

## Exhibit E

### Progress Report – Sugar Sweetened Beverage Tax Grant Program

July 2021 – June 2022

#### OVERVIEW

The Sugar Sweetened Beverage Tax Proceeds program provides funding to create programs that encourage healthy lifestyle choices with a focus on children and at-risk populations, including both educational and physical activity programs. This initiative invites applicants to create programming geared toward the Albany community responding to any of the following themes:

- Health & nutrition
- Exercise and movement
- Education to reduce sugar sweetened beverage consumption

Programs may include classes, events, lectures, training courses, and educational materials. Funded programs must take place within the City of Albany and should be available to the public.

To assist the City in evaluating the effectiveness of the use of Sugar Sweetened Beverage tax proceeds, funded applicants are to provide program statistics by completing a progress report and final report.

**Progress Report:** Due on March 18, 2022 for the period July 1, 2021 - February 28, 2022

**Final Report:** Due on July 29, 2022 for the period of July 1, 2021 – June 30, 2022

**Program Title:**

**Healthy Me Music & Movement Program**


**Program Description:**

The Healthy Me Music & Movement Program is a multisensory experience designed for young children that focuses on important health topics such as nutrition, the importance of drinking water, fitness, hygiene, and social-emotional skills. Each health topic is introduced at the beginning of each class through a developmentally appropriate mini-lesson with visuals and props (picture cards, puppets, realia) and then reinforced through singing, dancing, and instrument play. High-quality bilingual songs are written or selected specifically to reinforce the theme and vocabulary of each health lesson.

**Grant Amount Allocated: \$12,500**

**Program Performance Measures and Targets**

Performance Measure	7/1/2021-2/28/2022	7/1/2021-6/30/2022	Comments
Number of People Served by Program	248 children		Ages 2-6 PreK-TK-Kinder
Number of Classes or Activity Hours	71 classes		Each class is 30 minutes
Number of Children Served (if data is available)	See above		

## ALBANY CALIFORNIA



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Number of Albany Residents Served (if data is available)	Unknown		All participants attend school in Albany but some of the preschool students may reside in other cities.
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## Two Additional Program Performance Targets

Please include up to two additional performance measures specific to your program.

Performance Measure	7/1/2021-2/28/2022	7/1/2021-6/30/2022	Comments
Number of Schools served	5		Albany Children's Center Albany Preschool Kids Speaking Spanish Cornell Elementary Ocean View Elementary
Number of classrooms served	11		Albany Children's Center (4 classes) Albany Preschool (2 classes) Kids Speaking Spanish (1 class) Cornell Elementary (2 classes) Ocean View Elementary (2 classes)

#### Program Accomplishments and Successes:

Two instructors, Natalia Bernal and Anna-Maria Violich-Olivier from the Healthy Me Music & Movement Program have been teaching a 12 week session to Preschool students at Albany Children's Center, Kids Speaking Spanish, and Albany Preschool and TK/Kindergarten students in the before and aftercare programs at Cornell and Ocean View Elementary schools. We are reaching an average of 248 students weekly. Students are highly engaged, learning the songs that carry important health messages (drink lots of water, reduce consumption of sugar-sweetened beverages, eat vegetables and fruit, exercise, and more). Students are captivated by our puppet friends who we use to deliver the skits and role plays that teach them about building healthy habits. Kids Speaking Spanish preschool receives the program in Spanish.

Students are eager to demonstrate their learning from week to week and participate enthusiastically in the lessons and music-making. Our methods are highly appropriate and make an impact on the children. We are both former Spanish Immersion Elementary School teachers with Masters degrees in Education and are music and movement specialists. We combine our best-practices from classroom teaching with our early childhood music and movement training and experience to deliver a high-quality program for children. Staff and teachers are also enthusiastic about our program and some of them incorporate our messages and songs into their own teaching. Some teachers have share with us that our health messages are inspiring them to also make lifestyle changes.

In addition to the health messages the children and staff are receiving, we are providing a weekly respite from the daily challenges and on-going stress of the classroom. Many teachers, especially those with large class sizes and working with at-risk populations, experience caregiver stress which can include feelings of anxiety, worry, and overwhelm. Our weekly classes bring levity, joy, and inspiration to all who are present since music and movement are known to reduce stress and increase wellbeing.

#### Program Challenges:

During the Omicron surge, teaching indoors was risky but fortunately we were able to move the program outdoors for the large groups and reduce the risk. The smaller preschools also have us teach outdoors as part of their Covid protocol. We keep distance and wear masks at all times.

Some of the aftercare/before care classes are quite large, up to 46 children, and we don't have enough instrument sets for this many children. We've been able to come up with creative solutions by combining sets of instruments. For instance, instead of two maracas, each child gets one maraca and one rhythm stick. This has worked well. We also always use a wireless microphone, which became necessary during the pandemic since we were singing with masks on, so our volume can be adjusted depending on the size of the group. This allows us to teach the large group with no problem.



#### Program Outreach:

We have had ongoing communication with the lead teachers and school directors to present our program to them and they, in turn, have communicated with the student's families to let them know what our program is about. When we received the funding and were able to invite classrooms to participate, 100% of the teachers/school directors came on-board. We did not have to convince them and they continue to be grateful to have this opportunity.

#### Other Comments:

This is our third year implementing the Healthy Me Music & Movement program in the City of Albany thanks to the Sugar Sweetened Beverage Tax Grant. Last year we were able to successfully implement the program virtually on Zoom and it is wonderful to be back in-person. Many students remember the messages, songs, and puppets from previous years. We see the great impact our program is making on the children, teachers, and staff and would love to continue next year if funding is available.

We released a six-song EP in March of 2020 under the band name Healthy Me Saludable Soy and are working on a full album of songs to compliment the program. We are lucky to be working with professional producers, musicians, and sound engineers to complete this project. Once released, it will be available on all popular digital platforms (Spotify, YouTube, iTunes, etc) for teachers, family, and kids to enjoy. We will announce the launch on our website [www.aguacatemusickids.com](http://www.aguacatemusickids.com) and email teachers once the album is available.