



# HOME RUN SCHOLARS

JAYS CARE FOUNDATION believes in a level playing field where all Canadian children and youth have the opportunity to thrive and succeed. One way we are working to achieve this goal is through HOME RUN SCHOLARS.



## WHAT IS HOME RUN SCHOLARS?

The Home Run Scholars After School program is a dynamic and accessible after school program designed to support youth in grades 1 to 6. The program provides a fun environment for children to attend after school where they can learn, develop life skills and build the confidence necessary to take on life's challenges. Launched in November 2016, the program runs in 24 Toronto Community Housing Buildings across the city.



## WHY HOME RUN SCHOLARS?

At Jays Care, we believe that after school programs should provide an opportunity for every child to:

- Work and play with others
- Develop strong and lasting relationships with peers and staff
- Learn new skills and improve upon existing ones
- Learn more about themselves, their abilities, their limitations and their potential
- Learn to be a contributing member of a group and of their community
- Learn about the assets and challenges that exist within their community
- Develop the skills required to recognize obstacles and design solutions to overcome them
- Develop self-confidence and self-reliance as a leader

**The hours after school finishes can be a vulnerable time for children, especially those living in marginalized communities. Home Run Scholars provides not just a place for children to go after school, but an exceptional program that works with children to improve academic performance, enhance physical health, enhance social and emotional well-being, and improve student behaviour after school.**



The proportion of Canadian kids who play outside after school dropped **14%** over the last decade

# 2X

Children from low-income families are **TWICE** as likely to be registered in special education classes than children from middle- or upper-income families



Undernutrition can negatively affect overall health, cognitive development, and school performance

<sup>1</sup> Active Healthy Kids Canada, 2012

<sup>2</sup> The Canadian Fact Book on Poverty, 2009

<sup>3</sup> Topics in Clinical Nutrition, 2005



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## WHAT THE PROGRAM INVOLVES:

The Home Run Scholars After School program is designed to help every child fulfill their potential. Here is how:



**PHYSICALLY ACTIVE:** The Home Run Scholars program includes a full hour of sport and recreation activities that are designed to get their bodies moving and their hearts pumping.



**ORGANIZED STRUCTURE:** The Home Run Scholars program schedule is highly structured so that children, staff, volunteers and guardians know what to expect each week.



**TEAM ENVIRONMENT:** Developing essential social and emotional skills like compassion, communication and conflict resolution skills takes time and effort. At Home Run Scholars, each day focuses on helping children participate in team-building activities where they are challenged to develop these essential social and emotional skills.



**EMOTIONAL-TANKS ARE FULL:** The Home Run Scholars staff are trained to ensure that each child leaves each day becoming more aware of their own limitless potential through celebrating their efforts and by encouraging others to do the same - consciously filling each child's emotional tank.



**NUTRITIOUS SNACKS AND HEALTHY COOKING:** Children at Home Run Scholars receive two healthy snacks each day of the program and are taught about the nutritional benefits of various foods as well as affordable and fun ways to prepare them.



**TRUSTWORTHY, TRAINED AND RELIABLE ROLE MODELS:** Home Run Scholars staff come from TCH communities and are selected because they are experienced, reliable and create safe and positive environments for all students.



**INSPIRING CHOICES:** Each day of the Home Run Scholars program includes "choice time" that allows children to use their decision-making skills and enables them to further develop in areas that excite them.



**ASSESSMENT AND IMPROVEMENT:** Each Home Run Scholars program is designed to meet the unique needs of each specific TCH site. Staff conduct fun activities at the end of each month to learn what the children like about the program, and how the program can be improved.



**LEARNING:** Homework time is an integrated part of the Home Run Scholars after school program. Each day students receive support from their peers and from the staff to complete their required homework and to further nurture their love of learning through fun literacy and numeracy activities.

## OUTCOMES TO ACHIEVE



### IMPROVE ACADEMIC PERFORMANCE

Increased grades



### ENHANCE PHYSICAL HEALTH

Increased participation in physical and recreational activities among students



### ENHANCE SOCIAL & EMOTIONAL WELL-BEING

Enhanced self-confidence and self-efficacy among students



### IMPROVE STUDENT BEHAVIOUR AFTER SCHOOL

Reduced incidences of gang-related activities, theft or complaints from community agencies