



YMCA

We build strong kids,
strong families, strong communities.

Healthy Kids Initiative

Grant Money Distribution (1750.00)

Staff Stipend	660.00
Safety Equipment	1131.66
Total	1791.66

Program Overview

All YMCA Camp Willson campers were invited and encouraged to participate in our Healthy Kids Initiative this summer. Of 1,300 camper weeks, 400 award ribbons were passed out. Now that the program has been more firmly established, we are looking at doubling this number next year.

Our Healthy Kids Coordinator developed a point system based on food and exercise options that campers had on a weekly bases. These options were put onto charts; one for traditional campers and one for our teen programs (see examples attached). Campers had these charts at their cabin tables and would complete them with their counselor on a daily basis. Campers were not given the point system, as we wanted them to focus on the healthy choices instead of competing with each other based on points. Campers who chose to participate in this program very rarely failed to achieve the number needed to receive the Healthy Camper award.

At the end of each week, counselors would submit their sheets to the Healthy Kids Coordinator, who would tally the points and award campers during our end of week award ceremony. Campers were given a green "Healthy Kid" ribbon for meeting the minimum point requirements. The minimum point requirement was based on the healthy choices an average child should make in the course of a week. VERB (program developed by the Department of Health and Human Services and the Center for Disease Control) donated a box full of promotional items to give away this year, which we also incorporated into this program. Campers who achieved the average number received a ribbon as well as a VERB wrist band.

In addition to what the traditional campers were doing, mountain boards and safety equipment were purchased for the teen programs to enhance activity. Over one hundred and fifty 12-15 year old campers participated in this activity this summer. Campers and staff alike highly enjoyed this activity (see attached photos). Campers of all athletic ability were able to choose from a variety of slopes to match their level of expertise. Many of these campers put mountain boarding as their favorite activity of the week. Some even came back later in the summer to perfect their skills and learn how to take some of these skills home with them. We are

continuing to expand our teen program options to include more campers in the next few years that will be using this equipment and learning about active life styles.

Parent response was extremely good. Many parents were impressed with our focus on healthy lifestyles and their child's attitudes when they arrived home. Counselors had a little extra work to do to help promote this program, but having a coordinator oversee this program helped to make it a success.

Next year, we will modify the existing activity/food sheets, based on feedback from this year. Program ideas for the different activity areas have been developed for next year's program so that each program area will be able to offer active options for campers (e.g. stretching prior to nature hikes, active theatre games as a warm up prior to Creative arts, etc.). We are also creating a staff variation of this program which will be implemented during staff training and will run through the entire summer.

I would like to thank that committee for the opportunity to get this program started. Focus on healthy lifestyles is extremely important and resident camp can play a positive role in reinforcing what schools and parents are currently offering back home.



Building Confidence



Increasing Activity Levels



Healthy Kids Initiative	Quantity	Cost	Total
Staff Stipend (\$70 x 9 weeks)	1	\$630.00	\$630.00
Award Ribbons	1000	\$0.40	\$400.00
Mountain Boards	10	\$60.00	\$600.00
Protective Pads	10	\$75.00	\$750.00
Helmets	10	\$30.00	\$300.00
Maintenance Kit	1	\$60.00	\$60.00
Instructional VHS	1	\$10.00	\$10.00
Total for 2006 Program			\$2,750.00

2006 Actual	Quantity	Cost	Total
Staff Stipend (\$60 x 11 weeks)	1	660	\$660.00
Award Ribbons	500	0.4	\$200.00
Mountain Boards	10	60	\$600.00
Protective Pads	10	75	\$750.00
Helmets	10	30	\$300.00
Insturctional VHS	1	7.5	\$7.50
Freight	1	75	\$75.00
Actual Total for 2006 Program			\$2,592.50