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# AFTER SCHOOL PROGRAM 2012-2013 REPORT



GET ACTIVE!

CHANGE THE GAME!

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# AFTER SCHOOL PROGRAM 2012-2013 REPORT



*Neag graduate student Amy explains that broccoli contains fiber, the theme of the nutrition and science joint lesson*

## 2012-2013 REPORT

### Overview

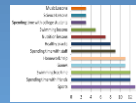


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*Get Active!  
Change the Game!*

## What is the After School Program?

The After School Program serves over 60 Hartford Public School students, 2<sup>nd</sup> – 6<sup>th</sup> graders from John C. Clark and Fred D. Wish Schools, providing homework help, enrichment in math, science, reading and writing, structured physical activity, swimming, free

play, and education in nutrition, life skills, and healthy lifestyle habits. Continuing to build upon collaborative relationships between Husky Sport and the people and partners of the North End, the After School Program aligns with the practices and objectives of Hartford and UCONN stakeholders.

## 2012-2013 in Perspective

For the first time in three years, students from Fred D. Wish School were invited to participate, alongside students from Clark school, doubling the student population. The After School Program started in early September with over 100 students enrolled.

Utilizing input from principals, teachers, students, and family members of Clark and Wish School, as well as staff members of the Parker Memorial Center and Husky Sport, Program Leaders Cassandra Coble and Graham DeAngelis coordinated daily programming full of fun and entertaining ways to support achievement and student growth at school, during after school and in life.



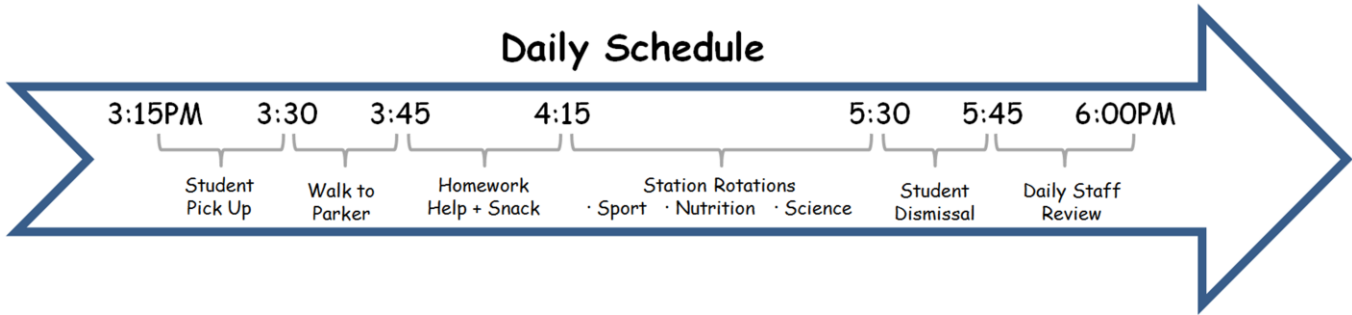
*After School coordinator Graham distributes prizes to program participants*



*Graduate student Isabela crafts My Plate collages with children during a nutrition lesson*

Husky Sport nutrition education and physical activity practitioners, Neag School of Education graduate student science teachers, and Parker staff and swimming lifeguards/instructors worked together each day to implement a 'Sport Based Youth Development' curriculum and share positive messages related to Husky Sport's pillars of nutrition, physical activity, life skills, and academic achievement.

### Daily Schedule



### Curriculum and Activities

#### Physical Activity

- Dodgeball
- Soccer
- Basketball



#### Swimming

- Above/Below Water Lessons
- Stroke Practices and Relay Races
- Water Basketball

#### Nutrition

- My Plate - Team Collage Building
- Relay Races for Healthy Competition
- Jigsaw Puzzle Scavenger Hunt



#### Science

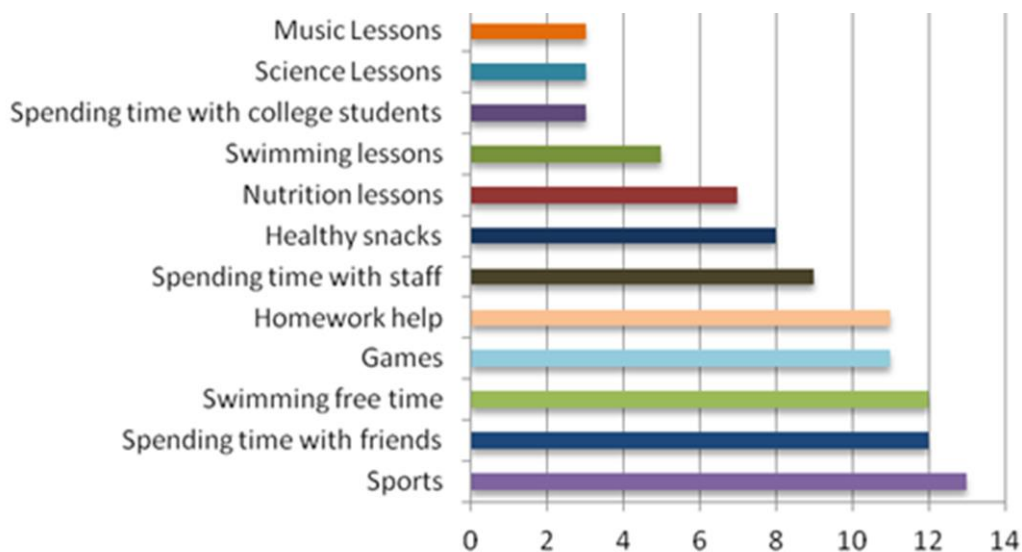
- 'Homemade Ice Cream'
- 'We're All Scientists'
- 'Our Own Skeletal System'

## 2012-2013 Assessment

The voices of all involved stakeholders are essential to the continued improvement of all Husky Sport related partnerships and programming. Each year, the leaders of the After School Program look to communicate with participants and supporters, gather feedback, and build upon key input so to evaluate past practices and then implement positive adjustments for future efforts. In order to ensure that all voices are heard and the collaborative program moves forward in the direction that will most benefit connected community members, Husky Sport employs a multi-pronged evaluation protocol that includes surveys with adult family members, focus groups with students, and on-going written and discussed evaluations with UCONN staff and students.

### Family Survey

At the end of the fall and spring academic semesters, surveys were distributed to adult family members of the participating students in the After School program. Eighteen completed surveys were returned for a nearly 40% response rate of adult family member caregivers of the students still regularly attending the program at year's end. Families were asked to indicate which activities or aspects of the Husky Sport program their children talk to them about the most.



## Nutrition Education Part of Home Life

With just under 90% (16 out of 18) of adult family members indicating that their child asks them to make a healthy snack at least once per week, we were encouraged to find that many students and family members also speak to each other about “My Plate” and “Husky Sport Nutrition” while at home;

66.7% (12 out of 18) said that their child discusses “My Plate” at least once a week.

66.7% (12 out of 18) said that their child discusses lessons from “Husky Sport Nutrition” at least once a week.

## Families AGREE

Involvement in the Husky Sport After School Program has helped my child to; \*

- Be more confident in self
- Work harder in school
- Help out more around the house
- Talk to me more about eating healthy
- Actually eat more healthy snacks at home
- Talk to me more about playing sports/games
- Actually play more sports/games
- Be more friendly to family members
- Make a new friend
- Want to help people
- Value being a leader among younger family members
- Talk to me about going to college \*\*

\*Adult family members completed a survey in which they either AGREED STRONGLY (1), AGREED (2), DISAGREED (3), or DISAGREED STRONGLY (4) with the listed statements. The responses of every adult family member fell within the range of STRONGLY AGREE(1) - AGREE(2), indicating that Husky Sport’s After School Program positively impacted their child in the above ways.

\*\* Possible outcomes chosen from mixture of SBYD principles found at [www.up2us.org](http://www.up2us.org) and additional citations: Bruening, Dover & Clark, 2009; Perkins & Noam, 2007; Pittman, et al., 2002; National Institute on Out-of-School Time at Wellesley College Center for Research on Women, Harvard Family Research Project After School Program Quality Assessment Categories of Standards, DC Standards for Out-of-School Time, The Community Network for Youth Development’s Youth Development Framework for Practice, Team Up For Youth’s Building Blocks for Quality Youth Sports.

## Adult Family Member Engagement

Feedback from the surveys also indicated that adult family members valued our various efforts for positive engagement;

- Phone calls home for periodic check-ins with adult family members
- In-person discussions during end of program pick-up time
- Monthly newsletter of past and future activities
- Field trips with family members as chaperones
- Family Day at Parker with activities for students, staff and families

## Student Focus Groups

The experiences of student participants are integral to the overall successes of the After School Program, as is their voice in the evaluation process. Following the completion of the program in spring 2013, three student focus groups were conducted. Each focus group took between 30-45 minutes, with a minimum of 3 and maximum of 4 student participants in each group. Grades 2<sup>nd</sup>-6<sup>th</sup> were represented from both Clark and Wish schools'. The following are a few of the primary themes developed from the feedback:

### Swimming is Popular (Surprise! Surprise!)

- "I like the pool a lot because I can swim and play basketball. And I play with [Husky Spot staff] a lot. I like playing with [Husky Spot staff]." 2<sup>nd</sup> Grader
- "I like to swim because I passed the test and because [Husky Spot staff] teaches us things." 5<sup>th</sup> Grader
- "I feel great. And I loved swimming." 3<sup>rd</sup> Grader



Got hugs from everyone I met today & people remembered me from 2 weeks ago.

- UCONN undergraduate

### Relationship Building

- “That’s what [Husky Sport staff] used to tell us, ‘You got any problems...or you feeling down, like you can always come talk to me.’ I felt comfortable with her saying that to me and I felt safe around Husky Sport people.” 6<sup>th</sup> Grader
- “My favorite, favorite thing was, when everybody was together playing.” 3<sup>rd</sup> Grader
- “I liked when we got to meet a lot of Husky Sport people and made a lot of friends. That was nice and everybody was being nice.” 3<sup>rd</sup> Grader



The kids open up so quickly and are extremely friendly. The teachers helped make the pick up much easier.

- UCONN undergraduate

### Healthy Lifestyles

- “They teach us how to play... how to eat right... to [be] healthy.” 5<sup>th</sup> Grader
- “My favorite thing at Parker was... nutrition... explain to us about how important our health [is].” 6<sup>th</sup> Grader
- “I was like, how [could a] little chicken nugget like that contain that much fat?” 6<sup>th</sup> Grader



The kids were enthusiastic about anything involving competition so the nutrition game was extremely effective.

- UCONN undergraduate



# Terrific Year

## Strategically Moving Forward

Throughout the 2012-2013 school year we found that the youth and college students greatly enjoyed the consistent building of positive relationships with one another. Evaluation feedback indicated that most everyone favored interactive curriculum lessons related to physical activity and healthy nutrition, especially when lessons learned at the after school program were able to be incorporated into the children's experiences at school and at home. Continuing our tradition of working together with our valued partners, Husky Sport vows to be even better next year.

We'll continue to...

- co-plan curriculum and schedules alongside school and community leaders
- communicate with families through newsletters, home calls, during pick-up time
- empower staff and volunteers through professional development workshops
- grow scientific explorers through partnership w/ Dr. Settlege and Neag Teachers

We'll build upon our successes by increasing specific capacities related to...

- swimming - adding more instructors, lifeguards, and college students in the pool
- snacks - more replication at home in which all family members will enjoy
- homework help - monthly teacher meetings to better align with class assignments
- guest presentations - invite more experts on health, physical activity, and the arts

We look forward to seeing everyone again next year as we enter our 10<sup>th</sup> year as a community-campus partnership within the City of Hartford and UCONN communities!

