



# 2020-2021 COMMUNITY HEALTH CONTRACT (CHC) Q3 GRANT IMPACT REPORT

**Organization Name:** Fallbrook Land Conservancy

**Program Title:** Save Our Forest Environmental Education Program Expansion

**Person submitting the report:** Karla Standridge Executive Director

**Ages: List the percentage and total number served of your program participants' ages who received services during this reporting time frame:**

	Percentage served	Total Number Served
Children (infants to 12)	96	376
Young Adults (13-17)	0	
Adults (18-60)	3	12
Seniors (60+)	1	4
Unknown		

**Gender: List the percentage and total number served of your program participants' gender identification who received services during this reporting time frame:**

	Percentage served	Total Number Served
Female	50	
Male	50	
Non-binary		
Unknown		

**Income: List the percentage and total number served of your program participants' income limit category of those who received services during this reporting timeframe:**

	Percentage Served	Total Number Served
Extremely Low-Income (ceiling of \$32,100)	79	
Very Low (50%0 Income (ceiling of \$53,500)		
Low (80%) Income (ceiling of \$85,600)		

	Percentage Served	Total Number Served
Higher than listed limits		
Unknown	21	

**How many District residents directly benefited (participant/client) from this program in this reporting quarter?** 392

## GOALS & OBJECTIVES

**Please provide the Goal 1 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.**

Formalize the Environmental Education Program curriculum and integrate program across all District elementary schools (FUESD, BUSD, VSD).

Objective 1: Coordinate with all Districts on current curriculum and needs for updates. Completed. FLC volunteers have coordinated with District staff on needs for updates.

Objective 2: Develop and print material needed to implement program. Complete.

Objective 3: Implement the school program.

We welcomed 376 5th graders to Monserate Mountain Preserve in January. This was much lower than the expected 494 students due to the Omicron COVID variant peak which coincided with our scheduled field trips. Of the students who attended the field trips, 70% had not visited the preserve previously. The student population served were 68% Hispanic, 39% English Learners, and 79% socioeconomically disadvantaged.

During the visits, each student planted one California native plant as part of a habitat restoration project for a total of 376 plants installed. Student groups were led by Fallbrook Land Conservancy/Save Our Forest volunteers. 14 different volunteers and 2 FLC staff participated over the seven dates of the program. Each field trip required 8-10 volunteers for a total of approximately 220 volunteer hours, not including planning and preparation time.

**Please provide the Goal 2 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.**

Formalize the summer Environmental Education Program curriculum and integrate program with The Boys and Girls Club of North County.

In March, FLC Preserve Manager and Chair continued to plan the summer field trips for Boys and Girls Club.

## PARTICIPANT SUCCESS STORY

### Participant Success Story:

Teachers, volunteers, and students all commented positively on the field trip experience. Most students had never visited the Preserve and the students were visibly excited to participate in the activities.

## ACKNOWLEDGEMENT

**Please describe how the Fallbrook Regional Health District's Community Health Contract - Grant investment toward this program was acknowledged during this reporting timeframe.**

Press releases about the 5th grade field trips were sent to Village News (published March 17, 2022) and Live Well San Diego News (published April 1, 2022) and an article included in the FLC's spring Conservation Chronicle printed newsletter as well as several social media posts during the program. FRHD was named as a funder in each of these.

Please upload one example of how the District's support for this program was publicly acknowledged.

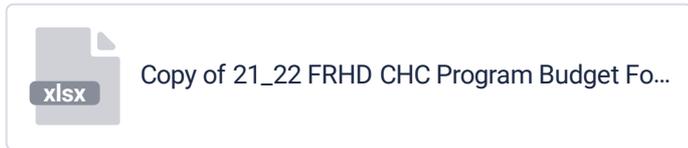
The screenshot shows a news article on the County News Center website. The article is dated March 19, 2022, and is titled "FALLBROOK LAND CONSERVANCY ENCOURAGES CONSERVATION AND INSTILLS A LIFE-LONG COMMITMENT TO COMMUNITY SERVICE AND VOLUNTEERISM". The author is Susan Lieber, Chair of Fallbrook Land Conservancy. The article describes a program where over 300 students from public schools in the Fallbrook Union Elementary District and Vallecitos School District are introduced to local open space preserves and habitat restoration through the SOFEE (Soil, Open Field, and Environmental Education) program. Since 2005, the SOFEE program has connected children with nature, and this year, thanks to a generous grant from the Fallbrook Regional Health District, the program was expanded to serve more students at more schools. The goal of the SOFEE program is to connect students with nature, encourage conservation of natural resources, and instill a life-long commitment to community service and volunteerism. SOFEE volunteers visit 4th grade classrooms and present an interactive lesson teaching students about the benefits of trees and shrubs in providing a more beautiful environment, the importance of conserving water by planting native and drought-tolerant plants, and the importance of giving back to your community. The lesson is followed by a hands-on activity putting a native plant seedling. The next year, 3rd graders take a field trip to a Fallbrook Land Conservancy preserve to plant the seedling they potted in 4th grade into the ground as part of a habitat restoration effort. This year, the program was expanded to take the students on a guided hike of the preserve, so they become familiar with the trails, habitat, and local wildlife species in the area. Polling during our 2021-22 program showed that 70% of students had not visited a Fallbrook Land Conservancy preserve prior to their 5th grade field trip, even though the preserves are open to the public free of charge. The Fallbrook Land Conservancy owns or manages over 3,000 acres of open space in San Diego County and the SOFEE program allows the opportunity to teach children that everyone is welcome at the preserves and that they are safe places to recreate and enjoy nature. The Fallbrook Land Conservancy is only able to implement this program through a collaboration with several other Live Well San Diego partners. Fallbrook Union Elementary District and Vallecitos School District provide transportation for students to visit the preserve, and coordinate with Conservancy volunteers on scheduling, logistics and the curriculum. The Fallbrook Regional Health District and San Diego Gas & Electric provide funding to purchase plants and other materials and to cover staff time. The Fallbrook Land Conservancy is also working with the Boys and Girls Clubs of Greater San Diego in North County to plan summer extension lessons for students in the SOFEE program. The Fallbrook and Vallecitos school districts serve students from historically underserved populations. A majority are Hispanic, while 75% of all students are socioeconomically disadvantaged and 29% are English Learners. An analysis by the National Institutes of Health showed that, "low-income and non-white children experience disparities in health, education, and access to nature. These health disparities are often associated and exacerbated by inequities in the U.S. educational system. Recent research suggests that nature contact may reduce these health and educational disparities for urban low-income populations. Nature-based education uses nature contact to inspire curiosity and improve health." Research has also shown that not only does environmental education improve students' academic performance, but it also increases civic engagement and positive environmental behaviors. Another National Institutes of Health study showed that exposure to green space is beneficial to mental and physical health. The program is designed not only to benefit the student, but to extend the positive impact to their family and community at large. By introducing children to local preserves and equipping them with the knowledge to feel comfortable and confident visiting them, the SOFEE program is increasing the likelihood that they will motivate other family members to participate in outdoor recreation. Because marginalized populations typically have less access to recreational opportunities, and outdoor recreation is tied to mental health, this is especially important in the community. While benefiting students in the moment, the SOFEE program also gives students the opportunity to "pay it forward" and participate in an activity that will also impact future students and the community as a whole. When students in the SOFEE program take part in the planting activity, they are not just planting one plant, but assisting in a habitat restoration project that, over the years of the program, have resulted in many acres of degraded land being restored. These students' first act of volunteerism improves the quality of open space accessible to the whole community and improves the quality of life for all.

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**BUDGET**

**Please upload a copy of the program budget you submitted with the application. Fill in the Q3 column demonstrating the current utilization of grant funds.**



**Please explain any significant differences in budget or services during this quarter. What if any changes were made to address programming challenges.**

No significant differences to note.

**Please sign your form:**

A handwritten signature in black ink, consisting of several loops and a long horizontal stroke extending to the right.