your name and your organization or your role that would be great. So I'm just going to go through my little pictures here so Whitney you're up first.

Whitney Pratt: Hi everyone my name is Whitney Pratt. I work for Land to Hand Montana up in the flathead and I will be a coach with the Saint Ignatius team, which I'm super excited about.

Jay Stagg: Hi I'm Jay uh whitefish school food service director and I am the coach for the Hamilton school and also super excited.

Brianna Roth: Hi all my name is Brianna Roth. I am the food and family specialist with MSU extension um and I'm looking forward to meeting all of you as well as serving on the advisory board for this effort.

Aubree Roth: Next we have Anna.

Anna: Hi guys I work for pharma school of park county um and I'm just serving on the advisory committee for this institute event.

Jason Mandela: uh hi everybody my name is Jason Mandela I'm the farm to school director for Garden City Harvest in Missoula and on the advisory committee as well as the coach of coaches so that's the thing that we've made up and I will be a resource for your coaches and for you guys too so I hope uh to get to meet you all in person at some point soon.

Nicole Denali: Hi everybody my name is Nicole Denali. I am a co-coach for the Saint Ignatius team with Whitney, um yeah so great to be here.

Molly: Hi I'm Molly I'm at the National Center for Appropriate Technology and I am on the advisory committee.

Gayla Randall: Hi everyone I'm Gayla Randall. I'm with the Office of Public Instruction, the family consumer science specialist I'm very excited to support this effort on the um uh advisory group.

Stephanie: And hi I'm Stephanie. I'm the executive director at Gallatin Valley Farm to School in Bozeman. This is Henry, he's my small garden gnome and I am a part of the advisory committee and just so excited to see everybody on this call today.

Aubree Roth: Um we're excited to have such a fantastic team supporting this event and we're also really delighted to be meeting all of our teams today. So we're going to do our school team intros, so each team has selected a representative who will be doing the team intros on behalf of your team. And so um you will be doing in three minutes or less your school district name um your location the schools involved, the enrollment um details about your school so we can get a sense of what that's like, um your team members, your one Montana grown or raised food that represents your team and why you chose that food, a farm to school project you've implemented in the last year and a reason why your team is excited about participating in the institute.

Tim Marchant: Cool cool, well we have a uh so uh of course uh like the rest of you that's the end of the school year and so uh uh we're all uh quite busy but uh we managed to get a few folks together for a picture. Uh we have our principal Sean Hendrickson, uh one of the cafeteria personnel Valerie Dillard, Ryan Newton who is our school nurse, Caitlin Shulman who is a Spanish art teacher in the high school in middle school um and a part of our our team here and then uh me on the end. I'm a high school English language arts teacher. Uh we're missing a couple folks in the picture, Wendy Wieder who I think is with us in the in the webinar this afternoon, she's kind of the head cafeteria person and then we have a middle school science teacher Christy Krantz who's also on the team. All righty um we've had a we have a fledgling fledgling program and it was it was fledgling program before the pandemic hit and and suffered a bit when that happened but uh we've got a couple of uh um things going on that we've been working on. Uh I was fortunate enough to hook up with some folks at Salish Kootenai college up in Pablo just north of us and we we started a school garden network this is about two years ago and I was kind of a you know an odd person to have there, typically you get science folks you get folks who are already sort of uh leaning towards uh growing plants and, so they have a a guy from the English department uh was it was a bit different for them but I hooked up with these folks and um we started doing some stuff together. One of the things we did under with their uh support SKC, Salish Kootenai college and um the Salish Kootenai extension office, uh was we installed some community planting boxes so the extension office made a bunch of uh boxes for us, uh and we went around and in in the springtime and gave these boxes to people who were interested. Uh we also showed up with truckloads of dirt and uh we fixed up uh some planting boxes for people in our community. Uh preferably uh students and their parents. So that's that's kind of the upper left-hand photo right there, that's us delivering some of the planting boxes. Um if the photo right below that says ADA community planning boxes, so we had some folks who needed boxes that weren't on the ground so uh with under the auspices of SKC extension office, we were able to make some boxes that stood up. Anyway we set these around the community and and I got one myself. Um I had materials left over and so I did some activities with the elementary summer program. I was able to take some dirt and some seeds and some soil I mean and some seeds and some little uh pots and we were able to do some programs with those. Those kids were able to take plants home at the end of the at the end of the day we also have and I I'm not sure if anybody else is familiar with this, but we have uh uh what's called the eagles club sponsored through the sailors from Kootenai uh confederated tribes and Salish Kootenai college eagles club and I wish I could I meant to get the acronym down but um it's like environmentalists acting globally and locally. Uh I wish I could give you the whole acronym, however um that program was uh kind of going before the pandemic. It suffered um when the when school closed down for a couple reasons. One um teachers got very very busy doing the things that they were doing for

a long time we weren't in school and then when we were we were just hustling with a new schedule and stuff. But amongst the things that they did um was a participation in our recycling program, you can see that's the third photo from the left on the top. Uh the Salish and Kootenai confederated tribes the natural resources department gives us a trailer that we can use to recycle paper, plastic, et cetera, et cetera, some kids ran around and did that. And and then if I if you look at the second photo from the left on the uh on the um, oh all right so I'll do as quick as I can. Anyway we got a lot of project projects going on, uh let me do this real quick uh you can see the picture of our graduates. The other thing that I did was uh I put we started growing stuff in my classroom, in my English classroom and so some of my graduates and their plants are taking home. The upper uh right-hand corner shows a locally sourced dinner we did one book one school thing about the book was Indian Horse and so we did some we had some food going on in the school. And then I have to point out the lower right hand corner is my granddaughter and she's sort of the reason that I'm doing this. She's about to enter school. Uh we can go to the next slide. Alrighty we are like I said just beginning this process. You can see some of the stuff from uh that we've grown in our planting boxes around town, I like the chili pepper picture although I'm not sure exactly that's going to be our main thing but um this is some of the stuff we're doing. down on the bottom, I have to take a minute for this, this is kind of where we are right now. Uh a couple of things happened that were kind of unique, one uh we got money through the Esser 2 and Esser3 grants for a school community garden to the tune of about eighty thousand dollars, and we were also able to secure a lot next to our steam building. Uh this is through uh um Salish Kootenai tribes. They've given us a 10-year lease with an option to renew, the lease costs us a dollar a year. You can see the lot in the far left hand corner is kind of how it looked when we first moved in there. It's 50 by 150 feet, uh you can see the middle picture I got some kids out there we started cleaning things up and the far right picture is uh is kind of where we left off when I made this slide show, there's since been some ex excavation things going on, but anyway the plan there is for uh the back half to be uh garden boxes, the front half's going to have a greenhouse and outdoor classroom and um that's kind of where we are right now. We're we're farther than that we're getting water and electricity put in right now but we're hoping by the fall of next year by the time school starts for 22-23 to have kids be able to work over there. Um I could go on but keep it short that's about where we are.

Aubree Roth: Awesome thank you so much Tim and type in the chat box since we'll need to move on to the next team, um what your team's food is that will represent you um and why you chose that food. So thank you so much Tim and the Saint Ignatius team. I'm going to turn over to Laura, Laura do you want to unmute and see if we can hear you.

Laura Toeckes: Can you hear me now?

Aubree Roth: Yes we can.

Laura Toeckes: Okay.

Aubree Roth: Awesome, go ahead.

Laura Toeckes: We, our public schools is a combination of three schools. We have early kindergarten through sixth, seventh and eighth, and then our high school. Our early kindergarten through sixth has 62 students, our junior high which is 7th and 8th has 15 students and our high school has 39 students. Do you want to go to the next slide? um this is our farm to school team, our teaching staff. Lauren Vick is in the yellow she is our family consumer sciences teacher and then Mindy Grassman is our second grade teacher. And then um the food service director is me, Laura Toeckes and that's me and my daughter, and then Kelsey Deacons is a school board member and our community garden coordinator. And then on the far right-hand side we have our new superintendent, Nicole Peeper, and our retiring superintendent Lauren Dunk. So one of the farm to school projects that we've completed um this year we recently first purchased beef um from a community member and we turned that beef into haystacks along with a lot of other things. So we ended up buying one animal that was um I got about 450 pounds of burger which hopefully will get us through the next year. okay you can go to the next slide. and the food that represents us is purple potatoes. we have grown purple potatoes in the 4-h community garden and then I turned it into purple pirate potatoes here, um otherwise known as rosemary garlic roasted potatoes. Um my purple potatoes are a little old and wrinkly now so I snagged one from the internet, but you can if you look really hard you can see who it came from. all right and then our next slide um we had three things we wanted to talk about, um our beef, which we've completed, the food which we are which is our purple potatoes, oh I forgot to mention um we're power, we're pirates and we're purple, which is why those three go together back there. um the area one of the areas something else that was important to us is honey, which is local to power, but we have our second grade teacher has a beacon beehive and she would like to help us incorporate that as part of education, so we would like to um put this hive and have the students learn about honey and honey creation through bees and stuff like that, so that's why our third slide here is busy bees and beekeepers and this is where we're looking forward. and that should be it.

Aubree Roth: Awesome thank you so much, I love it. Okay we're gonna slide on over to Hamilton and I'll let you take it away, Tom.

Tom Korst: Thank you, can you hear me okay?

Aubree Roth: Yes I can, thanks.

Tom Korst: And Laura my uh great grandfather homesteaded the power area, the Formans, I'm sure you know a few Foremans out there, anyway I know power pretty well. I've spent some time in the town in Lester's bar with my grandpa as a kid. Um Hamilton public schools we have uh four buildings, um Washington Early Learning Center is really a program for special education preschool in kindergarten before the age of five, um and we've got about 77

students in that facility. Um it's been growing. Daly Elementary, uh it's the K-4 building, 540 students. Hamilton Middle School is a five through eight building, 482 students, in the high school 9 through 12 is 531. That's our, kind of been our unofficial slogan is just kind of a sense of pride and ownership of our school and our community, based on the needs of our kids so our kids, our schools, our town. My homework assignment's a little incomplete this is probably out of whack the the, um our food service director is out for a while, um we've had extensive interviews the past couple of days, so I do apologize a little bit, but we'll get caught up to speed with this group and hopefully we'll be a better contributing member. And I think the spirit of Hamilton I think that I've been here that we've we've been trying to do is a sense of a culture of excellence. I think this is one more opportunity to you know showcase that, that um from academics, activities and our food service program, that we are we we we build a culture of excellence, so that's really the goal, is to continue to improve and innovate and be a leader in schools of the state. So the projects that I'm aware of and I see Melody Giacomino but I think that's actually Nick out there so I missed something. The two big things in the area that I'd say our food representation is probably, I think we're kind of the apple capital of Montana but if I'm wrong please somebody correct me. Um and we do receive a lot of apples locally and of course I know our food service directors work at the Hamilton packing company for sourcing local uh beef and other products from them, so again incomplete, I know there's probably more, I know we have some other things that maybe have been ongoing in the past that are falling short now. I know we have a community garden um we've experimented with a number of gardens but need to secure something that's probably a much more permanent sustainable, um and figure out how to do that. and that's probably what we're with this group is to better understand how the rest of you are making this happen. I'm actually curious to hear how uh you guys that I heard use Esser two and three funds to get a garden. I'd be very interested in or even using this towards the food service at all. I'd be really curious how that could be done. That's really all I have.

Aubree Roth: Awesome thank you so much. Thank you to all our teams, I know that's a quick introduction and we'll have more opportunities for you all to network and connect with one another at the summer retreat. um so look forward to that maybe make some notes of who to connect with. I'm gonna um blast through um the rest of the content here to give you a sense of where you can find resources and the timeline that we're working with and what are some of your next steps. so I, we have created um a Montana Farm to School Institute school teams resource page. so here in the chat box is the thing that we're looking at um you can get to it with the the web address that I just put in the chat box, and I encourage you to um bookmark that, or if you find yourself like google Montana farm to school institute and you happen to find the main page where you found the application, um you'll scroll all the way down to the bottom, and I just put a little button here, so you can find it easily. So this page is going to

have everything that you need, unless it's something specific to your school like an invoice or something like that. But any of the general um resources and documents, they'll go here, including the document we'll talk about here in a second. The recording for this webinar will go on here, all of the assessments and reporting links will come here, and then information for the summer retreat, this is where we'll put the agenda and other information as well, as we get that information up for you. Um so we're going to look at this timelines and rolls documents. Um hopefully that's big enough for you guys to see. Um so I encourage you, I'm just going to go through some highlights here, but please read this document as you'll see it has the timeline on here, as well as the expectation, whatever the task is like orientation webinar and then we've broken it out with school team roles and then the coach roles. Um so there are some things on here that are not relevant to school team members, like the coach trainings, and there are some things on here that are not relevant for your coaches, so you'll see that um and hopefully this makes sense. But really we want to show especially with that division, is the difference between coaches and school teams. So with your coaches they're like a sports coach, they are there to support your team, they're not there to play the game of farm to school. They are there to support your team in strengthening your team, navigating through challenges, you know facilitating processes, um but they're they're more of a facilitator, not so much someone who's going to problem solve for you. They'll help you your team get through those challenges um and identify the solutions as a team. Um so that's just an important note as you're thinking about working with your coaches. So a few important things that are coming up, um your program fees are due, if you need to pay that in the next fiscal year so July 1st or later please let me know, so I know that your check is on the way um and that I don't need to remind you about it. um that's 400 dollars per team, not per individual. Um and then um over the next few months, you'll need to meet with your coach and preferably in person, show them around your schools, school gardens, whatever you have going on is really ideal, so they can really have a sense of what your program is like and meet your team. Um so that when you all show up at the summer retreat, they're really familiar with you and your program so things can go a little bit more smoothly and they can provide more assistance. Also you'll be doing some pre-assessments and pre-work prior to the summer retreat. we'll talk about that here in a sec. Um and then we'll have the summer retreat in august, um which I'll also go through in more detail. Um then you'll be implementing your action plans that you create at the retreat throughout this school year and you'll be checking in with your coaches um regularly. So monthly approximately, um or every other month, you set up a schedule that's going to work for you and your coach. Um and then the coaches have some calls of their own. And we really want you all to feel like a cohort um so we do have a mid-year gathering that will be a virtual event where you can share how things are going, ideas, challenges. That is an optional event um but then we'll wrap up this year with um an end of year, also a virtual event and that's where each

of you will present um how things went um throughout the year and then um also share your next school year's action plan. Um and then you'll close out this project by completing some post assessments. Um so that is our timeline, please check that document out afterward. Um if you have questions throughout this year, your first point of contact is your coach, so please check in with them, um first unless it's something with your check or something kind of administrative in nature and then I'm your contact there. Those pre and post assessments that I mentioned, you'll do pre-assessments before the summer retreat and then post assessment in may wrapping up the school year. The pre and post assessments will be divided into individual and team assessments, so the individual as the name suggests will be done by each team member on their own. Um and so Val will have some basic information about that team members role, their perceptions of the farm to school engagement and partnerships within the school team, and then um for the pre-assessments it'll include some summer retreat logistics questions, like are you attending the retreat, uh do you have any dietary restrictions, do you need any specific accommodations to be able to attend or be successful at the summer retreat, your learning interests and styles and then if you are requesting any CEUs for the um summer retreat. And then the team is um assessment will is really intended to be done together there will be questions that one person will not know the answer to and that's why you need to do it as a team or kind of farm out those questions to the individuals who can answer those questions. So those will include just some basic questions about your farm to school activities, your total food budget, your spending on local foods, your school gardens, farm to school policies, and your reach. So the staff and community members that are involved as well as the number of children um reached. So with this pre-assessment there will be some information that just gives us a baseline and then with a post assessment it'll be asking throughout this school year. Um when we have those we will email those to you um in June, which is right around the corner um and that will come with instructions on how to complete each of those assessments. So let's talk about the summer retreat, which I'm really excited about. Um this will be an immersive three-day in-person event. I am very much looking forward to getting to spend time with you all and learn about your activities and your challenges and your successes. Um as I said before it will really be focused on action planning, team building, and networking. There will also be some learning components as well. So the retreat starts on August 16th at 10am. Um so if you're starting to think about your travel plans, that's the time that we will start the content, so I would plan on arriving, um 9 a.m./9:30 because we will start at 10 a.m. And then we'll end on Thursday, August 18th around 3p.m. so don't plan on leaving anytime earlier than 3 p.m on August 18th. Um we ask that all team members from your application attend the whole time. Of course that it you know there may be one or two people from your team that are unable to attend the summer retreat, totally fine, please communicate who those folks are. You can tell your coach they'll um let me know and we'll document that so we know who's

who's going to be attending. Um this will include speakers from the Chef Ann foundation Northeast Farm to School institute which is located in Vermont, Farm to School Park County and many others. We're very excited about our lineup of speakers and the content that will be offered. Um and then there will be time for informal team activities, such as hiking, soaking in the hot springs, whatever floats your boat and there will be time for that, so um expect for that that'll give an opportunity for you all to connect. And we'll also have tours of farm to school Park County projects, um so we're really excited to showcase an incredible farm to school initiative and organization that has done amazing work within the Livingston and the Livingston community, as well as the other communities within Park county. Um throughout the Montana Farm to School Institute summer retreat you'll be really working a lot on your action plan. So there's times that will be designated as team time, those are typically working on your action plan. So there will be designated team times um with instructions on like what you should be working on during those times, so that at the end of the three days, your team will walk away with a completed farm to school action plan ready to implement for the 2022 2023 school year, and so that's really what you'll be doing a good chunk of the time. Meals are included, so if whatever the timing works out breakfast, lunch, and dinner. Um and we will be offering CEUs but not college credit. Um and then lodging and travel. So um there's of course you know questions and I and I alluded to this in my email earlier, these are the instructions on how to make your lodging. So we really do expect you to stay at chico hot springs um so that you can have those informal networking and team building moments. And that's kind of the magic that makes the institute happen, um in the Northeast Farm to School Institute, it's located in one spot and everybody stays there, so we encourage you strongly encourage you and ask um for you to do that. Um so I'm gonna go through the instructions. You'll need to make your own reservations at Chico Hot Springs, um and if you've been there um you'll know that they have a variety of lodging from the historic main lodge um with rooms that have shared bathrooms, um to newer cabins all with different amenities and different prices. Um so please follow these instructions. So you will review these two documents I know you can't read them, it's just so you can get a sense of which what the documents uh look like. So we have the room block document and the room types document. These are both on the um the institute school teams resources web page. So the room block document lists the room, that's what's shown here, um that we have in our Montana farm school institute room block. Um the type that's labeled in this column is the code that refers to the different types of rooms, and I'll show you that document here in a second. And so you're going to use that to decode which room is which. And then we have the room number, you'll need to know that when making your reservation, and the check in check out, and the number of nights. We ask that if you don't need four nights, if you're only staying for two nights, the 16th and the 17th, um that you don't need to come before or stay late, um that you try to pick rooms that are closer to that

two nights and allow the people who need the extra travel time to be able to have those um rooms that do have extra nights. If you are a person that you know with your travel plans you need to come the night before um and there's not a room available, it's not necessarily a problem, Livingston is only lodging options, so you could consider that as well or staying somewhere along your route. Um so just considerations there. You look at the room types document, the highlighted ones are what are types of rooms that are included in our room block, um and you'll see the little code, so in the example I used one that was the MSDA code. So this is in the main lodge alcove with one double bed sink and a shared bath, 95 plus tax. I recommend choosing a few room types or a few rooms like three to five um, so that if the room that you wanted isn't available, you'll have a ready one next so you can just make that reservation without having to call back. Once you've selected which rooms that you would like that you're interested in um you will call Chico Hot Springs, I have the number here and you will get these slides so don't worry about frantically jotting these notes down, and they're also on the web page, um and you'll tell them that you are part of the Montana Farm to School room block for August 15 through 19th. You'll make your reservation telling them your check-in and check-out dates, which may be different than the room that you're selecting, and then you'll need to provide a credit card to make that reservation. So we did talk about or in the application we mentioned that we may have funding available to support lodging costs. We currently do not have funding available to cover the lodging costs for all of the teams, and we're still working on that. So um we will first prioritize the teams that requested lodging cost assistance on their application and then move from there. We'll notify you once we know um if we have lodging or assistance funding. Um we will not be able to provide any um travel, other travel assistance such as mileage, per diem, etc, so your teams your schools will have to manage that piece, but we will let you know if we're able to cover that lodging. Um but to reserve your room you will need to have a credit card um to be able to do that. So any questions about that? I know that's kind of a convoluted process um with such a different lodging setup, it's um of course a little complicated, so any questions about the summer retreat or the um lodging instructions? Your next steps are to make sure that your school team has paid their program fee, meet with your coach, so connect with them. I sent out emails a while ago connecting you with your coaches, they will also email you pre-assessments um once you receive the link to go ahead and complete those. You'll need to do that and work together to complete your team assessments and then prepare for the summer retreat. So um we have just a little bit of time, so what I'd like to do is I'm gonna put you each into breakout rooms. Um and just for as an opportunity so you can meet some other folks, I'm going to randomly assign you, so you may or may not be in the room with someone that you already know. But if you can introduce yourself, what team you're on or what your role or organization is, and then one thing you're excited about or one question um that you have. All right welcome back

everyone I hope you met a new person or maybe connected with someone that you haven't seen for a while or that you just enjoy talking to, either way a pleasant conversation. Um so with the time that we have left, we just have a couple minutes here I'll open it up if there's any questions that are remaining that you'd like to ask. So just a reminder to school teams, your first point of contact is your coach or your co-coach um as Nicole is, um so contact your coaches um for any initial questions, um and then you can also reach out to me if you have additional questions. Um and um I look forward um to seeing you at the summer retreat. If you do have changes to your team we need to know that asap to make sure that any people that are on your team that are planning on attending the summer retreat get all the information that they need. So if you have any shuffling around or anything that needs to change, please let your coach know as soon as possible and then we can work with you for that. Also please get right on reserving your rooms at chico so you can get the room that you want, but either way everybody gets to soak so everybody wins um in in the summer retreat. So I hope you all have a great day thank you so much for your time and I look forward to working with you throughout the year.