



**YMCA  
Beyond the Bell  
Report Card  
2022/2023 School Year**

*A few days a week...  
a lifetime of rewards.*

The school bell rings. Children pack their bags and head down the hall to a space in their school that is transformed into a YMCA. It is a trusted place that parents, teachers and

neighbours know to form friendships and help children develop.

Poverty, illiteracy, poor nutrition and the inability to access arts, recreation and community resources are often barriers to achieving success in life. Often children living in underserved neighbourhoods face more barriers that limit their ability to maximize their potential and achieve good health.

By focusing on prevention, the YMCA Beyond the Bell program provides at-risk children in Grades 1–5 with the additional help and attention they need to succeed in their academic studies, build relationships and improve their capacity to grow and learn. Activity increases the children's appreciation of teamwork, good sportsmanship, problem solving and cooperation while improving their overall health, positive attitude and self-esteem. Children feel valued, safe and free to express their thoughts and feelings in a welcoming environment that removes the pressures of school and home life. As a result, they develop positive relationships with adults and peers. Family involvement is encouraged so they too feel supported and know what resources are available to them.

The Beyond the Bell program is delivered by positive role models knowledgeable in tutoring, mentoring and the YMCA Principles of Healthy Child Development. Leaders are trained to support children with anxiety, ADHD/ADD, autism, FAS and many other challenges. A low 1:5 leader-to-child ratio allows for individualized attention and support.

Beyond the Bell is currently offered at Chief Tomat Elementary in West Kelowna. The program has a capacity for 20 children. A total of 20 children participated during the 2022/2023 school year.

## BEYOND THE BELL PROGRAM GOALS AND HOW WE ACHIEVED THEM

**GOAL 1:** *Improve literacy and numeracy and promote better learners through academic support, tutoring and educational activities*

### READING ASSESSMENT RESULTS

- ▶ At the end of the program, children showed a combined improvement of **75%** in reading ability.

### PARENT SATISFACTION SURVEY SCORES

- ▶ Beyond the Bell is helping my child complete their homework: **100%**
- ▶ My child is showing improvement in reading, writing and math: **100%**

### TEACHER SATISFACTION SURVEY SCORES

- ▶ Students are showing improvements in reading: **93%**
- ▶ Students are showing improvement in speaking and writing: **86%**

### COMMUNICATION WITH SCHOOL

The YMCA works closely with school administrators, teachers and principals to provide seamless and consistent learning and supports. The program staff communicates on a regular basis with the school personnel to set individual goals and programming.

*"Layla has flourished socially and academically because of the Beyond the Bell program. She has gained confidence in herself and is a lot more willing to try new things and to ask questions and for help. This year started rough for her and watching her bloom and the way she lights up talking about this program has been such a huge highlight. We appreciate it so much."*

Parent, Gr. 2 student

**GOAL 2:** *Create a positive environment that supports school, family and community and introduces the student to new opportunities and success*

### CHILD SATISFACTION SURVEY SCORES

- ▶ I am always challenged to do my best at Beyond the Bell: **97%**

### PARENT SATISFACTION SURVEY SCORES

- ▶ I feel less worried about my child's well-being: **100%**
- ▶ My child likes attending YMCA Beyond the Bell: **100%**

### TEACHER SATISFACTION SCORES

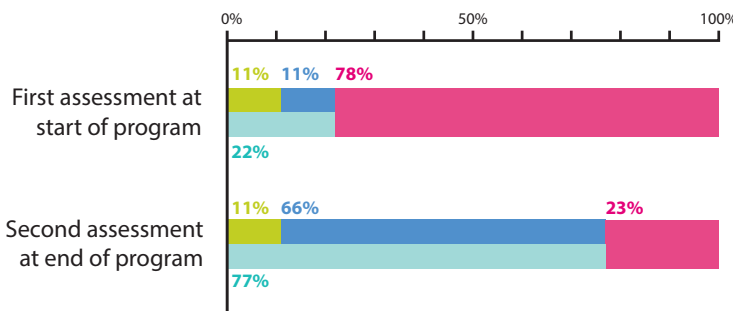
- ▶ This program is helping students finish their homework: **100%**

### PARENT AND FAMILY INVOLVEMENT

- ▶ **Communication:** Youth leaders made daily connections with parents, updating them on programming activities and academic achievements.



## YMCA BEYOND THE BELL PROGRAM STATS



- +** % of children reading two or more levels above their grade
- % of children reading at or one level above their grade
- **total % of children reading at or above their grade**
- % of children reading one or more levels below their grade

**75%** of children attending the YMCA Beyond the Bell program had combined improvement in their reading ability.

"The small group size at Beyond the Bell allows for individualized needs to be met. This is something that is very hard to do as a teacher but you always want for your students."

Teacher, Gr. 2 student

**GOAL 3: Develop self-confidence, efficacy and respect through recreational, social and academic programming**

#### HEALTH AND WELLNESS

- ▶ Children prepared healthy snacks each day trying new foods from a different culture each month.
- ▶ Each day included a minimum 45 minutes of fitness activity.
- ▶ Children learned how to detect and verbally express emotions, enhancing emotional wellness.
- ▶ Children enjoyed activities such as daily meditation and yoga and tried a new sport each week such as tennis, soccer, hockey and kickball.

#### DISCOVERY FRIDAYS

- ▶ Children participated and developed skills through special club topics, such as: mindfulness, social and emotional learning, arts and crafts, and science and engineering.

#### TEACHER SATISFACTION SURVEY SCORES

- ▶ This program is having a positive impact on students: **100%**

#### PARENT SATISFACTION SURVEY SCORES

- ▶ My child feels good about him/herself: **96%**

#### CHILD SATISFACTION SURVEY SCORES

- ▶ The YMCA staff care about how I feel: **100%**
- ▶ I like myself: **90%**
- ▶ I am good at making friends: **94%**

"At Beyond the Bell, I learned to listen with my whole body."

Student, Gr. 1

Over the past 9 years,  
YMCA Beyond the Bell  
has helped  
**282 children**  
read at or above their  
grade level!

**GOAL 4: Learn and demonstrate appropriate social skills through daily character development activities based on the YMCA core values of caring, honesty, respect and responsibility**

#### MAKING GOOD CHOICES

Students were encouraged to share the "good choices" they made each day that pertain to the YMCA core values of respect, honesty, caring and responsibility.

#### PARENT SATISFACTION SURVEY SCORES

- ▶ My child demonstrates good character: **100%**
- ▶ My child has made new friends at Beyond the Bell: **100%**
- ▶ My child is kind to others: **100%**

#### CHILD SATISFACTION SURVEY SCORES

- ▶ I think following rules is good: **97%**
- ▶ I take responsibility for my own choices and actions: **88%**

#### TEACHER SATISFACTION SURVEY SCORES

- ▶ This program teaches the students new social skills: **93%**

"The youth leaders at Beyond the Bell helped me with reading, being honest, and including others."

Student, Gr. 4

**GOAL 5: Provide students with supportive and encouraging role models**

#### TRAINING, MEETINGS AND PERFORMANCE MANAGEMENT

- ▶ Staff received extensive training before working with the children and additional professional development throughout the year.
- ▶ Staff were formally evaluated on their performance two times during the year.
- ▶ Staff received Monitoring Behaviour Management training throughout the year.

#### PARENT SATISFACTION SURVEY SCORES

- ▶ My child receives individual attention from YMCA staff: **100%**
- ▶ I know how to access community resources for the family: **100%**

"I feel comfortable with my daughter attending this after school program because the youth leaders are eager to get to know my daughter and what she likes to do for fun. They show that they care for my daughter's wellbeing. I feel very comfortable going to them when I have anything to discuss."

Parent, Gr. 4 student

## RESEARCH CONNECTIONS

Researchers have identified risk factors that increase the likelihood of youth participating in negative behaviours or developing problems in adulthood. These risk factors can be a single event or a cluster of events occurring environmentally, socially, and/or individually.

Further research has identified protective factors that can help safeguard and protect children from these risks. Children can develop resiliency skills that create a foundation for positive development, regardless of the influences in their life. YMCA Beyond the Bell reinforces and delivers the following protective elements:

- BUILDING LIFE SKILLS:** Risks can be mediated and resiliency gained by teaching children specific interpersonal skills in the following areas: decision-making and problem solving; creative and critical thinking; communication and social skills; self-awareness and empathy; coping with emotions and stress; and, academic skills such as literacy and numeracy (Miller, 2003; World Health Organization, 1999).

### HOW THE YMCA DOES THIS:

At Beyond the Bell social skills and academic skills are part of daily programming. Children in the program come from various grades and learn to problem solve, work together, and resolve conflict appropriately in a safe environment with others.

- DEVELOPMENTAL ASSETS:** Positive development can also be encouraged by providing children with developmental assets, 40 of which have been identified by the Search Institute. The more of these assets or variables a youth acquires, the more likely they are to engage in positive behaviours and resist negative behaviours.

### HOW THE YMCA DOES THIS:

Beyond the Bell intentionally supports and delivers many developmental assets through the program structure, activities, and programming.

- PROVIDING POSITIVE ADULT SUPPORT:** Adult support and relationships have been continually documented as a key determinant which helps children and youth overcome risk, avoid negative behaviours, and make positive decisions. These relationships can be with adults other than family, such as youth workers, teachers, mentors or others who promote self-esteem, gain trust, and provide unconditional acceptance (Werner, 1993).

### HOW THE YMCA DOES THIS:

Beyond the Bell is committed to ensuring that low staff-to-child ratios are maintained in order to support relationships between adults and children and encourage individualized skill building and motivation.

## TYPICAL ROUTINE\*

Monday–Thursday	
30 minutes	social skill and character development activities
20 minutes	snack
45 minutes	tutoring, homework completion, academic activities
45 minutes	recreation (alternating arts and physical activity)
Friday	
20 minutes	snack
45 minutes	science experiments and art-making
45 minutes	outdoor/physical activity time

\*Each child attends three days a week, either Mon/Wed/Fri or Tues/Thurs/Fri.

### YMCA DONORS *make it possible*

As a registered charity, the YMCA of Southern Interior BC relies on the generosity of its donors to make this program possible. The YMCA Beyond the Bell program has an annual cost of **\$85,000** which covers the costs of staffing, food, program supplies and cultural out trips. Thank you to our donors and partners; their support helped make the delivery of this program a success.

