

Kids Campus Youth Center Wellness Program

Kids Campus Youth Center
Durfee Elementary School
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Site Background

Kids Campus Youth Center (KCYC) facility is exceptionally well-suited to provide student enrichment services. This 18,000 sq. ft. site was built in 2006 with extensive design input from the local parents, the District and other stakeholders. The site has many attributes that promote the provision of a wide variety of student enrichment activities. Enrichment services are offered in addition to the traditional tutorial, and frequently incorporate elements of project-based learning activities.

Making a Difference

Our mission is: "To share love, hope and resources with our neighbors who are in need." We believe that healthy children and strong families are the cornerstones of a thriving community. At the Kids Campus, our program isn't just changing lives...it's saving lives by helping address childhood obesity. Students are becoming healthier through the opportunities we offer and the knowledge they gain.

At the Kids Campus over the last few years we have been diligently designing the expansion of our children and youth programs. We have analyzed the needs of the youth in our community, visited numerous existing youth sites, surveyed solutions developed and best practices used by other providers, established space requirements, and developed a program plan to fulfill our objectives.

The Kids Campus serves a highly diverse student population. Our youth program participants are predominantly low-income and poverty level children and youth. Of the children who come to our program, approximately 89 percent are Latino, 11 percent Asian/Pacific Islander, and 1 percent White. Free and reduced lunches are served to 89% of the student population. The program operates Monday through Friday, from 12 noon to 6:00 pm. Our staff to student ratio is 20:1. On average, about 145 students attend our program on a daily basis. Approximately 75 additional students are on a waiting list to join our program.

What We Do

- **Physical Activity:** Participants take part in a variety of activities designed to help them develop their social, emotional and physical skills. Students engage in at least 40 minutes of moderate to vigorous physical activity five days a week. Staff integrates students' regular school day experiences into after school skills and activities. Our daily walking club allows all participants to walk in moderate to vigorous movement 20 to 30 minutes a day.
- **Health and Nutrition Education:** Participants receive nutrition and health education, emphasizing the social and emotional connections to healthy behaviors. Lessons educate students with tips for healthy eating like serving size, reading labels, and the benefits of eating more fruits and vegetables.

- **Academic and Enrichment Opportunities:** Participants take part in art, computers, educational and recreational field trips, and a variety of service learning projects. They receive homework assistance with the support of our instructional aides. Our staff works closely with the participant's teachers for support and resources when needed.

Impact and Accomplishments

Over the past year, Kids Campus Youth Center has served almost 550 students. The program has demonstrated that it changes lives and makes a positive impact on kids, families, schools and the surrounding community. The program tracks students' progress in several ways, using the pre/post weight and height three times a year, and student and parent surveys designed to record participation in physical activity, nutrition skills, and healthy behaviors.

- 99 percent of our Durfee after school students walk more than 20 miles a month to the Kids Campus Youth Center.
- 100 percent of the students demonstrate an improvement in reducing the walking time from the school site to Kids Campus from 45 minutes to 20- 25 minutes.
- 43 percent of the parents report an improvement in the physical activity level and healthy eating habits within their families.
- 50 percent of the students indicate the program definitely helps them to be more physically active, and they "enjoy eating fruits and veggies".

Our Partnerships

Many partners have helped ensure the success of our program:

- Center for Collaborative Solutions
- Network for a Healthy CA
- Kaiser Permanente
- Blue Shield Foundation
- Our Saviour Center & Church of Our Saviour
- Cleaver Family Wellness Clinic
- Los Angeles Regional Food bank
- Revolution Foods
- Rails for Trails
- SPA 3
- El Monte City School District administrators, teachers and other staff
- Parents/guardians

Additional Impacts of Our Program

Students from Durfee Elementary School who have participated in the Kids Campus after school program have shown academic improvement over the past year. API scores for the 2011-2012 year have shown improvement and Durfee's Principal attributes much of that success to the assistance of the Kids Campus.