



# Collaborative for Colchester's Children

HEALTHY, HAPPY & SUCCESSFUL CHILDREN

## What's New!

Development and initial implementation of a Sustainability Plan

Obtained \$40K Discovery grant to continue C3 work

Early Literacy Partnership grant continues with \$50,000 grant

Support from Town of Colchester with \$5K in the BOS budget

BOE continues to support Coordinator position with \$20,001

Advocated for the continuation of State funds for our Community Plan

Backus sponsors Family Fun Day and provides \$2,500

Bookmobile continues to travel to camp, Summer lunch & area programs

C3 Family programming and workshops stay strong serving 73 families

## Annual Report July 2014 – June 2015

### C3 Parent Workshops Supporting Strong Families

There are many factors that contribute to raising healthy, happy, and successful children and growing up in a safe and nurturing environment is certainly at the top of the list. C3 Parent Workshops are intended to foster strong and empowered families and are offered throughout the year in partnership with Colchester Public Schools. Workshops are for caregivers (not just parents) of children birth to 8 years old and covered socio-emotional and financial topics. *Managing Emotions* was a two hour workshop

designed to help parents teach their children the art of self-regulation. Our *Keys to Parenting Series* offered in the evenings included raising confident, resilient kids and matching parenting styles with children's temperaments. *Empowering Parents in Colchester (EPiC)* was a personal empowerment series to strengthen communication and parenting skills. Within a Conscious Discipline framework, parents learned to create safe, connected, emotionally healthy, problem solving

homes. The *Household Budget Workshop* was a two session class that provided tools for parents to manage their finances. In 2014-15, 53 adults representing 37 Colchester families, participated in these workshops. Surveys showed that 96.3% of participants rated workshops overall as Excellent or Good and 100% said they will or are thinking about changing their attitudes or actions as a result of their participation. We are encouraged by this positive feedback and look forward to next year!

### The Power of Partnerships

The MOMS Club of Colchester/Lebanon has been working with our School Readiness Council since the first Preschooler's Expo in 2007. Once again, the MOMS Club joined us in hosting the Preschooler's Expo and provided much needed support through a number of volunteers. The MOMS also came to our side this year as we worked hard to advocate for the inclusion of matching funds in the Connecticut State budget for the 2015-16 year. Linda Orange and Melissa Ziobron held a coffee hour at

Town Hall and were flooded with moms speaking up on behalf of the Collaborative and its work. Others wrote testimony that became part of the legislative process. The efforts were a success and our funding remained intact for at least one more year! Finally, the MOMS Club donated the proceeds from their Kids Consignment Tag Sale to us. Due to their efforts, the tag sale provided us with an additional \$576 that can be used for our family programs. Thank you MOMS Club!

### PARTNER SPOTLIGHT

Kate Byroade  
Board Chair

#### Staff

Cindy Praisner  
Coordinator

Dawn LePage  
Coordinator Assistant

Tammy Stolzman, Program  
Accountability Coordinator

Joy Lenares  
Family Liaison

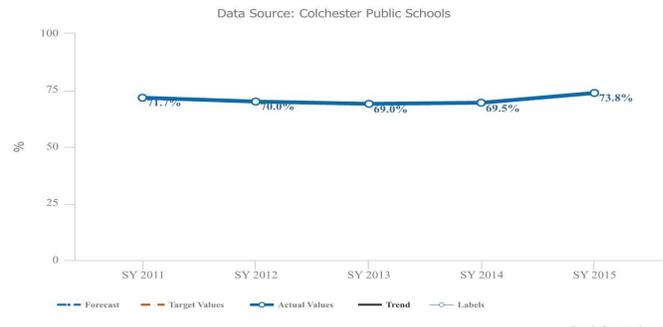
# We use the following indicators to see if we are getting results...

## We want Colchester children to be healthy.

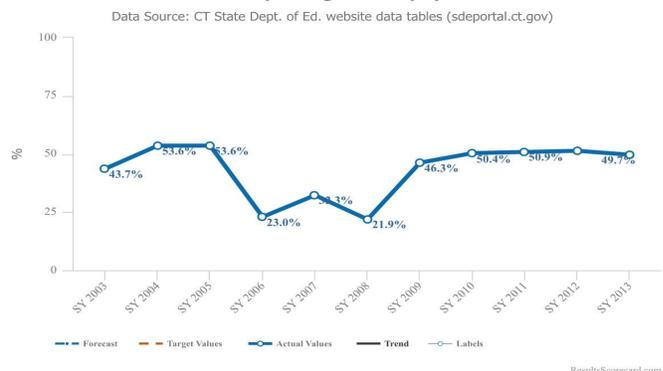
### Did you know?

- Colchester Public Schools calculates the Body Mass Index (BMI) of children in grades K-3. Children are considered to be at a healthy weight if they have normal BMI levels between the 5th and 85th percentile. This year there was approximately a 4% increase in the percentage of Colchester children at a healthy weight.
- C3 continues to monitor children's fitness through the State physical fitness tests for 4th graders. About half of our 4th graders continue to pass all four physical fitness tests.
- Unfortunately, the physical fitness tests for 1st and 2nd grade have been inconsistently collected due to time & staff constraints and therefore are not currently being used as an indicator for our work.

Children K-3 at Healthy Weight (Normal BMI levels between 5th & 85th %ile)



Children in 4th Grade passing all four physical fitness tests



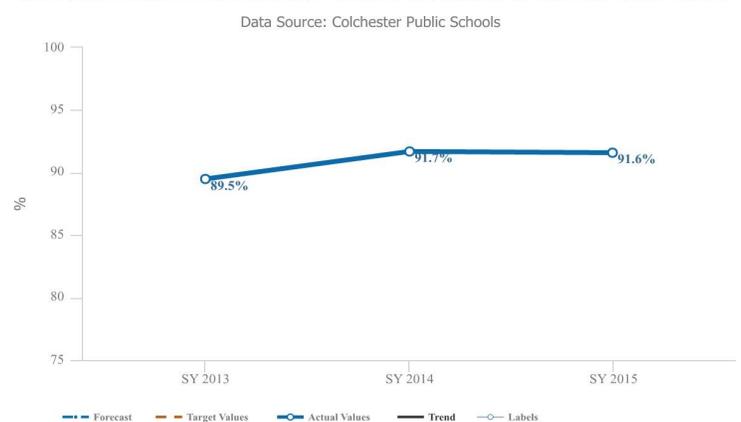
## We want Colchester children to be happy.

### Did you know?

Happiness is difficult to measure. In our efforts to measure the happiness of Colchester's Children we have found that there is no perfect measure. We use the following two indicators as guides:

- The Behavior and Emotional Screening System (BESS) is a screening that measures behavioral and emotional strengths and weaknesses. It identifies students that have an elevated or extremely elevated risk level for difficulties in these areas. CES has been testing K-2 children since the spring of 2013. In 2015, 91.6% were found to have a normal risk level. JJIS piloted the testing in 2015 and 81% of 3rd graders were found to have a normal risk level.
- Eligibility for free and reduced lunch is one way to measure the economic security and stress of our students. The number of children eligible in Colchester remains relatively low but has seen an upward trend from 4.6% in 2003 to 14.1% in 2013.

% of Colchester children in K-2 who BESS tested at Normal Risk Levels



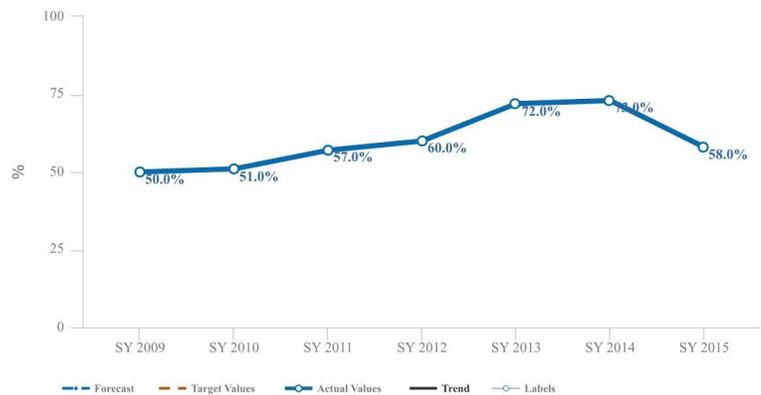
# We want Colchester children to be successful.

## Did you know?

- 2015 marks the first year that the new Connecticut Smarter Balanced Assessments are used to measure our students academic achievement. These assessments are aligned with the Connecticut Core Standards and replace the CMTs and CAPTs. (Last year Colchester used the Smarter Balanced Field Test.) Colchester 3rd graders started off strong this year with 67.3% meeting or exceeding expectation in English Language Arts and 67.7% in Math. (See the Smarter Balanced Assessment page on the Connecticut State Dept. of Education website <http://www.sde.ct.gov/sde/cwp/view.asp?a=2748&q=335724> for more details.)
- A strong foundation in math as well as reading concepts enhances and facilitates continued learning. Colchester Public Schools uses AIMSweb (a brief curriculum-based general outcome measurement) to screen and monitor the progress of Colchester's children in the early grades. The overall performance of new Kindergarten students on the Early Numeracy test allows us to get a glimpse of the foundational skills present in children upon entering the school system.

**AIMSweb Early Numeracy scores at benchmark level for Children entering Kindergarten**

Data Source: Colchester Public Schools (FALL Assessment)



ResultsScorecard.com

# We want a Collaborative that is effective and strong.

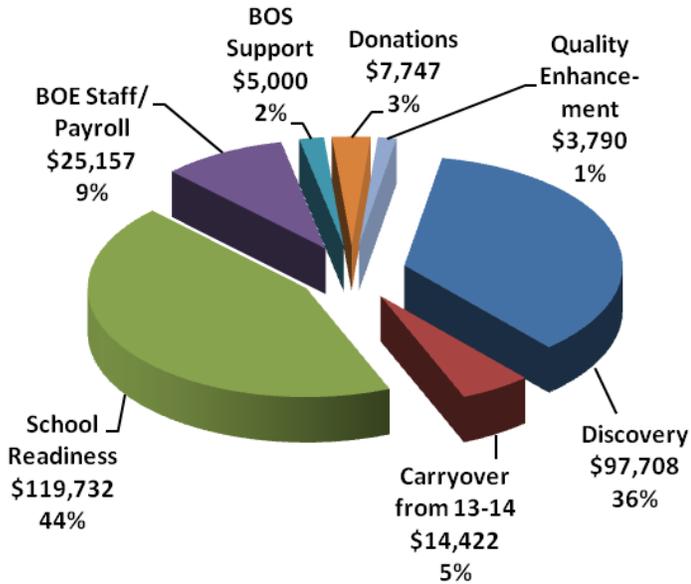
## Did you know?

During 2014-15, our part-time staff and volunteer members accomplished the following:

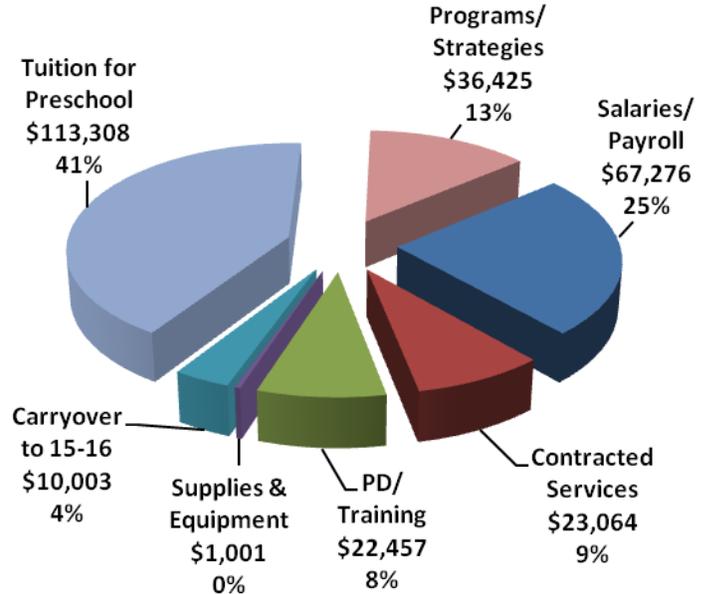
- Advocated at the State level to maintain funding for our Community Plan and successfully extended the private matching funds for one more year. These funds are used to strengthen our organization as well as provide programs and services to young children and their families.
- 35 C3 members representing Colchester's town government, school system, local organizations and businesses, parents, and the community-at-large attended strategic meetings throughout the year.
- Continued to serve Colchester families with young children through 108 sessions of C3 Play and Learn Programs and Parenting Workshops.
- Hosted another fantastic Family Fun Day at Zagray Farm for the second year in a row. Close to 400 attendees received information on physical activity and nutrition.
- The Bookmobile traveled to 4 programs over the summer in community programs and at the Colchester Recreation Camp checking out over 250 books. These kids stayed excited about reading this summer!
- Continued to reach out to the community through an updated website and our Facebook page.
- Hosted 22 vendors at our Preschooler's Expo, in partnership with the MOMS Club of Colchester/Lebanon, where 7 Lion's Club Eye Screenings and 6 Early Childhood screenings were provided for free and at least 40 attendees received information.
- Subsidized tuition for 17 preschool spaces through our School Readiness grant.

# Financial Information for 2014-2015

## Monetary Revenues Total: \$273,556



## Expenses Total: \$273,533



We need you! Contact Cindy Praisner at [cpraisner@colchesterct.org](mailto:cpraisner@colchesterct.org) to find out how you can help!

## Thank you to our supporters!

### Grantors:



**William Caspar  
Graustein  
Memorial Fund**

**Connecticut State  
Department of  
Education**



### Partners with MOUs\*:

- C.A.S.T.L.E.
- Colchester Board of Education
- Colchester Board of Selectmen
- Colchester Elementary School PTO
- Colchester Youth & Social Services
- Cragin Memorial Library
- TVCCA
- UCFS
- William W. Backus Hospital

\* Memorandum of Understanding

Visit our updated  
website online at:

[www.ColchesterC3.org](http://www.ColchesterC3.org)



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**Collaborative for  
Colchester's Children**

315 Halls Hill Rd  
Colchester, CT 06415  
860.537.0717