

Baldur After School Kids Club

Project Target Risk Factors:

Healthy Eating
Physical Activity
Mental Wellbeing

Target Population:

School Age (6-12 years)

Project Lead(s): We felt a need for organized free activity for the youth in our community.

Community: Baldur

RHA: Assiniboine

Project Partners: Baldur School, Sunrise Credit Union, Prairie Lakes Rec District, RM of Argyle, and the numerous volunteers.

Project Details:

A multiple event / ongoing project.

Description:

The After School Program runs Tuesdays @ 3:30 at Baldur School. The students meet in the gym for a healthy snack and juice. Following this they break off into Grade 1-4 and Grade 5-8 for a variety of indoor and outdoor games.

Time:

The toughest part of developing this project was securing a facilitator for the program. Once we secured the facilitator they were then responsible for the weekly programming.

Objectives:

Our hopes in offering the After School Club was to get all the kids in the community, including the ones that can't afford organized sports to participate in physical activity. We also chose to address healthy eating by providing healthy eating snack choices following the after school buzzer. The last thing we hoped to address was mental well being, through including everyone in organized activity, feeling like part of a group and spending time with peers.

Planning Supports:

First and foremost we needed to secure the school as a location to run the program.

We then sent home a survey requesting they be returned to the school with interest on the program.

Results:

There is 78 students in Grade 1-8 and we are averaging about 50% of them attending the weekly After School Club. We are very pleased with those numbers.

What worked:

We feel that fact that the program is free, offers a healthy snack option and keeps the kids busy and having fun is all keys to the success of this program. We also offer free transportation of the Belmont students that attend Baldur School back to Belmont at 5:00pm. We fortunately have a community handivan that can be used for transporting.

What didn't work and any changes made:

We haven't incurred any real challenges or failures yet. Our biggest challenge was securing a facilitator for the Program.

Unexpected Outcomes:

We were actually surprised how many kids are attending the program each week. The attendance is above our expectations. The kids seem for excited and pleased to attend the program each week.

Other notes:

The 2 volunteer students that assist the facilitator each week are allowed to use these hours towards their High School Volunteer Credit. The facilitator also has this program to use on University/College Applications as well as Resumes in the future.

Volunteers:

The facilitator is a paid position, but they require 2 volunteers per week to assist with the supervision of the program kids.

Facilities:

Baldur School gym, classrooms and playground have all been used during the program.

Equipment:

The equipment used has all been provided by the school. (ex: nets, balls)

Total Costs:

Per week the costs are approximately as follows:

Facilitator 3 hours x \$12= \$36.00

Handivan cost \$60.00

Snacks & Juice \$20.00

Materials developed for your program:

1. [After School Program Survey of Interest](#)
2. [Permission Form for After School Program](#)
3. [Duties of the Facilitator](#)
4. [After School Program Ad](#)

Contact Information: (the person who is willing to answer questions from other communities)

Community: Baldur
 Region: Assiniboine
 Contact person: Nicole Desrochers
 Email address: plrec@inetbiz.ca and
 Regional Contact: Roslyn Cullen