

# JASC

## Juneau Afterschool Coalition

City & Borough of Juneau • Juneau School District • Catholic Community Service • University of Alaska Southeast • Juneau Youth Services • Association of Alaska School Boards • Central Council of Tlingit & Haida Indian Tribes of Alaska • Juneau-Gastineau Rotary • Glacier Valley Rotary • Juneau Rotary • United Way of Southeast Alaska • Big Brothers Big Sisters of Alaska • Juneau Economic Development Council • National Council on Alcoholism & Drug Dependence • UAF Cooperative Extension Service/4H • A.W.A.R.E. • Communities in Schools •

To: Assembly Committee of the Whole  
From: Juneau Afterschool Coalition  
Re: Middle school Afterschool Program Update

Cc: Kim Kiefer, Brent Fischer, Myiia Whistler

Date: March 19, 2014

### **Funding Request: \$48,500**

**Funding Request Summary:** Last year, we pledged not to ask the Assembly for more than \$50,000 for the coming years. After a discussion with the City Manager, in light of the CBJ revenue shortfalls this year, we are asking for \$48,500 – a 5% reduction.

This funding is approximately half the cost of operating the B.A.M. (Body and Mind) afterschool activity program in both middle schools from July 1, 2014 to June 30, 2015. We feel that with a \$48,500 base funding, we will be able to generate the rest locally on a sustainable basis. There are two key points that make this a wonderful investment for the community of Juneau:

1. Additional afterschool activities are the best thing our community can do to help keep our youth out of trouble, **and** assist them in engaging better academically, leading to a higher graduation rates.
2. This program is broad in scope because it can eventually serve every middle school youth, while it is amazingly cost effective because there are no facility, transportation, insurance, or fiscal administration costs. Also, there are very few activity costs because most activities are provided by existing organizations that have an interest in youth.

**Background:** The hours between 3:00 p.m. and 5:00 p.m. are the most dangerous time of the day for our youth. National figures show that youth are three times more likely to experiment with drugs, alcohol, sex, crime, etc. during those hours if unsupervised by adults. Most parents are at work and currently over half our middle school students are on their own. On the other hand, across the country, communities are proving that those hours can be seamlessly connected to the school day to provide afterschool activities that **improve school engagement, grades, and ultimately, graduation rates.**

### **Accomplishments:**

- **Student Participation** - At the end of the first year, nearly one third of the 975 middle school students had participated in at least one B.A.M. afterschool activity

- **A big step toward “Community Schools”** – With the full cooperation of the middle school principals we have worked out very complex issues of insurance, background checks, student and parent contact and recruitment, school classroom space allocation while teachers are still on site, activity attendance and evaluation, etc. While there is still much to do to bring the program to maturity, the goal is to change the culture of the schools to welcome and incorporate community members into the schools in a broad, meaningful and collaborative way.
- **Recruited more community partners** – In the first year, we successfully worked with community agencies as diverse as the hospital, SEARHC, Juneau Youth Services, and JPD to provide activities. So far this year, we have retained most of our partners and added new activities. For example, STEM (Science, Technology, Engineering, Math) activities have been successful in attracting students, especially more “At Risk” students, and in connecting afterschool activities to school curriculum.
- **Evaluation** – This year we began to enter data on student participation in afterschool activities in the School District’s “Powerschool” system. This will allow the School Board and Assembly to gauge the academic achievement of students who participate in afterschool activities, and graduation rates.

#### **Key B.A.M. Goals for Next Year**

- **More activities and student participation:** We need to explore additional strategies to attract additional partners to provide afterschool activities.
- **More integration of afterschool activities into the school day/curriculum:** This has an academic as well as a student participation impact. We need to continue to make activities more connected to school subjects (e.g. STEM and Junior Achievement afterschool activities are examples). Second, we need to have teachers and other staff more involved in identifying more “at risk” students and encouraging them to participate.
- **Broaden business and community group funding of specific activities.**
- **Implement broader long term community and School District B.A.M. Steering Committee including parents and students.**

#### **Key Juneau Afterschool Coalition Goals for Next Year**

##### Changes:

- An Alaska Afterschool Network (AAN) began operation last month with the hiring of an executive director Thomas Azzarella. It will do statewide advocacy and program assistance. It is funded by the Mott Foundation and The Alaska Children’s Trust.
- In Juneau, Terri Campbell was made a one year Afterschool Ambassador by the U.S. Afterschool Alliance. Her focus is afterschool advocacy and planning in Juneau.

##### Proposed JASC Goals: (Based on a recent JASC member survey)

- Map all Afterschool program options in Juneau, and
- Create a strategic “out of school” plan for Juneau with CBJ, United Way, and other partners - Afterschool for all k-12 including summer
- Create a network of community and statewide advocates – with AAN
- Clarify roles for the JASC and increase community collaboration

## **B.A.M Afterschool Program**

### **REVENUE (2 school years) as of March, 2013 = \$183,745**

<b>Funding :</b>	<b>Cash Re'cd (Not including "in-kind" donations)</b>
City and Borough of Juneau	\$25,000 (requires at least \$50,000 match)
City and Borough of Juneau	\$50,000
Tlingit and Haida Central Council	\$5,000
Tlingit and Haida Central Council	\$5,000
University of Alaska Southeast	\$ 5,000
Juneau School District	\$ 5,000
Juneau School District	\$ 5,000
Gaugine Family	\$10,000
Gaugine Family	\$3,000
Rotary District 5010	\$5,000
Juneau Shooting Sports	\$1,500
Juneau Rotary	\$1,000
Juneau Rotary	\$1,000
Juneau Gastineau Rotary Club	\$1,000
Juneau Gastineau Rotary Club	\$1,000
Juneau Gastineau Rotary Club	\$800
Juneau Valley Rotary	\$1,000
Juneau Community Foundation-Mike Blackwell	\$25,000
Juneau Community Foundation-Mike Blackwell	\$10,000
Juneau Community Foundation-Douglas Dornan	\$800
Juneau Community Foundation-Blue Heron	\$2,000
Crossett Fund	\$15,000
Association of Alaska School Boards	\$5,000
Juneau Youth Services	\$500
Barbara Thurston	\$145
<b>Total Revenue to March, 2014</b>	<b>\$183,745</b>

**EXPENDITURES To 12/31/13** **\$143,131**

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<b>B.A.M. Activities 2012-2013</b>		
<b>Safe Sitter Babysitting Training</b> (Bartlett Regional Hospital)	DH Sept 4-12 FD Sept 24-Oct 3	<b>Laura Stats</b>
<b>Outdoor Adventure Games</b> (SEARHC and SAGA)	FD Sept 18-Oct 16 DH Oct 23-Nov 15	<b>Melanie McGrath</b> <b>Nate Heck, SB and Milton</b>
<b>Photography Studio</b> (Professional photographer)	FD Oct 22-Nov 6 DH Nov 26-Dec 11	<b>Kenneth Moriarty</b>
<b>Rock the Learner's Permit</b> (SERRC)	FD Dec. 10-18 DH Dec 12-20	<b>Fred Weiler</b>
<b>Breakfast and Books</b> (Communities in Schools)	DH Dec. 4-May 16	<b>Kate Troll</b>
<b>Dick and Dave's Archery</b> (Two retired teachers)	DH Jan 8-Feb 28	<b>Dick Fagnant</b> <b>Dave Haas</b>
<b>Junior Police Academy</b> (Juneau Police Dept.)	DH Jan 9-Feb 13	<b>Sarah Hieb</b> <b>Kris Sell, Blain Hatch</b>
<b>Cooking with Kate</b> (Communities in Schools and UAS M.A.T. student)	DH Jan 29-May 11	<b>Kate Troll</b> <b>Ariel Lyon</b>
<b>Art Studio: Mixed Media 12x12</b> FD Feb 4-13 (Juneau-Douglas City Museum)		<b>Kimberly Naylor</b>
<b>Get Rhythm! With Mr. C.</b> (Juneau Youth Services)	DH Feb. 28-May 23	<b>Ben Cordero</b>
<b>Table Tennis</b> (Competitive table tennis player/coach)	DH March 4-April 10	<b>Phil McMurray</b> <b>Bob Janes</b>
<b>Outdoor Adventure Challenge</b> (SEARHC, ADF&G, 4-H)	FD March 26-April 18	<b>Tiffany Nelson</b> <b>Tennie Bentz, Darren Snyder</b>
<b>Safe Sitter Babysitting Training</b> (Bartlett Regional Hospital)	DH April 15-24 FD April 29-May 8	<b>Laura Stats</b>
<b>B.A.M. Activities 2013-2014</b>		
<b>Her Space</b> (Planned Parenthood)	DH Sept 9-Oct 1 FD Nov 19-26	<b>Cori Stennett</b>
<b>Get Rhythm! With Mr. C.</b> (Juneau Youth Services)	DH Sept 12-Dec 19	<b>Ben Cordero</b>
<b>Safe Sitter1</b> (Bartlett Regional Hospital)	DH Oct 7-16 FD Oct 21-30	<b>Laura Stats</b>
<b>Guy Space</b> (Juneau Public Health Center)	FD Oct 8-17	<b>Brendon Bower</b>
<b>Judo</b> (Capital City Judo Club)	DH Oct 8-24	<b>Jay Watts</b>

<b>Girls on Track</b> (AWARE)	DH Oct 14-Dec 4	<b>S. Nachtigal, D. Huette, M. Hausler, K. Sell</b>
<b>Dance Fitness</b>	FD Nov 6-13 (then cancelled)	<b>Terri Campbell</b>
<b>Tumbleweeds</b> (gymnastics)	DH Nov 18-Dec 17	<b>Julie Crabtree</b>
<b>Make It! Drawdio Musical Pencil</b> (Juneau Economic Develop Council)	FD Nov 18-Dec 9	<b>Bernadette Rosano</b>
<b>Yoga Dojo Disco</b>	DH March 3-April 7	
<b>Jr. Police Academy</b> (Juneau Police Dept.)	DH Jan 6-March 10	<b>Kathy Huston</b>
<b>Safe Sitter2</b> (Bartlett Regional Hospital)	FD Jan 7-Feb 11	<b>Kris Sell, Blain Hatch</b>
<b>Archery</b>	DH Feb3-12	<b>Laura Stats</b>
	FD Feb18-26	
	FD March 4-April 17	<b>D. Haas, D. Fagnant, F. Hiltner</b>
<b>Art Studio: Mixed Media Crafts</b> FD March 24-April 16 (NCADD)		<b>Liz Weber</b>
<b>Pet People: Animal Care &amp; Training</b> DH March 26-April 23 (Gastineau Humane Society)		<b>Liz Snyder, Cass Suryan</b>
<b>Art Studio: Abstract Painting</b> DH April 1- 29		<b>Julie Crabtree</b>
<b>Rock the Learner's Permit</b> FD April 7-15 (SE Regional Resource Center)	DH April 9-17	<b>Lisa Corcoran</b>

(Note: **Special Olympics Partners Team**, offered by REACH, is tentatively scheduled for two days in late April.)

## Sample of University Research showing the Impact of Afterschool Programs on Improving Grades and Avoiding Crime, Drugs, Alcohol, Etc.

University of Alaska, "Exploring the Relationship between Protective Factors, Risk Behaviors, and School Engagement Factors among Anchorage High School Students." Analysis and Study Findings conducted and compiled by: Gabriel Garcia, PhD, MA, MPH University of Alaska Anchorage, Published October 12, 2012 By United Way of Anchorage.

**Results:** The "protective factors" that had the strongest effect on:

Decreasing the odds of youth engaging in alcohol, drugs, smoking, sex, etc. were:

1. Having caring and encouraging teachers
2. Having parents that talk to them about school every day
3. **Volunteering or helping three or more hours per week in school or the community,**
4. **Being involved in organized after school activities two or more days per week.**

Increasing the likelihood of getting A's and B's in school were:

1. **Being involved in organized after school activities two or more times per week**
2. **Spending three hours or more a week volunteering or helping in school or community**
3. Having parents that talk to them about school every day.

**How do "protective factors" help students?:** "Each one-unit increase in the number of protective factors reported by youth can significantly decrease the likelihood of engaging in risk behaviors and increase the likelihood of positive school outcomes from **14% to 40%.**"

Harvard Family Research Project (HFRP) *After School Programs in the 21st Century: Their Potential and What It Takes to Achieve It* (Little, Wimer, & Weiss, 2008), a brief that summarizes 10 years of research on afterschool programs and discusses implications for the future.

[http://www.sedl.org/pubs/sedl-letter/v20n02/afterschool\\_findings.html](http://www.sedl.org/pubs/sedl-letter/v20n02/afterschool_findings.html)

- **Does participation in afterschool programs make a difference?** According to Little, Wimer, and Weiss, "The short answer is **yes**. . . .A decade of research and evaluation studies, as well as large-scale, rigorously conducted syntheses looking across many research and evaluation studies, confirms that children and youth who participate in after school programs can reap a host of positive benefits in a number of interrelated outcome areas—academic, social/emotional, prevention, and health and wellness. (2008, p. 2)"
- "The HFRP brief emphasizes that many studies “repeatedly underscore the impact of supporting a range of positive learning outcomes, including academic achievement, by affording children and youth opportunities to learn and practice new skills through hands-on, experiential learning,”
- **"Balancing academic support with a variety of engaging, fun, and structured extracurricular or co-curricular activities that promote youth development in a variety of real-world contexts appears to support and improve academic performance.** (2008, p. 4)"

### Academic achievement improved among students active in structured after-school programs

Southern Methodist University study: <http://blog.smu.edu/research/2012/10/05/academic-achievement-improved-among-students-active-in-structured-after-school-programs/>

- "School-age children who participate in structured after-school activities improve their academic achievement, according to a new study from Southern Methodist University, Dallas."
- "Afterschool care activities can provide a child with a sense of success, even if that child isn't necessarily successful in the classroom, said Deborah Diffily, co-author on the study and an associate professor in Simmons."
- "Within the scientific literature, the psychological and social benefits of programs are well-documented, the authors said. Benefits observed include better social skills, greater motivation, better classroom behavior, higher self-esteem and lower rates of criminal activity."

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### Helping ALL of Juneau's Youth Succeed

Many Juneauites ask: "What can we do to help our kids succeed in school and in life?" Many people would help if they knew what is needed.

**Juneau does have a huge gap in its activities for its youth.** And it is relatively **inexpensive to fix.** This gap is critical because fixing it can improve student grades (and graduation rates); and decrease drug, crime, and other youth problems.

**Adding a broad range of community based afterschool activities using school facilities** is not a new idea. It is being done all over the U.S.

**The beauty of afterschool activities based in schools** can be summed up as follows:

- 3:00 to 5:00 p.m. are the most dangerous hours of the day for youth because most parents are still at work, and those hours also have the greatest potential for engaging more kids in new learning opportunities that will boost graduation rates and grades. (\*Recent UAA research)
- Today, according to recent student surveys, more than half of middle school students, especially those most at risk, are on their own after school.
- **The cost of potentially involving all students in wholesome afterschool activities is very low** compared to any other broad youth program because:
  - Facilities, some equipment, and transportation are already provided by the schools.
  - Existing teachers and staff help recruit students who will benefit from specific activities.
  - Activities are provided primarily by: existing youth agencies and programs; existing community service organizations; recreational and professional associations, and community organizations and businesses who want to do something to help youth.
  - There are no overhead or administrative costs because finance and personnel services are provided "in-kind" by Catholic Community Service.
  - The afterschool program budget consists of: a coordinator; 2 part time site supervisors; purchase of snacks; and some money for instructor stipends as needed. (And small amounts for publicity, background checks, office equipment supplies, some program supplies)

The **B.A.M.** afterschool program is in its second school year in both middle schools. B.A.M., in cooperation with the schools, has set up a "platform" to make it easy for a community groups to enter the schools. B.A.M. helps with activity planning, administrative issues like background checks and insurance, finds space, coordinates youth recruitment, provides snacks, etc. As new activity sponsors are recruited and added, there is a great possibility of serving most of our middle school students.

(\* A recent study by the **University of Alaska** concluded that "Being involved in organized after school activities two or more days per week" is one of the most effective ways of: "Decreasing the odds of youth engaging in risk behaviors (like using alcohol, drugs, smoking, sex, etc.), and, Increasing the likelihood of getting A's and B's in school.")