



Dear Elementary, Middle, or High School,

Thank you for your interest in the Dancing After School (DAS) Program. We are proud to offer such a comprehensive dance program to schools in the San Diego area. Please review the included program information. We have included a program overview, a typical dance schedule, an example list of styles, and an application. If your school would like to launch a DAS program, please complete the application and send it by mail to the following address. We will acknowledge our receipt of your application in writing and let you know your school's ranking on our waiting list for Elementary Schools, Middle Schools, or High Schools.

### **Dancing After School, an Extra Curricular Dance Program**

**Tax ID #35-2270419**

**CA INC #2886256**

#### **Program Description**

Dancing After School (DAS) is a Non Profit organization that provides free dance classes to elementary, middle, and high school students within the San Diego area. Dancing After School partners with after school programs within various school districts. The organization focuses on students that attend schools which hold low academic performance indexes and/or are found in low income areas. The program provides a unique opportunity for students grades 4-12 to be a part of a fun, energetic and positive group within their school, but outside of normal school hours. Our services are free to students and to schools. DAS's goal is to provide dance classes to students who might otherwise not have the opportunity to participate if there were a charge involved.

Dancing After School is a voluntary program. The students choose between various dance instruction possibilities including, but not limited to: Salsa, Cha Cha, Hip Hop, Jazz, Tango, Break Dance, Swing, Capoeira and various Fusion Dance Classes. They attend (on campus) group dance classes with certified "Dancing After School" instructors 1-3 times per week. There they improve self confidence, coordination, respect for themselves and others, and interaction (partner dance dynamic). The program promotes physical exercise and provides these young people a positive and safe after school option. Instructors are assisted by program volunteers as well as parents and school teachers.

Throughout the term, the students learn basic dance concepts, work on choreography, and help coordinate costumes. At the end of each term, approximately 8-10 weeks, DAS holds an intramural dance showcase where the students show off what they learned to their peers, teachers, families, and community. These showcase events will be held in a safe and neutral venue. Parents, family members and friends are invited to see the students perform.

Dancing After School's goals include:

- a. Build student's confidence
- b. To build self esteem, respect for themselves and others
- c. To improve student's health, body coordination and self discipline
- d. To enrich student's lives with music and dance

### **Targeted Schools**

Dancing After School is currently conducting outreach to elementary and middle schools in San Diego County that have a low academic performance index, and schools whose students are primarily from low income families. DAS understands that many parents would send their children to some type of dance lesson if financial issues and work schedules were not barriers. We take pride in offering a program that is free to students as well as schools, sometimes schools have some budgets for after school programs and that helps to accelerate the program into the school. Currently, DAS provides dance classes to 22 Elementary schools through San Diego County and 1,200 children benefit from the program . DAS will continue expanding it's program at a healthy pace throughout the San Diego region throughout 2008-2009.

### **Addressing the Issues**

Dancing After School is a simple program that addresses many concerns that exist in the San Diego region. Childhood obesity, delinquency, gang activity and lack of after school parent supervision are among the issues that we take very seriously. Through providing safe and healthy alternatives to students after school, Dancing After School creates a positive force that influences young people to create good habits, make healthy choices, and avoid negative influences that perpetuate dangerous cycles of crime, violence, and poverty.

Obesity is a common condition in today's society. The amount of children nation-wide that have been diagnosed as overweight has more than tripled since 1980. Over 16% of children nation-wide are now overweight.<sup>1</sup> Studies have shown that Mexican-American children are at an even greater risk at 40% classified as overweight or obese.<sup>2</sup> Gang activity and delinquency among public school students is a

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<sup>1</sup> National Center for Chronic Disease Prevention and Health Promotion: Nutrition and Physical Activity Centers for Disease Control [http://www.sdchip.org/pdfs/04Overweight\\_and\\_Obesity.pdf](http://www.sdchip.org/pdfs/04Overweight_and_Obesity.pdf)

<sup>2</sup> Sign On San Diego.com: Obesity in Children Can Lead to Liver Disease <http://www.signonsandiego.com/news/health/20061002-9999-1n2liver.html>

noticeable problem and studies suggest that in urban areas such as San Diego is on the rise.<sup>3</sup> One in six juveniles live in poverty as of 2002.<sup>4</sup> That is why our ongoing priority is to provide *free* classes. We understand that all these social factors closely relate to one another. At Dancing After School, we provide more than free dance classes, we provide positive role models, a safe environment with caring adults, and encourage healthy habits.

### **Styles offered per day**

Once we get started with your school, you will need to decide which dance styles would be popular for your students.

Please contact me with any questions or concerns regarding the Dancing After School program, or selection process. You should expect the following:

- 1.) Complete application and send it by mail.
- 2.) Receive written acknowledgement by mail indicating when DAS might be able to launch a program at your school
- 3.) If your school is selected immediately the process entails:
  - a. Planning Meetings to decide:
    - i. dates, location, dance styles, level of parent and staff involvement
  - b. Instructor Showcase
    - i. Instructors that plan on teaching at your school come to an assembly at your school, to give a live presentation to the students OR
    - ii. the instructors come to be filmed dancing to be shown to the students at a more convenient time.
  - c. Parent Authorization/ program registration week
    - i. The students have one week to submit signed authorizations and photo releases
  - d. Classes begin following week
  - e. Classes last 8-10 weeks
  - f. Student performances

Thanks again for your interest in Dancing After School. Please don't hesitate to contact me for additional information.

Walter Eduardo Meneses

CEO

Dancing After School, 1996 Frankfort Street, San Diego CA 92110 - Phone 619-301-5628

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<sup>3</sup> Self-Efficacy of High School Counselors Toward Intervention with Juvenile Gang Populations in San Diego Public Schools [http://www.waldenu.edu/c/Students/CurrentStudents\\_8748.htm](http://www.waldenu.edu/c/Students/CurrentStudents_8748.htm)

<sup>4</sup> Juvenile Offenders and Victims 2006 National Report:  
<http://ojjdp.ncjrs.gov/ojstatbb/nr2006/downloads/NR2006.pdf>



Please complete the following application and submit it BY MAIL, to the following address:

Dancing After School  
 1996 Frankfort Street  
 San Diego CA 92110

<b>Name of School:</b>
<b>Elementary, Middle, or High School?</b>
<b>Address of School:</b>
<b>School District:</b>
<b>Principal Name:</b>
<b>Principal Phone Number:</b>
<b>Principal Email:</b>
<b>Name of Contact:</b>
<b>Position/Title:</b>
<b>Phone Number:</b>
<b>Email Address:</b>
<b>Is your school on a traditional or year-round schedule?</b>
<b>Why is Dancing After School appropriate for your school?</b>
<b>What other after school programs take place at your school?</b>
<b>Mondays:</b>

<b>Tuesdays:</b>	
<b>Wednesdays:</b>	
<b>Thursdays:</b>	
<b>Fridays:</b>	
<b>When is the earliest that your school would be able to allow Dancing After School to launch a dance program?</b>	
<b>Day:</b>	
<b>Month:</b>	
<b>Year:</b>	
<b>What resources would the school provide to make the Dancing After School Program more successful?</b>	
<b>How will your school enlist the help of parents and school staff members to participate in the program?</b>	
<b>What grade levels at your school would participate in this program?</b>	
<b>How many students are in those grade levels (total # of students) ?</b>	
<b>What is your schools Academic Performance Index (API) for the most recent reporting year?</b>	
<b>What is the demographic breakdown of students at your school?</b>	
<b>Does your school have any type of budget for a program like Dancing After School? (This is a free program, but many schools have a budget that helps us cover the costs of operating this comprehensive program.)</b>	
<b>If this program were to provide services at your school, are you familiar with any Foundations, Corporations, or individuals (any funding sources) that fund programs like Dancing After School in your geographic area?</b>	
<b>Name of Preparer</b>	
<b>Signature:</b>	<b>Date:</b>