

Partner Agency Name: ABC Community Services, Inc.

FY 2013 SCHOOL AGE TRACK PROGRAMMING SUMMARY

Objectives	Strategies	Curricula	
1 Variety/Whole Grains	1 Single Class	1 4 th Grade Vegetable Core	19 Bridges to Wellness
2 Variety/Fruits & Veggies	2 Series Class, 2-4 sessions	2 Maximizing the Message*	20 Food Model Activities
3 Variety/Calcium-rich	3 Series Class, 5-9 sessions	3 TRAILS For Bones	21 PDE Curriculum
4 Food Groups/MyPlate/MyPyramid	4 Series Class, 10+ sessions	4 BodyWorks*	22 Power Panther Pals*
5 Fiber	5 After-school Single	5 Book in a Bag	23 Professor Popcorn
6 Water/Beverages	6 After-school Series, 2-4	6 CA Power Play!*	24 ReCharge!*
7 Breakfast	7 After-school Series, 5-9	7 C3 (LiFE)	25 Show Me Nutrition*
8 Healthy Snacks	8 After-school Series, 10+	8 Cooking with Kids	26 Smart Shop Teens
9 Food Safety	9 One-on-one sessions	9 EAT.RIGHT.NOW.*	27 Team Nutrition: NE*
10 Calories In: Out	10 Assembly	10 FRIDGE*	28 Team Nutrition: POC*
11 Physically Active	11 Multimedia	11 Growing Healthy Habits	29 The HEAT Club*
12 Limit fat, sodium, sugar	12 Assembly Follow-Up	12 Horizon Guide	
13 Skills/Goal-setting/Accomplishments		13 Kids Café	
<u>Caregivers</u>		14 Media Smart Youth*	*Includes Caregiver materials
14 Resources/Influences		15 MyPlate/MyPyramid	
		16 Nourish Interactive*	
		17 Little D's Exploration	
		18 Arianna's Exploration	

Subgroup	Indirect Only	DIRECT EDUCATION ONLY Use codes above to indicate:			DIRECT EDUCATION ONLY Estimate of Reach		DIRECT & INDIRECT
		Objectives	Strategies	Primary Curricula	Participants	Number of Contacts	Food Tasting Contacts
Elementary School Students		1,2,3,4,6,7,8,11	1,4,9	1,21,25	1,000	34,000	10,000
Middle School Students		3,5,8,9,10	1,4	7, 14,21	500	7,000	4,000
High School Students		3,6,11,12,13	1,4,9	21,26,27	500	6,000	5,000
After-school Students		4,8,9,11,13	5,8	13, 24, 29	300	14,400	14,400
Summer Program Students		2,5,6,11,13	1,3	8,11,16	500	5,000	3,000
Community Sites		4,7,8,9,12	1,2,9	10,15,22	200	1,200	400
Caregivers		4,8,9,12,14	1,2	4, 16, 25, 29	250	500	500
Assembly		2,4,6,8,11	10,12	15	1,500	24,000	0

Partner Agency Name: ABC Community Services, Inc.

FY 2013 SCHOOL AGE TRACK STATEMENT OF WORK

Recruitment Methods

How will you inform potential school-age SNAP-Ed participants about available direct and indirect education programming?

Student Recruitment: ABC Community Services, Inc. (ABC) has partnered with an area school district to deliver education to eligible schools within the district. All 1st -12th grade students from eligible schools will participate.

How will you inform caregivers of potential school-age SNAP-Ed participants about available direct and indirect education programming?

Caregiver Recruitment: Caregivers of elementary school students from these eligible schools will be recruited to participate in a single nutrition class as part of a Parent-Teacher Association (PTA) meeting held in the Fall. An invitation to caregivers to participate in this nutrition class will be part of the school district's quarterly parent newsletter. Flyers will be sent home to invite caregivers to monthly classes. Handouts will be given to middle and high school students to take home and share with their caregivers.

Collection of Unduplicated Counts and Demographics

Describe procedures to collect and report unduplicated counts of school-age participants and caregivers. Unduplicated participant counts represent the number of different individuals receiving direct education during one fiscal year.

Student Unduplicated Participant Counts: All students attending ABC preschool sites listed are enrolled full-time and attend all series classes. Students will be reported as unduplicated participants when they attend the first series class offered at each site. When they attend subsequent series classes, they will be reported as duplicated participants.

Caregiver Unduplicated Participant Counts: Will administer TRACKS Participant Demographics Survey (Attachment to Policy E02: Program Reporting Requirements for Nutrition Education Contacts), or equivalent, to attendees at each intervention (i.e. each single class); will verify participation responses against class attendance records.

Describe tools and procedures to identify SNAP participation and to report demographic information (gender, race/ethnicity) of participants.

Student SNAP status/other demographics: Free lunch data as reported by PDE will be used as a proxy for SNAP status. Gender and race/ethnicity data will be obtained from school district administrators. Demographic data will be set as site defaults and applied to all direct education programming for this subgroup.

Caregiver SNAP status/other demographics: A caregiver feedback survey that incorporates the TRACKS Participant Demographics Survey (Attachment to Policy E02) will be delivered at the end of the nutrition session. SNAP status and other demographics will be reported based on actual responses.

Partner Agency Name: ABC Community Services, Inc.

Programming Description

Review the bulleted items below and use these to develop your program description in approximately 1000 words or less.

- Describe the overall structure of your School Age Track program, including direct and indirect programming. Do you follow a monthly/quarterly objective-based theme? Is your program based on a specific published curriculum?
- Describe how components of programming dovetail (e.g. classroom-based, after-school, and summer programming).
- How will you utilize non-USDA staff (e.g. school teachers, school nurses) for program delivery? How will they be trained?
- Describe programming provided to caregivers.

Cost Share Staff (teachers, nurses, principals, and other elementary school staff) training will be conducted as part of a comprehensive teacher in-service held at the beginning of the school year. Cost share staff for Middle (6-8) and High Schools (9-12) will be trained individually or as part of a comprehensive teacher in-service held at each school. Health center staff will be trained individually or as part of the Center's in-service meeting. All training will cover SNAP-Ed programming requirements, approved curricula/materials, and cost share time documentation.

Elementary School Students: (Direct) Nutrition education for students in grades 1-5 is structured through monthly objectives (October – May = 8 objectives). ABC staff teaches a single class lesson in September (introduction) and in June (wrap-up). Lessons are taught each month by ABC staff and cost share staff; each month of lessons is considered a series class. ABC staff will deliver one lesson per month that includes a food tasting with 24 follow-up lessons (3 per month) conducted by cost share staff. Lessons will be approximately 45 minutes in length and conducted once every week. ABC staff will also conduct the Fourth Grade Vegetable Core, a 4-lesson series class delivered over a 4-week period (one lesson per week). These lessons are also 45 minutes in length and contain a sample-sized food tasting. One-on-one sessions are conducted by the school nurse. Sessions are approximately 5 minutes in length, reinforce messages from the series class, and take advantage of teachable moments when students are in the nurse's office. One-on-one sessions are also conducted when there are special requests due to language or cultural barriers. **(Indirect)** ABC staff will provide posters, bulletin board materials, nutrition education announcements scripts, and factsheets that correspond to the monthly objective to cost share staff. Cost share staff will distribute factsheets and change posters/bulletin boards each month. Cost share staff will deliver announcements at the end of each week. ABC staff will participate in the Fall Festival and Spring Celebration organized by the PTA. ABC staff will conduct a school-wide food demonstration and food tasting at the end of the school year.

Middle School Students: (Direct) ABC staff will teach one lesson per month (October – April) that includes food tasting; cost share staff will assist ABC staff and teach a follow up lesson each month. Lessons will be approximately 45 minutes in length and will focus on: 1. connection between media and health, specifically as it relates to students' nutrition and physical activity choices; and 2. Linking food and the environment. **(Indirect)** ABC staff will provide teachers with monthly newsletters and weekly nutrition education announcements to deliver to students. Students are encouraged to share the newsletters with their families. Announcements address objectives covered in the series class. ABC staff will conduct an hour long health fair in the Spring - students will rotate through 4 nutrition and physical activity themed stations and will have an opportunity to sample fresh vegetables at one of these stations.

High School Students: (Direct) ABC staff teaches a single class lesson in October (introduction). Two 12-session series classes are provided for students in grades 9-12, one series from October-December and the other from January-March based on cost share staff request. ABC staff will teach one lesson per week (6 lessons total). ABC staff will provide a newsletter at the end of each lesson that will focus on the topic of the lesson, reinforce the nutrition message and include information about TRACKS. Cost share staff will assist ABC staff and deliver a follow-up lesson for each lesson taught by ABC staff. Lessons delivered by cost share staff are approximately 45 minutes in length, but can be adjusted to be 20-45 minutes. Additional single class lessons may also be utilized by cost share staff as a part of a monthly food tasting. ABC staff will provide cost share staff (e.g. nurses and counselors) with materials needed to provide one-on-one sessions on a case-by-case basis. **(Indirect)** ABC staff will provide posters, bulletin board materials, and calendars that include daily nutrition tips for

Partner Agency Name: ABC Community Services, Inc.

announcements to cost share staff. Cost share staff will change posters/bulletin boards monthly. Cost share staff will announce daily nutrition tips according to the calendar. ABC staff will participate in Back to School nights, Report Card Conferences and Health Fairs at each school's request. ABC staff will conduct food tastings once a month in selected schools and distribute a corresponding newsletter.

After-school Students: (Direct) ABC staff provide a 24-week program at 15 after school sites; nutrition education is delivered on 2 days per week. This program supplements and expands, but does not duplicate the nutrition education that these children receive in school. Primary curriculum selected were developed specifically for afterschool programs and are more experiential in nature than school-based programming with a focus on cooking and gardening. Additionally, objectives are also selected to emphasize the relevance of cooking, gardening and physical activity to nutrition. Lessons will be reinforced with hands on activities. After-school programs include children grades K-8 and are 90 minutes in length. Children are separated into age groups (K-2, 3-5, and 6-8). Games, crafts, and fun activities are adapted to the age group, e.g. songs and craft activities are integrated into the K-2 program. A food tasting will be included with each lesson. Cost share staff will assist ABC staff with after-school program and follow up with materials and activities provided by ABC staff. ABC staff distributes factsheets reflecting lesson content.

Summer Program Students: (Direct) A 6-session series will be provided for children attending a Summer Enrichment Camp. Nutrition education will be offered one day a week; each session will be 2 hours in length. ABC staff will teach the series lessons; each lesson will include a food tasting. Cost share staff will assist ABC staff when presenting lessons and will reinforce nutrition messages and follow up with nutrition activities (single classes). The focus of the program will be utilizing summer produce to create healthy meals and snacks. Gardening will be integrated whenever possible. This program will support and expand education that the children receive during the school year. Curricula are more experiential in nature focusing on cooking, gardening and interactive website activities. Additionally, objectives are also selected to emphasize the relevance of cooking, gardening and physical activity to nutrition. ABC staff distributes factsheets reflecting lesson content.

Community Sites: (Direct) ABC staff will conduct a 4-session series class for children aged 5-18 attending health centers. The series class is delivered one lesson per week for four weeks; the series class is repeated each month throughout the year. Each lesson is approximately 1 hour in length and two lessons include food tasting. One-on-one education will be provided by cost share staff on a case-by-case basis with participants referred by physicians, nurses and social workers, as well as participants identified through the series class. One-on-one education will be used to clarify, repeat and/or expand on material from the series class. One-on-one sessions will focus on objectives appropriate to each child's circumstances, utilizing materials that best address the objective of the session. **(Indirect)** ABC staff will provide posters, bulletin boards and displays to reinforce messages from series classes and one-on-one sessions. DPRs are set up in health center waiting area – DPR shows will reinforce messages from series classes.

Caregivers: (Direct) ABC staff will work with principals, counselors, nurses or Community Ombudsman to provide interactive caregiver workshops. Single or series classes will be provided at each school's request during school hours or after-school. Sessions will be approximately 60 minutes in length and will included cooking demonstrations and food tasting. **(Indirect)** ABC staff will provide a newsletter to be sent home with students at the beginning of the school year that will include information about TRACKS and a summary of planned classroom activities. ABC staff will participate in Back-to-School nights, report card conferences and health fairs at the school's request.

Assembly: (Direct) ABC staff will work in partnership with school staff to provide assembly programs presented by several professional production companies (FoodPlay Productions, Taddo, Rapping about Prevention, Jump with Jill and Stages of Imagination) to students in grades K-8. Scripting for these programs will be based on TRACKS objectives and PDE Standards. After assembly programs, teachers will conduct follow-up sessions from the accompanying student activity books. A minimum of two assembly programs will be offered to schools with grades K-5; 6 follow-up sessions will be included for each assembly. All follow up

Partner Agency Name: ABC Community Services, Inc.

lessons are 45 minutes in length. A minimum of one assembly program will be offered to schools with grades 6-8; when available, one follow up session will be included.

Evaluation

Statewide Activities: Type an “x” in the box next to statewide evaluation initiatives your agency will participate in. Type the name of the subgroups your agency will evaluate for each evaluation initiative.

Evaluation Initiative		Subgroups
X	4 th Grade Vegetable Core Evaluation	Elementary School Students
	TRAILS for Bones Evaluation	
X	Modified Youth Risk Behavior Survey (8 th – 12 th grade evaluation)	Middle School Students, High School Students
X	Behavior Monitoring Tool for Elementary Students (TBD)	Elementary School Students

Other Evaluation Activities: Provide a detailed description of other evaluation activities your agency will use to evaluate proposed programming. For each activity, indicate the component of programming that will be evaluated (for example, subgroup), the evaluation methods or tools to be used, protocol, sampling plans, and how results will be tracked and reported to the TRACKS Management Entity.

--