

**Bridges After-School Program
2007-2008 Program Summary & 2008-2009 Program Proposal
City of Citrus Heights**

**Prepared by San Juan Unified School District
Extended Learning and Support Programs**

May 2008

The Bridges After-School Programs are primarily funded by the After-School Safety and Education program (state), 21st Century Community Learning Center program (federal) and Supplemental Hourly Instruction (state). In addition to state and federal grants, the City of Citrus Heights contributes \$35,000 to Citrus Heights Bridges After-School Programs in an effort to create unique program opportunities and offerings to the citizens of Citrus Heights. Over all, San Juan Unified School District currently operates 31 Bridges After-School Programs across the district serving 3,500 students grades 1-12 after school. Within the City of Citrus Heights, 9 schools host Bridges After-School serving 995 students.

Program components of the Bridges After-School Program are:

- **Academic Support** - The academic support component of the program consists of homework and skill development, reading and academic intervention/remediation.
- **Enrichment/Disguised Learning** - The enrichment/disguised learning component is implemented through a learning center approach. Learning centers may include nutrition, art, mathematics, science, reading, drama and other topics that are complementary to traditional school day instruction.
- **Pro-social Skills/Recreation** - The pro-social skills/recreation component consists of structured indoor and outdoor activities.
- **Parent Support and Empowerment** - A Parent Orientation is provided at the beginning of the program to provide information and facilitate communication between program staff, parents and students.

2007-2008 Program Summary

During the 2007-2008 school year, the Bridges After-School Program utilized the contribution from the City of Citrus Heights to provide civic leadership programs and implement educational software for the new laptop purchases. Examples of civic leadership and community outreach programs provided in Citrus Heights Bridges After-School Programs are:

- Sacramento County Senior Nutrition Department- Donations and connections for seniors.
- WIND Youth Services- Collections and donations for the homeless.
- Food Drives- Benefiting local families and food closets.
- Children's Receiving Home- Blanket drive.
- Citrus Heights Chamber of Commerce- Career Panel.

The core vision of the Bridges After-School Program is to provide a safe and engaging environment for all students after school so that no student is left unsupervised between

the hours of 3 and 6 p.m. One of the most important benefits of after school programs is the safety it provides to young people. The time of day associated with the highest risk behaviors for youth is between 3 and 6 p.m. Students that participate in after school programs have a greater opportunity to overcome exposure to risk. After school programs provide a safe and positive environment that transforms the hours between 3 and 6 p.m. into one of the most beneficial and rewarding learning experiences for young people. Ninety seven percent of students, parents, and staff reported that the Bridges After-School Program is successful in offering a safe and enriching environment after school. One parent shared *"Bridges enriched all of our lives. Keeping my kids safe in an excellent environment is just one of the many benefits of Bridges..."*

2008-2009 Program Proposal

To support this vision, the Bridges After-School Program will utilize the 2008-2009 \$35,000 contribution from City of Citrus Heights to research and pilot a beta project that would provide a tiered fee based after-school program to Citrus Heights schools that do not qualify for state or federal funding. The \$35,000 contribution from Citrus Heights will fund a leadership support staff charged with researching, developing and implementing a fee based Bridges After-School Program to pilot at the start of the 2008-2009 school year at one of the three Citrus Heights elementary schools that do not qualify for state and federal after school funding (Arlington Heights, Cambridge Heights and Woodside). San Juan Unified School District's Extended Learning and Support Programs department will provide a \$35,000 in-kind match to the funding provided through the City of Citrus Heights to cover the cost of additional leadership and support staff and operational expenses for the beta project.

The Principals of Arlington Heights, Cambridge Heights and Woodside have been actively lobbying for a Bridges After-School Program at their sites due to student need and because of the program's reputation and effectiveness. It is the goal of this beta project to provide a pilot program at one of the sites during the 2008-2009 school year with the intent of expanding to the other two sites in the future.

Continued expansion of after school programs is critical in the development of the youth that reside in the City of Citrus Heights. There are still schools that can not offer after school activities, and student that do not have the opportunity to access safe, affordable and enriching after school programs. This beta project will provide the foundation for after school expansion in the City of Citrus Heights. Together San Juan Unified School District and the City of Citrus Heights can provide opportunities for all students to have access to a safe and engaging environment beyond the school day.