

## PART I - FACE SHEET

<b>APPLICATION FOR FEDERAL ASSISTANCE</b>		1. TYPE OF SUBMISSION: Application <input checked="" type="checkbox"/> Non-Construction	
Modified Standard Form 424 (Rev.02/07 to confirm to the Corporation's eGrants System)			
2a. DATE SUBMITTED TO CORPORATION FOR NATIONAL AND COMMUNITY SERVICE (CNCS):		3. DATE RECEIVED BY STATE:  20-JAN-11	STATE APPLICATION IDENTIFIER:
2b. APPLICATION ID:  11AC124298		4. DATE RECEIVED BY FEDERAL AGENCY:	FEDERAL IDENTIFIER:  09ACHCA0010002
<b>5. APPLICATION INFORMATION</b>			
LEGAL NAME: City of Sacramento - START  DUNS NUMBER:		NAME AND CONTACT INFORMATION FOR PROJECT DIRECTOR OR OTHER PERSON TO BE CONTACTED ON MATTERS INVOLVING THIS APPLICATION (give area codes):  NAME: Brian Fitzgerald  TELEPHONE NUMBER: (916) 808-6196  FAX NUMBER: (916) 808-1214  INTERNET E-MAIL ADDRESS: bfitzgerald@cityofsacramento.org	
ADDRESS (give street address, city, state, zip code and county): 5735 47th Ave Sacramento CA 95824 - 4528 County:			
6. EMPLOYER IDENTIFICATION NUMBER (EIN):  946000410		7. TYPE OF APPLICANT: 7a. Local Government - Municipal  7b. Local Government, Municipal	
8. TYPE OF APPLICATION (Check appropriate box).  <input type="checkbox"/> NEW <input type="checkbox"/> NEW/PREVIOUS GRANTEE <input checked="" type="checkbox"/> CONTINUATION <input type="checkbox"/> AMENDMENT If Amendment, enter appropriate letter(s) in box(es): <input type="text"/> <input type="text"/>  A. AUGMENTATION        B. BUDGET REVISION  C. NO COST EXTENSION    D. OTHER (specify below):		9. NAME OF FEDERAL AGENCY: <b>Corporation for National and Community Service</b>	
10a. CATALOG OF FEDERAL DOMESTIC ASSISTANCE NUMBER:94.006 10b. TITLE: AmeriCorps State		11.a. DESCRIPTIVE TITLE OF APPLICANT'S PROJECT:  Get Fit Now!	
12. AREAS AFFECTED BY PROJECT (List Cities, Counties, States, etc):  County of Sacramento, City of Sacramento, City of Elk Grove, City of North Highlands, City of Rio Linda		11.b. CNCS PROGRAM INITIATIVE (IF ANY):	
13. PROPOSED PROJECT: START DATE: 09/06/11      END DATE: 06/16/12		14. CONGRESSIONAL DISTRICT OF: a.Applicant <input type="text" value="CA 005"/> b.Program <input type="text" value="CA 005"/>	
15. ESTIMATED FUNDING: Year #: <input type="text" value="3"/>		16. IS APPLICATION SUBJECT TO REVIEW BY STATE EXECUTIVE ORDER 12372 PROCESS?	
a. FEDERAL	\$ 650,740.00	<input type="checkbox"/> YES. THIS PREAPPLICATION/APPLICATION WAS MADE AVAILABLE TO THE STATE EXECUTIVE ORDER 12372 PROCESS FOR REVIEW ON:  DATE:  <input checked="" type="checkbox"/> NO. PROGRAM IS NOT COVERED BY E.O. 12372	
b. APPLICANT	\$ 2,029,333.00		
c. STATE	\$ 0.00		
d. LOCAL	\$ 0.00		
e. OTHER	\$ 0.00		
f. PROGRAM INCOME	\$ 0.00		
g. TOTAL	\$ 2,680,073.00		
17. IS THE APPLICANT DELINQUENT ON ANY FEDERAL DEBT? <input type="checkbox"/> YES if "Yes," attach an explanation. <input checked="" type="checkbox"/> NO			
18. TO THE BEST OF MY KNOWLEDGE AND BELIEF, ALL DATA IN THIS APPLICATION/PREAPPLICATION ARE TRUE AND CORRECT, THE DOCUMENT HAS BEEN DULY AUTHORIZED BY THE GOVERNING BODY OF THE APPLICANT AND THE APPLICANT WILL COMPLY WITH THE ATTACHED ASSURANCES IF THE ASSISTANCE IS AWARDED.			
a. TYPED NAME OF AUTHORIZED REPRESENTATIVE:  Pam Prater		b. TITLE:	c. TELEPHONE NUMBER:  (916) 808-1203
d. SIGNATURE OF AUTHORIZED REPRESENTATIVE:		e. DATE SIGNED:  05/06/11	

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### Executive Summary

#### EXECUTIVE SUMMARY

The Get Fit NOW! AmeriCorps members will help children develop fitness skills they need by modeling good nutrition and positive food choices along with exercise. Sixty minutes per week physical activity curriculum is implemented to improve students' aerobic capacity, upper body strength, and reduce body fat. Twice each week, AmeriCorps members implement the nutrition curriculum which introduces the children to healthy eating habits and understand labels on food products.

### Rationale and Approach

#### COMPELLING COMMUNITY NEED

The mission of the Get Fit Now! program and partnership of community members is to provide nutrition and fitness education and resources to community children and their families to live healthier lives. Each of the partners contributes a vital piece of the puzzle--nutrition, fitness, and practical knowledge--toward helping children and their families achieve this goal. The AmeriCorps members facilitate and lead the program to help reverse obesity in our children, get them moving again, and offer practical solutions to healthy and nutritious food choices. The City of Sacramento operates after school programs at 61 elementary schools in the Sacramento area under the umbrella of the Sacramento START (Students Today Achieving Results for Tomorrow) program. The primary focus of the program has been on academic improvement for the students that attend. As part of the continuous improvement, a group of collaborative partners was established to identify and discuss the current needs of the students that are served. The collaborative gives guidance and direction on the programs that are delivered. The collaborative consists of representatives from the local school districts, parents of students in the program, and community organizations that have an interest in improving the lives of elementary age students. Get Fit Now! is a direct result of input from the collaborative group and provides the fitness and nutrition component of the program while the employed program leaders provide the academic components. Working as the collaborative, school administrators and parents

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identified childhood obesity and lack of exercise as the most pressing issue facing the students. The group agreed that the lack of physical fitness programming is currently a large void in the schools. California, like other states, has been forced to structure the school day based upon academic achievement. Physical education has taken a back seat and the fitness scores reflect that low priority. The Get Fit Now! program model directly reflects the need identified by the group.

A troubling trend of childhood obesity is sweeping the nation. America has a national epidemic of children who are overweight or obese (more than 9 million children over the age of 6 are considered obese (Centers for Disease Control and Prevention, Prevalence of Overweight Among Children and Adolescents: United States, 1999-2002), and nearly a third of children ages 6 to 11 are either already overweight or at risk of being overweight (Hedley AA, et al. Prevalence of overweight and obesity among children, adolescents, and adults. 1999-2002. JAMA. 2004). These statistics are alarming for a few reasons: poor physical health has been linked to lower school performance and attendance (Center for Hunger, Poverty, and Nutrition Policy. Statement on the link between nutrition and cognitive development in children. Medford, MA: Tufts University. 1994) as well as depression and low self-esteem (Strauss RS. Childhood obesity and self-esteem. Pediatrics 2000). California children reflect these national trends: in a 2004-05 physical activity assessment of 500,000 school children, more than 33% of the state 5th graders were found to be overweight, and more than 41% were considered to be aerobically unfit' (California Department of Education. California Physical Fitness Report: Summary of Results. Sacramento, CA 2005). California Department of Education 2007-08 data shows that Sacramento area youth match or exceed California averages for overweight and lack of physical fitness. Currently more than 63% of 5th graders (K-6 grade tested) still do not meet minimum fitness standards for Aerobic Capacity, 12.7% are considered overweight and 14.2% are considered obese (US Government Accountability Office. Childhood Obesity: Most Experts Identify Physical Activity and the Use of Best Practices as Key to Successful Programs. GAO Report GAO-06-127R. Oct. 7, 2008). A school-by-school, district-by-district analysis in 2006 of 45 neighborhood schools currently served by Sacramento START

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showed averages that were much higher: over 55% of these children did not meet aerobic standards, and 31% were considered overweight. The results of each district's assessment are as follows (% of students not meeting aerobic fitness standards and % of students not meeting body compositions standards): Del Paso Heights 87.3 % and 20.6 %; Elk Grove Unified 48.4% and 43%; Natomas Unified 42.5% and 60.3%; North Sacramento 46.4% and 32.9%; Rio Linda Union 68% and 33.6%; Sacramento City Unified 38.3% and 35.1%. Average overall for START schools is 55.2% of students do not meet aerobic fitness standards and 31.1% of students do not meet body composition standards.

The program is well positioned by an intense focus on nutrition and fitness to impact the youth not meeting weight or physical activity standards, as well as, target youth most in need of obesity prevention, including low income and minority children. A recent study of the region by the Health Education Council showed that low income children and families are more prone to consuming non-nutritive diets due to lack of access to fresh and healthy foods and higher frequency of fast food establishments in their neighborhoods (Healthy Eating Active Living Collaborative (HEAL) of the Gold Country Region. Access to Healthy Foods: The challenges and implications for Food Stamp Eligible residents in Low Income Neighborhoods. September 2005. Health Education Council). Nearly 80% of our current students qualify for a free or reduced price lunch, 65% alone qualifying for free lunch (living below the poverty level).

National health survey data show African-American youth generally consume less nutritive diets and carry an increased genetic risk for developing weight-related health problems such as diabetes and heart disease. A substantial portion of the current START participants are African American (28%), and Latino (32%) children, who are considered a major priority in health interventions. The Children's Report Card for Sacramento County statistics reflect that in 2007-08, more than 35.9% of African American and 35.5% of Hispanic 5th graders in Sacramento County did not meet the Healthy Fitness Zone requirements for Aerobic Capacity, and 33.9% of African Americans and 39.6% of Hispanics in Sacramento did not meet the Healthy Fitness Zone requirements for Body Composition (Children's

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Report Card, Sacramento County 2008, a report By the Sacramento County Children's Coalition). Get Fit Now! AmeriCorps members are recruited from the Sacramento community at large and historically reflect the diversity of the students the program serves.

Get Fit Now! serves as an ideal arena to allow students to participate in a wide variety of fitness activities, as well as to improve students' and families' health habits. Cutbacks in school physical education time limits the ability of site partners to address student health issues. Our local health partners, such as the Health Education Council and Soil Born Farms, have identified after school programs, such as Get Fit Now!, as a target audience to receive their nutrition and health education programs.

### DESCRIPTION OF ACTIVITIES AND MEMBER ROLES

Get Fit Now!, an obesity prevention program, uses a research-based integrated and experiential fitness and nutrition education approach to meet the goals of the programs mission. The National Institute of Medicine and the U.S. Government Accountability Report on Childhood Obesity from October 2005 showed that the most successful programs are those that (1) use best practices as examples with children to help develop lasting behaviors, and (2) address 'both sides of the energy equation', e.g. increasing physical activity in addition to improving nutritional intakes. AmeriCorps members will help children develop the fitness skills they need in order to show positive results on the state Fitness Gram assessment and teach the participants about proper nutrition and healthy eating.

The physical activity curriculum, Activity Gram, was designed specifically by the California Department of Education as the programmatic counterpart to the Fitness Gram test, to improve students' aerobic capacity, upper body strength, and reduce body fat. Students practice Activity Gram skills by participating a minimum of 20 minutes per day in aerobic activity. They will also participate in enrichment activities, such as the curriculum by Power Play 5 A Day Campaign, the CATCH Fitness and Nutrition Curriculum, walking clubs, and sports leagues facilitated by AmeriCorps members. These

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activities focus on modeling good nutrition and positive food choices along with exercise. The members will help in the preparation of the daily snack program that will feature at least one fresh fruit or vegetable as well as a grain.

AmeriCorps members also conduct adult fitness activities every six weeks at Family Nights. Students, in conjunction with their AmeriCorps leaders, will serve as the "trainers" for the family education component of the program, leading the parents through nutrition and fitness activities similar to the activities the students do during the program. The goal is for children and parents to work together to align their "family decisions" that involve healthier food and nutrition choices as well as incorporate exercises into a daily family regiment.

Members will help establish school-based gardens at 8 school sites this year. To date, AmeriCorps members and community partners have built 30 gardens. All 60 participating school sites will have a community garden by the end of this year three grant term. The Nutrition and Health curriculum involves teaching the students where their food comes from, especially the origin of fruits and vegetables. By having school based gardens, students get the opportunity to grow their own fruits and vegetables in a learning, hands-on experience. They get to grow the seeds, learn about the different types of fruits and vegetables, and when harvested, they will get a chance to create a salad and eat what they have grown or take it home. The gardens are used by all of the students at the school, but the program participants and the members have the primary role for maintaining the gardens. With fitness and nutrition partners, a "Get Fit Now campaign" actively involves the students and their parents by providing daily fitness activities. Children are also involved in health-related community service projects. Members will guide the group of students through a learning process that focuses on a community need and then facilitate the actual projects. The 900-hour part-time member program design will allow for member participation beyond the operational hours of the program. This allows time for the new snack program, the youth intramural sports program, the adult fitness activities, and community garden projects. The success of this program and the results expected require the daily

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participation and leadership of the AmeriCorps members.

The 122 half-time members serve as fitness and nutrition resource leaders at the school sites. They prepare fresh fruits and vegetables for daily snack; teach nutrition and community service curriculum; lead fitness activities; plan family nights; and oversee implementation of school site gardens. The members begin their day of service with a 45-minute preparation and planning period that allows them to gather the curriculum resources, plan activities, and help prepare the nutritional snack that is offered that day. Members greet the students and then take the students to a classroom where they work on their homework for approximately 45 minutes. After the homework period, the groups come back together and snack is served. The next two rotations are spent either teaching fitness or nutrition classes or facilitating community service projects. Fitness and Nutrition activities occur daily and last up to 45 minutes. Members also conduct parent fitness classes in the evenings every six weeks. The community service projects, including the community gardens, are tied to the nutritional education component.

Two members serve as centralized volunteer coordinators for all school sites. Their responsibilities include volunteer recruitment and support (matching, training/orientation, recognition). The Volunteer Coordinator members will manage the volunteer database, interview, place, and monitor volunteers. The member will also conduct outreach in the community via personal conversations, presentations at public and private agencies, and presentations to local high schools and colleges/universities to recruit volunteers.

All 124 members participate in one National Day of Service and participate in one large-scale community service project. The members will serve at 60 schools located in the Elk Grove, Sacramento City, Twin Rivers, Robla, and Natomas School Districts.

Receiving an AmeriCorps grant provides program and public recognition to our existing program because AmeriCorps is highly respected in our local community. Having AmeriCorps members allows us to have an opportunity to address a community need that is currently not being addressed by the Sacramento START Program or it's Program Leaders. Fighting childhood obesity is an issue the START

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Program had not addressed in the 8 years of existence prior to working with the Get Fit Now! Program. Program Leaders do a great job at addressing the academic needs of its program participants but the AmeriCorps members are addressing the enrichment portion of our program by teaching the nutrition and physical fitness components of the program. Additionally, the AmeriCorps members have the flexibility in terms of time, resources, energy, and customer service to provide services to our program participants' families such as our adult nutrition and physical fitness component that we provide to the program participants parents and families during our Family Nights. The members also provide sports leagues on the weekends, build school based gardens, and assist in community service projects that affect our program participants, as well as raise the level of services that Sacramento START provides to the community that it serves.

### MEASURABLE OUTPUTS AND OUTCOMES

The performance measure for the program are based on "Health and Well Being", Member Development", and "Volunteer Recruitment".

For Health and Well Being, the outputs and outcomes are 122 members will teach nutrition and fitness curriculum to 3,000 students enrolled in the Sacramento START after school program. The members will increase the knowledge of fitness and nutrition of program participants. In the 2007-08 term, 2,246 students received instruction on fitness and nutrition. The Fitness Gram results showed that 88% of the students increased their score in at least one portion of the test. Members provide fitness education and exercise to program participants in grades 1st through 6th. Members will use the CATCH curriculum to teach and exercise the key areas that represent broad components of fitness such as aerobic capacity, muscle strength, endurance, and flexibility. Members will administer a pre and post test of the Fitness Gram to the 4th and 5th grade participants. Members will use other fitness curriculum such as SPARKS and sports curriculum and games to get participants engaged in physical activity. Members have walking clubs and provide opportunities for the participants and their families to participate in fitness activities



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such as sports leagues that will give all program participants the opportunity to play different sports during their program time and give opportunities to play on weekends in citywide leagues designed to promote exercise and fun for program participants and their families.

Members teach nutrition curriculum to program participants. Program participants are given a pre- and post- test to collect data on participant knowledge of the CATCH curriculum as. The 5 a Day Power Play curriculum will be utilized for Friday clubs and has activities that teach students how to make healthier food choices, try different foods like fruits and vegetables as well as read label and count calories.

Member will implement CATCH at all 60 sites with members with each component being taught 2 times per week for 30-45 minutes.

Pre test for nutrition knowledge will be given to all program participants at the beginning of the school year, before any of them receive any instruction on the curriculum or any of the activities. A post test will follow once each lesson is completed.

For Member Development, the outputs and outcomes are 124 members will receive fitness and nutrition training that will increase their knowledge and support better choices related to nutrition and fitness.

The AmeriCorps members will receive training on nutrition curriculum such as the Power Play 5 a Day and CATCH curriculum developed by the University of Texas. As a result of the trainings and involvement in the program, members will improve personal and professional skills. This will be tracked by conducting a mid-year and end of year performance evaluation with each member.

For Volunteer Recruitment, members recruit volunteers from the community to volunteer throughout 61 elementary school sites. The members form and coordinate partnerships with community organizations and schools in the Sacramento area. The members record the number of volunteers and the hours they serve on a log sheet to keep track of this information throughout the year. The members also visit the volunteers at the school sites to check in with the volunteers on a regular basis and conduct volunteer observations. At the end of the school year the members coordinate a volunteer recognition event to celebrate the accomplishment and commitment of the volunteers. This is measured against the

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programs goal of 350 volunteers being recruited for on-going activities and serving 3,500 hours, and 50 volunteers recruited for one-time activities and serving 100 volunteer hours for one-time activities.

### PLANS FOR SELF ASSESSMENT AND IMPROVEMENT

Sacramento START's senior management team meets weekly to discuss all aspects of the program and the Get Fit Now! AmeriCorps program. Areas calling for improvement are addressed in a timely fashion and any necessary changes implemented. Regional Program Supervisors meet with each of their Site Directors on a quarterly basis to create goals for the sites including written plans for improvement. These plans include a review and goal setting for site staff, AmeriCorps members, and the curriculum. The quarterly evaluations are helpful as the Supervisors can make improvements and program changes throughout the program year, rather than waiting until the next school year to implement changes or program improvements.

The program is able to call upon the expertise from the various funders to address any technical questions. Sacramento START has access to current best practices in the field because of its active involvement in the state's Regional Learning Center initiative.

The service provided by the members will insure that the need to improve the health and fitness of the children we serve is realized. Members use the scoring mechanisms for the California State Fitness Gram to track the progress that children are making. Data is collected at each site for those students. The final testing occurs at the end of the school year. The nutrition curricula provided by the Health Education Council includes a pre- and post-test. Members administer the test to the Get Fit Now! students.

Fitness data is collected on each enrolled child in the Get Fit Now! program per agreements with school districts. Duerr Evaluation Resources, an independent evaluator under contract with Sacramento START, collects the fitness data for Get Fit Now! after the children are tested each trimester and compiles the results of the Fitness Gram assessments at the end of the school year. Duerr analyzes the

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fitness data and prepares an annual report. Duerr Evaluation Resources is contracted to conduct yearly evaluations for the program.

Sacramento START values the ongoing working relationship with the California Volunteers program associate. The management team will attend the CV summer AmeriCorps training as they have done over the past 5 years. The proximity of the program to CV's office has allowed for ongoing technical assistance from both the programmatic and fiscal staff. The biannual collaborative meetings, which include the Get Fit Now! program partners, afford the opportunity for feedback, problem solving, and resolving issues. Monthly meetings are held with the individual partners to track progress and discuss programmatic issues. Each partner contributes unique expertise in the areas of fitness, nutrition, and working with the community. These meetings are utilized to assess and give direction to the Get Fit Now! program. Sacramento START has a senior team member who responsible for the overall training of the staff and AmeriCorps members and as such assists in identifying needs for additional mentoring and/or training in specific subject areas.

Members receive feedback on their service term in several ways. The AmeriCorps Program Coaches do observations of the members at their sites as they are serving and provide feedback the same day on what they are doing well and areas that may need improvement in terms of curriculum delivery, classroom management, and overall member's service. Members also get an opportunity to discuss challenges and successes with other members at each of their monthly member trainings. Additionally, members receive feedback from their Program Supervisor and Program Coaches on a monthly basis on what is working well and what changes need to happen to improve their service. Finally, trainings are conducted with all of the members and a portion of the trainings is dedicated to discussion of the program and sharing best practices. This provides the members the opportunity to learn from each other and strengthen the program as a whole. Members have many levels of support including their fellow AmeriCorps members, their AmeriCorps Program Coordinators, their Site Directors, Program Coordinators, as well as their Program Supervisors.

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### COMMUNITY INVOLVEMENT

The primary focus of the START program has been on academic improvement for the students that attend. As part of the program, a group of collaborative partners was established to identify and discuss the needs of the students that are served. The collaborative gives guidance and direction on the programs that are delivered. The group meets biannually, and agreed that the lack of physical fitness programming created a large void in the schools. Get Fit Now! brought together community partners who are actively involved in the health and fitness arenas. Their role was to give subject area expertise on how to best utilize AmeriCorps to prevent obesity. The expertise partners include: The Health Education Council to provide training, nutrition curriculum, and evaluation; the Community Garden Coalition to develop plans for implementing school-based gardens; the Dairy Council of California to provide curriculum and training; Hands On Sacramento to provide community service opportunities, including the Martin Luther King National Day of Service; and various local community agencies that provide volunteers, including Oakridge AmeriCorps, People Reaching Out, Central Valley Foundation Tutor Program, HOSTS (Helping One Student to Succeed), WorkAbility Program, and YES (Youth Experiencing Science). Other organizations that support the program include the U.C. Cooperative Extension 4-H Program, and the Sacramento County Childhood Obesity Prevention Council .

Additionally, the collaborative includes City of Sacramento Parks and Recreation Department, parents of student participants, and representatives from each of the seven local school districts.

Representatives from these organizations will serve as the overall programmatic governing board that will oversee the AmeriCorps project. Partners were selected based upon subject area expertise, as well as commitment to the goals of the program. This group meets biannually to give direction to the project. As fitness scores come in, the partners analyze the results and make recommendations.

### RELATIONSHIP TO OTHER NATIONAL AND COMMUNITY SERVICE PROGRAMS

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Sacramento has a regional National Civilian Community Corps (NCCC) campus. On several occasions, AmeriCorps members have served side-by-side with NCCC members on National Days of Service projects. The plan is to continue this relationship.

### POTENTIAL FOR REPLICATION

After school programs, such as Sacramento START, have expanded throughout California starting in July of 2006. Proposition 49 created the potential for an after school program to exist in all elementary schools in California. The Get Fit Now! health and fitness model could serve as an excellent model for all current and future after school programs aimed at preventing obesity. Other local programs have already expressed interest in replicating our existing snack program model. For the past four years, the Sacramento START host program has been designated as a Regional Learning Center in California. This designation is a mentoring and coaching opportunity for existing programs throughout the state and allows prospective programs to view first hand how an exemplary after school program operates. The Get Fit Now! model has been developed with the potential for easy replication through the use of detailed training programs and program plans.

### **Organizational Capability**

#### SOUND ORGANIZATIONAL STRUCTURE

The City of Sacramento operates after school programs at 62 schools in the Sacramento area. The 62 programs fall under the umbrella of a program called Sacramento START (Students Today Achieving Results for Tomorrow). Sacramento START, has operated the Get Fit Now! program since 2006. Get Fit Now! members serve as Enrichment Specialists instructing their clusters of 20 children each on nutrition and fitness curriculum. Over a two-year period, 114 AmeriCorps members served more than 5,600 elementary school children at 44 sites in seven school districts within Sacramento County. In addition to serving in the classroom, members also participated in National Days of Service and other community service projects by contributing time, energy, and manpower to activities that focused on the

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identified needs. AmeriCorps members have contributed towards 57 community service projects through the Sacramento START program since beginning in September 2006.

In the 08-09 year, 826 volunteers served 25,841 hours and 63 one time volunteers provided 156 hours of service.

Sacramento START has a 12-year track record in the field of after-school programs. It is one of the largest after-school programs in California. Sacramento START was awarded the distinction as an exemplary after-school program in California. This places the program in the enviable position of receiving state-of-the-art information and access to resources in the emerging field of after-school programming. On September 17, 2008, the winners of the 2008 Governor's Council on Physical Fitness and sports Spotlight Awards presented by Anthem Blue Cross Foundation were announced and the City of Sacramento's AmeriCorps Get Fit Now! program was awarded the 2008 Bronze Medal in the Parks & Recreation Program of the Year category. The City of Sacramento has the demonstrated experience of five years operating an AmeriCorps grant, twelve years operating a state-funded grant, three years operating the 21st Century Community Learning Center grant, and twelve years operating a federal snack grant. Established in 1995, Sacramento START, the host program for Get Fit Now!, is a public/private collaboration working to build the capacity of children for academic and social success. Sacramento START has received and managed over \$35 million in grant funding since its inception. The program has received three federal grants within the past three years. These grants include the 21st Century Community Learning Centers grant (\$700K annually for three years), Child Care Food Program (\$500K annually for twelve years), and an AmeriCorps grant of between \$120K to 400K for each of the past five years. The programs financial/accounting section, under the auspices of the City's accounting department, is well versed in OMB requirements as they relate to administrative policies in the areas of procurement and accounting. The city maintains a cost allocation plan and accounting system that allows for costs to be allocated to specific grants. Sacramento START has been a leader in the area of after school programming for the past twelve years. A partnership was formed twelve years ago with the

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school districts that the program currently serves. The partnership has continued to look at the needs of the children we serve and reflects the changes in those needs. As the original partnership identified the need for more physical activity and nutritional information, new partners were recruited. These new partners are: the Health Education Council, Children's Power Play, Dairy Council of California, Hands On Sacramento, and Community Garden Coalition. Collectively, these partners help direct the content and programmatic aspects of the Get Fit Now! program. Each of these partners is the local, if not statewide, experts in their respective fields. Many of these partners have worked together on projects and are eagerly anticipating the continued opportunity to bring their expertise to this partnership and to reverse the trend in the children of our community.

The program relies on a variety of excellent community partners to carry out its mission. 61 elementary school sites representing 5 school districts have made their school sites available to operate the program. These serve as the placement sites for the members. Each of the partners bring their area of expertise to enhance the program.

BOARD OF DIRECTORS, ADMINISTRATORS, AND STAFF Sacramento START is a program within the Department of Parks and Recreation, City of Sacramento. As a public entity, the City Council is responsible for the overall governance of the program. Brian Fitzgerald serves as the Recreation Superintendent for Sacramento START. There are 5 regional Program Supervisors who report to Mr. Fitzgerald and oversee the operation of the 61 elementary after school sites. Each site has a Site Director who is responsible for the programmatic operation of the site. The partnership will give programmatic direction to the AmeriCorps program regarding fitness, nutrition, and community service.

Representatives of the partnership include: school district administrators, the Health Education Council, Children's Power Play, Dairy Council of California, Hands On Sacramento, Community Garden Coalition, parents of the program participants, and City of Sacramento Parks and Recreation Department. Biannual meetings bring the partnership together to review programmatic issues and make

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recommendations. Program staff are responsible for implementing the recommendations of the partnership.

The AmeriCorps Program Supervisor (APS) is responsible for the overall development of the fitness and nutrition components of the program and will make certain that all AmeriCorps members have adequate training and resources to conduct their fitness and nutrition activities. It is also the responsibility of the APS to conduct the recruitment, hiring, and placement of all members as well as the overall compliance of the grant requirements, ongoing assessment, and evaluation. The Site Directors are responsible for the daily supervision of the members.

The placement sites are the 61 school sites that operate as a Sacramento START after school program. All sites are under the umbrella of the City of Sacramento. Many of these have been AmeriCorps placement sites for the past five years. Members are placed at a particular site based upon mutual agreement by the members, the Site Directors, and the APS. Members participate in a weekly 45-minute staff meeting at their assigned site. A regional Program Supervisor is responsible for the oversight of eight to twenty one sites. The regional Program Supervisor and Program Coordinators conduct bimonthly site visits. All senior staff members monitor AmeriCorps activities during these site visits. The APS visits each site every other month. All members train together throughout the year. Members go through at least 54 hours of training programs. Classes take place on the first Saturday of each month for 6 hours each time. All Site Directors attend a 2-hour course on supervising AmeriCorps members. A portion of their monthly Site Director meetings is also be devoted to effective AmeriCorps program management. Training requests and technical assistance are directed to the programs Training Coordinator, who then designs trainings and/or coaching sessions to meet these needs. The fiscal management of the program has been centralized. The administrative team, with the assistance of the accounting technician, takes responsibility for all fiscal procedures. All accounting falls under the overall supervision of the City's accounting department.



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PLAN FOR SELF ASSESSMENT OR IMPROVEMENT START's senior management team meets weekly to discuss all aspects of the START host program and the Get Fit Now! AmeriCorps program. Areas calling for improvement are addressed in a timely fashion and any necessary changes implemented. Regional Program Supervisors along with Site Directors conduct quarterly written evaluations of each site and develop written plans for improvement. START is able to call upon the expertise from the various funders to address any technical questions. Due to Sacramento START's active involvement in the State's Regional Learning Center initiative, START has access to current best practices in the field.

### PLAN FOR EFFECTIVE TECHNICAL ASSISTANCE

Sacramento START is a program within the Department of Parks and Recreation in the City of Sacramento. START receives state-of-the-art information and access to resources in the emerging field of after-school programming. START has five years operating an AmeriCorps grant, twelve years operating a state-funded grant, three years operating the 21st Century Community Learning Center grant, and twelve years operating a federal snack grant. Training requests and technical assistance are directed to the START program Training Coordinator who will then design trainings and/or coaching sessions to meet these needs.

### VOLUNTEER GENERATION AND SUPPORT

Volunteers are an incredibly important portion of the entire Sacramento START program as well as an indispensable support to the City of Sacramento. Over the past two years, the Get Fit Now! Program has recruited over 850 community volunteers and provided over 26,000 hours of service to the START program participants and the citizens of Sacramento.

The Get Fit Now! Volunteer Coordinators focus their efforts on recruitment and support (matching, training and orientation, and recognition). The Volunteer Coordinators conduct outreach in the community through personal conversations, presentations at public and private agencies, and

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presentations to local high schools, colleges and universities to recruit volunteers. The volunteers support the entire program through reducing the ratio of adults to children to provide students with mentoring, coaching and teaching of practical life skills and assistance in classroom activities.

Volunteers that are recruited through the Get Fit Now! program are also given the opportunity to support city-wide volunteer needs through coordination with the City Volunteer Coordinator. The City of Sacramento has a strong volunteer program and has made the commitment to volunteerism throughout the city with thousands of monthly volunteer hours being served. The City Volunteer Coordinator and the program's Volunteer Coordinators work closely together to support needs throughout the city.

The profile of a volunteer for the START host program is very diverse and broad-based. The variety and range of talents, abilities, and interests of the volunteer shapes and directs how the volunteer is utilized. The recruitment strategy for volunteers is outreach to the community at large: the business community, senior and aged population, faith-based community, parents/grandparents/family members of program participants, and general population via website listings.

**ORGANIZATIONAL AND COMMUNITY LEADERSHIP** The City of Sacramento has a strong track record in managing millions of dollars in state and federal grants. START has been a leader in the area of after school programming for the past twelve years. A partnership was formed twelve years ago with the seven school districts in the Sacramento area. The partnership continues to look at the needs of the children we serve and reflects the changes in those needs.

It is one of the largest after-school programs in California. Sacramento START was awarded the distinction as an exemplary after-school program in California. This places START in the enviable position of receiving state-of-the-art information and access to resources in the emerging field of after-school programming.

On September 17, 2008, the winners of the 2008 Governor's Council on Physical Fitness and sports

## Narratives

Spotlight Awards presented by Anthem Blue Cross Foundation were announced and the City of Sacramento's AmeriCorps Get Fit Now! program was awarded the 2008 Bronze Medal in the Parks & Recreation Program of the Year category.

Due to Sacramento START's active involvement in the State's Regional Learning Center initiative, START has access to current best practices in the field. For the past four years, the Sacramento START program has been designated as a Regional Learning Center in California. This designation is a mentoring and coaching opportunity for existing programs throughout the state and allows prospective programs to view first hand how an exemplary after school program operates.

The City of Sacramento is also committed to improving the lives of the children of this city, and Sacramento START and the GET FIT NOW! programs endeavor to continually play an integral part in the process. Sacramento START actively participates in a variety of community task forces and coalitions, and uses these as opportunities to expand our community partnerships and Collaborative Advisory Team.

### SUCCESS IN SECURING MATCH RESOURCES

Various public and private sources fund Sacramento START. Currently the major funding agency is the California Department of Education (CDE). Sacramento START is the recipient of CDE's After School Safety and Education Program grant. This grant provides over \$7 million in non-federal resources annually. This funding will provide matching funds for AmeriCorps for the current grant as well as the proposed grant cycle.

Other non-federal resources that are available to match the AmeriCorps grant include a City of Sacramento general fund contribution of \$691,000 and service contract revenue from the school districts in excess of \$600,000. Other non-monetary resources that will assist in addressing the health and well being of the population we serve include materials and services provided by partnerships with the Health Education Council and the Dairy Council. START's overall diverse funding minimizes its

## Narratives

ongoing need for federal support over time. The overall Get Fit Now! budget is \$1,716,034. The Corporation's share is \$650,739. There is a 62 percent cash match that comes from the City of Sacramento general fund, and the California Department of Education. The 62 percent match far exceeds the required match.

### COLLABORATION

As part of the continuous improvement of the program, a group of collaborative partners was established to identify and discuss the current needs of the students that are served. The collaborative gives guidance and direction on the programs that are delivered. The expertise partners include: The Health Education Council, the Community Garden Coalition, the Dairy Council of California, Hands On Sacramento, and various local community agencies that provide volunteers, including Oakridge AmeriCorps, People Reaching Out, Central Valley Foundation Tutor Program, HOSTS (Helping One Student to Succeed), WorkAbility Program, and YES (Youth Experiencing Science). Other organizations that support the program include the U.C. Cooperative Extension 4-H Program, U.S. Tennis Association, Sacramento County Childhood Obesity Prevention Council and Cover the Kids. Additionally, the collaborative includes City of Sacramento Parks and Recreation Department, parents of student participants, and representatives from each of the seven local school districts. Get Fit Now! is a direct result of input from the collaborative group and provides the fitness and nutrition component of the program while the employed program leaders provide the academic components.

### LOCAL FINANCIAL AND IN-KIND CONTRIBUTIONS

Various public and private sources fund Sacramento START. The major funding agency is the California Department of Education (CDE). START is the recipient of CDE's After School Safety and Education Program grant. This grant provides over \$7 million in non-federal resources annually. This funding will provide matching funds for AmeriCorps for the current grant as well as the proposed grant cycle. Other

## Narratives

non-federal resources that are available to match the AmeriCorps grant include a City of Sacramento general fund contribution of \$691,000 and service contract revenue from the school districts in excess of \$600,000.

The expertise partners provide direct support and include: The Health Education Council to provide training, nutrition curriculum, and evaluation; the Community Garden Coalition to develop plans for implementing school-based gardens; the Dairy Council of California to provide curriculum and training; Hands On Sacramento to provide community service opportunities, including the Martin Luther King National Day of Service; and various local community agencies that provide volunteers, including Oakridge AmeriCorps, People Reaching Out, Central Valley Foundation Tutor Program, HOSTS (Helping One Student to Succeed), WorkAbility Program, and YES (Youth Experiencing Science).

The program receives financial support from the City of Sacramento general fund, local support from each of the schools sites, state funding, private foundations, and federal funding for the snack program.

The programs funding has been consistent for twelve years, as has the community support. It is anticipated that all of the state and local funding will continue. Additionally, each school site contributes fundraising efforts to support field trips and special events.

Sacramento START began operating twelve years ago with 25 program sites and a collaborative partnership the consisted mainly of local school districts, a couple of community partners, and students' parents. The initial operating budget was about 4 million dollars for the program. Over the years, the program has expanded to serving 61 program sites, has a collaborative partnership made up of over 30 program partners, and an annual operating budget of more than 10 million dollars.

The original partnership for Get Fit Now! included Health Education Council, Dairy Council of California, Hands On Sacramento, Community Garden Coalition, City of Sacramento, and local School Districts. Since 2006 the program has added new partners such as Christian Brothers High School, Central Valley Foundation, Jesuit High School, People Reaching Out (PRO), and Youth Experiences in Science (YES). Additions in recent years to the program include initiating a tennis program in

## Narratives

conjunction with the United States Tennis Association; sponsoring program youth to play in city-wide youth sports leagues and utilizing members as coaches, which doubled the number of teams from last year because of the number of Get Fit Now! program participants that are participating; and offering program participants the opportunity to experience the great outdoors through a three day camping trip to a beautiful camp located in the high-sierras. The camp was used this past fall as a team building and community service project for the members.

Additionally, the Health Education Council was able to serve more than 2,300 Get Fit Now! participants and participant test scores were given to Health Education Council to compare to state wide scores and get analyzed.

### WIDE RANGE OF COMMUNITY STAKEHOLDERS

The programs collaborative partnership has continued to expand over the years in an ongoing effort to improve the program and maintain pace with the ever changing trends and needs of the elementary age students that are served. Members of the administrative team actively participate in a variety of community task forces and coalitions, and the program uses these as opportunities to expand our community partnerships and Collaborative Advisory Team.

### SPECIAL CIRCUMSTANCES

The City and County of Sacramento have an ever increasing racially ethnic and culturally diverse population. The total school enrollment for Sacramento County in the 2007 -- 2008 school year was 238,552. Of those students, 45,005 were "English Language Learners" speaking 45 different languages. According to the 2006 American Community Survey, 18,561 of Sacramento County children and youth, ages 5 through 20, have at least one disability. In Sacramento County, 26,315 children are enrolled in special education.

In Sacramento County is 2007, more that 85,000 children, youth and young adults, under the age of 25,

## Narratives

live in poverty. From 2000 to 2007, the number of students receiving "Free and/or Reduced Priced Meals" has increased from 98,232 to 115,215.

According to a report from the Sacramento County Childhood Obesity Prevention Coalition, over the past three decades the number of obese children, ages 6 to 11, has more than tripled. In Sacramento County, nearly half of students in grades 5, 7, and 9 did not achieve the Healthy Fitness Zone for Aerobic Capacity in 2007.

### **Cost Effectiveness and Budget Adequacy**

#### CORPORATION COST PER MEMBER SERVICE YEAR

The City of Sacramento is requesting funding of 124 members for 900 hours each at a rate of \$10,700 per member. That equates out to 62 Member Service Years and a Corporation cost of \$10,495.79 per member. The Corporation's limits the cost per MSY to \$16,000, and this request is well below that amount. The City of Sacramento has committed to matching 62 percent for the Get Fit Now! program, far exceeding the required match amount.

#### DIVERSE NON-FEDERAL SUPPORT

The City of Sacramento has committed \$759,119 in cash funding for the Get Fit Now! program from the Sacramento START state grant funds and an additional \$306,176 in cash funding from the Sacramento START "City General Fund" contribution. Additionally, the City has committed \$894,346 of in-kind matches for Labor and Benefits for Sacramento START personnel and \$11,568 of in-kind matches for materials and supplies.

#### DECREASED RELIANCE ON FEDERAL SUPPORT

START's overall diverse funding minimizes its ongoing need for federal support over time. The overall Get Fit Now! budget is \$1,716,034. The Corporation's share is \$650,739. There is a 62 percent cash match that comes from the City of Sacramento general fund, and the California Department of

## Narratives

Education. The 62 percent match far exceeds the required match.

The primary goal of Get Fit Now! is to increase the overall health and well-being of the children we serve and their families. Get Fit Now! will give people fitness and nutrition skills and knowledge that will become part of a healthy lifestyle. With three years of skill development in this area and the programs sustainability plan, the program will be able to sustain the impact on the participants and the community as federal support decreases. This will be accomplished by following the guidelines outlined in the California Department of Education Foundation Consortium's Balanced and Diversified Funding: Formula for Long Term Sustainability for After School Programs. The plan outlines a community-wide and comprehensive approach that solidifies partner commitments and will leverage community strengths to ensure sustainability of the program.

### BUDGET ADEQUACY

Based on our five year experience operating an AmeriCorps program, we have developed a budget that covers all major categories of operation. In addition, the program will be able to maintain a reserve utilizing the matching funds that will be available to cover any contingencies that may arise during the course of the project.

### Evaluation Summary or Plan

#### EVALUATION SUMMARY OR PLAN

The 2008 -- 2009 school year is the first year that a detailed evaluation of the Get Fit Now! program will be developed. Fitness data will be collected on each enrolled child in the Get Fit Now! program per agreements with school districts. Duerr Evaluation Resources, an independent evaluator under contract with Sacramento START, will collect the fitness data for Get Fit Now! after the children are tested each trimester and compile the results of the Fitness Gram assessments at the end of the school year. Duerr will analyze the fitness data and prepare an annual report. Duerr Evaluation Resources is contracted to conduct yearly evaluations for the program.



## Narratives

2009-2010 evaluation will include testing of the 4th and 5th grade students at all 57 AmeriCorps sites. It is our goal that 20% of these students that test below standard will reach standard by the end of the school year in May/June 2010. Duerr Evaluation will continue to support Get Fit Now! by evaluating the Fitness Gram data and create reports that will demonstrate the effectiveness of the fitness/nutrition curriculum.

### Amendment Justification

N/A

### Clarification Summary

#### PERFORMANCE MEASUREMENT CLARIFICATION:

Statement: Historically, the program has had great difficulty managing the program to deliver target outcomes. For example, in 2009-10, only eight of the 300 anticipated high need beneficiaries were reported to have achieved the desired impact.

Clarification: In the 2009-10 year, there were a total of 1707 4th and 5th grade students that participated in the Get Fit Now program. Of those, 1432 of the participants were pre-assessed to be below healthy range in at least one of the six categories that they are assessed on. Of those, 988 (68%) improved to healthy range in that category.

Additionally, 8 students were pre-assessed to be below healthy range in all six categories. All 8 students that were identified as severely high need increased their scores on the fitness gram.

Finally, 99% of the 1707 total 4th and 5th grade students showed improvement in at least one fitness component from the pre to post assessment.

Statement: Based on the program's most recent progress report covering approximately the first 6 months of operation, you're at one-third where you should be (e.g. 285 of 850 "high need" beneficiaries; and 1374 of 4150 direct beneficiaries served to date -- progress on outcome target achieved was not reported.

Clarification: For the PMW this year, we selected the criteria for "high need beneficiaries" to be any 4th

## Narratives

or 5th grade student that did not meet the healthy fitness zone in any 3 of the 5 categories that are measured. The estimated target of 850 was based on staff observations of last school year's 3rd and 4th grade students. It was estimated that there would be a total of 1700 total 4th and 5th grade students for the current year as well.

To date, 1374 4th and 5th graders have been pre-assessed. Of those, only 255 have been identified as "high need", meaning that they were below standard in at least 3 of 5 categories.

Additionally, we estimated that we would have a total of 5000 direct beneficiaries (all students served in grades kindergarten through 6). At the time of the last report, we have served 4150 total students.

Statement: Given the program's track record of low outcome achieved as well as the current progress report, please justify why the program should be considered for continuation funding in year three?

As identified above, the program does not have a low track record of achieving desired outcomes. Last year, 1689 students of the 1707 served improved in at least one fitness category. Additionally, 68% of the 1432 students that were below the healthy zone in their pre test were able to meet the healthy fitness zone in their post test. We fully anticipate very similar results for our participant this year.

The Get Fit Now program serves thousands of elementary students every day, providing them with intentional fitness activities and nutrition education that is designed to not just improve their health today, but through the rest of their lives.

In a continual effort to adapt, change, enhance and improve the program that is offered to our students, the Get Fit Now! program is taking three strategic approaches for next year.

First, the Get Fit Now! parent program, Sacramento START, has for years had credentialed teachers on staff that have designed academic curriculum that meets and aligns with California Content Standards. This year that team will be working with Get Fit Now! to do the same thing for our fitness and nutrition curriculum.

Secondly, Get Fit Now! is already revamping the fitness activities with a focus on activities that promote continuous activity. An example of the change will be from doing "kick ball" games where most of the

## Narratives

students stand around and wait for their turn to doing "soccer skill" activities that focus on keeping all of the participants moving and engages.

Thirdly, Get Fit Now has recently started participating in the Healthy Behaviors Initiative through the Center For Collaborative Solutions. The focus of HBI is to develop "Learning Centers" throughout California for after school programs to visit so they can observe best practices in programming and curriculum. We are working directly with Dr. Andi Fletcher from the Center For Collaborative Solutions to establish three of our program sites as Learning Centers. As such, Dr. Fletcher is providing guidance and advice to improve the impact and success that our program have.

In a school climate where nutrition education is rarely done during the school day, where physical education is nearly eliminated and recess is being greatly reduced, and students are continually subjected to fast food and food with poor nutritious values, it is falling more and more on the after school programs like Get Fit Now! to help educate our young students and provide them with ideas for healthy behavior that will affect them for the rest of their lives.

We respectfully request that California Volunteers and AmeriCorps continue to fund this program so that we can continue to positively affect the lives of these young students that we serve.

### Continuation Changes

YEAR 3 CONTINUATION CHANGES (11-12)

#### 2. COMPELLING COMMUNITY NEED

School District and Site Locations:

\*In 08, Del Paso Heights, North Sacramento and Rio Linda Union school districts were merged to form one school district, Twin Rivers.

In 11-12, our number of operating sites has been reduced from 61 -- 57.

Due to budget cuts within the School districts.

\*The number of Family Nights where members conduct adult fitness activities was every 6 weeks in 10-11 & will be changed to 3 times per year in 11-12. Due to budget reductions within Sacramento START,

## Narratives

the number of Family Nights has been reduced.

\* 11-12 is being changed from AC members & community partners building 30- gardens to Many of the schools have school gardens that their program is able to use as well. This is helpful since, AC is experiencing challenges with the gardens on the various school campuses. School District Policies have changed and authorization to complete these garden builds is difficult to obtain.

\*In 11-12, there will be 119 ½ time members & they will no longer be preparing snack, as this no longer a member duty.

In 11-12, 5 members serving as the volunteer coordinators will increase from 2 to 5. There is a need to do more active recruitment in the community.

In 11-12, All 124 members participate in 2 National Days of service, instead of 1.

The 11-12, will remove "summer" based on the information received at the Dec, 10 CV conference, that only new program training will take place in the summer.

The 11-12 wording will change from multiple Coaches to 1 AmeriCorps Program Coach. This is due to a change in START program staffing structure and responsibilities

In 11-12, Sacramento START has added another collaborative partner, the Center for Collaborative Solutions -- Healthy Behaviors Initiative -- to provide curriculum and training.

### CORPORATION COST PER MSY

In 11-12, The City of Sacramento is requesting funding for a stipend of \$10,800 for 124 members for 900 hours each.

In 11-12 the City of Sacramento will increase its commitment from \$759,119 in cash funding to \$872,132

In 10-11 an additional \$306,176 in cash funding from the Sacramento START "City General Fund" was committed In 11-12 it will be reduced to \$202,645

## Narratives

### SOUND ORGANIZATIONAL STRUCTURE

11-12, Sacramento START has a 15 year track record (corrected from 12 years in 10-11). Sacramento START has been in operation since 1996.

In 11-12, will read, In the 09-10 year, 842 volunteers served 29,893 hours & 32 1 time volunteers provided 44 hours of service. This is updated information from 10-11.

In 11-12, will include 09-10 information...has recruited nearly 17,000 community volunteers & provided over 55,000 hours of service to the START program participants...

In 11-12, the overall budget has increased to \$1,724,593.00 from \$1,716,034 in 10-11. The CNCS share remains \$650,739.00.

### EVAL SUMMARY OR PLAN

10-11 gives the 09-10 evaluation information for 60 sites...for the school year in May/June 10. 11-12 will change to give the 10-11 information for 57 sites... May/June 10-11.

#### Budget Changes:

The changes made in the budget were made to reflect the 10-11 approved contract & are mostly in the area of staffing structure and responsibilities.

Budget Section I Personnel Expenses CNCS share Grantee share

In 11-12 we reduce from 5 to 1HS Program Coaches @ 100% \$12,960 \$14,920

In 11-12 we will continue to have 1Program Director @70% \$0 \$57,122

\*reduced from 75% in 10-11

In 11-12 we continue to have 1 Admin Assistant @50% \$0 \$32,929

\*increased from 30% in 10-11

\* In Kind Match (ASES grant removed)

In 11-12 we reduce from 61 - 57 Site Directors @50% \$0 \$688,275

\*increased from 40% in 10-11

\* Due to budget cuts within the School districts

## Narratives

In 11-12 we add 5 Program Coordinators @50%      \$0 \$180,564

Personnel Fringe Benefits

In 11-12 we will have \$27,880 x 25%      \$3,240 \$3,730

\*reduced from \$707,880 in 10-11

Staff Travel

In 11-12 we will have 8000 miles @ .51/ mile for      \$1,800 \$2,790

5 Volunteer Coordinators will be visiting sites; mileage reimbursement increase

In 11-12 we will reduce to 4 staff members @ \$500      \$800 \$1,200

\* Reg, lodging, per diem & travel

Supplies

In 11-12 we will have 124 members @ \$102.43      \$10,886 \$1,815

\*increase of \$1548 to CNCS from 10-11; Fitness & Nutrition Supplies; CATCH curriculum & supplies; Learning Express. Vendor prices increased.

In 11-12 we will reduce 124 members @ \$16.13 for staff training

& Development Supplies      \$1,000 \$1,000

\*decrease of \$1548 to CNCS from 10-11; established less need in this area

Member Training

In 11-12 we will increase 124 members @ \$25 each for

CPR training\*cost for trainer increased      \$992 \$2,108

Evaluation

In 11-12 we will have 16.2 days @\$540/day for Evaluation for Program      \$8,750 \$0

\*vendor adjusted for 2.2 more days @ \$77 less per day

Budget Section II

In 10-11      \$796,080

## Narratives

In 11-12 we will have 124 half time (900 hours) members @

\$10,800 allowable rate    \$530,720 \$808,480

Budget III

In 10-11        \$237,389

In 11-12        \$26,015 \$153,825

### 3. a. Enrollment

As of December 6, 2010 our current enrollment for 10-11 is 100%. Our program's enrollment rate for 09-10 was 100%, as well.

### b. Retention

As of December 6, 2010 our retention rate is 98%. 121 out of 125 members are actively enrolled. To date, our program has exited 4 members.

In 09-10, member retention rate was 71.7%. The reason all members were not retained is: 1)

Program's contract began late; 2) there was confusion in regards to allowable hours; & 3) member morale was low due to this confusion.

Our plan for retaining members during the 11-12 program year is 1) change in leadership; 2) contract began over a month earlier than last year; 3) clearly identified allowable hours; and 4) members were provided a calendar with dates with clear expectations upon contract signing.

### c. Compliance with 30 Day enrollment/Exit Policies

As of December 6, 10 we are 100% compliant with all 125 enrollments & 4 exits for current year, 10-11.

In 09-10, feedback was received dated May 11, 2010 that 3 members exceeded the 30 day enrollment dates. After clarification, the reason for the late activation was due to the members entering their information into "My AmeriCorps", by entering data that was different from ours to activate them.

### D. P Ms

The changes/edits were made to match changes requested by CV to the 10-11 PMWs.

## Narratives

In 11-12, the Primary Performance Measurement is Fitness & Nutrition, not Health & Well Being

In 11-12, 5000, an increase from 3000 in 10-11.

In 11-12, the 25% of the 4th & 5th grade program participants pre-assessed to be below fitness standards on the Fitness Gram and having completed at least 24 hours of fitness education will increase their fitness scores to standard in all areas assessed as below fitness standard

In 11-12, Year #2a 4150 1st -- 6th grade students will participate in the youth fitness & nutrition programs.

Year #2b 850 high need 4th & 5th graders will participate in the youth fitness & nutrition programs

In 11-12, will include, In order to report on dosage, in the 2010-2011 program year Get Fit Now! will implement an instrument to track the number of hours that high need participants receive fitness and nutrition education.

.

PM Volunteer Recruitment

Result Statement:

11-12, Members will recruit members of the community to serve as volunteers, assisting students with homework, program activities, and providing mentorship.

TARGETS & PM Statement

11-12 will increase to

[1] 700 volunteers recruited for on-going activities.

[2] 50 volunteers recruited for one-time activities.

[3] 20,000 volunteer hours for on-going activities.

[4] 100 volunteer hours for one-time activities.

11-12, there will be 750 targets, an increase from 400 in 10-11 due to

Year 1-3:



## Narratives

[1] 350 volunteers recruited for on-going activities.

[2] 50 volunteers recruited for one-time activities.

[3] 3,500 volunteer hours for on-going activities.

[4] 100 volunteer hours for one-time activities.

Member Development PM's

### #2 Results

11-12 will read, Members increase knowledge & skills, on fitness and nutrition, civic engagement and experience the power of national service. This identifies more specifically what performances will increase.

### Target Description

11-12 will read, Mid -year & end of year member evaluations will be completed by Site Director & reviewed by Program Supervisor & AmeriCorps Director. This identifies who will be completing & reviewing the evaluations with members.

### P M Statement

11-12 will read, 65% [81] of 124 members will improve performance review scores by 10% from their Mid Year to their End of Year evaluation, & provide impact statements after each civic engagement activity.

### Instruments

11-12 will read, Mid -year & end of year member evaluations will be completed by Site Director & reviewed by Program Supervisor & AmeriCorps Director. This identifies who will be completing & reviewing the evaluations with members.

### Targets

11-12 will be 65% [81] of 124 members will improve performance review scores by 10% from their Mid Year to their End of Year evaluation, and provide impact statements after each civic engagement activity. Our program is anticipating an 11% improvement.

## Narratives

### Instruments

11-12 will read, Member trainings logs will track attendance at all trainings offered including the amount of time at each training. This specifically addresses the tracking of the trainings along with the hours attended.

### Performance Measure Statement

11-12 will read,

124 members will each participate in 48 hours of training on fitness, nutrition and civic engagement planning and participation hours.

## Performance Measures

### SAA Characteristics

- AmeriCorps Member Population - None  Geographic Focus - Rural  
 Geographic Focus - Urban  Encore Program

### Priority Areas

- Education  Healthy Futures  
*Selected for National Measure*  *Selected for National Measure*   
 Environmental Stewardship  Veterans and Military Families  
*Selected for National Measure*  *Selected for National Measure*   
 Economic Opportunity  Other  
*Selected for National Measure*  *Selected for National Measure*

Grand Total of all MSYs entered for all Priority Areas 62

### Service Categories

Afterschool Programs Primary  Secondary

## Health and Well Being

**Service Category:** Afterschool Programs

**Measure Category:** Needs and Service Activities

### Strategy to Achieve Results

**Briefly describe how you will achieve this result (Max 4,000 chars.)**

Members will increase the knowledge of fitness and nutrition of program participants. Members will provide fitness education and exercise to program participants in grades 1st through 6th. Members will use the Fitness Gram curriculum to teach and exercise the key areas that represent broad components of fitness such as aerobic capacity, muscle strength, endurance, and flexibility. Each student in the program will receive 45-60 minutes per week of nutrition education as well as 45-60 minutes per week of fitness education.

### Results

**Result: Output**

Provide youth fitness and nutrition programs for START participants.

Indicator: participants

Target: Year #2a 4150 1st & 6th grade students will participate in the youth fitness and nutrition programs

**Result: Output**

Year #2b 850 high need 4th and 5th graders will participate in the youth fitness and nutrition programs

Target Value: 5000

Instruments: In order to report on dosage, in the 2010-2011 program year Get Fit Now! will implement an instrument to track the number of hours that high need participants receive fitness and nutrition education.

PM Statement: Year #2a 4150 1st & 6th grade students will participate in the youth fitness and nutrition programs

Year #2b 850 high need 4th and 5th graders will participate in the youth fitness and nutrition programs

Prev. Yrs. Data

**Result: Intermediate Outcome**

Increase the fitness levels of 4th and 5th graders and increase knowledge to promote healthier eating habits.

Indicator: participants

Target: Year 2: 25% [212/850] 4th and 5th grade program participants pre-assessed to be below

fitness standards on the Fitness Gram in 3 of 6 standards and having completed at least 24

hours of fitness education will increase their fitness scores to standard

Target Value: 212

Instruments: The Fitness Gram to collect data on the 4th and 5th grade program participants pre-assessed to be below fitness standards on the Fitness Gram in 3 of 6 standards who increased their fitness scores to standard in all areas assessed as below fitness standard. Completed by members. Frequency twice per year

PM Statement: Year 2: 25% [212/850] 4th and 5th grade program participants pre-assessed to be below fitness standards on the Fitness Gram in 3 of 6 standards and having completed at least 24 hours of fitness education will increase their fitness scores to standard in all areas assessed as below fitness standard.

Prev. Yrs. Data

## Required Documents

Document Name

Status

Evaluation

Sent

Labor Union Concurrence

Not Applicable