

Antelope SERRF Afterschool Program

Antelope Healthy Behaviors Learning Center

Antelope Elementary School
22630 Antelope Blvd
Red Bluff, CA 96080

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Site Background

- The Antelope SERRF Afterschool Program began in 1999. It is part of the four-school Antelope School District. Antelope is one of 24 K-8 public schools served by the SERRF Afterschool Program operating in all 12 districts in Tehama County.
- Antelope Elementary is the site of the Healthy Behaviors Learning Center, which was certified in September, 2012. The school has 410 students in grades from transitional kindergarten to 5th. The ethnicity of students is: African American 2.1%; American Indian 1.8%; Asian 1.8%; Filipino 0.3%; Hispanic 23.7%; White 69.3%. Fifty-nine percent of the students are eligible for free or reduced lunch.
- Antelope Elementary has a total of 17 full-time equivalent teachers.

Every spring Antelope SERRF's enrollment maximum is met within one day, establishing an immediate waiting list. While the ASES grant requires an enrollment of 97 students, applications far exceed this number. Every effort is made to enroll students from the waiting list as current students move, transfer schools or other after school arrangements are made for them.

Making a Difference

Antelope SERRF is committed to helping students and their families develop healthy lifestyle habits. Our staff strives to incorporate the practices from the Healthy Behaviors Initiative for Afterschool Programs. These practices include physical fitness, nutrition, commitment to community, family and school engagement, and food security.

- The Antelope SERRF team has made a commitment to be a Healthy Behaviors Site. By making this commitment, they have each pledged to fulfill a specific goal in their work with students. Each staff member was asked to set one achievable goal for the school year to promote health thereby helping their students to decrease poor nutrition and sedentary lifestyle choices. Goals included increasing water intake, learning skills to play mainstream sports, staying active and making conscious food choices, engaging in nature-based activities, and garden education to coincide with the new school garden.
- Ripe fruit and vegetables are picked from the school garden under the supervision of the garden instructor and SERRF staff as part of each day's lessons. Activities also include composting, weeding, raking and checking water lines. The Summer SERRF program has introduced the garden to new students who don't attend Antelope during the school year. Some produce is

donated to local food banks and the progress of the garden has been featured in the local newspaper and on the daily news.

What We Do

- We have implemented an intramural sports program with our 3rd to 5th grade students right after school. Sixty students currently practice basketball drills and skills, and compete on Thursday afternoons. Twenty of our students have elected the non-competitive option that includes dance with an instructor from a local studio, GEOFITNESS, CATCH, and SPARKS activities.
- An instructor from the Wilcox Country Club taught golf lessons on campus. Several students were so successful that he offered them free lessons at the country club during the summer.
- Our primary aged students have regularly scheduled recreation using CATCH games that involve parachutes and other high interest activities.
- Our school garden has been an excellent source of garden education using Dairy Council curriculum. From 5:30 to 6:00 pm each day during the fall students harvested, tasted, and delivered fresh produce to the cafeteria for the school salad bar.
- We have created a cooking area for demonstrations and cooking with kids. Power Play has come in several times to teach students about healthier recipes. On Fridays we often serve a snack such as a smoothie or salad that the students have participated in making.
- Our nutrition curriculum includes: Reading Through My Pyramid (UCCE), Power Play, Deal Me In (Dairy Council), and Kidz Science Foods from Plants lessons. Nutrition education with the garden instructor has been supplemented by weekly sessions with CalFresh staff through the University of California Continuing Education Program. Each week groups rotate through garden care and watering.
- Deb Highley, the Antelope SERRF Facilitator, serves on the Antelope School Wellness committee. Representing SERRF, she has collaborated with the school's food service manager to increase the frequency of fruit and vegetable snack servings as well as eliminating strawberry milk and decreasing the frequency of chocolate milk.
- In September we hold our Family Fitness Day. Families rotate through stations learning about healthy eating and staying active as a family. A CalFresh presentation follows and the CalFresh representative hosts a table helping parents to establish CalFresh eligibility.
- There has been an increase in the level of physical activity with SERRF students and staff. Disc golf and yoga instruction have been added to the summer program which is especially good for students who are less receptive to participating in traditional sports.
- Through the Tehama County Mental Health Department SERRF students have led and participated in expressive drumming sessions. Several sessions are scheduled for age alike groups. One student commented that he was angry before he arrived for drumming but felt much better after participating in the group.
- CATCH and SPARK lesson plans are regularly used. Also beginner Skillastics for kindergarten & 1st grade, GeoFitness Clubs for 2nd & 3rd grade and Skillastics games for 4th & 5th grade. Also used frequently are activity ideas from Shooting from the Hip (Arnold's All Stars) and Energizers (East Carolina University, Activity Promotion Laboratory). Staff have found these resources to be very user friendly. They can be used during transitions as well as in the classroom during wet or hot weather.

- A “blender bike” was purchased using Region 2 funds. It is used to make a variety of juices and smoothies using the “Kids Get Cooking” recipe books. Students return after weekends sharing what they blended at home to surprise their families.
- Through a partnership with the Tehama County Community Action Agency qualifying SERRF families will have the opportunity to sign up for services including: Senior nutrition, car seat education, financial literacy, nutrition education, social security advocacy, family support programs, VITA tax prep and training, MediCal eligibility information, CalFresh outreach and other referral services. CAA staff will hold parent information sessions at Antelope School. Eligible families who participate in the summer education sessions will receive a bag of groceries and/or a grocery store gift card. This program is also helping Antelope School finance free breakfasts and lunches for summer SERRF students.

Our Partners

- UC Cooperative Extension in Tehama County
- Center for Collaborative Solutions / Healthy Behaviors Initiative
- Region 2 HBI Support (\$3000)
- Tai’s Deli (SERRF mom and daughter of our garden instructor)
- GOFAR
- Power Play
- CalFresh Outreach through CNAP
- St. Elizabeth Hospital, Director of Food Services
- Mercy Foundation North (sponsor of annual bus trip to GOFAR event)
- KidTribe
- Tehama County Mental Health Services (Drumming)
- Girl Scouts
- Greenville Rancheria Clinic (Health lessons literature)
- Our wonderful parents who help us in so many ways
- CDE ASES funding (through Prop. 49) and sliding scale parent fees

Additional Impacts of Our Program

Our enrollment numbers are 40% of the student body, with a waiting list of more than 15 students.

Culture of health and activity has been established with students, staff and families.

Antelope will continue as a healthy resource for other SERRF sites as they establish their HBI practices.

Students are requesting more items in the cafeteria salad bar as they familiarize themselves with fruits and vegetables.

Personal fitness goals of the staff are encouraged.