



Upcoming Events:

MRPA Apr. 14-15, Prior Lake, MN
Melissa will speak as part of Minnesota Children & Nature Connection

National After-School Assoc. Apr. 19-21, Washington, DC
The Foundation will exhibit.

BOOST Best Out-of-School Time Conference Apr. 28-May 1, Palm Springs, CA
Melissa will speak; the Foundation will exhibit.

National Get Outdoors Day June 12
Occurring outdoors near you!

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SäJai® Insights

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Gifts That Keep on Giving

What could be better than a gift that keeps on giving? On that front, we have two sets of gifts to be thankful for, both of which allow us to keep spreading the word of healthy lifestyles and outdoor exploration.

First, thanks to the generous donation from the Northwestern Mutual Foundation, we've been able to expand our program to an additional seven sites in Milwaukee, WI. Milwaukee was a recipient of last summer's NRPA/NRF grant, and we're very excited to work with them again, as well as provide them with healthy snacks for

the children and the opportunity to host family nights at their centers.

In addition, donations received in response to our 2009 Annual Campaign



and to our Learn Live Lead event in October have allowed us to realize one of our goals: in 2010, the Foundation will award 30 scholarships to communities that want to bring one of the Wise Kids® programs to local children.

The application process is going on right now, so if you're a youth-serving organization looking for help funding health and wellness programming, please see our website, sajaifoundation.org. But hurry—the deadline for applying is 5 p.m. Eastern time on Wednesday, Feb. 17.

A huge, heartfelt thank you to Northwestern Mutual Foundation and all the donors who have generously given, so that we can give in turn!

Michelle Obama and Childhood Obesity

First Lady Michelle Obama recently announced that her focus for 2010 would be the issue of childhood obesity. As we are all too aware, childhood obesity has risen in recent years to frighteningly high rates,

and the accompanying medical conditions—high cholesterol, high blood pressure, heart disease—put children at high risk at much earlier ages. In fact, it's thought that today's kids may be the first to

have a shorter lifespan in many generations. So we're thrilled to have a national spotlight on this problem and hope it continues to gain public awareness and concern.



Wise Kids Outdoors students take their lessons outside.

“The program provided opportunities for kids to learn more about the environment through exploration and experimentation. The unique projects, like making a habitat for worms and feeding them daily, allowed the kids to have fun and learn at the same time.”

—RaNae Ball,
Bismarck, ND

Kids create their own ecosystems with critter keepers—and bugs!



From the President

2010 looks just as exciting as 2009 as we build awareness for our work and our Wise Kids programs. We aim to forge partnerships with new organizations and broaden our network of support. Michelle Obama’s focus on childhood obesity gives our work more visibility and helps us push harder to build our organization.

We have new staff so we can continue the positive momentum. We’re thrilled for the first annual scholarship program, which puts some of the funding we’ve raised directly into the community. We know budgets are tight for everyone, yet our passion for finding funding to help those who need to learn about healthy living with the

Wise Kids programs grows. Thank you for the support and funding you provided us in 2009, which enabled us to get off to a fast start in 2010. Please tell others about us so that they too can be on the ground floor of ensuring children learn about healthy living at a young age. Thank you!

—Melissa Hanson

National Wildlife Week

The National Wildlife Federation has some fun plans in March: National Wildlife Week is March 15-21, and the Federation has all kinds of ideas for incorporating more wild-life—and outdoor time—for families and for educators. Families can download a Family

Activity Passport, full of ideas for nature-themed activities at home and nearby. There’s also an Educator Activity Guide for teachers and program leaders to plan special nature-themed activities that week, along with ways to make your school or center more “green.”

The NWF also encourages adults to volunteer during the week, whether at school, afterschool programs, or nature centers.

For more information, see the NWF website: <http://tinyurl.com/yjcgwqf>

Did You Know?

We’re on Twitter now! Follow us at twitter.com/sajaifoundation for all the latest news and events!

Part of the fun of signing up for Twitter is

finding all kinds of new resources. Check out these sites for year-round activities with kids:

- naturerocks.org
- activekidsclub.com
- playgroundfun.org.uk

nwf.org/Get-Outside.aspx

- nwf.org/schoolyard
- hookedonnature.org
- greenhour.org

News from the Field



Sharing learning through hand-made posters and art projects

The Sājai Foundation is growing! We ended 2009 with three employees, and began 2010 with five! Current customers and donors are likely familiar (by name, anyway) with CEO/President, Melissa Hanson; Program Development Manager, Carrie Stolar; and Communications Coordinator, Amy Rea. Please join us in extending a welcome to our new Marketing Manager,

Sarah Huerta, and Fundraising Specialist, Heidi Larson-David. We're so excited to have them come on board, and we look forward to the new ideas, extensive backgrounds, and additional energy they bring.

For more information about the staff members of the Foundation, please see our website: sajaifoundation.org/ about us.

“The leaders really brought the missions to life, setting up recycling stations at the camp.”

Wise Kids® in Action

In 2009, Covina, CA ran Wise Kids Outdoors in its summer camp. The leaders really brought the missions to life, setting up recycling stations at the camp after learning about recycling within Wise Kids Outdoors. The survey results from the participants were simply

phenomenal! In the pre-program survey, only 58% of the participants preferred to play outdoors vs. indoors. By program's end, all of the participants preferred the outdoors! Similarly, in the pre-survey, only 36% of the participants said that they ate healthy snacks with their

friends. At the end, that number had risen to 90%! Finally, by the end of the program, 100% of participants felt that it was important to take care of nature.

Outstanding work, Covina!

How You Can Help

It's clear that the economic condition of our country is not out of the woods. Did you know 48 states face budget deficits? State funding is often a huge part of youth-serving agencies budgets which enables them to offer great

programs for children. With reduced state funding, they are often unable to bring in great programs like Wise Kids that teach children to be active and live a healthy life during the afterschool hours. We want to make sure that youth-programs

are able to offer Wise Kids so they can ensure children learn about healthy living. Please consider making a contribution to the Sājai Foundation. together we can create Healthier Kids, Healthier Communities, and a

Healthier World!

For more information on how you can help, visit our website at sajaifoundation.org or call Heidi Larson-David at 952-567-9014.



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