Agenda Item No. 5.D.

Board of Directors Meeting

Date 4-4-12

Healthy Schools Initiative

Sequoia Healthcare District

Proposal for Physical Education and Physical Activity for

Redwood City School District

Executive Summary

The physical, emotional, and social benefits of regular physical activity for youth are well documented. When PE is offered in schools, it has been shown to significantly contribute to students' well-being and to their academic success. Schools have tremendous potential to improve the health of young people because they reach nearly all children and adolescents. Unfortunately, in San Mateo County, PE is offered in only the wealthiest of public schools and the vast majority of children are not physically fit.

It is the mission of Sequoia Healthcare District's Healthy Schools Initiative to support school wellness efforts and to encourage collaborations, partnerships and coordination of services.

Objective: This proposal seeks to provide comprehensive, sequential PE instruction two days per week for kindergarten to fifth grade students in the Redwood City School District. Through a distinctive and efficient collaboration, we will meet the physical education needs of more than **5,000 students** in ten **elementary schools** beginning in the 2012-2013 school year, with plans to expand to 3 days per week at all 14 RWCSD elementary schools by year three.

Redwood City School District Target Schools: Fair Oaks, Garfield, Hawes, Hoover, John Gill, Roosevelt, Taft, Selby Lane, Henry Ford, and Adelante.

Partnering Organizations:

- Peninsula Community Center- PE provider
- Redwood City Parks, Recreation, and Community Services- PE provider partner
- Sequoia Health Care District- Funding agency
- Redwood City School District- Program recipient

The benefit of sharing resources allows each of the partners to create a distinctive physical education team that has varied expertise, varied resources, diverse school and community relationships, and the ability to leverage and maximize resources.

PE Provider Assets:

Peninsula Community Center (PCC). PCC, located in Redwood City, has been providing high quality fitness programs to the Redwood City community for over 50 years. For the past three years, PCC has been our partner in delivering an exceptional, although limited, physical education curriculum for students in grades K-5 in the Redwood City School District. Their fitness expertise in the areas of tennis, basketball, swimming, and physical education, along with their valued relationships with principals, teachers, students and families, make them an ideal partner to serve the Redwood City School District PE needs. However, due to the lack of resource available to hire additional staff, they have been able to provide PE only 1 day a week to seven schools. Without additional support, their capacity to expand their PE program, in both breadth and depth within the district, is limited.

Redwood City Parks, Recreation, and Community Services (PRCS). PRCS has well-established after school and after school sports programs integrated throughout Redwood City schools. They operate seven After School Learning Centers serving more than 1,100 children in Redwood City and the North Fair Oaks Area. These schools include: **Fair Oaks, Selby Lane, Garfield, Henry Ford, Hoover, Hawes and John Gill.** Along with having experienced athletic coaches and established relationships at those schools, PRCS will bring the resources of recruitment, background checks, safety, and hiring processes of staff to the partnership.

PE Program Components:

The program provides students with the knowledge, motor and behavioral skills, and confidence to participate in physical activity and establish active lifestyles that continue throughout their adult lives. Along with lessons that encompass the State Physical Education and Nutrition Education Content Standards, the program components are aimed at addressing the social, emotional, physical, and intellectual needs of students.

Staff Training: Training sessions for PCC and PRCS teaching staff will be conducted weekly, all year long, and will focus on community & leadership development, teaching methods, and program curriculum.

Nutrition Education: This partnership provides an opportunity to integrate consistent, science-based nutrition messages and information across all grade levels. Trained PE professionals will serve as role models and champions of health in the schools. Nutrition staff at PCC and Sequoia Healthcare District will identify standards and teaching content, select appropriate resources, adapt materials for improved delivery within a PE setting, and determine assessment tools.

Program Evaluation:

We are in the process of developing our program assessment and evaluation strategies and assembling an Evaluation Team consisting of stakeholders who can bring expertise to the development of the evaluation questions, methods, and data collection strategies.

Projected Program Budget: (see full proposal budget for more detailed explanation of costs)

Average cost per school per year	$10,000	
Average number of students served at each school	500	
Number of schools in year one	10	
Average number classes per school per year	64	
Total staffing costs (includes benefits)		**$578,000**
Total training costs	$400 per school	**$4,000**
Total supply cost	$2,000 per school	**$20,000**
Total annual program costs (year 1)		**$602,000**