



2018 Blueprint for a Healthy Clackamas County Community Grants Grant Report 9.15.21

Project Title

Improving healthy behaviors in Clackamas County Youth

Project Report: **Brief summary on meeting the scope of work, barriers and successes.**

COVID was a HUGE barrier in providing Healthy Behaviors and other student support classes/groups. The onset of COVID had most schools experience complete shutdowns of in-person small group activity during most of the 2020-2021 school year. Canby had the most restrictive COVID policies, but we were able to provide limited weekly small group soccer practices in the Fall of 2020. The other three schools...Molalla, Estacada and Sandy participated in weekly virtual 'Moves Classes' instructed by a Sandy Cedar Ridge Todos Juntos staff. Michell Emery and Sue Doan created weekly virtual lesson plans that included exercise workouts and healthy snacks. This was productive in that Estacada and Molalla used information from the MOVES videos and provided these lessons during their regularly scheduled Boys Council and Girls Circle virtual classes.

Elementary programming was successful in providing Healthy Behaviors in the 20-21 school year. We built in Healthy Behaviors in most all our program deliveries. SEE BEOW

Overall, Todos Juntos success this year has been that we did a very good job reaching students virtually in a variety of programs. This was definitely a challenge since virtual programming is a new concept, not only for Todos Juntos, but for students, families and schools. By far our biggest successes were the Sandy Cedar Ridge and Elementary programming. Cedar Ridge staff took on the Healthy Behaviors challenge by producing very informative and well-done MOVES videos and had a huge virtual and eventually in-person following in Sandy. Our elementary programming adapted 'Healthy Behaviors' activities to most all our deliveries. Also, elementary schools and early learning programming allowed in-person group activities sooner than the middle schools. I have attached Sandy Cedar Ridge and Elementary School reporting below.

At the Sandy Cedra Ridge Middle School, we started a conditioning camp for kids in person in February as a collaboration between the school and Todos Juntos. It was so good to see kids even if they were 6 feet away and in masks.

Conditioning club is very popular. There were over 200 students registered. This was such a great opportunity with the school district. Each week until spring break, the students came in person for an hour on Tuesdays and on Thursdays. They were separated into cohorts of 10-12, wore masks and socially distanced. Six graders came first and then 7th and 8th were combined. We had coaches for each of the cohorts and they did a different work-out for the kids everyday.

I loved seeing the kids coming and going. Two weeks ago I was talking to one of the students and I said, "Hey, thanks for coming!" He looked at me and very pointedly said, "I really needed to get off the couch!" It seems that parents are also happy to have their students going and being active.

One student asked me what the activity was when he got out of the car. I told him and he said, “Well, all I know is my mom said it was outside and moving around and that I was going.” Way to go, Mom.



I would also add that being housed in the school and rubbing shoulders with all the staff and teachers there makes all the difference in what Todos Juntos can get done. It abundantly impacts the influence we have on the students and the partnership is greatly enhanced.

Early Learning Jump Start to Kindergarten

26 children received Healthy Behaviors through our jump start to Kindergarten class in August 2020 at River Mill Elementary School. The Todos Juntos staff utilized the BEPA2.0 curriculum and activities to include health education on what healthy foods are, body movements and fun games that promote learning through physical activities. Every child also received their own bean bags and scarves to take home and games to do with their parents. We provided resources on healthy foods, recipes, and games.

Little Chippers

At River Mill Elementary we served **20** preschool aged children and their families in our Little Chippers class. This was in the fall of 2020. About **36** parents and 20 3 & 4 years olds engaged in a live facebook event each week for 4 weeks. Each week the Todos Juntos staff included how to make healthy snacks, the importance of creating healthy food options for your children, self-regulation style games to promote healthy brain development, and educated parents on the importance of oral hygiene.

Estacada Preschool

At River Mill Elementary, Todos Juntos partnered with the school to provide a free preschool. For the 20/21 school year we served **20** preschool students. Each week our staff incorporated yoga, mindfulness activities, and the BEPA2.0 activities to the class to promote healthy behaviors and self-regulation. There were also newsletters sent home each month to parents on different healthy behavior topics. Making a total of 10 newsletters sent home.

Me & My Playgroups

Throughout 2020 and 2021 the Todos Juntos served a total of **353** toddlers, preschool aged children and their parents with our interactive Me & My Playgroups. The playgroups were done virtually this last year. However, each playgroup still included a healthy snack, resources on screen time reduction, social/emotional developmental activities, and self-regulation games. We added this year for our body break children yoga and mindfulness activities. The parents and children loved the yoga and looked forward to it each week.

After School Clubs

For the 20/21 year all after school clubs were done virtually. Every week, supply bags were sent home with activities, the supplies for the activities and healthy snacks for the children. Every virtual class our staff used the BEPA2.0 curriculum to promote healthy body breaks. Due to adding the healthy body breaks to the virtual program, it created 20 minutes of physical activity to each student's day. Over the course Todos Juntos served a total **66** kindergarten aged children.

Family Engagement Events

Family engagement events in 20/21 were mainly virtually due to Covid-19 restrictions. However, we were able to provide one in-person at River Mill Elementary prior to the shut downs. Our in-person events had approximately **400** families show up and participate. Our staff hosted a healthy snack building presentation for the prek-2nd grade families. After the presentation, we provided the ingredients and each student got to create the yogurt parfaits with berries and granola. Families also received OSU Ext. flyers on recipes and Hack your Snack program. During the last year we adapted our family newsletters to include recipes, healthy behaviors, BEPA2.0 activities, yoga and resources in each community. These Newsletters have gone out four times in 2020 and reached **345** families.

Spanish Family Engagement

Todos Juntos partnered with the Sandy Library in 2020 to provide a Spanish Family engagement event, called Noche de Comida y Comunidad, A night of Food and Community. This event focused on the Latino community to provide them with resources that were specific to them, like immigration services, legal aide, CAK, etc. The library provided food and helped supply books and we provided resources, family engagement, coloring books, and crayons for all, and we gave out the remainder of the women's rain boots from the Make a Splash Campaign. The Make a Splash Campaign promotes getting up and moving outside. Our non-profit partnered with Clackamas Early Learning Hub to provide free rain boots. We held this event at the Vista Loop apartments and had **40** families attend.

Welcome to Kindergarten Bags

This past year Todos Juntos served **400** kindergarteners at Canby, Molalla, Sandy, and Estacada by providing Welcome to Kg bags full of resources, supplies and healthy activities to promote family interaction, school readiness, and physical movement. Each bag included bean bags, scarves, sidewalk chalk and activities to do with each. The bags also provided local resources, food bank and fresh food options for families.

Parent Education

Within our organization, our approach is to include healthy behaviors activities in all of the programs that we do. All classes provide body movements, yoga, mindfulness activities, healthier snack options, and recipes in all of our programs. We also added an Oral Hygiene parenting education to our parenting classes. We had **20** parents participate in that class. It teaches the importance of dental care from birth up and educates parents on how much sugar is really in all of their favorite drinks. Todos Juntos also, supplies dental kits to all of our families, reaching approximately **400** children and parents.

Brain Box Club

Todos Juntos started our Brain Box club last year and served **210** families with 0-4 year olds. Each box contained brain development activities, dental kits, bean bags, scarves, chalk, and other games to foster healthy development for their age. Every box also includes CDC development charts, local resources, and BEPA2.0 family activities.

1) Please describe how this project has addressed or improved health inequities within the population you serve.

By incorporating a variety of healthy behaviors into all of our programs, we were able to provide more families and their children with healthier skills and knowledge. Many of these families would not have had the option to learn these skills or be provided with healthy behaviors, if not in our programs.

We also have bilingual staff members, at each site location, helping in all of these groups. This helped to reach Spanish Speaking families, these families may have not been reached without that support.

2) Please describe how you have incorporated trauma informed practices within the project.

In all of our programs, Todos Juntos staff use trauma informed teaching strategies. We do this by training our staff in equity, inclusion, restorative justice, and trauma informed best practice methods. We meet students and their families where they are at. With the understanding that every person has experienced trauma in their lives and reacts differently; understanding this helps us to interact and teach youth with greater impact

Principal Applicant for Project

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Health Equity Zone(s) addressed


Check the box(s) that apply. (Priority will be given to projects within one health equity zone)



- | | |
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| <input checked="" type="checkbox"/> Canby | <input checked="" type="checkbox"/> Molalla River |
| <input type="checkbox"/> Colton | <input type="checkbox"/> North Clackamas |
| <input checked="" type="checkbox"/> Estacada | <input type="checkbox"/> Oregon City |
| <input type="checkbox"/> Gladstone | <input checked="" type="checkbox"/> Oregon Trail |
| <input type="checkbox"/> Lake Oswego | <input type="checkbox"/> West Linn/Wilsonville |

1) Evaluation: Please describe the anticipated outcomes of this project and how the outcomes (results) will be collected and analyzed.		
Outcome	Data Source	Data Point
<i>Example: Conduct trainings with youth.</i>	<i>Example: Attendance records.</i>	<i>Example: Number of trainings conducted.</i>
Provide nutrition education with 140 youth	Attendance Records	Number of Activities this quarter 100+
Provide Screen Time education with 140 youth	Attendance Records	Number of Activities this quarter 100+
Provide structured physical activities with 140 youth	Attendance Records	Number of Activities this quarter 100+

**2020/2021+ Blueprint for a Healthy Clackamas County Community Grants
Contract Renewal TODOS JUNTOS**

1. Provide Projected Work Plan / Timeline / Milestones				
Note: Only complete what is necessary to accurately detail your project work plan / timeline / milestones. *School based projects may negotiate an alternate timeline that coincides with the academic calendar.				
Task / Activity	Start Date	Completion Date	People Involved	Milestone / Result
Sandy Cedar Ridge Creation, facilitation and distribution of virtual content for healthy behaviors to all middle school Todos Juntos sites to include; - Physical Activity - Nutrition - Screen Time	July 1 st 2020	June 30 th 2021	Michelle Emery, Sue Doan,	Successful completion of an ongoing yearly school program where 25+ students improve their understanding of health-related issues in community and self-awareness of healthy living. The Sandy Cedar Ridge Middle pioneered Virtual Healthy Behaviors programming and students' participation increased once they were allowed to meet in person that not only included 200+ middle school students. I have attached additional narrative on our Healthy Behaviors programming in Sandy https://www.youtube.com/channel/UCsNFIM2W6B-MvgahsmoEpPw  Healthy Behaviors Implementation- 2019

<p>Molalla Middle School Provide for recruitment of MS students to participate in Virtual Healthy Behaviors programming facilitated by Sandy Cedar Ridge Staff.</p> <p>Hybrid facilitation of structured physical activity classes to include; Physical Activity, Nutrition And Screen Time education</p>	July 1 st 2020	June 30 th 2021	Albert Garcia, Dan Leighton.	<p>Successful completion of an ongoing yearly school program where 25+ students improve their understanding of health-related issues in community and self-awareness of healthy living</p> <p>Molalla had a more difficult time working to include students in a Healthy Behaviors virtual program activity. We were able to adapt our virtual Boys Council and Girls Circle groups to include MOVES virtual activities into the group activities. Molalla allowed us to work with students late Spring and the student led (FBLA) Future Business Leaders of America included healthy eating into their mission. Also, Summer activities allowed for in-person physical activity. 60+ students participated in Healthy Behavior activities.</p> <p>https://www.smores.com/6ksd0</p>
<p>Canby Baker Prairie Provide for recruitment of MS students to participate in Virtual Healthy Behaviors programming facilitated by Sandy Cedar Ridge Staff.</p> <p>Hybrid facilitation of structured physical activity classes to include; Physical Activity, Nutrition And Screen Time education</p>	July 1 st 2020	June 30 th 2021	Briana Correa	<p>Successful completion of an ongoing yearly school program where 25+ students improve their understanding of health-related issues in community and self-awareness of healthy living</p> <p>Canby schools were closed to in-person activities longer than the other rural schools we serve. They were also resistant to allowing virtual contact with student which hampered our effectiveness in that community. Fortunately, we were able to offer Fall Soccer before strict restrictions were enacted. 15+ students participated in Healthy Behaviors activities.</p> <p>https://www.smores.com/q1m7z-canby-newsletter</p> <p> CANBY MS HEALTHY BEHAVIORS Report7-</p>

<p>Estacada Middle School Provide for recruitment of MS students to participate in Virtual Healthy Behaviors programming facilitated by Sandy Cedar Ridge Staff.</p> <p>Hybrid facilitation of structured physical activity classes to include; Physical Activity, Nutrition And Screen Time education</p>	July 1 st 2020	June 30 th 2021	Ashley Carroll and Makayla Johnson	<p>Successful completion of an ongoing yearly school program where 25+ students improve their understanding of health-related issues in community and self-awareness of healthy living</p> <p>Estacada SD had a less restrictive approach to COVID than the other districts. Estacada MS was able to incorporate virtual MOVES into both Boys Council and Girls Circle. Additionally, Estacada MS offered a virtual cooking class that instructed the importance of healthy eating. Summer activities had a variety of physical activities that was greatly missed by the youth. 60+ students were involved in Healthy Behaviors activity.</p> <p> End of Year Healthy Behaviors (4).docx</p>
<p>Sandy/Estacada Elementary Schools Community Health Focus. Partnering with OregonAsk/CATCH with ongoing sessions that provide facilitated curriculum and include instruction on Healthy Behaviors.</p> <p>- Physical Activity - Nutrition - Screen Time</p>	July 1 st 2019	June 30 th 2020	Laura McClean, Ann Johnson, Shawna Johnson Makayla Johnson	<p>Successful completion of an ongoing yearly school program where 40+ students improve their understanding of health-related issues in community and self-awareness of healthy living</p> <p>Todos Juntos Early Learning program worked to include Healthy Behaviors into most all our programming. 60+ children participated in Healthy Behaviors activities. SEE ATTACHED</p> <p> Healthy Behaviors Yearly Report and nar</p>

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Progress Reports should be directed to: Kirsten Ingersol