



Fit, Fun & Literacy

What does it take to help every child succeed? For students enrolled in Denver Public Schools (DPS)' Fit, Fun & Literacy (FFL) program, it starts with the basics: a healthy meal and a safe place to study and exercise after school. We cannot expect a child to learn if their basic needs are not met.



Students enrolled in FFL benefit from a daily, high-quality after-school program that combines academic assistance, leadership development and 45 minutes of physical fitness, and ends each day with a hot, nutritious meal for the students. **Many of the children enrolled in FFL depend on their school for meals. In 2012-13, FFL served 20,000 healthy dinners to children and their families.**

FFL is one of many after-school programs funded by the DPS Foundation, serving more than 17,000 students and their families each year. Students enrolled in regular DPS after-school programs exhibit better school attendance, lower suspension rate and higher academic growth across reading, writing and math compared to their peers not enrolled in such programs.

What Your Support Will Do

FFL enrolls over 700 students each year, ranging in age from kindergarten through fifth grade. Students participate in physical fitness, nutrition education, leadership development and academic assistance in a safe, supervised and engaging environment five days per week, every day of the school year from 3:00 p.m. to 6:00 p.m. FFL is one of the most consistent after-school options in DPS allowing the program to have a lasting impact on students providing support for DPS' highest-need families. All sites maintain a student to teacher ratio of 15:1 to guarantee students receive individual attention and instruction.

The Need

- Of the children enrolled in FFL, 94 percent qualify for free and/or reduced lunch.
- The average household income of the participant's family ranges from \$34,930 - \$40,468. By comparison, Denver's household income average is \$55,129.
- This program is offered at 12 of the highest-need schools in DPS. Every school has a waiting list due to the high demand for regular, quality after-school care and the staggering effects of food insecurity.
- National studies show parents without regular after-school care for their children miss eight more days of work per year than their peers whose children are in regular after-school programs.

“My daughter had the opportunity to learn from real chefs during an enrichment activity offered in FFL. She brought home nutritious recipes for our family and learned how to use a cutting board and many kitchen tools. We needed the push to eat healthier, even though we eat on the run. Marcia is always excited to help me cook dinner now.”

– Fit, Fun and Literacy Parent



After-school is possible for all with your support!

There are three easy ways to invest in after-school programs:

- Visit www.dpsfoundation.org and click “Donate Now”

- Mail a check to DPS Foundation, 1860 Lincoln Street, 9th Floor, Denver, CO 80203

- Call us at (720) 423-3553



You could earn a 50% state income tax credit for helping DPS kids succeed. Make a gift of \$100 or more to the DPS Foundation for after-school programs, and you could earn credit for your investment. Visit www.dpsfoundation.org/taxcredit.