

2016-2017 After School & Weekend Program Report

UConn
HUSKY SPORT

Get Active!

Change the Game!

UConn
NEAG SCHOOL OF EDUCATION

Husky Sport
Department of Educational Leadership
249 Glenbrook Road, Unit 3093
Storrs, Connecticut 06269

After School & Weekend Program Report



2016 - 2017 Annual Report

| | | |
|-------------------------|---|---|
| HCW | - | 3 |
| Food, Fitness & Fun | - | 5 |
| Volunteer Engagement | - | 7 |
| Looking Ahead | - | 8 |

Program Overview

The Husky Sport After School & Weekend Partnerships served about 100 students from grades K-12 across a range of Hartford area schools. Working with three Hartford community partners, six days a week, Husky Sport provided homework help, structured physical activity, free play and education in nutrition while encouraging healthy lifestyle habits. Continuing to build upon relationships between Husky Sport and the families and partners of Hartford's North End community, the After School and Weekend Partnerships aligned with the objectives and practices of Hartford and UConn stakeholders.

Hartford Catholic Worker



The Husky Sport - Hartford Catholic Worker partnership continues to thrive as we round out the thirteenth year of our partnership. Over the course of this year the presence of Husky Sport staff and volunteers has been a pillar of the Hartford Catholic Worker (HCW) programs.

Four days a week, Husky Sport supports after school and weekend programming for students in grades K-12 who are members of the unique HCW community. Visits to the HCW include building relationships through homework help, book club, shared nutritious snacks, indoor and outdoor games and activities, as well as arts & crafts. On a monthly schedule, Husky Sport prepares a healthy lunch for the students, families and community members who attend the Saturday program. Preparing lunch is something that Husky Sport looks forward to and eating lunch is something that everyone else really looks forward to!

Key takeaways:

The focus of after school programming at HCW continues to be relationship building through shared play and work.

Husky Sport continues to deliver healthy meals to HCW's Saturday programming and is by far the most consistent source of volunteers for HCW.



Hartford Catholic Worker (cont'd)



Food, Fitness, & Fun

Food, Fitness, and Fun (FFF) is an enrichment program centered around physical activity and nutrition hosted by Husky Sport in partnership with The Village for Families and Children at Wish School. Serving students in grades 5 - 8, FFF creates a supplemental opportunity for Husky Sport to reach students in the upper grades who self select into the program during the after school hours. Involved students get twice-weekly homework assistance and physical activity, and bi-weekly healthy tastings.

A sample schedule for FFF includes:

| Schedule | Tuesday (No Tasting Schedule) | Thursday (Tasting Schedule) |
|-----------|----------------------------------|--|
| 3:30-4:00 | Homework Help | Homework Help |
| 4:00-4:45 | Classroom Physical Activity | Classroom/Outdoor Physical Activity |
| 4:45-5:30 | Gym/Outdoor Physical Activity | Healthy Tasting |



Food, Fitness, & Fun (cont'd)

*Food, Fitness, & Fun (FFF) is an enrichment centered around **physical activity and nutrition** hosted by Husky Sport. In session one we tasted:*

- Rice Cake Fruit Pizza
- Apple PB Pizza
- Veggie Wheat Thin Pizza
- Fruit Smoothies

2 Days of programing (Teus/Thurs) per week

5 Program Leaders leading development and delivery

22 Young people participate in the FFF program

20 After School engagements in session one

5

Full time Village staff members at Wish

3

Years of Husky Sport partnership with the Village

5

Years of Village partnership with the Clark/Wish community

1,000+

Minutes of extracurricular physical activity and nutrition programing per semester

Volunteer Engagement

Volunteers from the UConn SBYD class visited after school and weekend programs six days a week. At the Hartford Catholic Worker (HCW) & Food, Fitness & Fun (FFF) volunteers engaged with students doing homework help, reading, one-to-one and group activities, snack preparation and all-around relationship building.

Volunteers visited programs on the following schedule:

| | | | | | |
|-----------|-----------|-----------|-----------|-----------|----------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| HCW | FFF | HCW | FFF | HCW | HCW |
| 3:30-5:30 | 3:30-5:30 | 3:30-5:30 | 3:30-5:30 | 3:30-5:30 | 10AM-1PM |



Looking Ahead to 2017 - 2018

For future after school and weekend partnerships, Husky Sport looks forward to:

- Re-establishing a consistent partnership with the Salvation Army.
- Continuing our long standing partnership with Hartford Catholic Worker.
- Enhancing the partnership with The Village at Wish.
- Providing students with continued academic support & access to various physical activities, healthy life style choices and college role models.

