



Upcoming Events:

New York State Recreation and Park Society Annual Conference, Long Island, NY:

Monday, April 20
Carrie Stolar will speak to New York State park and recreation professionals.

BOOST (Best Out of School Time Conference), Palm Springs, CA:

Friday, April 24
Melissa Hanson will speak to after-school professionals from California and around the country.

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SäJai® Insights

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NRPA/NRF Grant Announced

The National Recreation and Park Association recently announced that it is the recipient of a grant from the National Recreation Foundation. The grant will be used to provide scholarships to park and recreation sites that wish to implement the SäJai Foundation's Wise Kids® and Wise Kids® Outdoors programs. These scholarships will enable 49 sites to receive either small or large site kits (30 or 100

children respectively) that teach children about energy balance, which is the concept of calories in = calories out, and the importance of being active outdoors.

This is a wonderful expansion opportunity for the SäJai Foundation, helping us reach almost 3800 kids this summer with our Wise Kids wellness learning programs.

Applications for these grants are available from NRPA through March 20. Please see www.nrpa.org or www.sajaifoundation.org for more information.

UnitedHealthCare® partners with the SäJai Foundation

UnitedHealthCare is teaming with the SäJai Foundation to provide the Wise Kids program in a new outreach format. Working in two cities (Chicago and Dallas), UnitedHealthCare will provide the Wise Kids program, at no cost, to several schools in those cities. They will also launch a Fit Families Challenge to up to 1600 families, using the Wise Kids program as the

basis for individual family participation. Families, lead by the "Chief Health Officer" (a.k.a. Mom!), will work together through the lessons and track their progress online with Energy In and Energy Out challenges to become eligible to win prizes. The SäJai Foundation is very excited to collaborate with UnitedHealthCare on these initiatives, which will

provide the Wise Kids programs to an audience previously unreachable. By working together, the Foundation and UnitedHealthCare have the opportunity to teach even more kids—along with their families—about how to become healthier and make energy balance a part of their everyday life.

From the President



Nature comes with turtles!

“When the *Wise Kids Outdoors* program is implemented with fidelity by staff who demonstrates a commitment to both the youth whom they serve and the overall program objectives, there is great potential to impact youth in a variety of areas connected to the concept of wellness and outdoors.”
T. Grant Lewis,
Graduate Research Assistant, University of Minnesota

Greetings! As always, we’re thankful for the support you continue to provide to the Säjai® Foundation. 2008 was an incredibly productive and rewarding year. We launched *Wise Kids Outdoors*; we expanded the number of communities we’ve reached to more

than 50 in 27 states. We forged many new relationships and most importantly have begun to impact more than 3100 children. 2009 will continue the exciting expansion of our work and offers new partners and new programs into the Säjai Foundation family.

We will continue to keep you abreast of our progress this year through three *Säjai Insights* issues. And look for communication on our annual campaign, coming soon.

Enjoy a healthy start to 2009!

—Melissa Hanson

What We’re Doing

The Säjai Foundation has begun working with the Alliance for a Healthier Generation, a joint venture between the American Heart Association and the William J. Clinton Foundation. Our *Wise Kids* program was reviewed by their scientific committee and approved as a resource for inclusion in their *Healthy*

Schools Program Resource Database. The *Healthy Schools* program provides support to schools as they implement programs and policies that promote physical activity and healthy eating among students and staff. Being part of this exciting work helps expose the school community to the *Wise Kids*

program as a viable resource for them in the after-school hours. We’ll provide materials to the Alliance relationship managers who work directly with schools in each state. We’ll also be listed on a valuable resource library accessed by participating schools around the country.

Did You Know?

- According to the CDC, one in three children born in 2000 will develop type 2 diabetes, the type that can be significantly reduced or controlled by

balancing good nutrition and activity levels. Type 2 diabetes used to be known as “adult-onset diabetes,” but as more children have become overweight or obese, it is showing

up in much earlier age groups than in previous generations. The CDC notes that most of the juvenile diabetes diagnoses are in the age 10-19 group.

Older kids “buddy up” with younger kids to learn about health and wellness.



News from the Field



Kids around the country are getting ready to learn more about the amazing world outdoors.

The Wise Kids Outdoors program launched in January and has been met with a great deal of excitement and enthusiasm. Centers around the country, from Alaska to South Carolina, will implement it this summer. Wise Kids Outdoors consists of 20 lessons, or outdoor adventure missions, which are structured around the concept of **Learn-Do-Explore**. Kids learn by reading a brief

workbook lesson on topics like bugs, the three R's, and food and nature. They then do short activities based on that mission's theme, such as word finds or mazes. Finally, they explore—they go outdoors and learn about the big world of nature in ways they might not have had a chance to learn before.

Please check our website for more information on this innovative new program.

“The dinner and slide show was a fun way for the kids [and their families] to see all the great things they learned through the 9-week program.”

Wise Kids® in Action

Robin DiMona, from Johnson City, TN, ran the Wise Kids program last fall. Not only did the kids have a great time and learn a lot, they ended their program with a special dinner, inviting family members. Partnering with local businesses like

Kroger's, HealthFare, and Barbarito's, they were able to offer program participants and their families a healthy dinner. Part of the festivities included a slide show, which DiMona described: “The dinner and slide show was a fun way for the kids [and their

families] to see all the great things they learned through the 9-week program.”

Kudos to Johnson City for unique programming, and to the local businesses that supported them!

How You Can Help

Our founder and inspiration, Barbara King, passed away in March 2008. We are keeping her spirit alive by continuing to build this amazing foundation. But we need your help. There are more than 6.5 million children in thousands of after-school programs. We ask each of you to help us build awareness by telling others about the Sājai®

Foundation and our work, to make connections between youth-serving organizations and our programs, and to contribute financially to our foundation. Through your networks and financial support we can maintain our operations, provide support to agencies in educating children about wellness and teach more children how to make smart

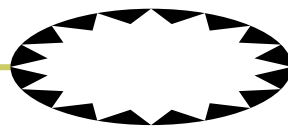
nutrition and activity choices in 2009.

Please see our website (www.sajaifoundation.org) for more information on how you can help.



The Säjai® Foundation

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Who We Are

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