

Dover Elementary school has hosted several family engagement opportunities linked to nutrition, health, and wellness. Some examples include nutrition education, gardening, vegetables and fruit distribution, zumba and exercise group, Multicultural Health Fair, and more. In the academic school year 2017-2018, 34 Dover parents successfully completed a 7-week program named "Eating Smart & Being Active," a UC Berkeley Extension curriculum. The program teaches healthier cooking alternatives and snacking, and shares the importance of being active. Participants created a healthy goal and plan including both eating habits and physical activities. Additionally, Dover hosted 35 Farmer Market Distributions the last academic school year 2017/2018 through a partnership with Contra Costa & Solano Food Bank. The Farmer's Market is a weekly fresh fruit and vegetable distribution (food items vary) free to the Dover families and community. The distribution happened every Tuesday from September 2017 to June 2018. The Farmers Market is supported by a collaboration of Dover's School Community Outreach Liaison, Beacon Director and family volunteers, and ELP coordinator. The Farmers Market extended to after school program by hosting a separate distribution for these families during Extended Learning Program pick up.

E.M. Downer Elementary school has a group of parent volunteers that hosted a 8 -week cooking class to promote healthy eating. The class participants received recipes to make at home and sample meals. The goal was to highlight the importance of cooking healthier meals that contain fresh ingredients, such as fruits and vegetables. Participants were encouraged to utilize the weekly Pony Express donations at the school to support fresh food options. At the Friday parent meeting, the Latina Center hosted a workshop with an emphasis on the negative impacts of sugar, sodium, and undetected food toxins. The workshop consisted of healthy versus unhealthy food choice samples, in-depth food label interpretation, food pyramid overview, and literature distribution. As a school community, the school meets on the playground before class to participate in morning movement. This activity is designed to encourage the importance of daily exercise. After morning movement, Downer has a group of parents that run a Zumba class 5 days a week, with classrooms participating on a rotational basis.

The Extended Learning Programs at both Dover and Downer Elementary Schools include organized games physical activities such as sports games, and the Playworks coaches engage young people in lunchtime activities. In addition, those after school programs integrate social-emotional frameworks consonant with the 40 Developmental Assets and restorative practices that are so important to successful emotional wellness and growth.

**Proposed Scope of Services**—Depicted below is detailed information on the health and wellness activities we propose to provide, along with budget costs, at each school:

#### **Helms Middle School**

<b>Program</b>	<b>Total Amount</b>	<b>Program Description</b>
After School Yoga	\$3,750.00	Nigora Institute

		30 weeks for 1 hour \$125.00 an Hour Open to All San Pablo families youth 11-16  <b>Goal</b> to reach 40 students who attend at least 10 or sessions
Family Kickboxing	\$3,750.00	<b>KickSmart</b> 30 Weeks for 1 hour \$125.00 an Hour  <b>Goal</b> is to reach 45 youth and 45 adults who live in San Pablo and will attend 10 or more sessions
Lunchtime Sports League	\$4,500.00	<b>BACR</b> ELP Group Leader & Beacon Director Assistant 30 weeks 2 staff 2 days a week  240 Total Hours  <b>Goal</b> is to reach 100 Helms students in the 2018-2019 school year
Cooking Class Parents	\$4,800.00	<b>18 Reasons</b> 6 weeks 2 - hour sessions 2,400 per semester Families take home a bag of groceries Offered Twice: Semester One and Semester Two PM open to SP Community  <b>Goal</b> is to reach 24 Families; 12 in AM class and 12 in PM class
After School Student Cooking Class	\$1,800.00	<b>18 Reasons</b> 6 weeks 1.5 hour sessions <b>Goal</b> is to reach 15 students
Equipment Sports League	\$3,000.00	Basketballs Footballs Soccer Volleyball

		Cones T Shirts Incentives
Yoga Mats	\$400.00	20 Yoga Mats
<b>Total</b>	<b>\$22,000</b>	

#### **Dover Elementary School**

<b>Program</b>	<b>Total Amount</b>	<b>Program Description</b>
After School Yoga	\$3,750.00	<b>Nigora Institute</b> 30 weeks for 1 hour \$125.00 an hour  <b>Goal is to reach 60 students: 20 students per marking period</b>
After School Kickboxing	\$3,750.00	<b>KickSmart</b> 30 Weeks for 1 hour \$125.00 an Hour  <b>Goal is to reach reach 60 students: 20 students per marking period</b>
Yoga Mats	\$400.00	20 Yoga Mats
<b>Total</b>	<b>\$7,900.00</b>	

#### **Downer Elementary School**

<b>Program</b>	<b>Total Amount</b>	<b>Program Description</b>
After School Yoga	\$3,750.00	<b>Nigora Institute</b> 30 weeks for 1 hour \$125.00 an Hour Open to All San Pablo families youth 11-16  <b>Goal is to reach 60 students: 20 students per marking period</b>
After School Kickboxing	\$3,750.00	<b>KickSmart</b> 30 Weeks for 1 hour \$125.00 an Hour

		<b>Goal</b> is to reach reach 60 students: 20 students per marking period
Cooking Class Parents	\$2,400.00	<b>18 Reasons</b> 6 weeks 2 - hour sessions 2,400 per semester Families take home a bag of groceries <b>Goal</b> is to reach 12 caregivers
After School Student Cooking Class	\$1,800.00	<b>18 Reasons</b> 6 weeks 1.5 hour sessions <b>Goal</b> is to reach 12 students
Yoga Mats	\$400.00	20 Yoga Mats
<b>Total</b>	<b>\$12,100.00</b>	

Niroga after school enrichment classes at each school: *Dynamic Mindfulness* classes on mats. Classes address physical fitness by improving balance, flexibility, and strength, while also providing tools to deal with stress and trauma, self-control and academic achievement. These one-hour dynamic mindfulness sessions allow time on specific poses, movements, extension activities, and group interaction. Typically yoga mats and props are used. These Niroga sessions are led by a Niroga Yoga Corps teacher.

The KickSmart Kickbox sessions are one-hour long and include:

- Covering safety measures and our non-violent stance.
- Guided mindfulness session and check-in. Here, students are asked to reflect on their current emotions. Through deep breathing, students are also encouraged to mentally prepare themselves for intense exercise, developing confidence that they can be successful and complete the session.
- The core of the session consists of high-paced kickboxing pad-work routines combined with circuit training. Students perform routines at their own pace while the coach provides encouragement for each challenge. There is no direct competition among students, just personal goal-setting – in KickSmart, finishing the workout is winning.
- At the end of the workout, the coach will lead a synchronized group exercise. Once students have reached their peak cardiac performance, the KickSmart Coach leads a second mindful check-in, encouraging personal reflection. As the class relaxes, here's where the magic happens — students are asked to compare their mindset to that of their first mindfulness session. This solidifies the understanding that exercise does in fact benefit one's state of mind. As the session wraps up, students are encouraged to carry this relaxed, peaceful state into their next activity, whether in a classroom setting or with family at home.

Cooking Matters, a program of 18 Reasons, will be providing two cooking and nutrition elements to our programming: a parent cooking class (2 hour class per week) and a student cooking class (1.5 hours per week).

The Cooking Matters staff member will provide all the food, cooking equipment, and curriculum materials to each class. Each class includes an interactive nutrition discussion and a hands-on cooking lesson. Lessons emphasize the nutritional importance of fruits and vegetables, creative and delicious ways to incorporate them into familiar recipes, and strategies for helping children try new foods and enjoy cooking and eating with their family. At the end of every class, adult and family participants take home a bag of fresh fruits and vegetables to make that week's recipes at home. The student classes focus on easy-to-prepare healthy meals that youth can easily master in their homes. 18 Reasons collects pre- and post-survey data showing that graduates cook more at home, eat more vegetables, drink less soda, and save money at the grocery store.

As mentioned earlier, lunchtime activities at Helms will provide competition in an intramural sport league which could include soccer, flag football, field events, volleyball and/or basketball. All the leagues will be coed and female students will be encouraged to participate, for some sports there a minimum number of female players per team. The intramural league will not run the same sports as ELP in a effort to get more students involved in physical activities. We will also have a BACR ELP Group Leader support the activities to ensure the safety of all participants. Students who participate will get an extra 30 minutes of physical activity twice a week. Helms has run a similar program over the last two years. To recognize the hard work of the students, each quarter a youth female and male from each grade will be given a fitness award for their efforts in PE and beyond. T-shirts are given to the winning team of each grade level. The T- Shirts can display the City of San Pablo logo and be worn as part of the PE uniform. In the beginning of the year, the Beacon Director will take a two- day lunchtime survey to include student voice to reflect which sports students would like to see offered at lunch.

### **Determining Program Success**

We will evaluate the success of our program at each school through quantitative attendance measures, recorded in CitySpan. In additional, we will measure qualitative outcomes through a Post-only Survey (see below) given to both youth and adult participants. We propose to reach about 350 unduplicated youth and 80 parents across the three sites.

### **Measurable Outcomes**

1. 80% of participants will report an increase in physical activity.
2. 80% of cooking class participants will make an effort to increase the amount of nutritious foods they consume.
3. 80% of participants will agree or strongly agree that having activities at a school site was essential to their participation.

### **Sample Surveys to be used for program evaluation**

#### **Physical Activities Sample Questions**