

READY, SET, READ!  
PROGRAM REPORT  
2017-2018



*GET ACTIVE!*

*CHANGE THE GAME!*



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

# Ready, Set, Read! Program Report



## *2017-2018 Annual Report*

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*Get Active!*

*Change the Game!*

## Program Overview

Ready, Set, Read! is a literacy skill building initiative engaging elementary age students and their teachers as part of Husky Sport's school-time programs. Each week students in grades K-2 are engaged in a lesson focusing on a section of the USDA My Plate, physical literacy skill and life skill. Each lesson includes a dynamic read aloud, an interactive game/activity, and once a month, a healthy tasting to showcase one section of the My Plate.

# 2017-2018: By the Numbers

Cycle 1	<b>My Plate, Physical Literacy, &amp; Relationship Building</b>
Cycle 2	<b>Vegetables, Agility, &amp; Be Respectful</b>
Cycle 3	<b>Grains, Balance, &amp; Hands and Feet to Self</b>
Cycle 4	<b>My Plate, Flexibility, &amp; Relationship Building</b>
Cycle 5	<b>Protein, Strength, &amp; Be Responsible</b>
Cycle 6	<b>Dairy, Plyometrics, &amp; Follow Directions</b>
Cycle 7	<b>Fruit, Hand/Eye Coordination, &amp; Be There, Be Ready</b>

## RSR! Program Breakdown

- Program Cycles: 7
- Days of Programming: 1
- Weeks of Programming: 26
- Number of K-2 Classes: 7
- Number of Students: 140

## Time of Engagement

- Program Session: 40 Minutes
- Weekly Program Time: 280 Minutes
- Total Program Time: 7,280 Minutes
- Weekly Lunch Bunch: 60 Minutes
- Total Lunch Bunch: 1,560 Minutes

*Ready, Set, Read! Engaged students for a  
total of 8,840 minutes!*

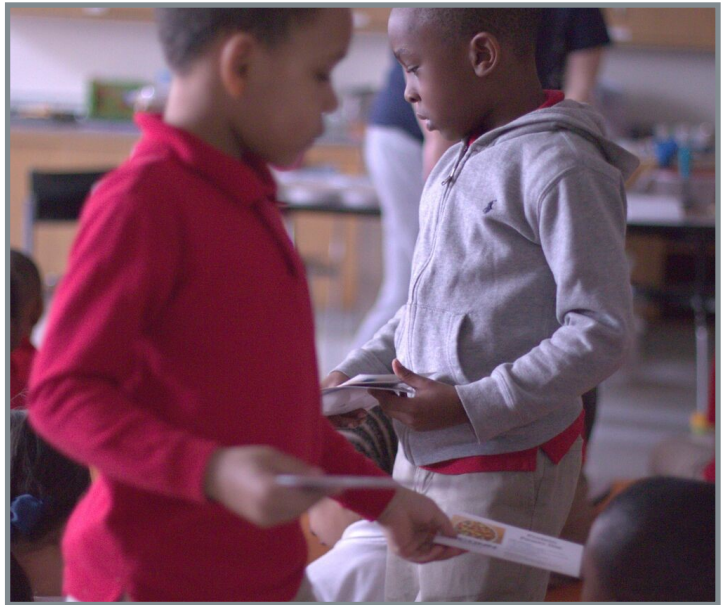




# Direct Engagement

## Literacy

Ready, Set, Read is a literacy skill building initiative designed to be engaging and encourage a love for reading at a young age. Students participate weekly in programming that includes a dynamic read aloud and an activity that strengthens their literary knowledge. Weekly activities reinforce themes students are taught by their classroom teachers throughout the year such as sequencing, character traits, and retelling a story. Program Leaders carefully choose books that are age, length, and culturally appropriate for each lesson plan in order to emphasize these themes.



## Nutrition Education

Each cycle includes a hands-on snack preparation opportunity that reinforces nutritional themes of the My Plate. Kid-friendly recipes are chosen from Snap4CT.org using the following criteria:

- Kid-friendliness
- Cost Effectiveness
- Ingredients can be purchased at a local grocery store
- Connection to MyPlate guidelines

When snacks are prepared, Husky Sport personnel divide and engage students in small groups that work together to create a healthy snack tasting. During each lesson, students learn how to read a recipe and interpret the instructions, use safe cooking practices, and learn about cleanliness. Recipe cards are sent home to family members to encourage healthy eating at home and cooking as a family activity, where students can showcase the skills they learned during Husky Sport.

# Direct Engagement Continued

## Life Skill Development

Life skill development and sport based youth development go hand in hand in the Ready, Set, Read! program. Through each of the Ready, Set, Read! lessons students participate in activities that reinforce life skills and lessons learned by the characters in the story. Many of the activities help students to develop teamwork, leadership, and conflict resolution skills. With each activity students are able to reflect on how this skill could be utilized during the school day and in their home life.



## Small Group Interactions

To encourage active participation and high repetition learning, Husky Sport utilizes their staff and volunteer presence to engage students in small groups. With each class, Husky Sport will have at least three adults present, with each person leading teams, stations, or read alouds. By doing so, students can learn and interact with each other in a variety of ways, emphasizing the importance of lesson plan adaptability for student growth.



## Physical Literacy

In every cycle of Ready, Set, Read! there is a focus on a physical literacy skill that students are learning in order to increase bodily awareness and motor skills that prevent youth injuries. These physical literacy skills include but are not limited to balance, strength, plyometrics, agility, hand-eye coordination, etc. Ready, Set, Read! books that are selected highlight characters playing a sport or completing a physical activity that reinforces the physical literacy focus of the cycle. Following the reading, an activity may be played that replicates the physical literacy skills the character uses in the book.



# Stakeholder Testimonials

"We really like the days when we get to taste new foods, especially the apple pancakes and pinwheel sandwiches. We also liked when we got to play with vegetables of all different colors during the 5 senses activity!"

*Wish Students*

"Husky Sport was a lot of fun because we got to play games and eat food. I really liked when we played the game where we got to [bear] crawl and play basketball. It was fun trying to make a basket with my team"

*Wish Student*



"Ready, Set, Read! worked well in creating new games to engage students. For each lesson, Program Leaders developed and adapted games to meet students at their level. By doing so, the daily plans were able to expand upon what students had learned from the book, all while incorporating physical activity!"

*Kerry Mattson, Program Leader*

"I think the diverse books are really cool. Ready, Set, Read! stands out to me because I don't remember seeing or reading that many diverse books as a kid in school. Diverse books are important because it shows kids that there is representation of people that look like them."

*Aaron Owens, Program Leader*





# Lesson Planning & Diversity

The Ready, Set, Read! Program is dedicated to choosing diverse children's books for each of our lessons. It is important for our students to read books with main characters that they can identify with; as it helps our students draw a greater connection to the theme, as well as develop a stronger love for reading and learning. Husky Sport staff working with Ready, Set, Read! participate in trainings lead by various program stakeholders throughout the academic year to enhance their delivery of engaging lessons with inclusive books and activities.



"A large majority of the children's books published each year contain white main characters. The second most represented main characters are animals. Students are looking for themselves in the books we read, they want to imagine themselves tackling the same challenges, learning the same lessons, or participating in similar activities. It's important that we choose books for our lessons that represent the diverse world around us, not only when it comes to race and ethnicity but also gender, ability, culture, etc. In order to do this, we work with our Program Leaders to examine these inequalities in education, publishing, and representation to learn best practices for creating inclusive lessons!"

- Cassandra Therriault, Ready, Set, Read! Program Coordinator

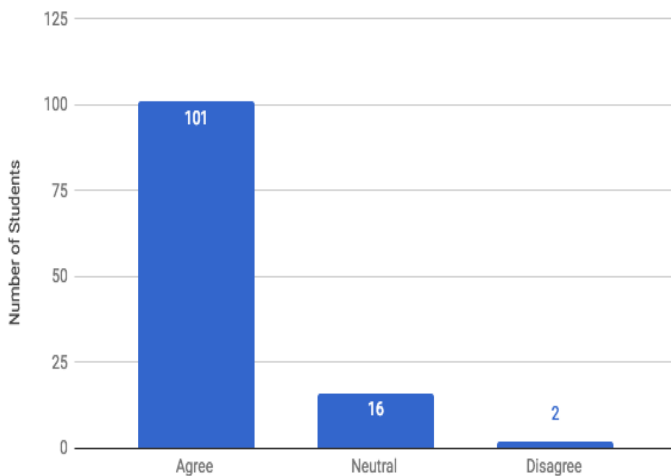
# Evaluation

This year, RSR! evaluations included an interactive survey. Utilizing the successes of previous academic year's efforts, students were actively engaged while completing the survey in order to gather input around literacy and Husky Sport's involvement with RSR!

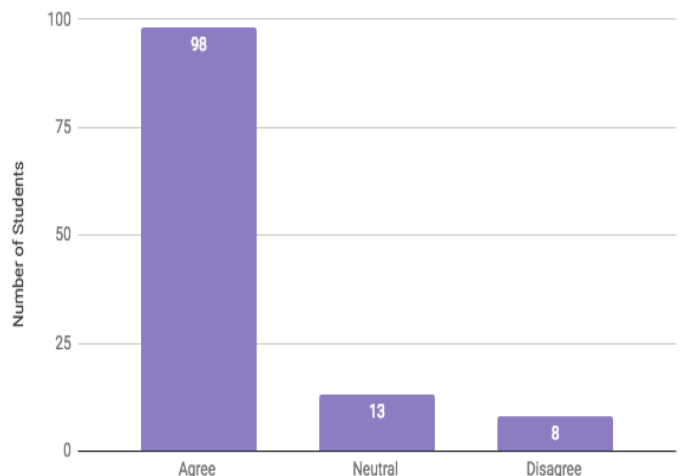
Here is what our approach looked like:

- 119 students from kindergarten through second grade participated
- Students rotated through 5 physically active stations to answer 15 questions
- Students used stickers to mark their answers for Agree, Neutral, or Disagree

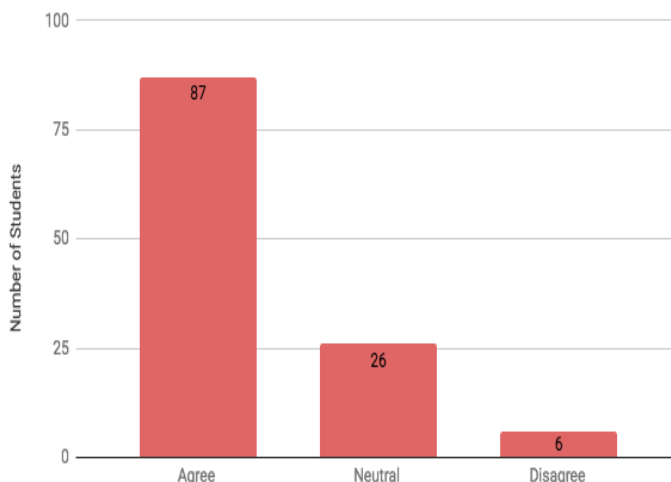
Question 1: It is very important to me to be a good reader



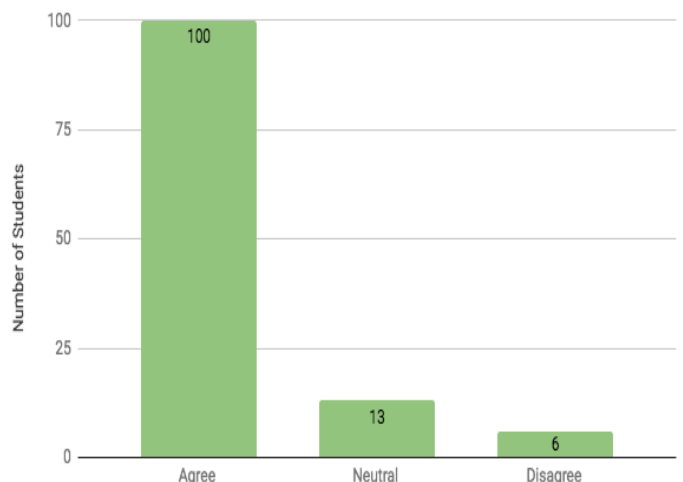
Question 3: I like to read about new things



Question 8: I like when reading is part of the school day



Question 10: I like when the UConn people read with me





# Key Takeaways

Over the course of the 2017-2018 school year, Husky Sport Program Leaders worked hard to deliver fun and engaging literacy lessons to 140, K-2 students at Fred D. Wish Elementary School.

Three key takeaways emerged when reviewing the course of the year:

## Diversity in Children's Literature

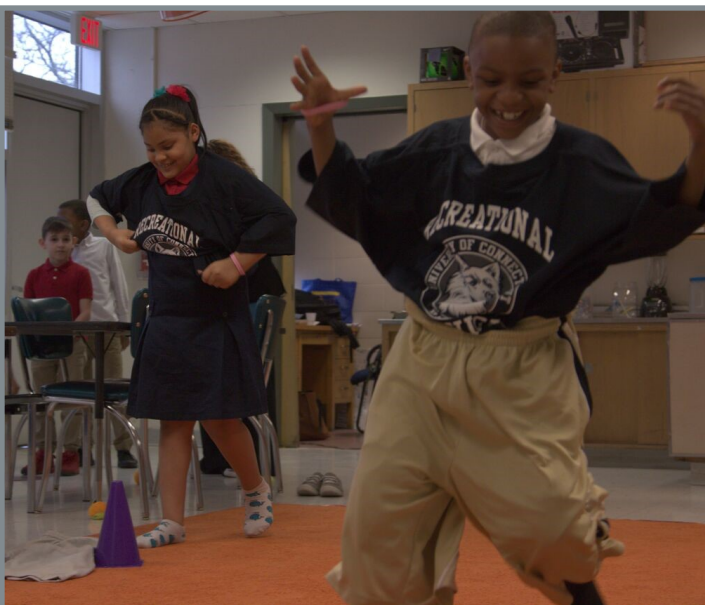
Introducing books with more diversity into the Ready, Set, Read! program was a main focus in the curriculum development this school year. Students were able to read books that introduced them to sports from around the world, historical figures, main characters that identified with a variety of races and ethnicities, as well as characters with unique abilities. Through this, students were welcomed to share their own lived experiences, family traditions, and goals for the future.

## Fun and Engaging Lesson Plans

Program leaders strived to create and implement fun and engaging lesson plans each week. All lessons included a dynamic read aloud and a physical activity game to reinforce the theme of the day. Specific explanations for adult roles in each activity allowed for small group engagement. Once a month, students engaged in a tasting that showcased the My Plate and healthy eating. Students learned how to read a recipe and interpret how to make the snack before enjoying it in small groups.

## Adaptability of Lessons for Kindergarten Learners

When developing lesson plans, Program Leaders were able to identify games and activities that might not be age appropriate for Kindergarten students. To address this, lesson plans included several game adaptation recommendations for better engagement, and established consistent modes of communication for mid-lesson improvements.



# Looking Forward to 2018-2019

Looking ahead to the 2018-2019 academic school year, our partner, Fred D. Wish Elementary is expected to enroll a high number of students from a nearby neighborhood school closure. Though most of the students will be in grades 3-8, we may see an increase in our K-2 classes as well. The Ready, Set, Read! Program is looking forward to making strong connections with our incoming students and continuing to build opportunities for students to engage in literacy, nutrition education, life skill development, and physical activity!



Some ideas to incorporate our new students who will be engaging in Ready, Set, Read! as well as other Husky Sport programs are to:

- Provide opportunities for students to share who they are and what they like
- Inquire what students already know about literacy, nutrition and physical activity
- Provide an overview of our program, history, and expectations
- Focus on life skills and interpersonal skills that will encourage teamwork
- Implement inclusive relationship building games for English Language Learners