



APPLICATION FORM

All applications must include the following information. Separate applications must be submitted for each eligible program. **Deadline: July 1, 2020.** Please include this application form with electronic entry. If you do not receive an email confirming receipt of your entry within 3 days of submission, please contact [Gage Harter](#).

PROGRAM INFORMATION

County: Culpeper County

Program Title: Kids Central, Culpeper County Schools and Culpeper Wellness Foundation After School Fitness

Program Category: Health and Human Services

CONTACT INFORMATION

Name: Laura Loveday

Title: Special Projects and Grants Administrator

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SIGNATURE OF COUNTY ADMINISTRATOR OR DEPUTY/ASSISTANT COUNTY ADMINISTRATOR

Name: John C. Egertson

Title: Culpeper County Administrator

Signature: 

Virginia Association of Counties Achievement Award Application
Culpeper County, Kid Central, Culpeper Schools and Culpeper Wellness
Foundation After School Fitness Partnership

Project Statement

Kid Central was founded in 1990 as the result of a task force evaluating child care and a grant awarded to Culpeper Social Services to meet child care needs in the County. Kid Central is operated under the “umbrella” of Culpeper Human Services as a fully licensed child care center that offers affordable child care while also providing a safe and enriching environment.

In 2017, the Culpeper Wellness Foundation awarded the Culpeper County School Board a \$15,000 grant to facilitate the 2017 Culpeper Youth Risk Behavior and Experience Survey (performed by the Center for Survey Research at the University of Virginia). This is an important tool for our community to determine where we are at and where we can improve the lives of our youth.

http://culpeperschools.org/UserFiles/Servers/Server_342422/File/Information/Parents/YouthRiskBehavior.pdf

Sections X and XI, Dietary Behaviors and Physical Activity are of particular interest to our community and became part of the basis for our collective goals and objectives established in a collaborative Virginia Foundation for Healthy Youth grant proposal in 2018. According to the 2017 Culpeper Youth Risk Behavior and Experience Survey- XI. Physical Activity- Among all 7-12th graders 11.9% of students did not participate in at least 60 minutes of any kind of physical activity that increased their heart rate at least 1 day during the last 7. When they survey looked specifically at the intersection of racial/ethnic affiliation and gender, the prevalence of not

participating in at least 60 minutes of physical activity on at least 1 day in the past week was highest amount black female students (7-12th grade) at 19% of students. When broken down to 9-12th graders only, the rate was 12.8% of all students who did not participate in 60 minutes of physical activity on 1 day in the past 7. This result is lower than reports from the 2015 Nationwide YRBS, in which 14.3% of high school students did not participate in at least 60 minutes of physical activity on at least 1 day in the last week.

It was also reported that 35.6% of students watched 1-2 hours of TV (including streaming and YouTube) per day. Among 7-12th graders nearly half of students (48.9%) used computers for gaming and social media for more than 3 hours per day. 43.1% of students do not play on a sports team, with the racial breakdown showing the lowest rate of participation at (40.8%) for Hispanic females.

With the awarded VFHY grant funds, Culpeper County and the Culpeper Wellness Foundation initiated a pilot project with Kid Central that allowed for a two year access partnership for children receiving childcare through Culpeper County Social Services. While these programs are not exclusive to low-income families in the community there are many families that would meet the definition of low-income currently taking part in the Kid Central programs. Kid Central operates afterschool childcare programs at all six of the counties elementary schools and serves both middle schools as well. Because of this partnership between Culpeper County, Culpeper County Schools, and Culpeper Wellness Foundation, children are given the opportunity to take regular trips by bus after school to Culpeper Sport and Fitness center. Twice weekly Culpeper Wellness Foundation instructors visit each afterschool site to conduct on-site fitness programs as well. Programs include tennis, circuit training, Zumba, yoga, and other fitness programs.

Our hope is that by facilitating free recreational fitness programs after school we are encouraging positive fitness habits that will remain with our students throughout adulthood.

News Coverage and Photos

https://www.insidenova.com/culpeper/kid-central-celebrates-after-school-program/article_43450aac-0183-11ea-8774-cf7154be63db.html







Executive Summary

In 2018, Culpeper County and Culpeper Wellness Foundation initiated a pilot project with Culpeper County’s “Kid Central” after school childcare sites that allowed for a two year access partnership to Culpeper Wellness Foundation facilities and fitness staff for children receiving childcare through Culpeper County Social Services. While these programs are not exclusive to low-income families in the community, there are many families that would meet the definition of low-income currently taking part in the Kid Central programs. Kid Central operates afterschool childcare programs at all six of the counties elementary schools and serves both middle schools as well. Because of this partnership between Culpeper County, Culpeper County Schools, and Culpeper Wellness Foundation, children are given the opportunity to take regular trips by bus after school to Culpeper Sport and Fitness center. Twice weekly Culpeper Wellness Foundation instructors visit each afterschool site to conduct on-site fitness programs as well. Programs include tennis, circuit training, Zumba, yoga, and other fitness programs. By partnering with private local fitness providers we are able to regularly offer fitness programs to hundreds of children receiving care after school hours. They are also introduced to fitness facilities in the community that offer opportunities that they might not have access to remaining only onsite at our counties elementary and middle schools.

Brief Overview:

In 2018, Culpeper County and Culpeper Wellness Foundation initiated a pilot project with Culpeper County's "Kid Central" after school childcare sites that allowed for a two year access partnership to Culpeper Wellness Foundation facilities and fitness staff for children receiving childcare through Culpeper County Social Services.

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