



Fresno FRESH
Madison Elementary School Healthy Behaviors Learning Center

Central Unified School District
330 South Brawley, Fresno, CA 93706
Site Director: Jodie Velasquez
jvelasquez@centralusd.k12.ca.us
(559) 276-5280

Mission Statement

Madison will educate and inspire its students, through quality teaching and a safe school environment, to become self-sufficient, productive, life-long learners who celebrate life and embrace diversity while striving to attain exceptional moral character.

Site Background

The Madison Elementary After School Program is one of 131 Fresno County Office of Education (FCOE) FRESH Program sites. Madison has been in operation for twelve years under the leadership of Jodie Velasquez. It became a Healthy Behaviors Learning Center in 2009. The site serves up to 180 K-6 students daily, with a waiting list of 78. This program serves many children and families whose primary language is not English and who struggle with poverty. Seventeen percent are English language learners, and 91 percent are eligible for Free/Reduced Price meals. Its students are 69 percent Hispanic, 13 percent Caucasian, 11 percent Asian and 7 percent African American.

The staff are ethnically and racially diverse. Of the 13 staff, five are California State University Fresno Teaching Fellows. The teacher/student ratio is 1/20. All staff members engage in on-site trainings before the start of each school year and mandatory monthly meetings during the year. Staff practice what they have learned, which proves to be excellent role modeling. Trainings are supported by collaborative partnerships with the FCOE Department of Safe & Healthy Kids Wellness and Nutrition Department.

Afterschool students start their afternoon with homework review and tutorial support followed by engaging physical activity. Enrichment classes are embedded with academic, nutrition education and physical activity state standards. Students have Session 1 classes followed by a nutritious snack. Students participate in the

Walking Warriors Program to encourage heart health by doing a cardio work out for 25 minutes before going to their Session 2 classes.

Making a Difference

- Students participating in the After School Program find themselves making good progress in meeting their Adequate Yearly Progress (AYP) goals.
- Staff is committed to empowering all students.
- Madison successes hit home—Parenting classes offer hands-on instruction to parents/caregivers in nutrition education and demonstrations in healthy cooking.
- Components that have aided in changing students' health include staff role modeling, Harvest of the Month, health assemblies, hands-on school garden, an enrichment program embedded with health and wellness, health fairs, National Breakfast week, Healthy Behaviors for Children and Families curriculum, use of Second Step anti-violence curriculum, and the use of age/grade appropriate nutrition education.

What We Do Best

Madison's After School Program provides tutorial support, academic enrichment in literacy, math, science, language arts, nutrition education, physical activity, the arts, a student-led media production group, service learning, leadership, and opportunities to explore the outside world through field trips. The site:

- Embeds a variety of age-appropriate sequential nutrition curriculum into all aspects of the afterschool program.
- Offers hands-on learning as students create, prepare, and indulge in healthy tastings.
- Grows garden fresh produce that serves as learning materials.
- Offers a variety of enrichment programs aimed to challenge students to think and work outside the box, such as the *Video Production class*, where upper grade students learn to write, shoot, and edit their own nutrition-fueled stories utilizing digital video cameras and laptop computers; and the *Leadership group*, driven by students, that tackles school issues head-on as they strive to do the right thing, all in the name of good health.
- Hosts an annual *Madison Health Fair* with many community health and wellness partners who exhibit free information and services; encourage living healthy, active lifestyles; demonstrate healthy cooking; provide taste-testings and showcase physical activity that is easy for the entire family to enjoy.
- Partners with local and regional community organizations.
- Participates annually in nationally recognized events such as: 1) Breakfast Week, 2) Physical Education Month, 3) Nutrition Month, and 4) Walk to School, among others.

Our Funders and Partners

Madison's afterschool program is funded by After School Education and Safety (ASES) and 21st Century Community Learning Centers, and the *Network for a Healthy California*. In addition to its funders, Madison boasts multiple community partners that strengthen our program. They include the Community Food Bank, SHAPE (Shaping Health as Partners in Education), FCOE Department of Safe & Healthy Kids Wellness and Nutrition Department, John Reynolds Photography, the *Regional Network for a Healthy California—Central Valley*, Kaiser Permanente, UC Cooperative Extension and the Center for Collaborative Solutions.