

Date: 5/3/2022

East Kern Health Care District
Attn: Board of Directors
8101 Bay Avenue California City, CA 93505

Re: Grant Request

Dear EKHCD Board members,

The California City Parks and Recreation Department would like to partner with the East Kern Health Care District to bring a summer camp program to the residents of California City. We are requesting funding to purchase needed equipment and supplies that will keep the youth active and engaged. We believe this will be of benefit to some of the most vulnerable parts of our community.

Organization and background synopsis:

The California City Parks and Recreation Department strives to provide high quality recreational programs and services throughout the community that provide fun, educational, accessible and safe environments for people of all ages and abilities. One way that we are seeking to do this is through our Summer Camp program.

Summer camps have been proven to have a powerful impact on children including increasing self-esteem, independence, leadership, and decision-making skills. Summer day camps also give children structure that can be lacking over summer break, which results in unhealthy behaviors including increases in screen time. Central Parks Summer Camp program aspires to change this and aspires to teach a love of learning that will equate to a reduction in summer learning loss as well.

Lack of school day structure during summer vacation increases sedentary behaviors, alters healthy sleep schedules and has shown a dramatic increase in screen time. These changes have been shown to contribute to an accelerated BMI gain. Providing summer camp programs during the summer has been shown to slow down or stop accelerated summer BMI gain. The daily schedule and preplanned weeks give campers the structure they need with the fun and relaxation that is also a necessary part of their summer break.

Published in 2022 UC San Francisco's Jess Berthold did a study that "found higher screen time in Black and Latino/a adolescents and in those from lower-income households that may be due to structural and systemic factors, such as lack of financial resources to do other kinds of activities or lack of access to safe outdoor spaces." (Berthold, 2022) This increase in screen time has been shown to cause sleep problems, poor self-image and body issues, as well as less time communicating with a peer or adult support group. An over-abundance of screen time also shows an increase in psychological and mood problems including increased likelihood of depression, stress and anxiety. With the Summer camp program we are hoping to encourage and allow more access to activities the campers may not have previously engaged in, as well granting more access to safe outdoor spaces.

Project Synopsis:

Central Park Summer Camp is an inclusive summer day camp program for children ages 4 to 12 years old. The youth will be divided by age into two groups. The camp program will last 8 weeks, running from June 13th to August 5th. Every week has a different theme with activities that stimulate the campers keeping them excited and engaged.

The 8-week themes are as follows:

1. Amazing Earth
2. Run, Jump and Play
3. Under the Sea
4. Outdoor Adventure
5. Space and Aeronautics Week
6. Art and Craft Week
7. Lego Week
8. Science Week

As you can see in the attached syllabus and tentative schedule, there will be activities that stimulate the mind

as well as activities that exercise the body, keeping campers both physically and mentally engaged, while offering desperately needed structure.

Project service area:

This camp will serve California City and be held at Central Park.

Required Equipment and Supplies:

Please see attached spreadsheet.

Cost Breakdowns:

Please see attached Spreadsheet

Additionally Requested Information:

We have a confirmed partnership with Safe Haven Kids league who has volunteered to sponsor 2 children for the camp. We are also looking to other organizations to sponsor children. We are currently asking for \$25 per child per week, and that they bring their own lunch. We are aware of the food scarcity issues in this city and are hoping to also obtain monies to pay for food. Based on research of food prices from multiple vendors, as well as making sure we provide adequate, healthy nutrition, lunches would cost approximately \$2500.00. This will feed 30 campers 1 lunch per day for 40 days. This equates to just over 2.00 per meal. Having enough money to feed every camper would mean that no one goes hungry, and no one is feels left out.

Conclusion:

In conclusion, as Recreation Supervisor with a degree in psychology, and a background in education I am aware of the positive impact that summer programming has for our young people. As a long-time resident of California City, I have seen the need for positive role models, and productive activities for our young people grow. I believe that a summer camp program is the perfect place to start making sure the youth in our community feel safe, and cared for while giving them opportunities to be excited and engaged in new hobbies and activities.

Summer Camp Syllabus & Schedule

Week 1- Amazing Earth

Monday – Tour Community Garden

Tuesday – Plant seeds

Wednesday- Recycling /composting

Thursday – Nature Scavenger Hunt

Friday – Self responsibility for our planet

Week 2 – Run, Jump and Play

Monday – Basketball

Tuesday – Soccer

Wednesday – Volleyball

Thursday – Tennis

Friday – Field day activities

Week 3 – Under the Sea

Monday – No camp – 4th of July

Tuesday – Ocean Animals

Wednesday - Undersea zones

Thursday – Cleaning up our oceans

Friday – Sand art and movie Free Willy, or Finding Nemo

Week 4 - Outdoor Adventure

Monday – Hiking

Tuesday – Fishing

Wednesday -Picnic

Thursday – Rock Painting

Friday – Camp out

Week 5 – Space and aeronautic Week

Monday- Paper airplanes building and distant flight competition

Tuesday – assembly with talk by someone from Mojave Space port (or space themed movie)

Wednesday – Planets

Thursday – Constellations

Friday – Rocket launch

Week 6 – Art and Craft Week (Partnering with the art commission)

Monday- art project #1

Tuesday – music/ dance

Wednesday – art project #2

Thursday – spoken word/ acting (skits)

Friday – Talent show (visual and performing arts)

Week 7 - Lego Week

Monday- Wind races

Tuesday –Marble mazes

Wednesday – Buildings

Thursday – Boat races

Friday – creativity challenge

Week 8 – Science Week / final week

Monday- raincloud in a jar project

Tuesday –Elephant toothpaste

Wednesday – mentos/coke experiment

Thursday – Disappearing eggshell experiment

Friday –family barbecue. Kids show parents their best and favorite parts of summer camp

Tentative Schedule

9:00-9:45 – arrival/ AM centers
9:45-10:30- Outdoor Activity
10:30-11:15 Art / music time
11:15-12:00 Theme Activity
12:00-12:45 Lunch – free play
12:45 -1:30 Quiet time
1:30-2:15 – Indoor games
2:15-3:00 Theme activity
3:00- 3:45 – Swimming
3:45-4:00 – Clean up / go home

Week 1	Item	cost
Amazing Earth	Sunflower seeds	\$5.00
Amazing Earth	Wildflower seeds	\$9.59
Amazing Earth	Mini pots	\$ 17.99
Amazing Earth	Potting soil (Ace)	\$18.00
Week 2		
Run, Jump and Play	2 Volleyballs	\$ 29.94
Run, Jump and Play	Soccer Balls (q2)	\$ 39.95
Run, Jump and Play	Soccer Balls	\$ 25.95
Run, Jump and Play	Goals (q4)	\$ 101.96
Run, Jump and Play	Tennis balls	\$40.13
Run, Jump and Play	Field Day Medals	\$ 20.99
Week 3		
Under the Sea	Ocean creatures	\$12.99
Under the Sea	clear jars	\$18.99
Under the Sea	yarn	\$11.99
Under the Sea	paint	\$17.99
Under the Sea	streamers	\$13.88
Under the Sea	sand for sand art	\$45.99
Week 4		
Outdoor Adventure	fishing poles (q12)	\$216.00
Outdoor Adventure	Bait (q6) (Wal mart)	\$32.64
Outdoor Adventure	rocks for painting (Ace)	\$ 20.88
Outdoor Adventure	acrylic paint pens (q 2 sets)	\$ 52.68
Week 5		
Space Week	balsa wood planes	\$ 107.64
Space week	Styrofoam balls	\$ 21.18
Space week	Rockets (q13)	\$ 106.00
Space week	motors	\$ 108.00
Space week	wadding	\$ 32.00
Week 6		
Art Week	canvases (q30)	\$ 50.97
Art week	Paint brushes	\$6.99
Art week	sketch books	\$19.99
Art Week	water colors	\$57.90
Art Week	glue sticks	\$8.40
Art Week	acrylic paint	\$38.00
Art Week	Scrapbooking paper	\$25.00
Art Week	Scrapbooking stickers	\$11.99
Week 7		
Lego Week	Base plates	\$49.98
Lego Week	brick set	\$147.98
Lego Week	wheels	\$27.99
Week 8		
Science week	Shaving cream	\$9.99
Science week	large mason jars	\$14.99
Science week	yeast	\$3.99

Science week	hydrogen peroxide 12%	\$19.99
Science week	slime kits	\$52.94
reusable water bottles	1 per camper x 30 campers	\$82.47
T shirts for campers	1 each, X 30 campers apx	\$450.00
snacks for campers	snacks/juices	
	apx \$5 per child per week	
	\$150*8	\$ 1,200.00
	Total not including lunches	\$ 3,407.91
additional cost for lunches	30 campers x 40 days	\$ 2,500.00
	Total including lunches	\$ 5,907.91