



***City of Monrovia | Monrovia Unified School District
JOINT MEETING***

***Promotion of Outdoor Activities and Programs
to Improve Student Mental Health
Monday, December 6, 2021***

Benefits of Outdoor Activities

- Access to outdoor activities promote a healthy lifestyle and as a result students who have access to outdoor activities experience...
 - Improved positive mood and emotions
 - Enhanced mental health and resiliency
 - Learn better
 - Live happier lives
 - Have increased social interactions
 - Are more connected to their community
 - Have lower risk of injury
 - Less chronic disease
 - Reduced risk of obesity
 - Have higher graduation rates / promotion rates
 - Access to a retreat from daily hassles
 - Reduced risk of psychological and physiological stress



Programs Offered During COVID

- Followed all LA County Department of Public Health Guidelines
 - Choose to find ways to continue to provide access to recreation programs
- Virtual Classes
 - Comfy Camping At Home
 - 12 Days of Recreation
 - Cheerleading Classes
 - Fitness Camp
 - Create your own Chalk Maze
- Recess in the Park
- Winter Walk N Rock at the Park
- Movies in the Park
- Spring Fitness Challenge
- Hippity Hoppity Spring Photo Op
- Santa's Workshop Family Photos



Access to Open Space and Park Amenities

- Populate the Park program
 - Support for local organizations to utilize Parks for events and program at no cost
 - Centre Stage Productions
 - Monrovia Youth Baseball League Conditioning / Training
- Developed Reservation system and One-Way Loops within Canyon Park
- Opened Canyon Park one year after the Bobcat Fire
- Maintained ongoing access to Hillside Wilderness Preserve
 - Partnership with Mountain Bike Team
- Boys and Girls Club Partnership Offering Summer Camp Programs



Youth Social Service Programs

- Junior Research Academy
- Arbor Day Celebration
- Youth Workshops at the Monrovia Community Garden
- Summer Teen Scene



Canyon Park Programs

- Long standing partnership with MUSD for the Outdoor Education Program for every youth in kindergarten through 5th Grade
 - Interpretive program and tour in Canyon Park
- Kids Crafts in the Canyon
- Family Hike and Camp Out
- Collaboration with Scout Leaders
 - Eagle Scout Projects
 - Merit Badge Activities
- K-Rail Painting Project Partnership
 - Girl Scout Troop 2851
 - Monrovia High School Mountain Bike Team
- Partnership with MHS Mountain Bike Team
- Earth Day Celebration
- Sunshine Company Park Tours



Youth Leadership Programs

- Youth Commission
- Teen Advisory Board
- YES Intern Program



Youth Sports Programs

- Quarterly Co-Ed Sports
 - Basketball
 - Volleyball
 - Football
 - Cheerleading
- Contract Classes
 - Youth Soccer
 - Youth Golf
 - Dog Obedience
 - Tennis Lessons



Outdoor Community Events

- Noon Years Eve Celebration
- Spring Egg Hunt and Healthy Kids Day
- Monrovia Days Celebration
- Fountain to the Falls Walk / Run
- Movies in the Park
- Halloween Spooktacular
- Thankful and Grateful Holiday Gathering
- Holiday Parade



Library Services

- Monrovia Reads Literacy Van
- Story Times in the Park
- Curb Side service
- Book locker coming to Recreation Park





QUESTIONS?