



Institute for Student Success Inc.

Contact Information

Wilcox Elementary School
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Our Mission

The mission of Institute for Student Success (ISS) is to provide a safe and supervised after school education, enrichment and recreation program for kids in grades K-12.

Our Vision

To create a safe place to be after school with caring, responsible adults and engaging activities that provides students with the necessary tools and experiences to be a successful person.

Our Values

1. Students may not remember what we taught them, but they will always remember how we made them feel.
2. To inspire students to reach their full potential.
3. People love to do what they are good at. We believe that with the right tools, these kids will learn the necessary skills to be a success.
4. Students support what they help create. Students should be involved in the decision-making and program design.
5. Have fun.

Site Background:

With over 25 years of experience in the field of education, we deliver right-at-school programs that address family needs for a safe, education-based environment. Programs include after school opportunities for students in elementary, middle and high school. The goal of the program is to give students the necessary tools and experiences to be a successful person. In collaboration with parents, teachers and community members, we design a program that is aligned with state standards and includes homework assistance, academic enrichment, fun enrichment activities and character-building along with a nutritious snack.

On the premise that “students support what they help create” our most important advisors are the students we serve. Each student is given the opportunity to choose activities that they would like to participate in. The “clubs” range from folkloric dance to ballet, robotics to building go-carts. Students create the activity, and we find a way to disguise the academics.

Each program design is based on the specific needs of the students, school and the community. Transforming behaviors is a key to success. In our program, that begins with our health. From staff to students to the community, our program instills healthy behaviors and nutrition education, which is instrumental in helping adopt healthy behaviors that are carried over into everyday home life.

The Healthy Behaviors Learning Center at Wilcox serves students in kindergarten through fifth grade. The site staff is primarily Hispanic, which is reflective of the student population we serve in the Montebello Unified School District (MUSD). Specifically, the make-up of the student body is 93 percent Hispanic, 2 percent Black, 2 percent Asian, 1 percent White and 1 percent American Indian. The site serves a high poverty population with 80.9 percent eligible for free and reduced lunches.

The goal of the program is to create opportunities that allow the student to make healthy food and activity choices. An organic garden, will allow students the opportunity to learn the wonderful skill of horticulture. Learning how our bodies use water to replenish and restore our cells, compared to the damage that sugary drinks cause our bodies, will allow students to make choices based on knowledge.

What We Do

The goal of the ISS Wilcox Healthy Behaviors Learning Center is to assure that students incorporate what they learn through the program into their everyday home life. All staff participates in regular internal staff trainings as well as on-going trainings with MUSD. These continual trainings prepare our staff to stay on the cutting edge in implementing lesson plans that include physical activity and nutrition programming.

ISS has a credentialed physical education teacher and nutritionist on staff who, together, develop our curriculum and lesson plans. Physical activity includes standards based activities and games. Students are tested using the Presidents Physical Fitness model. The target is 60 minutes of physical activity daily.

- We offer weekly Nutritional Education including interactive healthy cooking sessions.
- Pre-post data collection- total minutes/repetitions per station on the 1st and 30th of the month. We have noticed that there is a collective increase in participation minutes recorded during the post test.
- Provide resources for the parents, and community, including information on clinics and free health screening. Provide healthy recipes and activities to do as a family. Most resources are available daily on our Parent Resource Board.

The Healthy Behaviors Learning Center teaches students how to choose a healthy lifestyle with the help of partnerships that emphasize nutrition and physical activity. The goal is to ensure student awareness and provide measureable results regarding their accomplishments. Student's monthly pre & post results are available so they can see where they were and track where they are going. The Learning Center has adopted and uses the concepts and Exemplary Practices of the Healthy Behaviors Initiative outlined in the guide, *Changing Lives, Saving Lives*, by Dr. Andria Fletcher.

Our Partners

ISS and Wilcox Elementary are in its first year of a partnership. Wilcox is an ASES funded site. We have been afforded support from the Superintendent, Extended Learning Opportunity Coordinator for MUSD, Mr. Gallegos , parents, students, and local businesses. Parents at Wilcox Elementary have expressed their sincere appreciation for the After School Education and Safety program and the healthy habits we are teaching their students.

A multitude of community partnerships have helped to ensure the success of our program. These include:

- Network for Healthy California–Children’s Power Play! Project
- Los Angeles Regional Food Bank- provides 10-15lbs of fresh produce monthly. Unused produce is given to families.
- Center for Collaborative Solutions
- Kaiser Permanente- held health fair for parents
- Red Cross-CPR & First Aid certified staff for free. Also held a parent resource fair.
- MUSD Fire Dept-provided training on emergency evacuation and brings their fire truck to site for all to experience.
- Administrators, Teachers, Staff
- Parents, guardians, PTA
- Team California for Healthy After Schools (TCHAS)
- Heart Association