

IN SCHOOL PROGRAM 2014-2015 REPORT



GET ACTIVE!

CHANGE THE GAME!



Husky Sport
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IN SCHOOL PROGRAM



2014-2015 REPORT

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*Get Active!
Change the Game!*

Program Overview

The In School program, offered as an enrichment period similar to physical education, music, or art, served nearly 250 Hartford Public School students at John C. Clark Elementary and Middle School during the 2014-2015 school year. Clark School’s K–6th and ABA students took part in weekly 45 minute classes with Husky Sport. Students and teachers from the 16 different classes joined with UCONN staff and student-volunteers to engage in a sport based youth development (SBYD) curriculum that included nutrition education and healthy food tastings, structured physical activities, interactive life skill building exercises and literacy skill building challenges.

PROGRAM SCOPE

A true strength of the program is the participation of all teachers, as well as the built-in attendance of the students as part of their weekly classroom schedule. Consistent engagement and the shared culture of the Husky Sport classroom and curriculum has allowed for the In School Program to become integrated into the fabric of Clark School. Continuing to build upon the established Hartford and UCONN collaborative relationships, Husky Sport's In School Program Leaders coordinated fun and entertaining lessons that supported achievement as well as student growth. The development of such lessons was achieved by co-planning schedules and curricula, which was purposely aligned with the practices and objectives of the Clark School community as identified by lead school staff, teachers and students.

New this year, Husky Sport Program Leaders were divided into four grade level teams in order to best create SBYD curricula that fit students' grade levels, classroom culture and social capabilities. Each team, team Kindergarten-2nd, team 3rd & 4th, team 5th & 6th and team ABA, lead the charge in the creation of lessons for their students and the regular contact with teachers and staff to assure that students are being supported in these lessons.

Due to chemical contamination, Clark School was evacuated mid-school year and displaced into 3 local schools. Grades K-3 were placed at Fred D. Wish Museum School (red), grades 4-8 were placed at Journalism Media Academy (blue), and ABA students were placed at Waverly School (green). With Clark students changing schools, Husky Sport followed with continued programming and support. Below is the Husky Sport weekly scheduling for our In School program following modifications due to the mid-year displacement:

	Monday	Tuesday	Wednesday	Thursday
8:30-9:15		VanderSloot (4)		
9:20-10:00	Mollica (1)	Daly (4)		
10:10-10:55	Butler (K)			
11:20-12:05	Peterson (2)			
11:55-12:40				Satchell (1)
12:50-1:30		Erickson (3)		Mullings (2) Haaland (ABA)
1:35-2:15	DeGroff (5)	Borofsky (3) Hunt (ABA)	Wheeler (6)	Douglas (K)
2:20-3:05	Maher (5)		Granado (6)	

GRADE LEVEL TEAMS



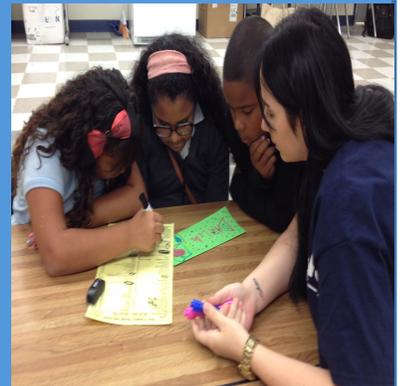
Grades K - 2nd
Leah Ward
& Joshua Rosa-Sanchez



Grades 3rd & 4th
Cassandra 'Cassie' Therriault
& Isaiah Jacobs



Grades 5th & 6th
Mariam 'Wura' Olusekun
& Amanda 'Rae' McLean



ABA Classes
Patricia Bellamy



DAILY OVERVIEW

CYCLE THEMES

	Nutrition Education	Physical Activity	Academic Enrichment	Life Skills
Cycle One	My Plate	Being Active	Reading All Around	Awareness
Cycle Two	Drink Choices	Dodgeball	Student Choice	Positive Choices
Cycle Three	Vegetables & Fruit	Minute-To-Win-It	Community Reading	Teamwork
Cycle Four	Grains	Dance	Story Sequence	Active Participation
Cycle Five	Protein	Volleyball	Non-Fiction	Healthy Friendships
Cycle Six	Dairy	Yoga	Character Emotions	Conflict Resolutions
Cycle Seven	My Plate	Olympics	Poetry	Sportsmanship

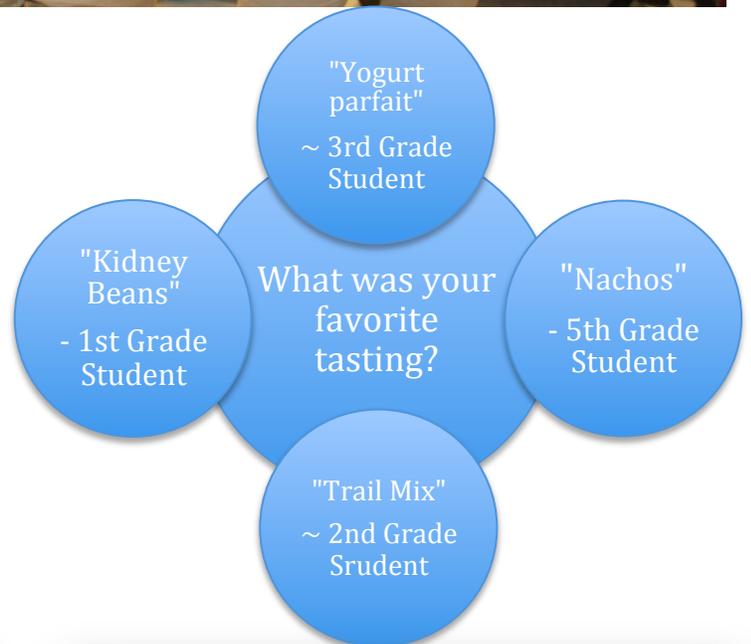
MODEL LESSON PLAN OVERVIEW

Memorable Mottos: Together Everyone Achieves More!	
Themes: My Plate --- Being Active --- Reading All around --- Awareness	
Schedule Overview	Time
Welcome: (prior to entering the room) <ul style="list-style-type: none"> Approach: Greet students at the door and invite students inside in small groups. 	As needed
Introduction/Do Now Activity: <ul style="list-style-type: none"> Objective: Increase energy and physical activity engagement Activity: Warm Up Exercises – Randomly select three students to lead in their choice of exercise – 10 reps or 15 seconds of each exercise 	5 minutes
Physical Activity & Life Skill: <ul style="list-style-type: none"> Objective: Develop cooperation and creative thinking skills with movement through awareness of the room and the foods we have learned thus far Activity: Chef’s Plate 	25 minutes
Nutrition: <ul style="list-style-type: none"> Objective: Increase students’ awareness of healthy My Plate meal options Activity: My Plate Scavenger Hunt 	15 minutes
Review and Dismissal: <ul style="list-style-type: none"> Approach: Review lesson through “group share” activity – student groups discuss what they learned then 1 person/group shares out to class. Reward stars earned for the day; select one student to put the star on the chart 	5 minutes

HEALTHY TASTINGS



As part of our In School Program, once a month students receive a healthy tasting that is aligned with the current cycle theme. Program leaders and Husky Sport staff work together to prepare fun and easy-to-make tastings for every student to enjoy during the program. Every tasting is created with ingredients that can be found in the Hartford North End community. Each tasting is accompanied with a Husky Sport recipe card for students and their families to prepare at home. Below is a sample recipe card and tasting.





Husky Sport Tasty Nachos

Ingredients

- 1 cup of whole grain tortilla chips
- ¼ cup of red kidney beans
- ¼ cup of shredded low-fat cheese
- ¼ cup of diced tomatoes
- ¼ cup of diced peppers

Directions

Place ingredients on tortilla chips,
Heat in microwave until warm,
Serve and enjoy!



HUSKY SPORT



TESTIMONIALS

Student Thoughts:

"You get us up and energized instead of being a couch potato"
~ 3rd Grade Student

"the healthy snacks"
~ 1st Grade Student

What's one thing you like about Husky Sport?

"I like when we do relay races"
~ 5th Grade Student

"I like when we play sports"
~ 3rd Grade Student

Teacher Thoughts:

One morning during breakfast the students began looking at the contents of each food. They were able to state whether something had too much sugar and therefore was a red, yellow, or green food. The nutrition program has helped them become aware of what they are eating and what they should choose. The My Plate component is extremely valuable!!! Keep up the good work. - Clark Teacher

I have seen the Husky Sport staff link what we are doing and its importance to later in life. The lessons this year were well planned and executed, the kids really understood the purpose of each lesson. They use a lot of the same language we use in our classroom. - Clark Teacher



LOOKING AHEAD

- + Husky Sport will continue with Grade Level teams lead by program leaders.
- + Husky Sport will continue to offer fun and engaging lessons that utilize the divide and engage technique that gets all students and volunteers involved in each lesson.
- + Husky Sport will include PBIS strategies in alignment with Clark School culture as part of our overall behavior management system.
- + Husky Sport will continue to provide opportunities for student and teacher feedback, as a method of bettering the In School program.



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