

## Approach and Management Plan

West County DIGS is requesting \$50,000 to pilot the Dover School Health and Wellness Program serving the Dover Elementary School community.

The Dover Health and Wellness Program has been designed to encourage healthy eating and active lifestyles by increasing opportunities for physical activity/movement, dance and exercise, organic gardening, cooking and health awareness at Dover Elementary School. (Serving 690 students and their families = estimated 1,300 served.) This program also provides an opportunity to hire San Pablo residents to provide the services as well learn the skills for a healthy lifestyle. The pilot program will establish precedents for health and wellness in a school setting that will continue for years to come. With city support, Dover will become a model for Health and Wellness as a Full Service Community School.

Dover Elementary is the largest TK-6 school in the West Contra Costa Unified School District (WCCUSD), with 99% of the students eligible for free or reduced lunch. Dover's student body is: 90% Hispanic, 4% Black, 1% White, 3% Asian, 1% Filipino, 1% Other. 72.2% are English language learners, 9.7% special needs. Due to limited income, most parents are unable to donate to our programs.

We have found that establishing health and wellness programs in school, where kids participate every day and develop daily practices, is a highly effective way to serve San Pablo residents.

Dover Elementary School has increased family participation in the garden through the collaboration of the Parents Club and the Zumba class taught by a Dover mother. The groups have participated in garden clean up days and nutrition education classes. We are requesting funds to expand opportunities for families to participate in before, during and after school activities such as cooking, gardening and movement classes.

The Dover Community Garden has been thriving for the past three years thanks to the support of WC DIGS, but only the upper grade classes have had consistent garden and nutrition education. We are requesting City of San Pablo funds to continue the valuable work at Dover and to expand programing to include teacher garden support, parent and student healthy cooking classes, and movement/exercise programs for students and parents. Funds will also enable Dover School to build community support, develop tailored nutrition curriculum and evaluation methods, support teachers, and engage the whole school in garden nutrition activities.

The overall health and well being in San Pablo will increase as students, teachers and parents of our largest elementary school, engage in healthy active lifestyles practices. Dover will become a model for Health and Wellness as a Full Service Community School.

stories). Our approach to evaluation will incorporate these lessons learned and build upon our ability to identify and measure the most impactful goals and objectives across a diverse age, cultural and multilingual population.

We will simplify data collection to make the most meaning and report impact of the project. It will consist of qualitative and quantitative methods, including surveys, focus groups, interviews, and more informal age-appropriate surveys. (See Appendix for Sample of Surveys)

<b>Program/Project Goal</b>	<b>How will you know or measure if you reach your desired goal?</b>
<b>Goal 1:</b> Improved academic curriculum integration of nutrition education and garden skill-based instruction	Engaged teachers, revised curriculum, teacher feedback (surveys, focus group and/or interviews)
<b>Goal 2:</b> Create a school culture of Healthy Eating Active Living through increased knowledge and awareness among teachers, students and families	Healthy Eating Active Living messages visible on school campus, self-report increased knowledge (surveys), ability to understand nutrition labels
<b>Goal 3:</b> Create opportunities for behavior change among school staff, students and families in relation to healthy eating and physical activity.	Potlucks, events and celebrations have healthy food options and physical activity; self-report increase in weekly physical activity; self-report increase in healthy meals at home & school

## Project Experience

The Dover Health and Wellness Program is building upon a wealth of experience from both West County DIGS and the professional work of Tony Ramirez.

DIGS has a ten year track record of working with funders and community leaders to develop garden and health awareness programs in WCCUSD. With support from Kaiser Permanente, DIGS made monumental progress by targeting one school, Mira Vista, developing tailored nutrition curriculum and evaluation methods, supporting teachers, engaging the whole school in garden nutrition activities and building community support. Teachers developed and implemented effective curriculum, increased participation of students, families and staff in garden programs, collaborated with the district and many agencies to maximize efforts, and developed



methods to evaluate our success. The outcome was a dramatic increase in student preferences for fruits and vegetables, increased community support, and bushels of vegetables and fruits grown. Dover School will take advantage of Mira Vista's resources through workshops, accessing a garden and nutrition resource library and on-line curriculum, and by collaborating with other district schools to build garden programs.

The DIGS Health and Wellness momentum started at Mira Vista will target Lincoln School next year, with an approved City of Richmond, ECIA grant and will support Dover, with City of San Pablo Funds, if approved.

Through DIGS, Dover Elementary started the Healthy Person/Healthy Planet program. Students learned organic gardening practices and worked in the garden. Students participated in the parent/student cooking classes during their lunch recess.

Last spring Mr. Ramirez assisted the Playworks coach with the Dover Running Club. The training was held after school once a week starting in March, culminating with an organized 5k run called the Aztec Scholarship Run in May around Oakland's Lake Merritt. Meeting with the organizers of the run from the Spanish Speaking Citizens Foundation in Oakland, Tony secured sponsorship for twenty parent and student registrations.

Tony teaches garden and nutrition education to all 4th, 5th and 6th grade students. They receive fifty minutes of instruction once a week. Last year he taught 300 students which included one first grade class. Students participated in preparing the soil, seed saving, harvesting, and food tasting. They learned about the health benefits of eating fresh produce, and many tried vegetables from the Dover Community Garden for the first time.

## Proposed Scope of Services

DIGS will work in partnership with Dover Elementary School leadership, teachers, parents/caregivers and students. The proposed scope of services is designed to meet the City of San Pablo Funding Priorities:

1. Increasing Physical Activity Levels

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2. Increasing Access to healthy foods and beverages and limiting access to unhealthy foods and beverages

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3. Changing Messages about nutrition and physical activity, including limiting marketing of junk food to children

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4. Improving nutrition and physical activity in schools

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The Project plans to serve an estimated 1,300 residents by offering programs school-wide in the Dover community. Our aim is to instill healthy and active lifestyle values that will become lifelong practices both for individuals and the school community.

The Project Goals described above, are restated below, and align to the following service activities:

## **Description of Programs**

***Goal 1: Improved academic curriculum integration of nutrition education and garden skill-based instruction***

### **Teacher Professional Development & Curriculum Development**

*Target Audience:* School Teachers (30)

*Description:* This year's plan is to increase garden education at Dover Elementary by offering opportunities to all the grade levels to participate. This will be accomplished by providing six professional development workshops every other month open to all teachers and staff. By participating, teachers and staff will have access to garden curriculum as well as adult support when teacher's take their class to the garden. DIGS will provide tailored coaching and mentoring to 6 - 8 Dover teachers paired with community leaders in garden skills and curriculum instruction to gain the skills necessary to build and maintain a robust school garden education program. Professional Development workshops will consist of topics and that will help teachers plan and teach a lesson in the garden, such as how to manage a class in the garden to how plants grow. DIGS and the UC Master Gardeners of Contra Costa County will conduct workshops.

*Schedule:* 1.5 hr. workshops in Aug., Oct., Dec., Feb, Mar., May 2019

*Evaluation:* survey, focus group and/or interviews

*Funding Priorities:* #2, #3 & #4

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### **Garden Keepers Workgroup**

*Target Audience:* Teachers, Parents/Caregivers and Senior Center participants

*Description:* Multidisciplinary group committed to enhancing nutrition and gardening leadership within the school community. Teachers committed to teach garden curriculum will co-create and help organize various Health and Wellness events throughout the school year alongside skilled and emerging gardeners in the community. They will also receive garden lesson modeling when taking their classes to the garden.

*Schedule:* TBD

*Evaluation:* Focus Group

*Funding Priority:* #3

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**Goal 2:** *Create a school culture of Healthy Eating Active Living through increased knowledge and awareness among teachers, students and families*

### **Parent & Student Healthy Cooking Classes**

*Target Audience:* Parents and Students

*Description:* Parent and Student Healthy Cooking Classes will be offered once a month. In collaboration with Fresh Approach, Dover will host eight nutrition education classes for parents four in Spanish and four in English starting in March of 2019

*Schedule:* Monthly September through May 2019

*Evaluation:* Post-survey

*Funding Priorities:* #2 & #3

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### **Hands on Garden Instruction**

*Target Audience:* Upper Grade Students 4th, 5th and 6th

*Description:* Conduct garden lessons for 300 students in 9 classrooms at Dover School based on Next Generation Science Standards, district Health and Wellness goals, and the City of San Pablo's health initiatives.

*Schedule:* Once a week fifty minutes August-June 2019

*Evaluation:* Lesson Quiz or Test Results

*Funding Priorities:* #2

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### **Schoolwide Campaign**

*Target Audience:* Schoolwide students, teachers, parents/caregivers

*Description:* Teachers, student leaders co-create and organize Healthy Eating Active Living schoolwide campaign and messages. Reach full student body of 690 students and their families with monthly Healthy themes.

*Schedule:* Monthly October through May 2019

*Evaluation:* Visible messages around school of the campaign

*Funding Priorities:* #2 & #3

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**Goal 3:** *Create opportunities for behavior change among school staff, students and families in relation to healthy eating and physical activity.*

### **Dover Garden Care**

*Target Audience:* 1st- 6th grade students

*Description:* Plant, grow and harvest vegetable and fruit crops to use for food preparation and tastings. Learn how to amend soil and create compost. Understand how to use garden tools correctly for various task.

*Schedule:* Two days per week August-June 2019

*Evaluation:* focus group

*Funding Priorities:* #2 & #4

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### **Student Garden Leadership Club**

*Target Audience:* 3rd – 6th grade students

*Description:* Enhance the Dover Community Garden Leadership Club that will meet twice a month to learn garden skills, plan events, and promote the Dover Community Garden. Co-create and participate in schoolwide campaign activities

*Schedule:* Two times per month September-May 2019

*Evaluation:* focus group

*Funding Priorities:* #3

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### **Zumba dance classes**

*Target Audience:* Parents/caregivers

*Description:* To promote active living, Dover parents will have an opportunity to participate in Zumba classes during the school day. Students will be able to participate during their recess times as well as afterschool.

*Schedule:* One hour daily August-June 2019

*Evaluation:* Post-Survey

*Funding Priorities:* #1 & #4

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### **Dover Running Club K-6th**

*Target Audience:* Students

*Description:* Expand Dover Running Club for all grade levels, in collaboration with Playworks, to include two training cycles: Fall 2018 and Spring 2019.

*Fall 2018:* August – October culminating with a 5K run. Students and parents will be able to participate in the Reach Ashland Youth Center's 5K Family Fun Run/Walk on October 13, 2019 in San Leandro

*Spring 2019:* March – May training with the goal of running in the Aztec Scholarship Family Fun Run around Lake Merritt in Oakland May 6th, 2019

*Schedule:* Once a week Fall 2018 and Spring 2018

*Evaluation:* Attendance and completion of 5K runs

*Funding Priorities:* #1 & #4

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### **Early Bird Exercise Class**

*Target Audience:* Students 1st-6th grade

*Description:* Students will be able to participate in a six -week early bird movement class conducted twice a week beginning at 7am. The class will be an hour long with fifteen minutes of health coaching, and forty-five minutes of exercise. Students will be introduced to several exercise disciplines ranging from High Intensity Interval Training (HIIT), martial arts, yoga, Afro-Cuban dance, resistance training and aerobic training, all geared to develop interest in students in these disciplines. Guest instructors will be invited to teach a class.