



2021-
2022

ANNUAL REPORT

DEAR FRIENDS,

The past year has been one of renewed connections and opportunities as we were back in-person with children at 45 schools in Richmond, Chesterfield, Hopewell, Petersburg, and Henrico. The sound of student's laughter, the energy radiating throughout school hallways, gardens, and playgrounds, and engaging with school staff have been energizing reminders of our purpose.

As we still recover from isolation and virtual learning, the need for children's health and wellness offerings is critical. Fit4Kids school-based programs and advocacy work are a piece of a much larger puzzle, which includes generous support such as yours. New challenges consistently arise, but with our community of partners, volunteers, and donors we are able to face them and move forward with new wisdom and creative solutions. Thank you for being part of this work promoting children's wellness!

WITH APPRECIATION,

Mary Dunne Stewart, CEO

OUR VALUES:

- Collaboration
- Excellence
- Possibility
- Equity
- Persistence

OUR MISSION:

To improve children's health and wellness through physical activity and healthy eating.



KEY SUCCESSES:

FIT4KIDS TRAINED AND EQUIPPED more than 100 Crossing Guards to support active transportation reaching all Richmond elementary, middle, and preschools! This is an increase from only seven guards in 2019 when Fit4Kids took over management of the local Crossing Guards program. The additional guards increase safety for students walking and biking to school.

25 LOCAL TEACHERS EARNED their Active Classroom Certification through our brand new online, at-your-own-pace training module. When teachers adopt active wellness strategies in their classrooms, hundreds of students benefit over subsequent years!

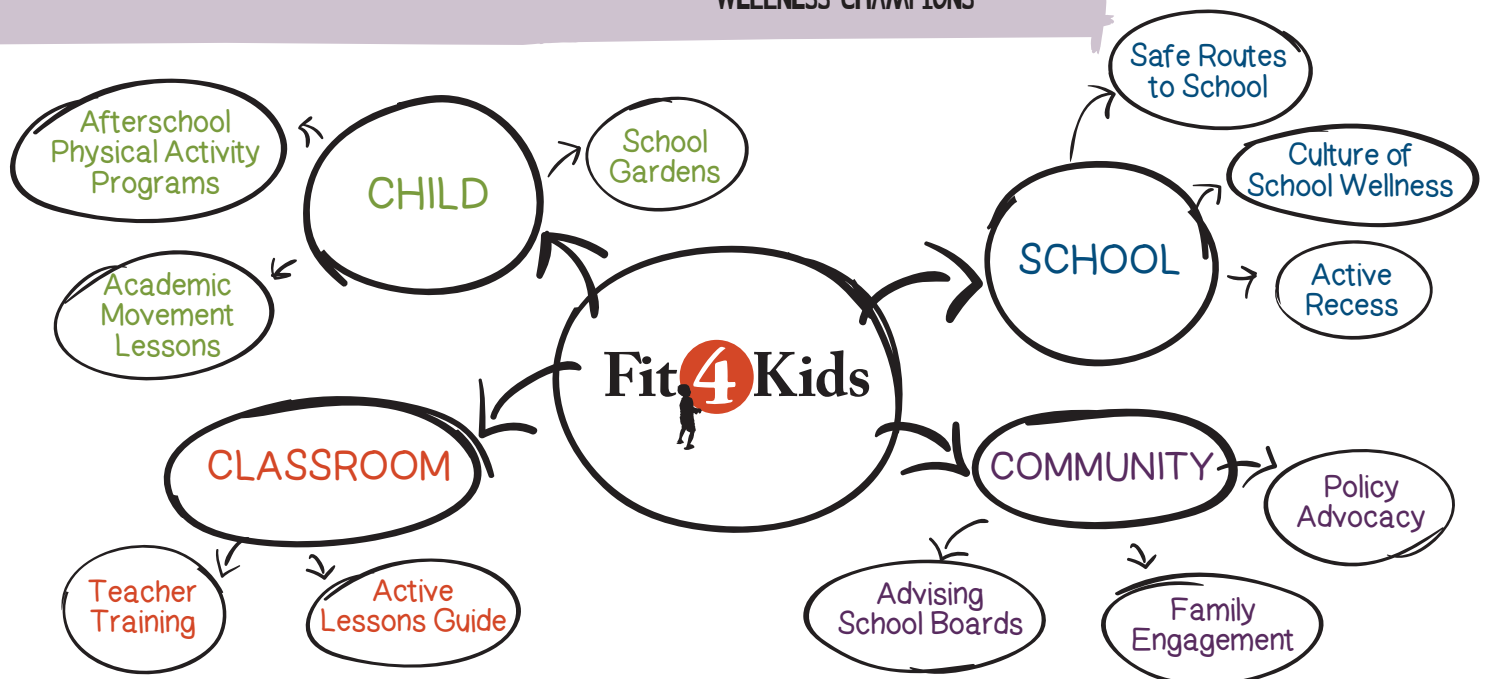
FIT4KIDS PROMOTED POLICY AND SYSTEMS CHANGE and impacted thousands of local students by leveraging School Health Advisory Boards, whose members are appointed by local School Boards to make health and wellness recommendations. Last year, the Richmond SHAB successfully promoted major policies related to physical activity, nutrition, and healthy hydration in schools!

35 GIRLS engaged in rock climbing, kayaking, BMX biking, a chopped-style cooking competition, and much more during the return of the Game On, Girl! Summer Summit in June! This four-day action packed camp allows students to build upon lessons from our after school program. These activities open a whole new world of options while building confidence and a love for movement and eating healthy.

MEASURING IMPACT:

Fit4Kids makes an impact at four different levels—child, classroom, school, and community. We deliver high-quality, effective programs at each of these levels seeking the following outcomes:

- INCREASED PHYSICAL ACTIVITY
- STUDENTS EMPOWERED TO MAKE HEALTHY CHOICES
- IMPROVED DIET QUALITY
- HEALTHY HYDRATION
- SCHOOLS ADOPT A CULTURE OF HEALTH AND WELLNESS
- COUNTERBALANCING TRAUMA THROUGH IMPROVED DIET AND PHYSICAL ACTIVITY
- DECISION MAKERS ARE WELLNESS CHAMPIONS



2021-22 AT A GLANCE

98%

of teachers say students are more physically active due to Fit4Kids' Wellness Integration program

\$58,626

Raised for new playground at Petersburg elementary school

7,014

Plants donated to community gardens, partners, and families

45

Local schools supported with Fit4Kids programs

104

Crossing guards trained promoting safe active transportation



"They are the kindest humans! The crossing guards look out for all of us— bikers, walkers, runners...and always remember who we are and my girls by name. We're lucky to have them keeping our walking/ biking community of kids and parents safe every day." - RPS Parent

COLLABORATION HIGHLIGHTS:

PARTNER: GARDEN AT MLK MIDDLE SCHOOL

With support from local after school coordinator NextUP RVA, Fit4Kids collaborated with nonprofit and community partners, including Storefront for Community Design and Kinfolk/Community Unity in Action, to lead a STEM-based afterschool garden club at MLK Middle School in Richmond. This partnership is an example of a community garden on school grounds where student input actually informed and influenced the layout and design of the garden. We're eager to replicate similar collaborations in the next couple of years!

DISTRICT: HOPEWELL PUBLIC SCHOOLS

This marked Fit4Kids seventh year of collaborating with Hopewell Public Schools in partnership with the John Randolph Foundation! This collaboration reached 1,753 students last school year through school gardens and Wellness Integration at all three Hopewell Elementary Schools. With seven years of experience and training under their belts, schools in Hopewell will be moving into a sustainability model as our Wellness Integration Specialist begins programming in Prince George.

INITIATIVE: MAKING THE MOST OF RECESS

While some schools are eliminating recess due to academic pressures and inadequate facilities, Fit4Kids believes this time promotes students' social, physical, and emotional health. We partner with schools to ensure fun, physically-active, and meaningful play opportunities during recess.

RECENT HIGHLIGHTS:

- Teaming up with Petersburg Public Schools to raise funds to build a new playground at Pleasants Lane Elementary, which had been without one for years.
- Partnered with Sports Backers and Richmond Public Schools PE Department to raise funds for recess and PE equipment for Fox Elementary School after their devastating fire.
- Supported Henry Marsh Elementary in Richmond with teacher training and recess kits. We'll continue to provide dozens of schools with training and equipment this school year!



QUOTES & PHOTOS:

"The resources are amazing! This is one of the best professional development opportunities I've had in a long time. Loved ALL of it!"

- Teacher, Chesterfield County Public Schools



"My students and I love the interactive lessons that we receive from Fit4Kids. We always look forward to moving our bodies and reviewing skills!"

- Hopewell Teacher



WHEN ASKED ABOUT THEIR FAVORITE PART OF GAME ON, GIRL!, PARTICIPANTS ANSWERED

- Getting to be active and make new friends
- Making smoothie bowls and playing football
- Just being here and being able to exercise in a fun way



"The Fit4Kids Farmer did an excellent job...my kids loved learning about the plants, playing games like root, leaf, flower, and having samples of vegetables. My students were very engaged! We love garden lessons!"

- Chesterfield County Teacher



"My internship at Fit4Kids was an amazing growing experience...There was never a time when I felt like I wasn't supported by the staff...I am thankful for how encouraging and appreciative everyone was throughout my internship and their support resulted in an increase in my confidence."

- Richmond Public School High School Summer Intern over two summers

Free Family Fun Day event attended by over 100 kids from 15+ schools at Forest Hill Park in May 2022!



OUR COMMUNITY OF SUPPORTERS

Fit4Kids wouldn't be successful without the generous contributions of time, money, resources, and connections from individuals, funders, community members, program participants, and partner organizations. We value your generosity and want to recognize those who've been particularly impactful this year.

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\$25,000+

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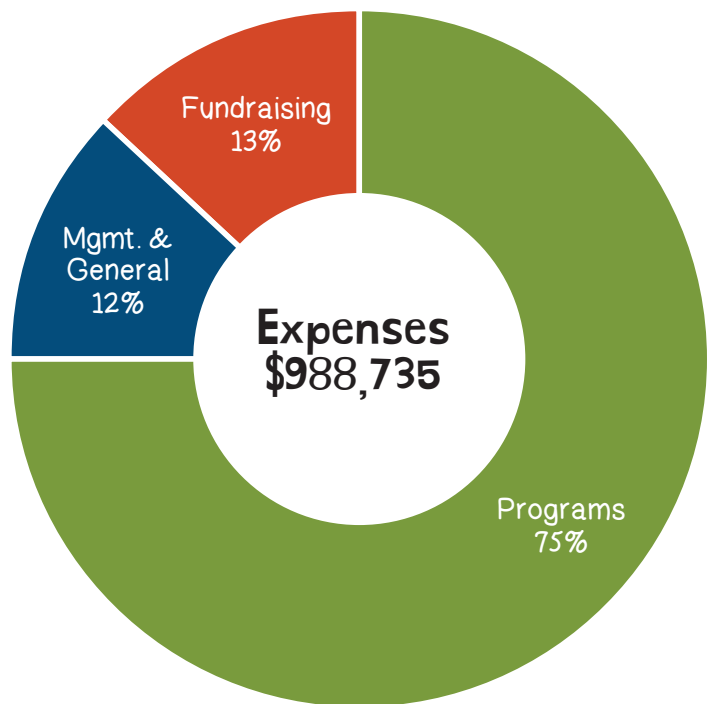
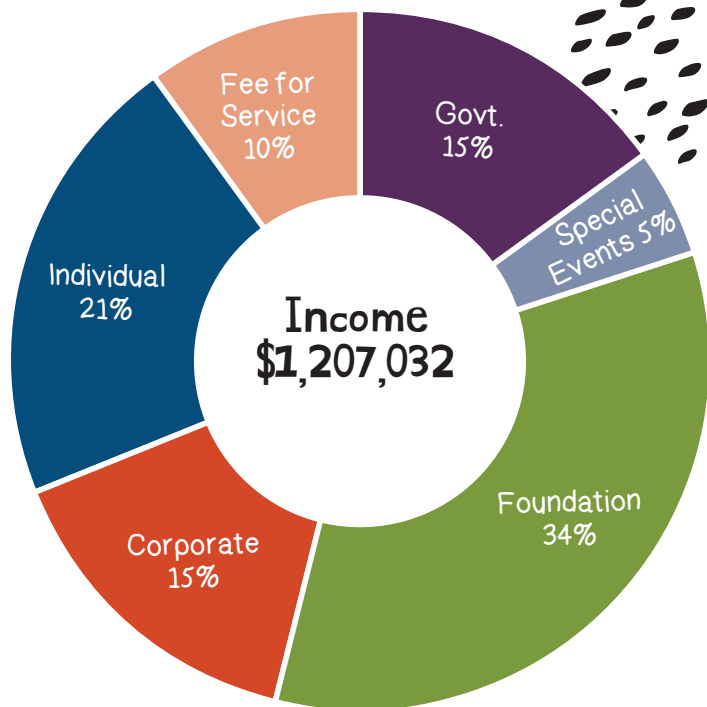
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