



Upcoming Events:

Oct. 10

Twin Cities Professional Nannies. Eden Prairie, MN

Carrie Stolar will speak

Oct. 15, 3:45 p.m.

NRPA Congress, Salt Lake City, UT

Melissa Hanson will speak : Getting Kids Back Outdoors and Living Healthy

Oct. 29

The SäJai Foundation's Learn. Live. Lead Event

Inside this issue:

From the President 2

Enjoy Your Summer! 2

Did You Know? 2

Wise Kids® in Action 3

Notes from the Field 4

How You Can Help 5

Who We Are 6

SäJai® Insights

Volume 1, Issue 3

August 2009

The NRF/NRPA Grants in Action

In March, the National Recreation and Parks Association announced that it had received a grant from the National Recreation Foundation, to be used to provide Wise Kids® programs across the country. Park and recreation agencies responded strongly to the opportunity, with nearly 300 agencies applying for the 49 grants. The final decisions were very difficult—obviously there were many more than 49 deserving groups. By April, the selections were complete, and the agencies (everywhere from Washington state to

Arizona to Texas, Florida, and Maryland) received their kits.



Participants in an NRPA grant-funded Wise Kids program at Leesburg, VA, designed posters about healthy living.

The sites chosen have shown so much enthusiasm and creativity in the implementation of their programs! (See Wise Kids in Action, page 3, for an example.) The SäJai Foundation is delighted to work with so many motivated organizations who are devoted to helping children become healthier and more aware and appreciative of the world of nature. Thanks to the NRF and the NRPA for the generous support they have shown to kids everywhere!

SäJai Foundation Invited to Join the National Physical Activity Plan

A comprehensive National Physical Activity Plan is being developed for the U.S., and the SäJai® Foundation is part of the drafting committee. The plan is being developed by a committee comprised of national leaders, experts, and organizations from eight societal sectors.

Melissa Hanson attended the kickoff in Washington

D.C. in July. “It’s a great honor for the Foundation to be part of this discussion,” she said. “Our efforts to make wellness easy for kids along with our support and partnerships with key youth-serving agencies are being heard. Our goal is to be a key advocate for the inclusion of wellness and outdoor programming for youth during out-of-

school-time hours.” The plan is expected to be released in the spring of 2010 with guidelines for national, state and local efforts to increase the amount of physical activity across the country. Visit physicalactivityplan.org to learn more.

From the President



Learning about healthy lives through Wise Kids

It's truly humbling to know our efforts make such a big difference. When I have the opportunity to visit communities in action, I hear excitement from kids as they try new activities outdoors, discover nature's treasures and begin discussing "what's healthy in my lunch box" over lunch. Youth leaders continue to be excited as

they see the children get involved and apply what they've learned about making healthy choices and are thankful for the resources and support to make it work.

We've begun a project in Minneapolis called Wise Kids = Successful, Healthy Kids. The General Mills Foundation awarded us a grant to

work with the YMCA of Minneapolis and Camp-Fire USA – Minnesota Council for a summer program and fall expansion. We want to expand and use this as a model for engaging funders across the country to get involved in their own cities.

Thanks for following our progress!

Melissa Hanson

"After each lesson our children go to lunch and compare what they have to eat for that day with their friends to determine who has the healthiest lunch."

—Justin,
Johnson County,
FL

Enjoy Your Summer!

Taking a nature break is important for adults too—you'll feel better and more relaxed. Enjoy these tips from our Wise Kids Outdoors program:

- Make a birdfeeder. It's as simple as smearing some peanut butter on a

pinecone, and then hang it in a tree. Watch for the birds to arrive. They'll be so happy you did!

- Take a GPS and go geocaching. This fast-growing activity combines treasure-hunting with

spending time outdoors.

- Visit a local farmers market to see what's growing. Take time to talk to the farmers—you never know what new veggies or fruit you might try!

Did You Know?

Summer is meant for friendly games of baseball!



- The Archives of Pediatrics and Adolescent Medicine reported in April that one out of five 4-year-olds is obese.
- The obesity rates are highest among Native American/Alaskans, Hispanics, and Blacks.
- According to the CDC, 26% of kids watch 4+ hours of TV per day; 67% watch 2+ hours daily. Meanwhile, time outdoors has decreased 20% in the past 20 years.

News from the Field



Kids getting active while participating in the NRPA grant-funded program in Ft. Lauderdale, FL.

On October 29, the Sājai Foundation will kick off its first-ever **Live. Learn. Lead** event in Minnesota. This event will raise awareness about the need for quality programming for youth-serving agencies, particularly out-of-school-time groups.

Attendees at this brief luncheon will hear from program leaders who have run the

program, and they will even see special examples of projects that kids have designed while participating in the program. The event is free and will last one hour. If you are interested in attending, please contact Amy Rea, 952-288-3364, or amy@sajaifoundation.org for more information.

“It seems that they are really asking great questions about nutrition in general, which shows that the program has a positive effect on them.”

Wise Kids® in Action

Sue McAllister reported on the success of the Wise Kids program, provided by the NRF/NRPA grant to Ft. Lauderdale, FL: “One of the favorite activities that supplemented the week of “The Body” was an obstacle course. The campers raced through the course with a

football that symbolized their oxygen, while others cheered on as they waited their turn. We also had a few parents report that their kids had a talk with them about food labels in the grocery store as their parents walked down the grocery aisles!

It seems that they are really asking great questions about nutrition in general, which shows that the program has a positive effect on them; they’re processing the information as it relates to them and they are having fun doing so.”

How You Can Help

We are grateful to all of you, our supporters, who have contributed financially, shared your expertise, implemented the program and continue to follow our journey. The amazing stories from the field fuel our passion for our mission and we hope

you’ll continue to generate awareness for the Wise Kids programs and the Sājai Foundation. Building awareness for the importance of this work is critical. We’d like to enlist your help in doing so. Please pass this newsletter along to someone you know or an organi-

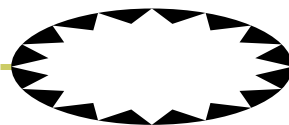
zation who might want to join in on the journey. If you’d like some extra copies, let us know. Or, simply send 5 of your friends a link to our website. Small efforts can make a BIG difference.

If you have any questions or want more information about ways you can help, please contact Melissa Hanson, 763-257-2022, or by email, Melissa@sajaifoundation.org.



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Who We Are

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