



Shasta County Office of Education



Project SHARE After School Programs North Woods Discovery School Healthy Behaviors Learning Center

Contact Information

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Site Background

- *The North Woods Discovery Charter School site has had a grant-funded after school program in the Gateway Unified School District for the past eight years. Formerly, the site was with GUSD SAILS. Now, the site is under the oversight of Shasta County Office of Education's Project SHARE after school program, and was certified as a Healthy Behaviors Learning Center on September 30, 2012.*
- *North Woods Discovery School serves students in Kindergarten through 8th grade. Regular day enrollment is 200; after school enrollment is 92. The ethnic diversity of students is: American Indian 4.9%; Hispanic 6.9%; White 83.7%; two or more races 4.3%. At present, the regular day school program has 59% of the student population qualifying for free or reduced priced meals. In the after school program, the percentage of the participants who currently qualify for free or reduced meals is significantly higher.*
- *The Project SHARE staff at North Woods come from diverse backgrounds. All are committed to the HBI goals for both themselves and the site. We all share the same vision, a vision of an after school program in which children and their parents can be benefited by learning how to grow, harvest, prepare and shop for healthy, whole foods within any budget. We believe every child can find a physical activity that they enjoy that will get them up and moving, and if children are excited about movement, families will support, and often participate in, that movement.*

Making a Difference

- *After one year of work establishing our site as a Healthy Behaviors Learning Center, we have seen the following improvements from our students:*
 - *Children are choosing fresh fruits and vegetables over other foods, and often ask for seconds of their favorite fruit or vegetable.*
 - *Children drink more water, and are more conscious of the importance of staying hydrated.*
 - *Children are beginning to prefer exercise regimens over free choice Physical Activity times.*

- *Our homework hours have become more focused. There are fewer distractions during this hour.*
- *Staff have noticed and remarked that the children seem “happier.”*
- *Older students are beginning to mentor/model for younger students.*
- *Parents are very satisfied with the program, and often remark that “their children do not want to go home.”*
- *The after school staff, have also made significant changes in our personal habits. They have become more intent on staying fit, staying hydrated, and “walking the talk.” No staff member ever brings fast food or soda on campus during after school hours any more. Two staff members have lost weight in the last year.*
- *The regular day staff and many parents have continually remarked on the quality of the program. Recently, a parent put her child in a high-quality summer program, and at the beginning of school this year told us (and others) that our program was much higher quality! This school year, we were at “wait list” by day two of program!*

What We Do

- *Getting our children to “agree” to do 30 minutes of vigorous physical activity a day has been a process. Last year, many students balked at this, preferring the old model of “free choice” time for physical activities most days. As staff, we continued to explain the importance of moving, and stressed the benefits while modeling the behavior. This year, students have seemed to really enjoy PA time. We plan to implement Family PA nights beginning this fall.*
- *We have regularly implemented cooking clubs and have long been known for serving healthy snacks including raw, fresh fruits and vegetables in after school. We have re-implemented nutrition education in after school using MyPlate, PowerPlay, Deal me In and many other resources.*
- *One challenge we had was changing our snack to one that was more wholesome and substantial. We were able, in the spring of last year, to implement the CACFP Supper Meal Program successfully at our site. This has had a profound impact on our children. Attendance has improved, and the improved homework behaviors demonstrate d are a direct result of this program.*
- *Another challenge has been implementing the gardening portion of our vision. Our site has seen much vandalism over the past many years, and we had been afraid to build raised beds and plant for fear we would return to find all the children’s hard work demolished. Our sheds, too, were repeatedly broken into and many of our supplies - literally thousands of dollars worth – stolen. We were also afraid to stock our garden sheds because of this. Last year, our principal elected to add our Project SHARE sheds to the school’s alarm system. The break-ins ceased. This year, our Principal, John Husome, has given us an area of land directly in line of the school security cameras to put in raised beds.*
- *Our biggest challenge right now is maintaining high quality staff that shares our vision, and recruiting staff that will remain long-term and who also share our vision, especially as we are a*

rural site and the work day is only 3.5 hours per day. At present, our regular day teachers step in to help us where possible, and they are committed to keeping the program quality high..

Our Partners

- *Our after school program is funded through the ASES Grant. We also have support from our families in the form of voluntary donations and parent volunteers who help out regularly. In addition, our school staff and Parent Club have provided much support in helping us to reach our goals. We have received donations of seeds and pots for our gardening program from parents and past participating families. We have tremendous support from the following partners: the Project SHARE Support Council, Shasta County Office of Education's Nutrition Services, Region 2 Lead Gloria Halley and her staff, the HBI Group Members, The Center for Collaborative Solutions, and others.*
- *A key supporter that has contributed to our success over the past several months has been Enterprise Elementary School District, who has contracted to supply us with high quality, nutrient dense, fresh, healthy meals, packed with whole grains and whole fruits and vegetables.*

Additional Impacts of Our Program

Last year was our first year of participation as a Healthy Behaviors Learning Center. Over the course of last year, we laid down the foundation for the work to be done this year. This year, we plan to take all our endeavors to the next level. We will build raised beds, and we will plant and harvest, and we will create a garden program that is sustainable. We will implement the family outreach portion of our mission, and begin having monthly family fitness and nutrition nights. We will expand on the base knowledge our children began gaining last year, and will utilize Nutrition Education materials weekly in each after school group. We will find new and creative ways to keep moving vigorously at least 30 minutes each day, and will utilize Skillastics at least once each week at each grade level. We will progress, we will learn, we will get better, and we will empower.