

NN/LM Final Project Report

Report ID: 966

Award Type: Subcontractor ≥ \$20,001 Project

Region: MIDCONTINENTAL

Contract Number: HHS-N-276-2011-00006-C

Project Title: **Having Fun with Health**

Name of Organization: **Red Feather Lakes Library**

Mailing Address:

City: Red Feather Lakes

State: CO

Zip Code: 80536 - 0000

Name of the Person Submitting Report: Darlene Kilpatrick

Email: darlene@redfeatherlibray.org

Voice Number: 970-881-2664

Fax Number: 000-000-0000

Reporting Period Covered: **19-AUG-2015 - 30-APR-2016**

Project Date: 19-AUG-2015 - 30-APR-2016

Extended Project End Date (if applicable):

Date Submitted 19-MAY-2016

Special Funding Initiative: Yes

Minority Populations Served: African Americans

American Indians/Alaska Natives

Asian Americans

Hispanics/Latinos

Native Hawaiians and Pacific Islanders

Other. Please Specify:

Executive Summary

Our primary goals were to develop and implement three health-related after school programming for K-5th grade students of Red Feather Lakes Elementary School. The target population was K-5th grade. We are a very small isolated community in the mountains. The library is often the only option for after school programs and I wanted to make our after school program as enriching and fun as possible. We partnered with the Red Feather Lakes Elementary School that is less than 5 miles from the library.

Our major accomplishments were engaging the kids, they had fun learning and they were being active developing core strength, focus, flexibility, problem solving, and calming the nervous system. It also enabled the kids to practice working as a team and to communicate in the relay races and raising the parachute. A thank you to the NNLM will be in the North Forty in June 2016.

Approaches and Interventions Used

Our goals were to teach kids about the importance of exercising and remaining active in their life to prevent disease, weight gain, to sleep better, and have fun. Different options and equipment were researched to get the most out of the grant. Programs were designed to engage, develop core strength, balance, calm the nervous system, and challenge the kids as well as to practice team work. The activities and supplies were bought to strengthen the core which can help writing abilities and to sit in a chair for long periods. Also creativity was encouraged and exercises to calm the nervous system and center the kids. The librarian and programmer Darlene Kilpatrick designed, bought, and presented the activities. The RFL school was responsible for transportation to the library.

MedlinePlus was utilized as a research resource for information on exercise for children, exercise and activity for children, ideas for increasing movement, types of physical activity and levels of exercise.

Evaluation Activities

I asked the kids 3 questions. "Did you learn something? Did you have fun learning? How does being healthy help you? With kids you know if it was a success if you can hold their attention. It can be quite a feat to hold it for an hour after they have been at school at a desk all day. My project goals and objectives were met.

Problems or Barriers Encountered

I did not have many problems. My biggest challenge was to decide what to purchase and which programs to offer since they are limitless options. One site where I ordered the supplies was out of stock but they were able to ship me the items in time. I did buy body socks for autistic kids and found that ordering larger sizes would have been better. One question I had to ask kids was too hard for them to answer. "How does being healthy help you?" They kept saying to be healthy.

Continuation Plans

We will continue to have after school programs and the focus will be for the kids to continue to learn, to work on team work, respect themselves and each other. I will be able to replicate the projects easily since I have all the supplies needed, only one staff member was needed, and the school continues to drop kids off at the library.

Impact

We have kids with parents on disability, foster kids, autistic kids and undeserved families in our after-school program. Our goal is to help fill the needs and wants of our patrons. One kid stated "Just when I didn't think I wanted to do this (after-school program) you have something fun and I don't want to miss out." This grant definitely helped us to meet those goals by enabling us to buy equipment to be educational, fun and increase the health of our kids. I often have parents say how hard it is to have kids in a remote mountain setting and some families leave to be closer to town. Any relief or help we can offer makes a difference for our families. I was able to share our project on a conference call conducted by Dana Abbey with NN/LM, MCR (<https://webmeeting.nih.gov/p7cfo9zmgtp/?launcher=false&fcsContent=true&pbMode=normal>).

An article in the North Forty will also go out in June.

Lessons Learned

I was surprised at how much fun the kids had using the exercise equipment and being able to choose what they did. Kids often chose what they did well, ie hula hoop versus the duck walkers. The kids loved doing a spy training course where they had to diffuse the bomb which was core strength, flexibility, and problem solving. We also have foster kids in our program and it was rewarding to see them engaged, laughing and working with their classmates.

Other

I'd like to thank Dana Abbey for making it easy to do the grant, being so supportive and believing in the project.

Attachment 1

OARF summary data: Subcontractor activities