McKinley Elementary School Healthy Behaviors Learning Center

Contact Information
Site Address: 800 Carlton Way, Tracy, CA, 95376
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Site Background
- The length of time the site has been in operation: 4 years
- Demographics
  a) Asians:6=0.05%
  b) African Americans:30=29%
  c) Hispanics:35=34%
  d) Native:8=0.07%
  e) Caucasians:16=15%
  f) Others:57=56%
  Total=101
- The demographics of the staff
  a) African Americans: 2
  b) Caucasians: 1
  c) Native: 1
  d) Hispanic: 1
  Total: 6 staff
- Hours and days of operation (include standard early release days)
  Monday: 1:30-6:00 (early release)
  Tuesday-Friday: 2:30-6:00

Vision statement: Opening doors, empowering children, changing lives

Mission Statement: To inspire and enable all young people, especially those who need us most, to reach their full potential as productive, caring and responsible citizens.

Making a Difference
- Boys & Girls Clubs of Tracy at McKinley school provides members with reusable water bottles and clean water to all members at numerous ‘Water Stations’ throughout campus
to promote increased water consumption and ensure proper hydration. Participation in the ‘Rethink Your Drink’ campaign has helped support the effort with great success. Water is also offered at ‘water stations’ in order to promote healthy conversation with parents and members.

- Family resources continue to be displayed and distributed at key locations on site to inform families of local opportunities.

**What We Do**

This section explains the key components of your nutrition, physical activity and food security work. It includes:

- **Healthy Habits** is designed to incorporate healthy living and active learning in every part of the Club experience; Healthy Habits emphasizes good nutrition, regular physical activity and improving overall well-being. **Triple Play**, BGCA’s first comprehensive health and wellness program, developed in collaboration with the U.S. Department of Health and Human Services, strives to improve the overall health of Club members ages 6-18 by increasing their daily physical activity, teaching them good nutrition and helping them develop healthy relationships.

  The **Mind** component encourages young people to eat smart through the Healthy Habits program, which covers the power of choice, calories, vitamins and minerals, the food pyramid and appropriate portion size.

  The **Body** component boosts Clubs’ traditional physical activities to a higher level by providing sports and fitness activities for all youth. Body programs include six Daily Fitness Challenges; teen Sports Clubs focused on leadership development, service and careers in athletics; and Triple Play Games Tournaments, inter-Club sectional tournaments that involve multiple team sports.

  The **Soul** component helps build positive relationships and cooperation among young people through intentional programming and strategic scheduling.

- The **Supper Program** implemented 3 years ago to all sites meets and exceeds the federal nutritional guidelines as the school district. Each member receives a hot fresh meal daily including components of dairy, fresh fruit or vegetable and a grain. The Boys & Girls Clubs of Tracy is part of the TUSD wellness policy planning committee to ensure a seamless collaboration between school and Club.

- Boys & Girls Clubs of Tracy has been in partnership with Second Harvest for over 10 years. **Second Harvest Food Bank** delivers fresh fruits and vegetables as well as staple items for families’ complete meals supporting the ‘Food for Thought’ program twice a month.

  Collaborations with **Taylor Farms** for produce throughout the year helps support our organizational goal of providing more fresh fruit and vegetables to members. **Cal Fresh** provides information to distribute to Club members and their families. Continuing to work with Second Harvest, the school district and Taylor Farms we are insuring that we are closing the gap on food security with our members. Numerous Club locations have implemented more physical activity by scheduling a Club staff to facilitate physical fitness activities during school lunch periods. Staff members are also role models, leading by example of not allowing any sugary drinks or unhealthy snacks allowed for members or staff.

- Boys & Girls Clubs of Tracy utilizes curriculum that fosters **healthy cooking** at multiple locations. Members are able to create healthy meals with an understanding of nutritional values
and the importance of healthy ingredients. Members are able to share food they create with other members of the club.

- **The low-cost and free sports leagues** are provided to offer members an opportunities to participate in team sports throughout the year. Sports leagues in town are often too expensive and inconvenient for youth to participate in. Offering these teams and leagues has been widely successful for over 20 years since members practice and play on site and have limited transportation needs.

- **The addition of water stations** throughout our organization has proved to be a major success recently. Members have been given Boys & Girls Clubs water bottles and have access to clean and cold water at multiple stations throughout campuses in order to promote water consumption and healthy hydration. Implementing portions of the ‘Rethink Your Drink’ curriculum continues to be successful.

- **Collaboration with the County Office of Education** has allowed us to build ‘Club Gardens’ at each site. Each location receives curriculum and facilitates activities regularly to support healthy lifestyles. Members participate in all aspects of building and maintaining the garden and are excited to harvest.

**Our Partners**

- BGCT partners and collaborates with Kaiser Permanente, Tracy Sutter Community Hospital Foundation, Tracy Unified School District, SJCOE, SCOE, Second Harvest Food Bank, MCYSN, Taylor Farms, District Attorney Drug Seizure Funding, among others.