

# Fun in the Sun

## Benefits for Santa Barbara County's Children, Families and Communities

### 2011



| Program Element                                                                                                                                                                                                                                                                                       | Benefits                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                           |                                                                                                                                                                                                     |
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|                                                                                                                                                                                                                                                                                                       | Child                                                                                                                                                                                                                                                           | Family                                                                                                                                                                                                                    | Community                                                                                                                                                                                           |
| <b>1. Literacy Program (3 hours/day):</b> <ul style="list-style-type: none"> <li>- Reading Tutoring</li> <li>- Vocabulary building</li> <li>- More complex sentence usage</li> <li>- Daily journaling</li> </ul>                                                                                      | Addresses summer learning loss while helping narrow the achievement gap. Helps foster a love of reading. Improves reading achievement skills, and increases recreational reading time. Over the long term, improve overall academic scores.                     | Increased parent-child interactions with schoolwork and home-based assignments. Family becomes involved in discussions, using more words and sentences.                                                                   | Students return to school in the Fall more advanced than when summer began. Teachers and classmates can spend more time moving forward instead of "playing catch-up."                               |
| <b>2. Character Counts! (Implemented every day, in every class, project, enrichment activity and family event)</b> <ul style="list-style-type: none"> <li>- T=rustwothiness</li> <li>- R=espect</li> <li>- R=esponsibility</li> <li>- F=airness</li> <li>- C=aring</li> <li>- C=itizenship</li> </ul> | Improves children's self-esteem, teaches social skills and peaceful conflict resolution skills. In the long-term helps decrease incidents of at-risk behavior, improves school attendance, increases the quality and quantity of unprompted positive behaviors. | Increases parent-child interactions. Improves communication between child and parent (respect). Improves parent discipline practices by providing common discipline values shared through written and verbal assignments. | Long-term: decrease in crime rates (obedience for laws and rules), giving-back to communities, better work ethics and team effort (workplace), positive adult relationships, environment awareness. |
| <b>3. Financial Literacy Education</b> <ul style="list-style-type: none"> <li>- Age appropriate curriculum</li> <li>- English and Spanish</li> </ul>                                                                                                                                                  | Establishes basic concepts of money, credit, debit, income /expenses, saving and sharing in relation to family and life values (see Character Counts!).                                                                                                         | Teaches the importance of saving, how to better manage money, investing, and how bank accounts work. Promotes healthy savings habits and access to the financial mainstream.                                              | Allows for greater financial stability in communities. Reduces social economic strains and stimulates the overall economy. Works as an anti-poverty tool.                                           |
| <b>4. Manners/Courtesy program</b>                                                                                                                                                                                                                                                                    | Improves positive self-identity and self-esteem. Prepares children for "work life" situations (e.g. shaking hands, eye contact, introductions, etc.).                                                                                                           | FITS participants take these skills home and share with their parents and their siblings and caregivers to use good manners.                                                                                              | Long-term: successful contributing adults, reduction in crime rates, helping reduce the already overpopulated criminal justice system.                                                              |

May 13, 2011

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| Program Element                                                                                                                                                                                                                                                                                                                                                                                                         | Benefits                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                       |
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| <p>5. Life Skills<br/>(Age appropriate)</p> <ul style="list-style-type: none"> <li>- Anger Management</li> <li>- Drug and Alcohol Awareness</li> <li>- Domestic Violence Awareness</li> <li>- Conflict Resolution</li> <li>- Self-defense</li> </ul>                                                                                                                                                                    | <p>Improves self-control and anger/conflict management skills.</p> <p>Awareness about the dangers of drugs and alcohol.</p> <p>Children are able to identify their strengths and abilities, how to be assertive, how to identify/avoid unsafe situations, the difference between good and bad secrets, how to obtain help, who to go to for help and identifying a caring and dependable adult.</p>                                                        | <p>Families learn to communicate with each other in a healthier, non-physical/abusive manner.</p> <p>Awareness about the dangers of drugs and alcohol and its effects on the family.</p>                                     | <p>Long-term: successful contributing adults, reduction in crime rates and decrease in overpopulated criminal justice system.</p> <p>Decrease in substance abuse and substance abuse related incidents (e.g. motor vehicle accidents).</p> <p>Safe neighborhoods.</p> |
| <p>6. Lunch Bunch Mentors<br/>(Over 500 volunteers from local businesses and organizations)</p>                                                                                                                                                                                                                                                                                                                         | <p>Daily positive reinforcement of community members expressing care and interest increases children's self-esteem. Children are exposed to various career options by the Lunch Bunch mentors. Gives children a positive outlook for the future. Children learn that they can be successful and are encouraged to pursue their dreams by the mentors.</p>                                                                                                  | <p>Are given the opportunity to reflect on the choices their children have for the future. Families learn about the various options that exist for their children in order for them to have a successful future.</p>         | <p>Brings community members together to help strengthen our community. Gives an opportunity for community members to get involved with a needy child's life and make a difference.</p>                                                                                |
| <p>7. Enrichment Projects:</p> <ul style="list-style-type: none"> <li>- Team Yard Games</li> <li>- Fishing</li> <li>- Arts and Crafts</li> <li>- Swimming</li> <li>- Performing Arts</li> <li>- Museum trips</li> <li>- Self Defense and Violence Prevention</li> <li>- Dance lessons</li> <li>- Field Trips to beaches, parks, and water parks</li> <li>- Music lessons-</li> <li>- Environmental Education</li> </ul> | <p>Provides childhood summer experiences, typically part of middle class culture, in a learning environment. Exposes children to activities that they would otherwise never experience. Increases children's self-esteem as well as teamwork building skills while offering numerous learning opportunities. Provides children with the opportunity for self-expression and talent discovery exposing them to different career choices and/or hobbies.</p> | <p>Children teach their families what they have experienced and learned. Increases parent-child interactions and brings families together.</p> <p>Children can practice what they learned in the home with their family.</p> | <p>Creates a sense of community. Improves environmental awareness and appreciation.</p>                                                                                                                                                                               |

| Program Element                                                                                                                                                                                                                                                                                                        | Benefits                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                     |
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| <p>8. Health Services</p> <ul style="list-style-type: none"> <li>- Eye Screenings</li> <li>- Free Eyeglasses</li> <li>- Dental Screenings</li> <li>- Health Screenings</li> <li>- Follow-up Health Care</li> <li>- Hiking</li> <li>- Free clothing for the summer</li> <li>- Haircuts and hygiene education</li> </ul> | <p>Health and dental screenings help prevent future serious complications that would interfere with a child's success in school (e.g. excessive absences), and later in life as adults.</p> <p>Children are provided with clothing appropriate for summer weather, building their self-esteem.</p> <p>Free haircuts and hygiene education build self esteem and teach students to take pride in their appearance.</p>                                                                                                                                               | <p>Health screenings and follow-up care provide relief to families that can't afford these types of prevention services.</p> <p>Free clothing relieves families from having to purchase new items.</p>                                                                 | <p>In the long-term relieves future health care financial strains and social economic pressures .</p>                                                                                                                               |
| <p>9. Leadership Group (7<sup>th</sup>-8<sup>th</sup> graders)</p>                                                                                                                                                                                                                                                     | <p>Build communication skills, learn conflict resolution, exposed to higher education opportunities and experiences through field trips to local colleges and universities (e.g. UCSB and Westmont College),, learn about life skills (e.g. banking), teamwork, and citizenship skills. Exposure to financial management (e.g. how to balance checking accounts).</p>                                                                                                                                                                                               | <p>Parents and caregivers know their student is in a safe and productive environment for the summer. Leadership participants are not only role models for the younger children at FITS, but they are also role models and teachers for their parents and siblings.</p> | <p>Middle School age Leadership participants are contributing to a positive cause instead of becoming bored at home and getting involved in risky behaviors on the streets during the summer, causing trouble in the community.</p> |
| <p>10. Counselors In Training (9<sup>th</sup> - 12<sup>th</sup> graders)</p>                                                                                                                                                                                                                                           | <p>Mentoring and tutoring of younger participants, improves leadership skills and provides a sense of responsibility and empowerment. CIT responsibilities are mixed with intensive academics (CITs are required to complete a minimum of three hours of their own rigorous academics per day), and life skills (CITs complete research-based modules on violence/gang prevention and healthy living). Provides children with much-needed "one on one" attention, opportunities to talk about goals, and opportunities to discuss higher education and careers.</p> | <p>Parents and caregivers know their student is in a safe and productive environment for the summer. CITs are not only role models for their peers at FITS, they are also role models and teachers for their parents and siblings.</p>                                 | <p>High School age CITs are contributing to a positive cause instead of becoming bored and getting involved in risky behaviors during the summer, causing trouble in the community.</p>                                             |

| Program Element                                                                                                                                                                    | Benefits                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                  |                                                                                                                |
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| 11. Intergenerational Services                                                                                                                                                     | Living oral histories provide knowledge and wisdom to the children. Children learn about generational differences and similarities through guessing games and other activities (e.g. identifying 1940s objects).                                                                                                                       | The family unit becomes more connected as the younger generations express greater interest for the older generations.                                                                                                            | Fosters the value of seniors in the community and combats ageism.                                              |
| 12. Food and Education <ul style="list-style-type: none"> <li>- Healthy Lunches</li> <li>- Weekend Backpack program</li> <li>- Nutrition Awareness</li> <li>- Gardening</li> </ul> | Awareness of healthy eating habits; best nutrition of their day for the summer. Children learn how to grow their own vegetables. Healthier children = children ready to learn and succeed. Prevents future health complications.                                                                                                       | Cost relief of at least one meal per day, several if they have more children enrolled. Children bring healthy eating habits to the home and are encouraged to grow their own veggie garden at home.                              | Relieves community of potential future diabetes epidemic. Overall a healthier community.                       |
| 13. Health Awareness <ul style="list-style-type: none"> <li>- Basic Anatomy</li> <li>- Cancer Awareness</li> </ul>                                                                 | Understanding of essential organs and systems in the human body. Children understand what is healthy, how their bodies work in general, and the impacts of choices on their systems/organs.<br><br>Increase awareness of the dangers of the sun's rays and how to stay protected (e.g. sunblock, hats, tents to stay under the shade). | Children take these habits home with them, influence their families, families develop sun safety habits.                                                                                                                         | Potentially fewer cases of skin cancer, and relieves burden from the health care system.                       |
| 14. Family Advocates                                                                                                                                                               | Children with the most need are referred to preventive services. Early identification of learning and behavioral problems.                                                                                                                                                                                                             | Parents offered advice and referrals to multiple services in the community on any issue a family may be dealing with that affects the success of a FITS participant (e.g. job hunting, and drug abuse, domestic violence, etc.). | Bring communities, families, and neighborhoods together. Create safer, stronger and more positive communities. |
| 15. Family Fun Nights                                                                                                                                                              | Children have the opportunity to show their families what they learned and accomplished during their time in FITS. Gain a sense of accomplishment.                                                                                                                                                                                     | Gives FITS families a sense of community; provides an opportunity to share experiences. Take pride in accomplishments of children.                                                                                               | Builds a stronger community by bringing families and neighbors together.                                       |

| Program Element                                                                                                                                            | Benefits                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                        |
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| <p>16. Family Education Sessions</p> <ul style="list-style-type: none"> <li>- Positive Discipline Classes</li> <li>- Financial Literacy Classes</li> </ul> | <p>Decrease in the need to rebel against parent/caregiver.<br/>Increase in child's respect to parent/caregiver and others.</p> <p>Will receive proper guidance from parents/caregivers on financial education. Greater financial opportunity to go to college or other higher educational institution.</p>                                                                                                                                                                                                                                                                                                               | <p>Learn how to deal with various child behavioral situations.</p> <p>Teaches the importance of saving, how to better manage money, investing, and how bank accounts work. Promotes healthy savings habits and access to the financial mainstream.</p>                                        | <p>Allows for greater financial stability in communities. Reduces social economic strains and stimulates the overall community economy. Works as an anti-poverty tool.</p>                                                                                                                                                                                                             |
| <p>17. Service Learning "Summer of Service"</p>                                                                                                            | <p>Enrich and apply classroom knowledge.</p> <p>Career/major exploration and broadening of horizons.</p> <p>Document experience.</p> <p>Provide the chance for youth to make a difference while improving their citizenship, life, self-learning, occupational, and critical thinking skills and self-esteem.</p> <p>Community/environment awareness and sense of Social Responsibility.</p> <p>Ethical/Moral Development.</p> <p>Leadership, planning, problem-solving, goal-setting, decision-making and team work skills.</p> <p>Civic and Cultural Literacy.</p> <p>\$500 College Scholarship for up to 2 years.</p> | <p>Promotes parent engagement with student's education.</p> <p>Community/environment awareness.</p> <p>Broaden horizons</p> <p>Helps families be better prepared for disasters.</p> <p>Family Civic Engagement.</p> <p>Develop future citizen support and sense of Social Responsibility.</p> | <p>Provide and increase environmental awareness and disaster preparedness services and activities.</p> <p>Participate in student education and provide access to college resources.</p> <p>Develop future citizen support.</p> <p>Increase ability to hire good students.</p> <p>Establish new ideas to meet human and community needs and offer mutually beneficial interactions.</p> |

- Nearly 1,000 children and family members benefit from the FITS program each summer.
- FITS is the only program to provide such a comprehensive array of services, at different sites (from Goleta to Santa Maria) for such an extended period of time: 8:00 a.m. to 5:00 p.m., late-June to early-August.
- More than 55 public and private organizations take part in this collaboration, the most comprehensive and far-reaching our community has known.
- FITS features an elaborate parent education and empowerment component, along with requirements for parent participation.
- Participants engage in 3 hours of daily quality, structured, fun, enrichment activities (in areas such as arts, sports, and stimulating field trips) that connect them to their community.
- External evaluations of FITS 2010 showed that instead of losing 2-3 months in reading achievement, as is typical of low-income children, FITS participants showed a 1.8 grade level gain in reading! Because of this, FITS achieved the highest rate of improvement for any summer learning loss program for disadvantaged children in the United States!