



REPORT TO COUNCIL

City of Sacramento

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STAFF REPORT
November 22, 2005

Honorable Mayor and
Members of the City Council

Subject: Proposed Criteria, Staffing and Budget Allocations for Expanding After-School Programming

Location/Council District: Citywide

Recommendation: Adopt a Resolution approving location criteria, programming elements, increased staffing and budget allocation for expanding after-school programs.

Contact: Ralph Pettingell, Recreation and Human Services Manager, 808-6173; David Mitchell, Program Manager, 808-6076

Presenter: David Mitchell, Program Manager, 808-6076

Department: Parks and Recreation

Division: Recreation and Human Services

Organization No: 4714

Summary:

As part of the budget hearings for Fiscal Year 2005-2006, Parks and Recreation Department staff brought to City Council a report on after-school and teen programs and on universal pre-school. Council budgeted funds for these programs in the Department's Fiscal Year 2005-06 budget, subject to certain economic conditions being met, and directed staff to return with recommendations for program implementation. This report presents recommended location criteria, programming elements, staffing and budget for the after-school programs.

Committee/Commission Action: The Parks and Recreation Commission and the Youth Commission each were given a presentation on after-school programs. Both commissions were supportive of staff's efforts to provide additional after-school programming for children.

Background Information:

Historical Core Services

In the 1984 Parks and Recreation Master Plan, "base line" or "core" programs and services were defined as those "which provide for the operation, maintenance and access to

recreation facilities and for the provision of a basic, broad and general program of activities and events, including opportunities for athletic, cultural, social, and educational experiences." This concept is supported in the Parks and Recreation Master Plan 2005-2010. The General Fund was to provide for the organization, supervision and management of these core programs and services, as well as for the operation and maintenance of the facilities. Nominal fees could be charged for core programs to limit attendance at crowded facilities, to aid in discipline and control, and to promote respect for an activity. Core programs were to be delivered at the community and neighborhood level.

Additional "non-core" programs and services were expected, with the direct cost to be supported by user fees, grants, donations, fund-raisers, volunteers and other non-General Fund resources. Examples of current non-core programs include the Sacramento START literacy program and the 4th "R" child care program.

Value of After-School Programs

Many studies have documented the value in providing after-school programs to children. In a review of dozens of studies published in "The Health and Social Benefits of Recreation," printed in 2005 by the California Department of Parks and Recreation, the conclusion was drawn that recreation programs provides physical and mental health benefits to participants by controlling obesity, boosting the immune system, diminishing the risk of disease and increasing life expectancy. Recreation programs also provide social benefits by strengthening communities, promoting social bonds, improving education and deterring criminal behavior. The most significant conclusion of the report was that the health and social benefits act in tandem. For example, a program directed at youth obesity can increase self-esteem, reduce the use of alcohol, build family bonds and promote volunteerism, all at the same time.

Other studies have documented that after-school hours are the peak time for juvenile crime and risky behaviors such as alcohol and drug use and sex. In addition to children participating in these negative behaviors, they are at greater risk of being the victim of crime during after-school hours before adults return from work. In "After-School Programs: Keeping Children Safe and Smart," published by the U.S. Departments of Education and Justice in 2000, it was reported that children in after-school programs exhibit fewer behavioral problems, are better able to handle conflicts, and have improved self-confidence.

Historical Background

Going back to the 1970's, core after-school children's programs were offered at school and park sites in most neighborhoods. During the school year, most sites operated Monday to Friday from 3:00 to 5:00 P.M. During the summer, the program operated 9:00 A.M. to 2:00 P.M. The program targeted youth 6-12 years of age. Each site generally was staffed with two recreation aides. Program components included arts and crafts, sports, special events and field trips. There were approximately 30 sites throughout the City. The estimated cost was approximately \$10,000 per site per year.

Current Operations

Over time, the demand for arts and crafts programs diminished and the demand for sports programs increased. As a result, youth sports and intramural programs became a greater part of the core program delivery.

Today, the City of Sacramento's core programs funded by the General Fund are free or low-cost after-school and summer recreation programs for elementary school-aged children (in the kindergarten to sixth grade range) on school campuses, within community centers and, during the summer, at various park sites or apartment communities.

Typical core programs include: a) an after-school sports program operating 10-12 hours per week on a school campus; b) a Saturday cooking, art or sports program operating 2-4 hours per week over 4-6 weeks in a community center or other facility normally open on a Saturday; c) a summer or intersession program operating 4-6 hours per day, five days per week, over 4-8 weeks at which a number of activities take place at a school, park or apartment community; and d) a summer or intersession program operating 6 hours per day, five days per week, for one week at a school, park or apartment community. Core program elements and schedules vary from site to site to meet the needs and desires of the community and participants.

Currently, over the course of a year, the City offers free or low-cost core programs at 73 locations: 37 public elementary school campuses, 12 community centers, 21 parks and 3 apartment communities. In addition to these core programs, the free Sacramento START literacy program is located on 33 elementary school campuses within the City limits, and the fee-based 4th "R" child care program is located on 21 elementary school campuses within the City limits.

Proposed Program Expansion

Because of the historical and convenient location of school campuses to the children being served, staff has defined a "core service area" as the area located within one-half mile of a public school that enrolls students in the kindergarten to sixth grade range. The goal of providing additional core after-school programs would be to ensure that a standard level of programming is provided in every core service area. Elementary schools will be the preferred location, subject to creating a partnership with the school principal. In neighborhoods where the schools are located further apart and there is a sizeable child population, the goal would be to provide core after-school programs at an alternative location within the neighborhood, subject to finding a suitable site.

Attachment A is a map showing all public school campuses in or near the City limits that enroll students in the kindergarten to sixth grade range. An orange-colored circle with a radius of one-half mile has been drawn to represent each school service area in which core programs currently are provided.

To determine the location of additional core after-school programs, two priority levels have been established:

- Priority 1 – Unserved areas: Staff recommends that the highest priority for the location of additional core after-school programs be in those neighborhoods not currently served by an existing core after-school program. These areas typically have no core services as a result of one or more of the following reasons: the nearest elementary school is located further than one-half mile from the neighborhood; no site within the area is suitable or available for providing programs; the child population has seen a recent increase; or funding is not available to provide the services.
- Priority 2 – Under-served areas: Staff recommends that the second priority for the location of additional core after-school programs be in those neighborhoods where the demand for the services exceeds the typical level of programming already provided. Core service areas with current participant waiting lists and facilities needing increased staffing levels to meet current needs are two examples of under-served areas.

These priority levels were developed in concert with the Youth Development Principles embodied in the Parks and Recreation Master Plan 2005-2010. These principals are Providing Safety, Developing Relationships, Skill Building, Youth Participation, and Community Involvement.

Attachment B shows the 13 proposed locations of additional core after-school programs in addition to the existing locations. Eleven of the proposed locations are at elementary schools and are in core service areas. The other two are at parks further than one-half mile from a school. Staff expects to be able to offer all additional programs by September 2006.

In planning the specifics of the core after-school programs at new and existing sites, staff will attempt to incorporate additional wellness and arts activities into the offerings. The wellness programs would be designed to combat childhood obesity by emphasizing physical activities and nutrition education. By incorporating the principles of the national Step Up To Health campaign, activities may include sports, cheerleading, dance, organized walking and other vigorous exercise. Arts activities may include developing partnerships with community organizations that are looking to encourage children to participate in or observe the arts. Dance, drama, crafts and drawing regularly are incorporated into after-school programs, and efforts will be made to expand arts offerings.

Within all core programming, staff will focus resources on reducing school truancy, helping extend partnerships with libraries and school districts, partnering with the Police and Neighborhood Services Departments to add resources to areas with higher gang and youth-related crime levels, providing physically active sports and wellness programs that give healthy alternatives to children, increasing gender equity in programming, and providing matching funds to other community partners to help create even stronger and more diverse opportunities for children.

To ensure that the desired benefits of these resources are obtained, staff will conduct assessments of the participants at the beginning and end of each program and measure progress toward the goals, and have ongoing conversations with partner agencies.

Financial Considerations:

Council previously authorized \$900,000 for these and other Parks and Recreation programs subject to certain economic conditions being met. These conditions were met recently, and funding is now available to the Department.

In order to expand the after-school programming as recommended, an additional 8.5 full-time equivalent (FTE) positions would be required, as follows: 1.0 career Program Coordinator, 1.0 career Accounting Technician, 0.5 non-career Human Services Program Coordinator, 4.0 non-career Senior Recreation Aide, and 2.0 non-career Recreation Aide. The programs would be managed within the existing management structure. The annual cost for these positions is \$248,322, with an additional \$43,492 for supplies and services. The programs identified in this report would require \$291,814 of the \$900,000 augmentation, with the remainder allocated to teen programs and planning for universal pre-school as described in separate reports.

Environmental Considerations:

There are no environmental considerations with this report.

Policy Considerations:

This report is consistent with the City's strategic plan to achieve sustainability and livability.

Emerging Small Business Development (ESBD):

There are no ESBD considerations with this report.

Approved by: 
Robert G. Overstreet II
Parks and Recreation Director

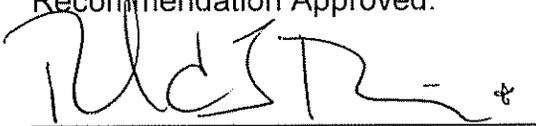
Recommendation Approved:

ROBERT P. THOMAS
City Manager

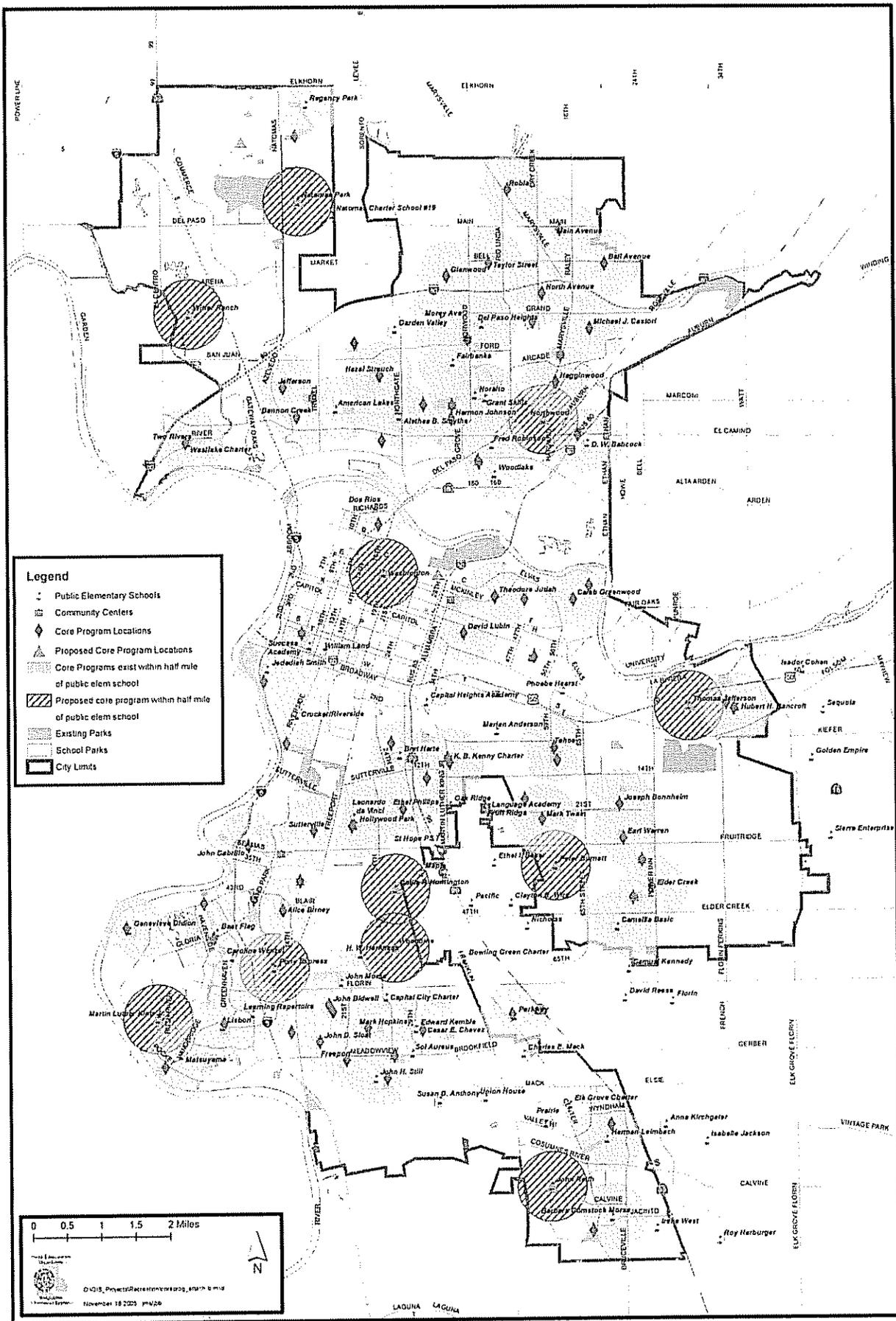
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City of Sacramento
Department of Parks and Recreation
Existing and Proposed Core After-School Programs Location Map

Attachment B



RESOLUTION NO.

Adopted by the Sacramento City Council

AUTHORIZING APPROVAL OF LOCATION CRITERIA, PROGRAMMING ELEMENTS, INCREASED STAFF AND BUDGET ALLOCATION FOR EXPANDING AFTER-SCHOOL PROGRAMS

BACKGROUND

- A. In June 2005, Council budgeted funds for after-school programs in the Department's Fiscal Year 2005-06 budget and directed staff to return with recommendations for program implementation.
- B. Many studies have documented the behavioral, social and health value in providing after-school programs to children.
- C. Currently the City offers free or low-cost core programs to children in the kindergarten to sixth grade range at 73 locations: 37 public elementary school campuses, 12 community centers, 21 parks and 3 apartment communities. Core program elements and schedules vary from site to site to meet the needs and desires of the community and participants. Some areas of the City are not served by core after-school programs and some areas are under-served.

BASED ON THE FACTS SET FORTH IN THE BACKGROUND, THE CITY COUNCIL RESOLVES AS FOLLOWS:

- Section 1. "Base line" or "core" programs and services are those that provide for the operation, maintenance and access to recreation facilities and for the provision of a basic, broad and general program of activities and events, including opportunities for athletic, cultural, social, and educational experiences. The General Fund provides for the organization, supervision and management of these core programs and services, as well as for the operation and maintenance of the facilities. Nominal fees may be charged for core programs to limit attendance at crowded facilities, to aid in discipline and control, and to promote respect for an activity. Core programs are to be delivered at the community and neighborhood level.

- Section 2. A "core service area" is the area located within one-half mile of a public school that enrolls students in the kindergarten to sixth grade range. The goal of providing additional core after-school programs is to ensure that a standard level of programming is provided in every core service area in the City. Core program elements and schedules will vary from site to site to meet the needs and desires of the community and participants.
- Section 3. The highest priority for the location of additional core after-school programs is to be those neighborhoods not currently served by an existing core after-school program. The second priority is to be those neighborhoods where the demand for the services exceeds the typical level of programming already provided.
- Section 4. The 13 proposed locations of additional core after-school programs as shown in Exhibit A are approved. All additional programs are to be offered by September 2006, subject to obtaining owner approval to use suitable locations.

Section 5. The \$900,000 previously authorized will be allocated to the Department of Parks and Recreation's operating budget as follows:

Labor	101-450-4714-41xx	\$248,322
Services & Supplies	101-450-4714-42xx	<u>\$ 43,492</u>
Total		\$291,814

Section 6. The Department of Parks and Recreation's authorized staffing is increased by a total of 8.5 FTE as follows:

- 1.0 FTE Program Coordinator
- 1.0 FTE Accounting Technician
- 2.0 FTE Recreation Aide
- 4.0 FTE Senior Recreation Aide
- 0.5 FTE Human Services Program Coordinator

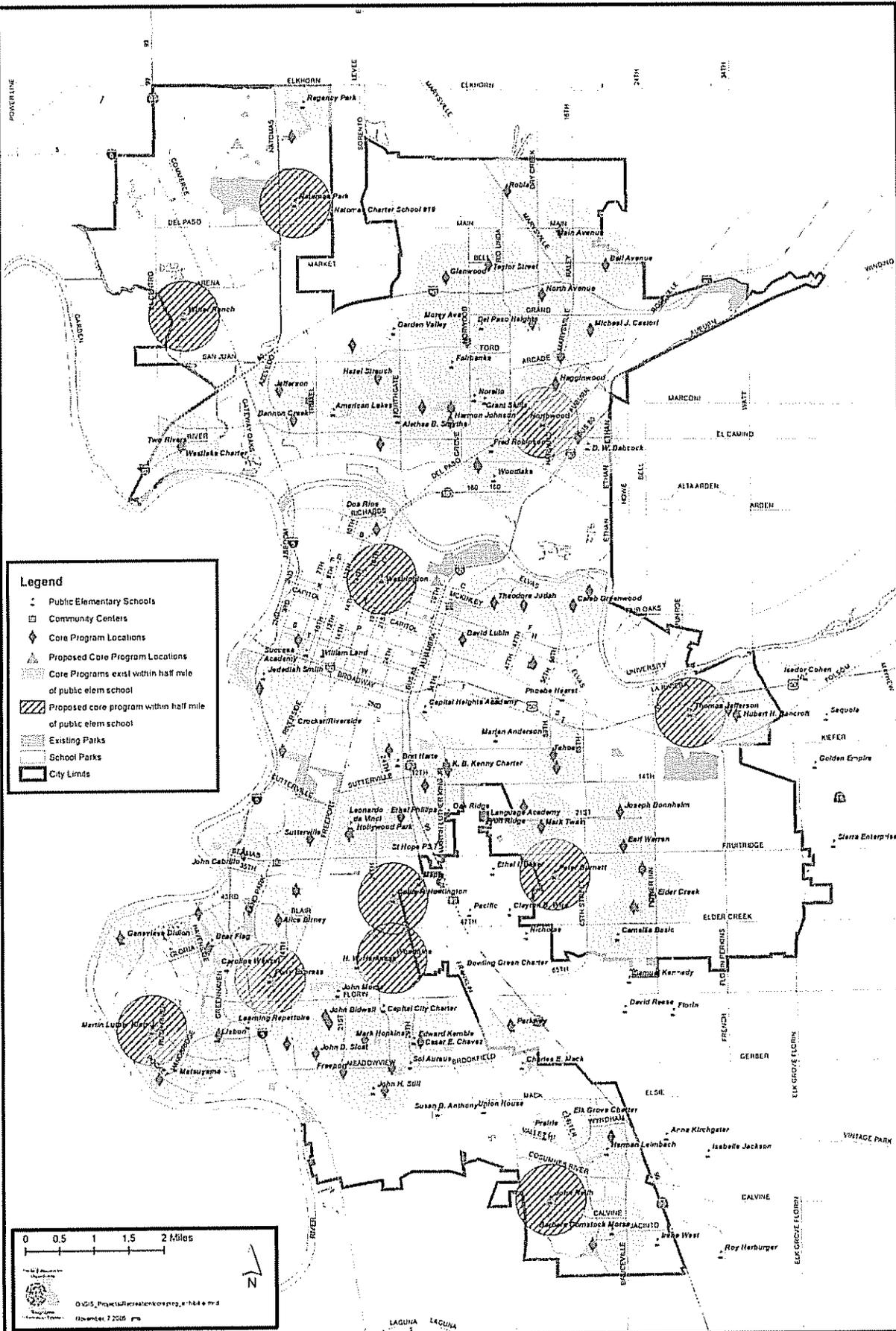
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Exhibit A, map of existing and proposed core service areas



City of Sacramento
Department of Parks and Recreation
 Existing and Proposed Core After-School Programs Location Map

Exhibit A



Legend

- Public Elementary Schools
- Community Centers
- Core Program Locations
- Proposed Core Program Locations
- Core Programs exist within half mile of public elem school
- Proposed core program within half mile of public elem school
- Existing Parks
- School Parks
- City Limits

0 0.5 1 1.5 2 Miles

City of Sacramento
 Department of Parks and Recreation
 GIS Project/Information/Programs & Services
 November 7, 2005 pm