

**OSU Extension
2005 4-H Afterschool Demonstration Project**

Project Profiles of 2005 Demonstration Sites

- **Ashtabula County – Ten Rites of Passage:** OSU Extension, Ashtabula County partnered with Ten Rites to involve youth in learning about health, fitness and plant science. All but one of the participants was new to 4-H and 91% were on the free or reduced-price school lunch program. 4-H Program Assistant Tom Cole says, “Ten Rites was the biggest success I have had with community partners.” Parents were involved with their children. One youth said that he liked that “it was the first time he and his father had worked together.” The after-school program has an existing 4-H club and this partnership provided additional opportunities to link with Ashtabula County Master Gardeners.
- **Cuyahoga County – Esperanza, Inc.:** 4-H, horticulture, and family and consumer sciences educators combined their strengths with those of the Esperanza, Inc., an organization that promotes educational opportunities for Hispanic Americans. The Extension educators shared *Go Plants!, Eat Well Play Hard*, and a number of other Extension-developed curricula with children in Cleveland’s West Side Hispanic neighborhoods. Children and their parents were able to take two Saturday field trips, one to HealthSpace Cleveland and the other to the Cleveland Botanical Gardens. The program produced *Young Voices & Views*, a newsletter for families that includes anecdotes and artwork by the children. Several parents indicated their amazement at the enthusiasm shown by children in eating so many fruits and vegetable not regularly served at home.
- **Fairfield County – Lancaster City Schools:** Fairfield County teamed up with the Fairfield County Family and Children First Council and the Eastside Center for Success to assist the 21st Century Community Learning Center program improve student academic success. The Eastside Center for Success has been seeking an engaging and educational nutrition and fitness program when this opportunity became available. All of the children served in this program are below grade level in reading and math, and 75% are on the free- and reduced-price lunch program.
- **Franklin County – Columbus Recreation and Parks, The Prevention Council of Central Ohio, Boys & Girls Clubs of Columbus, Inc.:** 4-H staff in Columbus worked with six program sites and multiple partners. One hundred and thirty one children were involved in learning about health, fitness, and plant science. Several sites were able to obtain additional donations of gardening resources to enhance their study of plant science by planting community gardens. A 4-H Club has been established at one recreation center and the Boys & Girls Club is planning to start a club in Fall 2005.
- **Greene County – Shawnee Elementary, Spring Hill Elementary, Warner Middle School, Mills Lawn After School Care, and Cedarville After School Programs:** 4-H, family and consumer sciences educators, and program assistants worked with five program sites, two traditional fee-based after-school programs and three 21st Century Community Learning Center programs, to deliver the *Jump Into Foods and Fitness* curriculum to 152 youth. Participants enjoyed learning about nutrition and fitness. One youth even stated, “I think this program helped me get straight A’s on my interim report.” Several schools have requested that this program be repeated next year.

- **Hancock County – Homework Central:** The 4-H educator worked with Homework Central, a program of the Findlay Central Church of Christ, to support *Jump Into Foods and Fitness*. Homework Central uses a strong base of adult and youth volunteers to provide this program to youth. Most of the children at Homework Central have some learning difficulties and yet the lessons captured their interest and attention. Deanna Kiesel, the Guidance Counselor at Lincoln Elementary School where the Homework Central children attend, said that she has overheard the Homework Central children identifying the food groups in their school lunches in the cafeteria. Over 90% of the youth who participated in this program were new to 4-H. In January, 2005, 4-H Educator Susan Russell offered a new 4-H club to the Homework Central students, which currently has 12 members. Three of these members attended the county 4-H camp and all have participated in project judgments.
- **Highland County – Washington Elementary:** 4-H staff worked with the STARS Academy Program (Student Training for Academic Success), a 21st Century Community Learning Center. The program reinforced academic standards in science and helped youth learn about fitness and nutrition. Seventy-five percent of participating youth were on the free and reduced-price lunch program and 100% were new to 4-H. 4-H staff member Ashley Bixler told us, "The program was a success overall. The partners were easy to work with and helped in the discipline issues that arose with the students. They were very excited with the variety of program provided." The district would like to continue this program in the Fall of 2005.
- **Holmes County – Killbuck Elementary:** Holmes County community development educator Sharon Strouse worked with West Holmes Schools to implement the *Go Plants!* and the *Jump Into Foods and Fitness* curricula. Ninety percent of the youth who participated were new to 4-H. One school district involved plans to continue including 4-H as an educational resource for their after-school programs.
- **Knox County – Pleasant Street Elementary:** 4-H and family and consumer sciences educators collaborated with the Knox County Health Department and the 4-H Health Ambassadors to incorporate the *Jump Into Foods and Fitness* curriculum in the Pleasant Street Elementary School Out-of-School Time program. One hundred and forty-four children came in before school to participate in the 11-week program. The partners are eager to continue the program next school year and to expand it to additional sites.
- **Morrow County – Northmor School District:** 4-H educators continued working with the Northmor Local Schools 21st Century Community Learning Center program at Iberia and Johnsville elementary schools. Eighty percent of youth participants were new to 4-H. With the success of the *Jump Into Food and Fitness* curriculum and the positive student comments, Northmor Schools have asked OSU Extension to continue the program in the 2005-06 school year and have requested information on all the programming available through OSU Extension.
- **Ottawa County – Benton-Carroll-Salem School District:** 4-H staff worked with the site directors at three Benton-Carroll-Salem Local School District's after-school programs. Both the *Go Plants!* and *Jump Into Foods and Fitness* curricula were taught to 166 youth, 164 of whom were new to 4-H. High school students and Junior Leaders assisted with this program. Youth who attended consistently were rewarded with tickets to the county fair to enhance their fun and familiarity with 4-H.
- **Portage County –Carlin Elementary, Ravenna Athletic Center:** 4-H Educators worked with the Ravenna Athletic Center to present *Jump Into Foods and Fitness* weekly in two-hour sessions. Students attending were not part of a pre-existing after school program. OSU Extension staff aided the Athletic Center in organizing this new operation. All the students who attended were also new to 4-H. 4-H Educator Ed Werner tell us, "The best success story that I can share is that all of the program participants, their parents, and all of the program partners have expressed interest in repeating this program next year in some way, shape, or form. For me, this is the highest form of praise."

- Sandusky County – New Directions 21st Century Community Learning Center:** The 4-H educator partnered with the New Directions 21st Century Community Learning Center to implement *Jump Into Foods and Fitness* in four elementary schools and reached 208 youth. Ninety-eight percent of these youth were on the free and reduced school lunch program, and approximately 200 were new to 4-H. This project included the support of Sandusky County Junior Leadership and the Sandusky/Ottawa Master Gardeners. A United Way Grant was awarded to provide additional funding to support this program. 4-H Educator Gwen Soule stated, “The program staff indicated that it filled the gap in their current programming quite well.”
- Seneca County – Tiffin YMCA:** The 4-H educator partnered with the YMCA to tackle fitness and healthy lifestyles with the *Jump Into Food and Fitness* curriculum. OSU Extension and YMCA staff presented the program cooperatively. 4-H Educator Ann Golden said, “The relationship established between the Tiffin YMCA and OSU Extension Seneca County has been a positive experience.” Both 4-H and the YMCA have been asked by the school district to join effort to attain a 21st Century Community Learning Center Grant.
- Trumbull County – Rebecca Williams Community Center, Alliance Community Outreach Program Center:** 4-H and family and consumer sciences educators partnered with two local community centers to reach at-risk youth and include them in 4-H after-school programs. While participating in the *Jump Into Food and Fitness* curriculum, several children commented on how much they enjoyed the snack of fresh fruit and vegetables that they didn’t get at home. Over 50% of the children participating in this program were on free and reduced-price school lunches, and 100% of them were new to 4-H.
- Vinton County – Project Boost:** The 4-H staff continued work with Project Boost, Vinton County’s 21st Century Community Learning Center. Each of Project Boost’s six site directors was trained in *Go Plants!* and *Jump Into Foods and Fitness*, and choose which curricula to utilize in their programs. Two sites held Family Fun Fitness Nights to bring the message of healthy choices home to the families of 823 youth who participated in this program. The Project Boost Coordinator stated, “This curriculum allowed our after-school programs to offer high-quality programming beyond that of the regular school day. Children were able to learn by doing and apply the knowledge to their own real-life situations. It is the intention of Project Boost to continue to offer this program and more so, continue this collaborative relationship with Vinton County’s Extension Office in the hopes of offering even more diverse programming in the upcoming year.”