

Put A Little In, Walk A Little Off!

An inside look at FCOE's exciting After School Activities

Centennial Elementary's After School Program Learns the Pizza Business!

During the month of November, students in Centennial's After School Program, had the opportunity to visit the new Me-N-Ed's Victory Grill. During a one-week period, 20 students a day were given a tour of the restaurant and experienced, first-hand, the restaurant business. Successful after school programs must include partnerships with the community, according to Centennial's after school lead, Diego Moreno. "It's a dynamic that can't be ignored in the after school world. The field trip was enlightening for the kids. Like everything in life, you want to find joy in the work you do." Moreno saw it as a business trip mixed with pleasure. Without question, the highlight of the tour came when each student had the opportunity to prepare their own pizza! The Centennial After School Program would like to thank the amazing staff at Victory Grill for putting together such a wonderful field trip.

For more information contact Diego Moreno at (559) 248-7048.

Navelencia Middle School's 100 Mile Club

The 100 Mile Club was first created in 2006 by Citrus Middle School's After School recreation leader, Jessica Alaniz as a motivation tool for their after school program P.E. classes. It was designed to help kids from becoming overweight and to create a desire to exercise, daily.

From the first week of September to the first week of March the goal was for students to accrue 100 miles by walking or running around the school or track. When the students reached the 100 mile mark, they were rewarded with a trip to Magic Mountain during Spring Break. According to Alaniz, the kids reap huge dividends for their effort and commitment to get active. "I took 30 students to Magic Mountain on the first trip. 15 were overweight and have now lost more than 20 pounds, each! I believe the students have finally come to the conclusion that running can be fun!"

As a result of Citrus Middle School's success, the 100 Mile Club has now expanded to the Navelencia Middle School Afterschool Program. Once a week, roughly 50 motivated students suit up and run, increasing their miles each week. Sarah Hartley, Navelencia Middle School's after school lead, hears about it when the mileage increases. Hartley explains, "I really like what Jessica has implemented because the students are excited about running. The students often come tell me how many miles they have run in an hour and look forward to beating their record next week."

You might want to implement a 100 Mile Club at your site. It really gets students excited about exercising and staying active!

For more information about the 100 Mile Club, contact Jessica Alaniz @ (559) 637-1251.