

PD: / /

PT: 1st 2nd

WS:

Healthy Eating Active Living Program: Booking Application

Please email or fax the completed application to:

Sheri Rook

Kaiser Permanente Educational Theatre

393 E. Walnut Street

Pasadena, CA 91188

Direct: (818) 557-7029

Fax: (818) 525-5563

Main: (818) 525-5534

E-mail: Sheri.L.Rook@kp.org

School Information

Please complete all sections

School Name: Stokoe Elementary School Enrollment: 704
School Address: 4501 Ambros Drive City: Riverside Zip: 92505
School Phone #: (951) 358-1640 District Name: Alvord USD

| | | | | | | | |
|---------------------|-------------|--|---|-----------------------------------|------------|--------------------|--|
| Office Opens: | <u>7:30</u> | Breakfast Start/ Breakfast End: | <u>8:15</u> <u>8:45</u> | 4 th Grade Enrollment: | <u>130</u> | Number of Classes: | <u>3 reg</u> <u>4 COMBO 4/5</u> <u>1 SOC 4/5</u> |
| Time School Begins: | <u>8:45</u> | First Nutrition Start/ Last Nutrition End: | <u>08:45</u> - <u>10:40</u> <u>11:20</u> | 5 th Grade Enrollment: | <u>120</u> | Number of Classes: | <u>3 reg</u> |
| Time School Ends: | <u>3:00</u> | First Lunch Start/ Last Lunch End: | <u>11:00</u> <u>1:20</u> | | | | |

PLEASE INCLUDE A BELL SCHEDULE WHEN SUBMITTING YOUR APPLICATION

Contact Information

Please complete all sections

Name of Principal:

☒ Dr. ☐ Ms. ☐ Mr. ☐ Mx.

Francine Ramirez

Principal's Phone Number

& Extension:

(951) 358-1640

xt 381117

Principal's E-Mail:

francine.ramirez@alvordschools.org

School Booking Contact:

☐ Dr. ☐ Ms. ☐ Mr. ☐ Mx.

Susan Perez

Title/Position:

School Counselor

E-Mail:

susan.perez@alvordschools.org

Direct Phone Number:

☒ Office ☐ Cell ☐ Personal

Alternate Number:

☐ Office ☒ Cell ☐ Personal

(951) 358-1640

xt 389105

Alternate Contact

(If any):

☐ Dr. ☐ Ms. ☒ Mr. ☐ Mx.

Erik Ramirez

Title/Position:

(951) 532-5324
Assistant Principal

E-Mail:

Erik.Ramirez@alvordschools.org

Direct Phone Number:

☐ Office ☐ Cell ☐ Personal

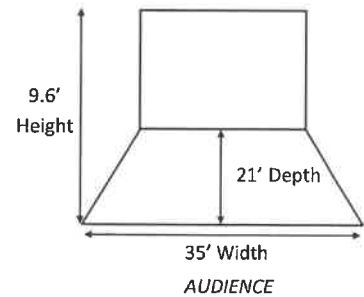
(951) 358-1640

xt 381112

Performance Area Information

Requirements:

- A performance area of **21' Depth, 35' Width and 9.6' Height** is **REQUIRED**.
- 2 hours** are required for LOAD-IN and **1 hour** is required for LOAD-OUT.
- Performance area must be located **indoors**.
- Performance area must be cleaned and clear of obstructions.
- Performance Time: **45 minutes**



Performance Area:

(Choose only one)

- ☒ Auditorium ☐ Gym ☐ Cafeteria ☒ MPR ☐ Other: _____

Dimensions of Room:

(Not including stage)

Depth: 83 ft X Width: 58 ft X Height: 30 ft

Dimensions of Stage:

Depth: 22.5 ft X Width: 28 ft X Height: 4 ft

Type of Seating:

- ☐ Fixed Seating ☐ Chairs ☒ Floor ☐ Bleachers ☐ Other: _____

Room Seating Capacity:

528

Are there stairs between our unloading area and the performance area?

☒ Yes

☐ No

but ADA Access is available

Are there any other schools that share use of your performance area?

☐ Yes

☒ No

Agreements

Please review all sections

- Only **one** ET elementary program will be booked at the same school every **three** years.
- We can offer up to **2 performances per day** with a **maximum audience of 350** and a **minimum audience of 100**.
- Cancellations** must occur **4 weeks prior to scheduled performance** with no guarantee of rescheduling.
- School Booking Contact will meet and assist ET Staff with any concerns on the day of the performance.
- We allow **non-flash photography** for the school's use only (yearbook, newsletter, social media, website) as long as it does not obstruct the students' view of compromise the performers' safety. **We do not allow video recording.**

Please list any nutrition and/or physical activity resources at your school:

running club
we follow district health and nutrition guidelines for all parties & events

I have read and understand the requirements of this program

Principal's Signature

School Booking Contact's Signature

Healthy Eating Active Living Program



Grades 4 – 5



Childhood obesity rates in America have tripled over the past three decades. In the U.S., nearly 1 out of 3 people

is classified as overweight.ⁱ In addition, less than 3 in 10 high school students get at least 60 minutes of physical activity every day.ⁱⁱ Educating children about good nutrition and an active lifestyle is vital in fostering lifelong healthy habits and helping to fight a variety of diseases in adulthood, such as type-2 diabetes, cardiovascular disease, and high blood pressure.

Kaiser Permanente's Healthy Eating Active Living program is a multifaceted offering for grades 4 – 5 designed to educate students and parents about the importance of good nutrition and active play. It supports the Health Education Content Standards for California Public Schools in the area of nutrition and physical activity.

The key concepts:

- Choose a balanced meal from the five food groups
- Choose water over sugary beverages
- Increase physical activity
- Limit screen time



The Play (45 minutes)

The Amazing Food Detective: Game On

Professor Howe, the health and computer science teacher is getting ready to launch his new creation — The Amazing Food Detective video game. Just as he is performing the final test, something goes horribly wrong. Professor Howe is uploaded and trapped inside his own video game. Three of his fifth grade students discover that he is missing, and take action. Braving the unknown they make their way into the simulated video game. They must make healthy food choices to fill their cyber plate while staying physically active and virtually hydrated if they ever hope to return to the real world!

Kaiser Permanente's Educational Theatre (ET) has served Southern California since 1986. ET inspires children, teens and adults to make informed decisions about their health and build stronger communities. All programs are free and funded by Kaiser Permanente Community Health.

ⁱ CDC: "Obesity and Overweight"; (2017);
<https://www.cdc.gov/nchs/fastats/obesity-overweight.htm>

ⁱⁱ CDC: Physical Activity Facts"; (2018);
<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>