



Partnering to Meet Family Needs Beyond After School

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A World Fit For Kids! Overview

- MISSION:

Preparing young people for fit and fulfilling lives

- VISION:

Young people are emotionally, mentally, and physically fit – and fit for success in school, work and in life!

WFIT Philosophy

It is going to take all of us working together to change the odds for our kids so they will be fit, healthy and ready to learn.

To do this well, we all need to model the behaviors we want our children to adopt in order to create long term systemic change.

W FIT provides...

Physical activity-based
youth development programming!!



WFIT's Premier Project *'Norwood Model'*

■ OUR GOAL:

Improve the health & well-being of Norwood students

■ THE CHALLENGE:

- ✓ Lack of quality physical activity and nutrition opportunities before, during, and after school
- ✓ Inconsistency in healthy messaging promoted by stakeholders across these periods

WFIT's Premier Program

'Norwood Model'

■ OUR STRATEGIES:

- ✓ Bring partners together in order to coordinate services provided before, during, and after school
 - ❖ LAUSD Physical Education Dept.
 - ❖ A World Fit For Kids!
 - ❖ CA Endowment – Healthy Eating, Active Communities Initiative (HEAC)
 - ❖ Beyond-the-Bell After School Div.
 - ❖ Ready, Set Go (LAUSD Before School)

WFIT's Premier Program *'Norwood Model'*

- ✓ Additional partners:
 - ❖ Cal State Los Angeles – Kinesiology Dept.
 - ❖ Healthy Start
 - ❖ Center for Collaborative Solutions
 - ❖ Woodcraft Rangers – Manual Arts H.S.
 - ❖ Project Lean/CANFit

WFIT's Premier Program

'Norwood Model'

■ OUR STRATEGIES:

- ✓ Provide professional development for all stakeholders, so that consistent healthy messaging and modeling is promoted
 - ❖ Mentors in Motion training for staff
 - ❖ Parent physical activity and nutrition training
 - ❖ Teen Fit for Success training for our high school students
- ✓ Involve parents in all that we do!

Other Unique Aspects of the 'Norwood Model'

- ✓ Using high school students as mentors and role models

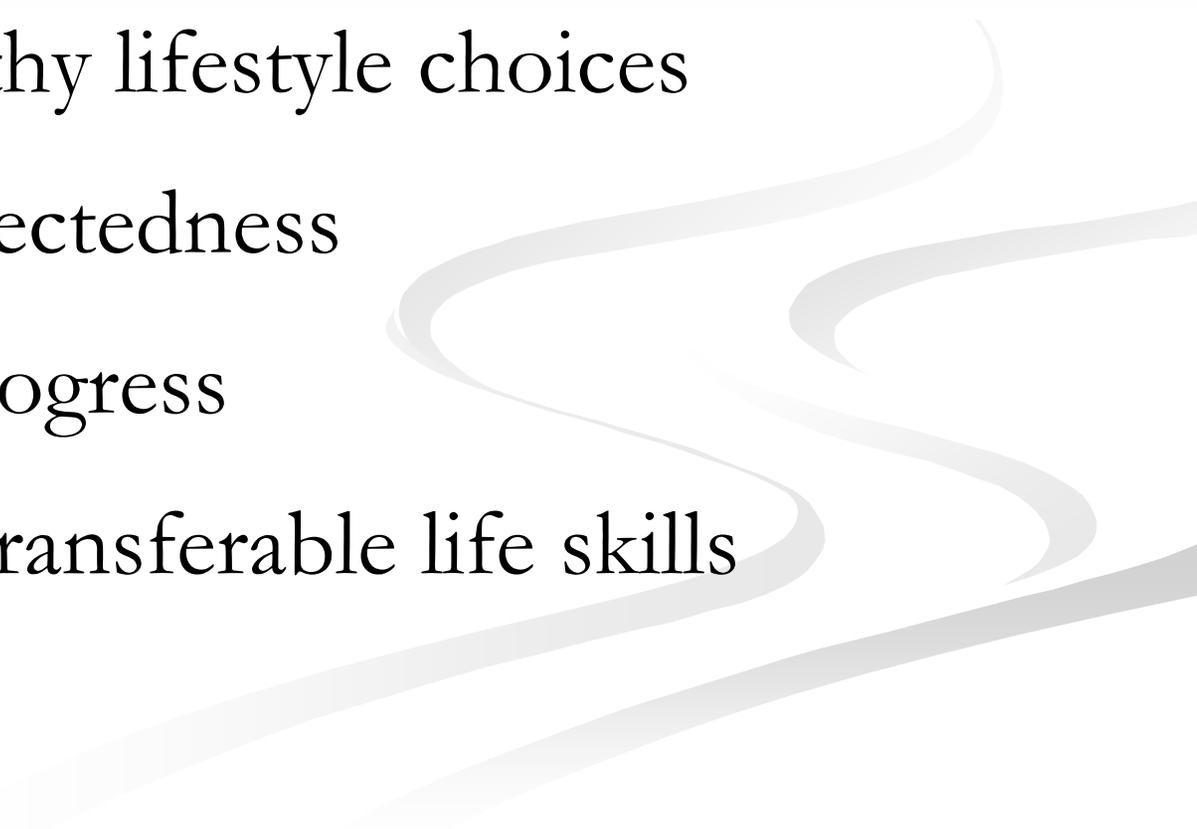


Other Unique Aspects of the 'Norwood Model'

- ✓ Comprehensive evaluation of the 'model' including...
 - ❖ Pre/post student surveys
 - ❖ Pre/post Fitnessgram scores
 - ❖ Pre/post Body Mass Index scores to
 - ❖ Academic data (grades and test scores)
 - ❖ School day and after school attendance
 - ❖ Parent Interviews
- ✓ And, we hire our teens to help!

WFIT Outcomes

Students achieve measurable results in:

- Physical fitness
 - Making healthy lifestyle choices
 - School connectedness
 - Academic progress
 - Tangible & transferable life skills
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Working together for kids who are Fit, Healthy, and Ready to Learn!





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The Anaheim Achieves

Collaborative Circle

