



2019 SCHOOL SESSION REVIEW

RightFit



WHO WE ARE

RightFit is a coalition of students, parents, educators, sponsors, public safety personnel and committed volunteers who choose to work together to enhance a safer and healthier community. We do this by supporting an after-school program that encourages academic growth, fun physical activity, and a nutritious meal, which is all provided in an environment of courtesy and respect between students, teachers and members of public safety. Over time, we will strive to stabilize communities, enhance academic participation and achievement, improve the health of students, identify education and career options, and create an atmosphere of cooperation across the community.

WHAT WE DO

RightFit completed its third consecutive year as a 501 (c) (3) on May 30, 2019. RightFit served 550 elementary school children whose family income levels warrant the free/reduced price breakfast & lunch at their respective schools. RightFit provides a free dinner and has three primary areas of focus:



Public Safety Exposure – The Indianapolis Metropolitan Police Department, the IMPD Cadets, the Indiana State Police and the Indiana National Guard all participate. These members of Public Safety provide an opportunity for the building of positive relationships with inner city students and their respective organizations. RightFit annually allocates \$10,000 to organizations supported by other Public Safety efforts. These organizations include the Police Athletic League and the Indiana National Guard Relief Fund.



Nutrition and Physical Fitness – Physical Activity and Nutrition Education in the RightFit program provides opportunities for all students to practice what they have learned in physical education and in health and become more adequately prepared for learning. The physical activity provided in RightFit helps meeting the CDC Recommendation of 60 minutes a day. Physical activity is vital for a child's development and lays the foundation for a healthy and active life. Our physical activities and nutrition components offer a wide choice of interactive play, hands-on, play-based, physically active learning experiences that link our children's interests, abilities, identity and healthy habits. Physical activity can be either spontaneous or intentionally planned active play (child initiated and educator led), that can be done indoors or outdoors. In addition, as active role models, our educators and volunteers encourage children to address the education components of nutritional balance, mealtime environment, food hygiene and safety. RightFit provides a nutritional well-rounded meal during each program.



Academic Support – RightFit supports the most pressing needs at each RightFit school, as determined by the school itself. Much of that support is provided by teachers who stay overtime to conduct the RightFit program. Their efforts are coordinated by the parent-teacher liaison at each school. Each school also receives support from area University students, who receive service learning credit by volunteering for RightFit.



1 IN 5

children in Marion
County are food
insecure*

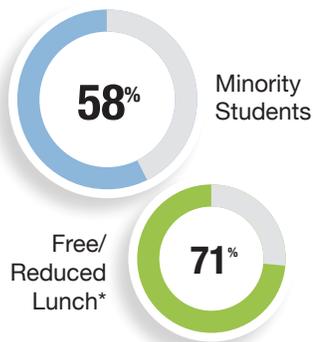
*Feeding America, Map the Meal Gap 2017: Child Food Insecurity in Indiana by County in 2015

**Centers for Disease Control and Prevention. (2014). Nutrition and the Health of Young People.

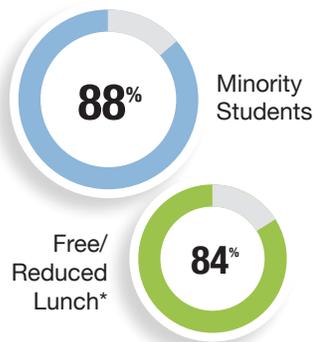
WHO WE SERVE

Since 2017, RightFit has served over 1500 inner city students in grades K-8. In 2019, RightFit served students from four elementary schools. These students participated in a 2-hour program after school, meeting 3 times a week over 18 weeks, January through May.

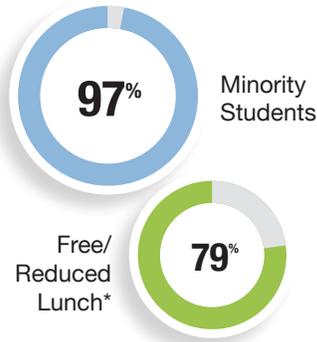
2019 STUDENT DEMOGRAPHICS



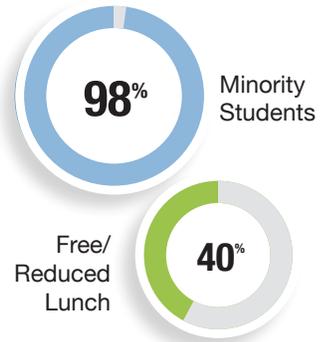
Daniel Webster School 46
Indianapolis Public Schools



Central Catholic School
A member of the Notre Dame Ace Academies Archdiocese of Indianapolis



Meredith Nicholson School 96
Indianapolis Public Schools



Holy Angels Catholic School
A member of the Notre Dame Ace Academies Archdiocese of Indianapolis

*Current Indiana Department of Education criteria states that households at 185% of the federal poverty level qualify for reduced priced meals, and households at 130% of the federal poverty level qualify for free meals. For instance, for a household of 2, the annual income to qualify for free meals would be \$21,112 or below. Source: www.doe.in.gov, 2018

2019 IN REVIEW SNAPSHOT OF SUCCESS



ACADEMIC FINDINGS

IPS Schools Daniel Webster #46 and Meredith Nicholson #96 each had significant enrollments in RightFit (125-150) and outside of RightFit (over 150). This made for good comparison testing between RightFit students and non-RightFit students within each school.



Daniel Webster IPS School #46 – RightFit students showed an On Track improvement in the TRC testing of reading skills of 11% during the RightFit period (from MOY to EOY), while students not in RightFit showed an improvement in On Track of 7.3%.

Meredith Nicholson IPS School #96 – RightFit students showed an On Track improvement in the TRC testing of reading skills of 13.2% in the RightFit period (from MOY to EOY), while students not in RightFit showed an improvement in On Track of 7.3%.

IPS School #46

2018-2019 TRC Growth Comparison of RightFit students and Non-RightFit Students

	% On Track BOY	% On Track MOY	% On Track EOY	Change
RightFit Students	44.0%	49.0%	60.0%	16.0%
Non-RightFit Students	50.4%	49.6%	56.9%	6.5%
All-School Totals	48.6%	49.4%	57.8%	9.2%

IPS School #96

2018-2019 TRC Growth Comparison of RightFit students and Non-RightFit Students

	% On Track BOY	% On Track MOY	% On Track EOY	Change
RightFit Students	40.7%	48.3%	61.5%	20.8%
Non-RightFit Students	50.9%	52.5%	59.8%	8.9%
All-School Totals	46.1%	50.3%	60.2%	14.1%

ACADEMIC FINDINGS

Holy Angels Catholic School and Central Catholic School have more than 90% of their students in RightFit. This made it more appropriate to document how RightFit students improved at these schools, rather than any RightFit versus non-RightFit comparisons.

The Archdiocese of Indianapolis was very pleased with the role that RightFit played in the advancing of their students at Central Catholic and Holy Angels in 2019. The NWEA MAP Rationale has a strong focus on growth.

Growth: Comparative Growth Percentile

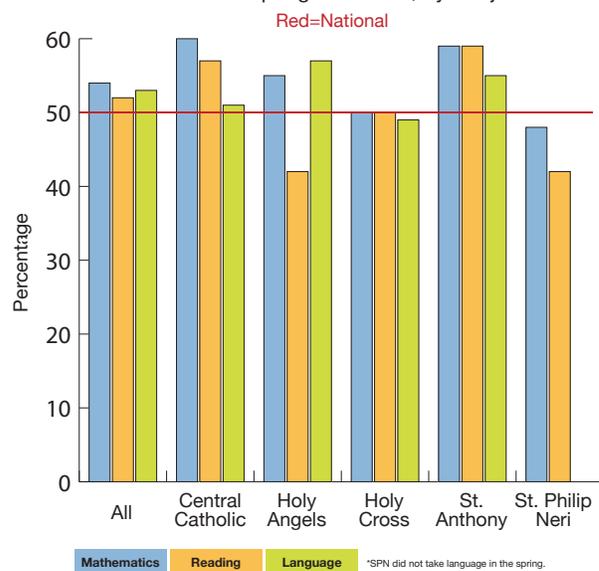
The comparative growth percentile (CGP) compares a student's growth to that of his/her academic peers nationwide. Academic peers are students from the same grade with similar scores on the previous test.

Research has set general guidelines for comparative growth levels:

- **1-34% - Low growth** (*the student generally will struggle to maintain current level of achievement*)
- **35-65% - Typical growth** (*the student generally will maintain or improve academically*)
- **66-99% - High growth** (*the student generally will make greater improvements academically*)

Growth

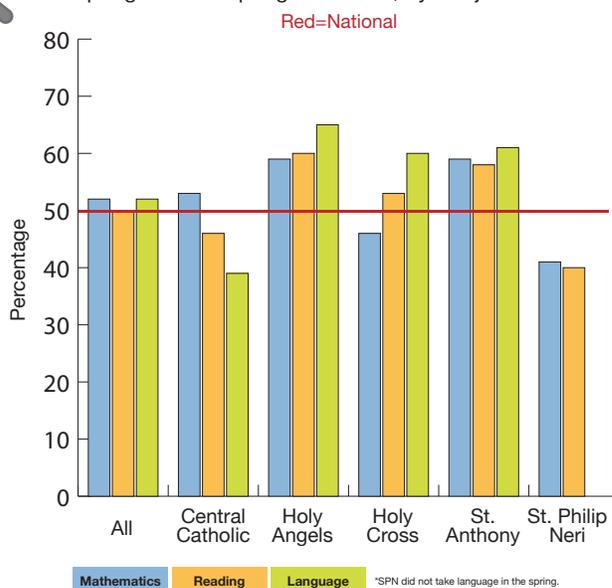
Median Fall 2018 to Spring 2019 CGP, by Subject & School



Central Catholic School students achieved a growth of over 50% at the conclusion of RightFit as compared to the start of the year.

Growth

Spring 2018 to Spring 2019 CGP, by Subject & School



Holy Angels students achieved a growth of over 50% from the Spring of 2018 to the Spring of 2019. Included in that improvement were marks over 50% during RightFit in math and language.

Holy Angels Principal Justin Armitage stated, "RightFit has had a major impact on Holy Angels striving toward our vision of transforming and revitalizing our community, starting within the walls of our school. The RightFit program provides the opportunity for our scholars to receive tutoring on their growth work, be active, learn about eating healthy, and develop relationships with public safety members."

DISCIPLINE & ATTENDANCE

Fewer students were suspended than the overall suspension rate when students participated in the RightFit program. Overall attendance was not affected by the RightFit program from BOY to EOY.

	Attendance BOY	Attendance EOY	Total Suspensions	RightFit Suspensions
IPS School #46	95.67	94.55	29	0
IPS School #96	97.00	97.00	5	5
Central Catholic	96.00	96.00	3	3
Holy Angels	96.00	95.75	10	3
	384.67	383.3		
Total Average	96% Average	95.83%	47	11

The overall suspension rate of students at the four participating schools was lower when students participated in the RightFit program.

Of particular note was the experience of Daniel Webster IPS School #46, where there were no suspensions of students in the RightFit program, and at Holy Angels School, where RightFit suspensions were 30% of overall suspensions, even though 90% of the student body is in RightFit.

Overall attendance at the schools was not affected by the RightFit program.

PHYSICAL FITNESS

FitnessGram by The Cooper Institute is an assessment that measures student fitness levels. As the national test of the Presidential Youth Fitness Program, FitnessGram assesses the physical and aerobic fitness of one's performance. The test shows marginal growth in all schools. The average growth in Fitness for all for all schools was 1.25% and the average growth for RightFit students was 1.5%.

	RightFit Pre-Test	RightFit Post-Test	RightFit Increase	All School Pre-Test	All School Post-Test	Total Increase % for All Students
IPS School #46	37%	39%	2%	37%	39%	2%
IPS School #96	38%	40%	2%	38%	39%	1%
Central Catholic	43%	44%	1%	43%	44%	1%
Holy Angels	37%	38%	1%	37%	38%	1%
Average Increase	37%	38%	1.5%	39%	40%	1.25%

SURVEY INFORMATION

For the third consecutive year, RightFit has sponsored Family Dinners at each school participating in the program. In conjunction with the meal, RightFit directs each school to distribute surveys to the students and their attending parents. Here are the results of the surveys taken in 2019:

*NOTE: Parents and students answered questions with more than one answer.

Students:

521 RightFit Students participated in the survey:

In order of importance to the students:

- A. **450** students said they liked the physical fitness part of RightFit.
- B. **199** students said their favorite part of RightFit was the tutoring help they received regarding their homework.
- C. **147** students had the most appreciation for the help they received from public safety.
- D. **102** students said their favorite part of RightFit was the dinner.

Parents:

467 Parents of RightFit students participated in the survey:

In order of importance to the parents:

- A. **289** parents said they appreciated the public safety officers helping out and 267 said RightFit had helped their child understand the importance of public safety.
- B. **220** parents said they liked ALL aspects of RightFit.
- C. **190** parents said that the most important thing was that RightFit was fun for their child.
- D. **189** parents said the physical fitness aspect of RightFit was their favorite part.

RIGHTFIT IMPROVEMENTS IN 2019

1. We have matched each RightFit school with a University for support, as students receive service learning credit by volunteering for RightFit:

- A. Daniel Webster IPS School #46 - IUPUI
- B. Meredith Nicholson IPS School #96 - Ivy Tech
- C. Central Catholic School - University of Indianapolis
- D. Holy Angels School - Marian University

2. RightFit has its own website: www.rightfitindiana.org

3. RightFit has benefited from a new television spot on Comcast.

4. RightFit has added discipline to the areas that we measure. Previously, and continuing, RightFit has been measuring for English/Language Arts, Math, Attendance and Physical Fitness, and has provided survey questions to students and their parents.

5. RightFit has increased the number of family dinners from 1 to 2 at each school.

6. RightFit has hired a professional grant writer who has successfully assisted us in securing significant grants.

7. RightFit has increased sponsor involvement and recognition at the annual RightFit Night at Victory Field.



IN CONCLUSION

The survey responses of students and parents point to a significant success in the early stages of building positive relationships between inner city children, their families and the members of public safety. This is one of the difference makers of the RightFit program. These surveys were taken when the students and their families came to the schools for two “Family Dinners” held at each school.



The **Indianapolis Metropolitan Police Department** has been especially helpful, putting on such programs as GREAT (Gang Resistance Education & Training), Anti-Bullying and Gun Safety.

A special addition to the IMPD ranks was the Police Cadets, who are aspiring police officers between 18 and 21 years old. These cadets have shown to be great mentors to our elementary school youngsters.



The **physical fitness and nutrition education** was well received as an area of enthusiasm for the program overall. The variety of physical education activities, while not specifically surveyed, also helped to make RightFit something the students looked forward to. These sessions helped students burn energy and stay physically active, which is incredibly important after a full day in a classroom setting.



The **reading assistance** provided by RightFit volunteers, including public safety, university students and other community volunteers, helped our students make progress this past year. RightFit is currently working on ways to improve the students’ math skills and will be seeking outside assistance to ensure progress in this area.

We look forward to another exciting year of RightFit providing nutrition, academic support, an uplifting environment and a safe ride home, all while connecting our students to local public safety officials, college students and community professionals. We appreciate the enthusiastic support of our partners and their belief in our mission.



SUPPORTER FEEDBACK



“I can’t imagine a better way to provide for our community’s well-being than building strong youth. RightFit and its partners bring encouragement, hope and care to our young people.”

Bryan Roach – Chief, Indianapolis Metropolitan Police Department



“The students and families engaged in the RightFit program have truly been blessed! We are able to meet the holistic needs of our young people through after school tutoring, physical fitness, positive relationships with law enforcement, and nutritious dinners. The consistent, uplifting engagement of the Indianapolis Metropolitan Police Department through RightFit has helped to reframe students’ and families’ view of local law enforcement. The benefits of the partnerships forged through RightFit with various community organizations go far beyond the after-school program hours. We look forward to offering RightFit to students and families year after year!”

Gina Kuntz Fleming – Superintendent, Archdiocese of Indianapolis



“My support for RightFit didn’t happen overnight. Cal’s idea began a few years ago and we had many conversations prior to him sharing his distilled version and request for my support. Immediately, I said yes! The brilliance of connecting physical fitness, nutrition, food insecurity and including the development of trusting relationships between at-risk youth and first responders was something that Community Health Network wants to be a part of. RightFit has the ability to improve communities in many positive facets. Furthermore, I attended RightFit and witnessed the brilliance firsthand. Many ideas have been trialed, but this is different. This is reaching students at early ages, in a safe environment, concurrently provides after school programming, key relationship and trust building, and also provides a service to parents who may be wondering what their children are doing. This could be the “Game-Changer” with adequate financial support and continued passion.”

Bryan Mills– President & CEO, Community Health Network



“The RightFit after-school program has been such a terrific opportunity for my students and me to support the students of RightFit. Having participated in RightFit over the past couple years now, I’ve seen firsthand the positive impact the program has had for IPS students, their families, as well as my IUPUI students, who consistently report that their RightFit service has enhanced their lives tremendously. I am confident that the strong relationships built between the IPS and IUPUI students over time serve as motivators for both sets of students to succeed academically. I’m hopeful that RightFit will continue to grow to serve IPS students year round because it’s such a valuable and necessary program.”

David Sabol – Professor, IUPUI



“The Indy Public Safety Foundation is proud to continue our investment in the RightFit program - both through financial support and integrating staffing support through the IMPD Cadets. RightFit’s model provides basic needs such as food, physical fitness and nutrition education, but also provides opportunities for meaningful, positive engagement between young people and first responders. These experiences will help build high-trust relationships and assist with important community crime prevention efforts.”

Dane Nutty – Executive Director, Indy Public Safety Foundation



“Anthem is proud to collaborate with RightFit to support the hundreds of local children that participate in this program. As an organization dedicated to improving whole-body health for our consumers, and especially the youth within our communities, Anthem sees the value in an initiative that provides homework help, nutrition education, physical fitness, dinner and transportation. RightFit is a vital component of our efforts to support the well-being of our local communities.”

Kimberly Roop – Plan President, Anthem Indiana Medicaid



“The RightFit program is such a great community partner. We share a mission of community and individual resilience and it was a joy to work together to teach fire safety and emergency preparedness in Indianapolis this year. The students were eager and attentive, and the staff was helpful and engaged. Our teams had a great experience!”

Vanessa Davis – Executive Director, Central Indiana Chapter, American Red Cross



There is nothing I enjoy more than visiting our RightFit schools and having the opportunity to see the kids. They absolutely love the program, and you can see that reflected in their eyes. Their smiles light up every room. Whether I catch them when they are eating dinner in the cafeteria, exercising and playing in the gym (or outside), or working on their math or reading, they exhibit a tremendous amount of joy and enthusiasm... And their smiles are matched by members of Public Safety, who typically are enjoying the experience every bit as much as the students! It is this combination of love, care and respect that makes RightFit a difference maker for these inner city students.

Cal Burleson,

Vice President – Indianapolis Indians
Founder/Board Member – RightFit

RIGHTFIT PARTNERS - 2019

RightFit Board

Greg Hall
Cal Burleson
Yecenia Tostado
Michael Twyman

Executive Director

John Lyter

Program Manager

Kathy Langdon

Founding Organizations

Indianapolis Indians
Indianapolis Public Schools
Archdiocese of Indianapolis

Participating Schools in 2019

Daniel Webster IPS School 46
Meredith Nicholson IPS School 96
Holy Angels Catholic Academy
Central Catholic Elementary

Public Safety Organizations

Indianapolis Metropolitan Police Department
Indiana State Police
Indiana National Guard
Indy Public Safety Foundation

Colleges & Universities

IUPUI
Ivy Tech Community College
Marian University
University of Indianapolis

Corporate Sponsors

Community Hospital
Anthem Foundation
Indianapolis Indians
Strada
The Indianapolis Star
Citizens Energy
Indianapolis Public Schools Foundation
Comcast
Ronald McDonald House
Noyes Foundation
Pepper Construction
AT&T
Indiana University Health
JW Marriott

Community Partners

American Red Cross
Anthem
Marilyn Gurnell / GREAT Program
(*Gang Resistance Education and Training*)
Indiana After School Network
Purdue Extension



Visit RightFitIndiana.org for more information