



P.E. Specialist Partnership: Resilience and Innovation Broadens our Reach

Completed 

Reporting Periods

SNAP-Ed 2021 (October 1, 2020 - September 30, 2021)

Site

William Rice elementary

Unit

Santa Barbara (County)

COVID-19 Impact

New due to COVID-19

Program Activity


Not Specified

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Physical Activity

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Story

Background

CalFresh Healthy Living, UCCE in Santa Barbara County (UCCE) has partnered with P.E. Specialists in the Santa Maria-Bonita School District (SMBSD) for several years to provide evidence-based curriculum and professional development in the CATCH P.E. curriculum. This CATCH training and support is part of an ongoing partnership with several schools to enhance health and wellness in a district that serves over 16,000 students, with 87.2% of students who qualify for free or reduced-price school meals.

Story Narrative

<h4>The issue</h4>

As schools remained in distance learning over the first half of the 2020-21 school year, UCCE continued to communicate with school partners to understand which curriculum delivery methods would be most useful to them and to modify programming to meet the new and emerging needs of teacher extenders and youth. During this time, a P.E. Specialist partner approached UCCE educators about teaching synchronous nutrition lessons during P.E. class. This new approach to our partnership with P.E. Specialists expanded our reach and increased our potential impact.

<h4>The work</h4>

Virtual teaching has challenged our team to creatively adapt our lessons to teach material using engaging and inclusive methods. For P.E. extenders we use two curricula: Serving Up My Plate (SUMP) for 1st - 3rd grades, and Up4It! for 4th - 6th grades. We chose these curricula because they include content our students had not been previously exposed to, the CalFresh Healthy Living, UC team had worked on adapting them for online lessons, and they are grade-level appropriate. For some of our lessons, we use a platform called Nearpod. Students can share through features on the platform such as a "collaboration board" where they post words and pictures on virtual sticky notes and can affirm each other by "liking" posts. This promotes a more inclusive environment for students who prefer to engage in a variety of different ways.

<h4>The impact</h4>

This enhanced partnership resulted in increased collaboration with P.E. Specialists at two different schools reaching over 1000 students. After initial work with two P.E. Specialists, the SMBSD Coordinator of Teaching & Learning invited UCCE staff to present to the rest of the P.E. Specialists. UCCE staff were met with an overwhelming amount of interest. By working with the P.E. Specialists, we can reach more students and also help the teachers meet their nutrition standards. This has become a great partnership, as every student receives the same messaging around nutrition, creating consistency throughout both schools.

Moving forward, P.E. Specialists expressed that they want more professional development training around teaching nutrition curricula. They can access our online curricula and support from our team and we plan to expand our reach to new P.E. extenders .

The pandemic has brought many challenges to our community, but the resiliency of our school partners is admirable. Their partnership has allowed us to expand the reach of our program to more students and new extenders, and deliver nutrition education in innovative, inclusive methods in a virtual setting.

Favorite Quote

"Melissa has been a long time CalFresh instructor/leader who I

have had the pleasure to work many fun projects with, including this nutrition component for distant learning. It has been a positive addition to my curriculum and allowed the students to learn from the experts! They have an engaging and interactive lesson that keeps students engaged and focused.” – P.E. Specialist

SNAP-Ed Custom Data

Related Framework Indicators

Healthy Eating (ST1)
Physical Activity & Reduced Sedentary Behavior (ST3)
Readiness and Need (ST5)
Organizational Partnerships (ST7)

Socio-Ecological Framework

Individual/Family
Environmental Setting

Approaches

Individual or group-based nutrition educators (e.g. direct education)
Comprehensive multi-level interventions (a combination of direct education, PSE's, and social marketing)
