



**Irene B. West Elementary School
Healthy Behaviors Learning Center**

Contact Information

8625 Serio Way

Site Manager: Lupita Perez

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916-585-6862

Total Number of ASES Staff: 11

**For Information about the site or scheduling a site visit, please contact site manager*

Site Background

Irene B. West is a year-round, Title 1 Elementary School (TK-6) located in the Elk Grove school district. The ASES Expanded Learning Program at Irene B. West currently serves 150 students grades K-6. ASES is a grant-funded program, which enables students to attend at no cost to families; any student attending Irene B. West Elementary is eligible to be in the program. Here in after-school, we aim to provide a safe, engaging learning environment that is relevant to the lives of the student and the community, which promote positive emotional, social, emotional and physical health. Our mantra is wake up, make good choices, and change the world! With our vision and mantra in mind, our staff come to site every day prepared to engage, support, challenge, and empower students by being positive role models they can look up to and confide in. On a daily basis staff bring engaging lessons ranging from health and wellness, social and emotional learning, STEAM, and Literacy that are relevant and interesting to the students we serve.

The targeted populations served by the program are Foster Youth, English language learners, socioeconomically disadvantaged students, and generally any student at Irene B. West Elementary who has working parents/guardians in need of additional care in a safe environment that provides academic support and engaging enrichment activities that they would not otherwise have access to. Please note that we are not a tutoring service.

Program Hours of Operation:

Mon, Tues, Thurs, Fri | 3:30pm – 6:30pm

Early Release Wednesdays | 2:45pm – 6:30pm

Minimum Days | 1:20pm – 6:30pm



Irene B. West Elementary: School Accountability Report Card (2017-18)

Student Demographics

	School	ASES
Enrollment*	866	153
English Learners*	255	27
Languages Spoken*	10	8
Students of Poverty*	541	
GATE**	48	
Foster Youth		6

Population by Ethnicity

Ethnicity	School Percentage	ASES Percentage
Black or African American	15%	2%
American Indian or Alaska Native	1%	0%
Asian	32%	36%
Filipino	10%	0%
Hispanic or Latino	18%	16%
Native Hawaiian or Pacific Islander	3%	1%
White	7%	0%
Two or More Races	14%	14%
Other		31%



The Irene B. West Elementary ASES Staff consist of college students who completed at least 48 college credits up to date or passed Paraprofessional Certificate exam. We have been intentional about recruiting quality staff members that reflect the diversity of our school campus and student population.

Making a Difference

- The ASES Program at Irene B. West values continuous quality improvement and providing our staff with meaningful professional development opportunities. It is thanks to this dedication to learning and serving our community that we have made significant improvements in the areas of nutrition education and physical fitness this year. The program has put our health and wellness policy into action by promoting the consumption of healthier foods and beverages, prohibiting items that have little to no nutritional value, and requiring that our students engage in a minimum of 30-45mins of structured, moderate to rigorous physical activity. All staff are also required to abide by these standards. Due to these efforts, we have influenced and observed a positive change in the attitudes of students, staff, and families when it comes to health and wellness. The goal is to keep this progress going to bring about a culture shift where all community members, young and old, commit to leading healthier lifestyles.

What We Do

- Students learn about nutrition education during enrichment twice a week and engage in meaningful discussions on a range of topics where they have the opportunity to share their thoughts and unique perspectives with their peers.
- Some of our current partners and resources we have used to improve the Health and Wellness components of our program include: ChooseMyPlate.gov, The Center for Collaborative Solutions, Elk Grove Food Bank, Bel-Air, Champions for Change, Skillastics, Up2Us Coaching, CATCH Curriculum, and the California Department of Health.
- Students receive daily Supper via the Supper Program, which includes a milk, fruit and/or vegetable, and a main entree. In addition, we provide parents with information about the harvest of the month, Champions for change recipe books, and local farmer's market locations to name a few.
- One challenge that we encountered has been keeping students from bringing unhealthy snacks to program due to its presence in the school day (teacher incentives, student store, etc.). To address this, we encourage alternative incentive options that teachers can adopt instead and reminding students and staff about our district and school wellness policy. Student leaders have also taken the initiative of encouraging their peers not to eat or bring unhealthy snacks to school.

Our Partners

- ASES and Title 1 Program, Elk Grove District, Learning and Support Services Department, Principal Brian MacNeill, Vice Principal Sandra Brown, California Department of Health, EGUSD Nutrition Services, AARR, Champions for Change, The Center for Collaborative Solutions, Up2Us Coaching (Americorps), Region 3 Expanded Learning Leads, the students and parents of Irene B. West Elementary, and the Expanded Program Learning staff.

Additional Impacts of Our Program

The after-school program saves our families thousands of dollars in childcare costs. In addition, because of our comprehensive Health and Wellness policy, healthy food and drink options are expected and required at all class/after-school related functions or events. Parents have been extremely receptive of the policy and are supportive of its effort. Students and staff alike participate in daily workouts before release for outdoor/indoor recreation time and has resulted in fewer injuries. Previously students would use outdoor recreation time to start early on homework. Now, we have been successful in getting close to 100% student participation in physical activity during recreation time. Concurrently, homework time has been much more productive since students get the opportunity to play before beginning their work. Students have been victors of change in their homes by sharing fun facts with their families and practicing healthy habits like drinking water and expressing gratitude together.