

Commotion. Connection. Community.

Project Commotion Impact Report



July 1, 2022 - June 30, 2023



Letter from our Director

Dear Community,

The past year was one of significant growth for us, both programmatically and organizationally. Our budget surpassed one million dollars this year. This is a huge growth milestone, and in the nonprofit world more money means more impact. This year we served 39% more individuals than last year and our amazing staff (primarily women of color) received substantial salary increases.

This incredible growth would not have been possible without the support from San Francisco's Department of Early Childhood, the approval of baby prop C by SF voters, and the determination of the early childhood community to advocate for our workforce and families. Project Commotion qualified for the workforce compensation grant because of our commitment to serving low-income families. As a part of the Early Learning Scholarship program, families can enroll in Las Luciérnagas at no cost to the family. During the 22-23 school year, 83% of our families accessed our high-quality, bilingual early childhood program using a voucher. Our commitment to accessibility gave our organization access to this life-changing grant which allows us to pay fair wages to our hardworking educators and continue to provide the highest quality programming possible for our youngest minds and bodies.

Our Schools on the Move impact also increased dramatically, serving 20 additional partner classrooms this year. I'm so proud of this unique model we've created: we reach so many children and families in the wider community and we still have our studio "home base". Our studio is a fun, dynamic space of joy where we can dive deep into movement, play, exploration and develop relationships with children and families that really make a long lasting impact. A number of alumni returned to the studio this year to participate in events and classes and work as aides. This truly warms my heart. It shows the deep impact that we had on them – it validates over and over again that we have created a special space where these diverse students can truly be themselves and experience safety and belonging.

I'm so excited for another year of joyful movement and connection. We know this next stage of growth will bring new demands in sustainability as we increase our impact and we will rise to the challenge with the support of you, our community. Thank you for helping us to cause a commotion.

In community,



Susan Osterhoff, Executive Director

We envision a world where every child can access movement and play to flourish physically, emotionally, and socially.



3 out of 4 children in the U.S. are not getting enough physical activity. This is contributing to learning and behavior challenges, poor mental and physical health, and faltering social skills.



Project Commotion's mission is to foster healthy development in children of all abilities through purposeful movement, play, and family and community relationships.

Project Commotion classes are focused on joyful movement, playful exploration, and holistic wellness. Using a culturally-relevant curriculum, Project Commotion offers bilingual English/Spanish classes in dance, capoeira, capoeira music, and theater arts to children of all ages. Our relationship-based approach to physical activity applies a child development and occupational therapy lens -- bringing specialized knowledge to the community setting. We invite children to be part of the creative process with us by using a fluid framework directed by their interest and exploration. Our teachers create inclusive environments, meeting children where they are and then helping to bridge them to the next step in their developmental process.



Movement: A Tool for Connection

The 2022-23 year marked the first year in which all Project Commotion programming was 100% back in-person after the start of the COVID-19 pandemic. As students, teachers, and families filled the Project Commotion studio and brought movement to centers across San Francisco, a major theme of our work was connection.

Curriculum focused on building social emotional skills and relationships through movement modalities - from creative dance to capoeira and play, children were given opportunities to learn alongside one another, work together, and build lasting relationships by way of moving their bodies.

Throughout the 2022-23 year, Project Commotion ran a diverse set of programming that offered a variety of ways for students, families, and educators to connect through movement. Programming included:



1170 children served

68 classrooms



93% children of color

90% children from low-income families

1-in-4 in-studio children with
identified special needs

Camp Commotion 2022

In the summer of 2022, we were proud to offer a unique summer experience that put children's brains and bodies into motion! Camp Commotion helps to bridge the long summer gap in academic and enrichment opportunities for low-income children and provides countless moments of joy and connection.

Quotes from families:

I love the summer camp at Camp Commotion because my daughter really enjoys the activities!!! My daughter enjoyed the arts and crafts activities, every day she came home happy.

I will recommend the camp to other families, I see the importance of the learning that takes place during the camp. The children feel good and safe here.

Quote from teen aid:

I learned that a job can be hard but I can do it even though it's hard. I really enjoyed working for Project Commotion.



Camp Commotion is made possible by the support of San Francisco's Dept of Children, Youth and Families

In-Studio Movement Classes

Throughout 2022-23, Project Commotion offered after-school and weekend classes in capoeira and creative movement in our Mission District movement studio. Classes served children from eight months to sixteen years. Our knowledgeable, nurturing instructors engaged children in specialized movement activities, increasing their physical abilities, enhancing brain-body connection, improving self-regulation, developing empathy, and building self-confidence.



Program Highlight: Comradery

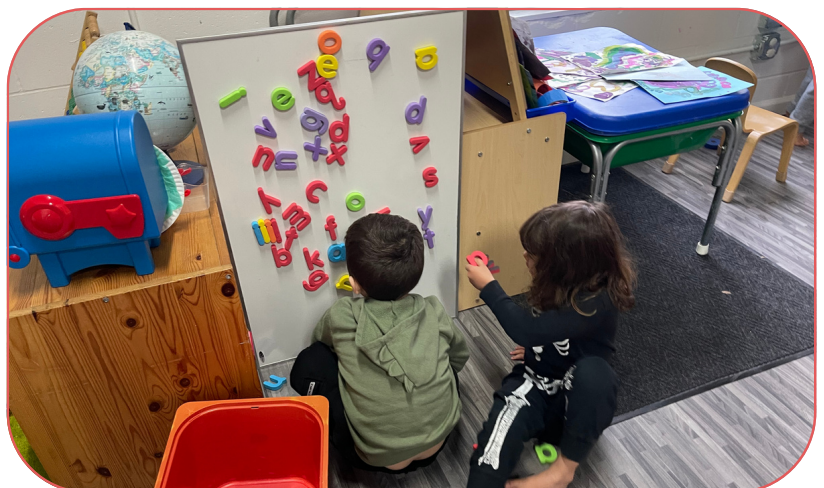
Project Commotion's movement classes are designed to support students of all abilities. Typically developing children learn and grow alongside their peers with disabilities and strong relationships are built. During our Spring semester, Student R joined one of the classes. Student R has an identified disability and is not fully verbal. Throughout the classes Student R was able to share meaningful connections with the other children in the class by creating movement together, playing games together and waving. By the end of class, Student R even started saying some of the other students' names. This is a wonderful example of how Project Commotion uses movement to foster friendship and belonging.

Las Luciérnagas

Las Luciérnagas is a play-based preschool with an emphasis on movement and gross motor development. This Spanish-English bilingual program includes a rich cultural component, and aligns with our core belief that children need engaging movement and sensory activities to build their basic brain architecture.

Program Highlight: Family Cafés

Las Luciérnagas increased their family engagement this year by offering monthly family cafés. Monthly cafés were hosted at Las Luciérnagas in collaboration with child development and mental health specialists from San Francisco Department of Early Childhood (DEC) and Instituto Familiar de La Raza (IFR). The cafés provided a space in which families could come together to discuss child development topics, access resources and build community. Tea, refreshments, and relaxation activities were provided to further nourish our hard working caregivers. 70% of families chose to participate and many shared that it was time well spent: "It was a great opportunity to hear about other parent's struggles and also to share our joy. I loved the tea time and the guided relaxation."



Las Luciérnagas

90% of caregivers gave us a **perfect score** for how well we supported their child's development

90% of caregivers gave us a **perfect score** for how well we partnered with and supported the needs of their family

100% of caregivers gave us a **perfect score** for the social-emotional support we provided to their child



“My child has had a roller coaster of emotions this year and LL has been a strong partner.”

–Parent

“Agradezco mucho por el soporte que nos dan como padres y por siempre estar atentos de cada detalle.”

–Parent

“I was nervous about how my child would like his first school experience but he loves school and his teachers!”

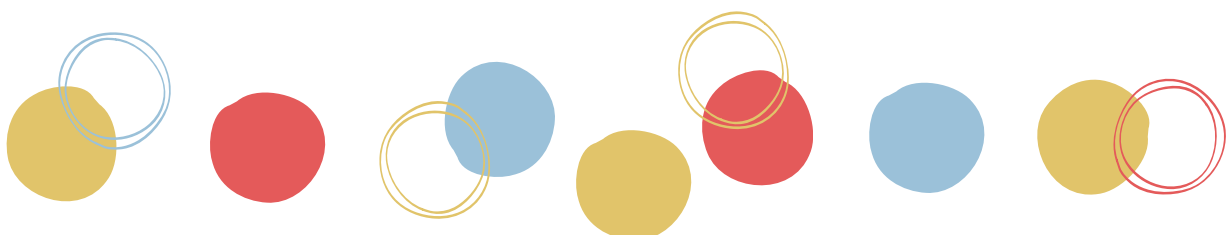
–Parent

Schools on the Move!

Project Commotion's Schools on the Move residency program brings meaningful movement and play directly to where children are: in the classroom. Grounded in child development best practices and health science that demonstrates the power of the brain and body connection, our bilingual English/Spanish movement programs help children to build the foundational skills for both lifelong physical health and later academic success. Throughout 2022-23, Schools on the Move served seven elementary schools and sixteen early childhood centers.

Program Highlight: Creative Expression

The final class for Buena Vista Horace Mann middle schoolers included a performance where students got to showcase the capoeira skills they learned. Students had the opportunity to choreograph their own part of the show and demonstrate it in front of their peers. Individual choreographies showed off skills in acrobatics, dance, martial arts, and musicality. Students beamed with self-confidence and pride.



Schools on the Move!

On year end surveys, 95% of teachers stated that they have included new movement activities [in their classroom routines] after working with Project Commotion.

“These classes are very good for the children 's development... [movement] helps them [children] develop gross motor skills, balance, and improves mood of children” - Teacher

“Gracias! Fue una experiencia fenomenal para nuestros estudiantes (thank you! This was a phenomenal experience for our students).” - Teacher

“Thank you so much! It was inspiring to join in the experience. I learned a lot, and kids had a blast. Best part was seeing them develop confidence and joy in movement.” - Teacher



Community Move

In addition to our direct service work with children, we support children by educating the important adults in their lives about the need for play and movement. Throughout 2023-24, we taught workshops to 382 teachers, educators, parents, and caregivers.

We even took our teachings to the national stage this year! Executive Director, Susan Osterhoff, was chosen to present at the National Association for the Education of Young Children (NAEYC)'s annual conference where she had 138 educators moving and playing and getting excited about how to increase movement in their classrooms to benefit student development.

**“This was such an impactful training! It was inspiring and gave me concrete strategies to use in my program.” -
NAEYC Attendee**

**“Fabulous session...We will be adding inversion stations on the wall of the classroom to add a vestibular experience opportunity [for students].”
-NAEYC Attendee**



2022-2023 Organizational Highlights



Schools on the Move: Moving & Shaking!

Demand for our Schools on the Move program increased dramatically this year as children returned to fully in-person activities! Teachers and administrators shared that students needed support in how to play together in groups, engage in classroom material, and transition from one activity to the next and they trusted our program to help their students thrive at school. In 2022-23, Schools on the Move served 42% more classrooms than the previous year and the team of movement specialists grew from 3 to 5.

One Million

We hit the one million dollar mark this year! Our 2022-23 budget increased by 52% from 2021-22. We are honored that our community of partners and funders value our work and trust us so deeply to make an impact with their resources. For many years we have been the one to pursue funders, and this year we had funders knocking on our door! Our diverse income streams ensure Project Commotion's long term sustainability and allow for flexible, adaptive programming.

Supporting our Early Childhood Educators

Although Project Commotion serves children of all ages, the majority of our programming supports children 0-5 years old by partnering with preschools throughout the city and running our own onsite preschool, Las Luciérnagas. We have always strived to pay our staff a living wage but have struggled as a small nonprofit. This year and moving forward, Project Commotion qualifies for the workforce compensation grant (funded by "Baby Prop C") which specifically supports a living wage for early childhood educators. We are proud that Project Commotion's educators are now making a competitive living wage – finally receiving a salary that honors their depth of knowledge and expertise and the long-term impact they have on our society.

Week of the Young Child

Throughout the Week of the Young Child, Project Commotion collaborated with a team of partners to provide free family events focused on movement, play and wellness every day of the week. Over 150 people participated. Smiles and giggles filled the studio throughout the week as children and caregivers played, explored, and learned together. Participants jumped rope, stretched, imitated animals, played instruments, did obstacle courses, practiced capoeira, and crashed into foam mats. In a playful, interactive environment caregivers learned about co-regulation, communication, and the importance of daily movement and connection for children's physical and mental health. All went home with prize bags overflowing with wellness and active play items.



Thank you to our sponsors!

Tandem Bay Area Mission Neighborhood Centers Capoeira IBCE
Instituto Familiar de la Raza
SF Department of Children, Youth, and Families
Capoeira Arts Foundation
Linguistic Connection

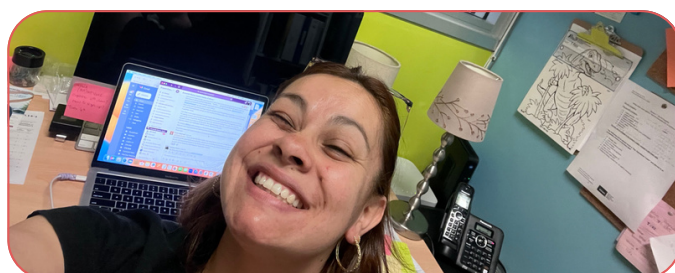
Team Project Commotion 22-23

The team of movers and educators who brought the commotion to 1,170 children throughout the 2022-23 school year were committed, creative, thoughtful, and infinitely talented. Our team grew throughout the year, expanding the expertise and movement power at Project Commotion. From administrative support to being in the classroom, each individual team member contributed to meaningful, lasting impacts on the Project Commotion community and programs. We are so proud of the dedication and growth this team has exemplified.

62% Staff of color

75% Speak more than one language

50% On staff for over three years



Team Project Commotion 21-22

Staff

Ana Magaña
Armando Ibarra
Cárol Acevedo
Cristina Ponce Ponce
Cynthia Garcia Ponce
Dayna Florendo
Diana Esteves
Hannah Kahl
Lily Kraft
Marion Reader
Mia Difley
Raisa Le Roy
Sarah Bauer
Susan Osterhoff
Zez Wyatt

Contractors

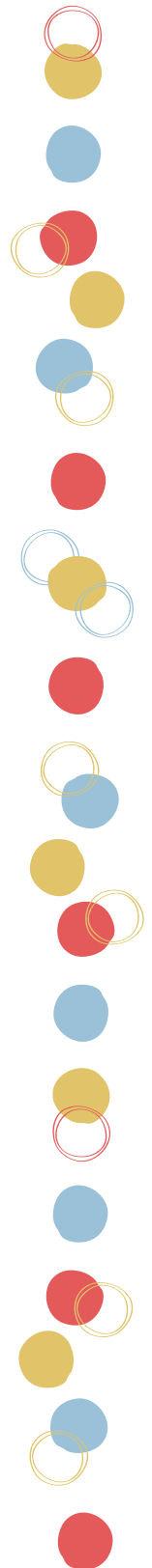
Annie Aguilar
Cindy Lopez &
Linguistic Connections
Jocelyn Panfilo
Yuliana Macias
Zoila Cartagena

Board

Amanda Barnes
Erin O'Malley
Fausto Gortaire-Taysing
Michael Hays
Patty Zevallos
Shilpa Kaji

Partners

All Stars Helping Kids
AmeriCorps
Blaze Consulting
Bryant Elementary
BDO
Buena Vista Horace Mann
Children's Council
Cobb Elementary
El Dorado Elementary
Felton Institute
Good Samaritan
Instituto Familiar de la Raza
Jamestown Community Center
Mission Neighborhood Centers
Moscone Elementary
SFUSD Visual and Performing Arts
Sanchez Elementary
South of Market Child Care
Sunset Elementary
Up2Us Sports
Wu Yee Children Services



Funders

Thank you to the incredible group of supporters that made this year of impact possible.



Francis Lutheran Church
Endowment
Golden Gate Regional Center
Joseph & Vera Long Foundation
Kaiser Permanente
Low Income Investment Fund
Mary Sarvis Memorial Fund
Mimi and Peter Haas Fund
Nicholson Family Foundation
Saint Marks Endowment Fund
Society for Community Works
Tandem, Partners in Early Learning
University Lutheran Chapel
Endowment

Anonymous Foundation
Annunziata Sanguinetti
Foundation
Ashbury Children's Foundation
Bainum Family Foundation
Bothin Foundation
Beth Longwell Foundation
Bill Graham Supporting
Foundation
Brincadeira de Angola Project
California Department of Social
Services
California Arts Council
Capoeira Arts Foundation
Digital Lift
Erich & Hannah Sachs
Foundation
Fenwick Foundation West

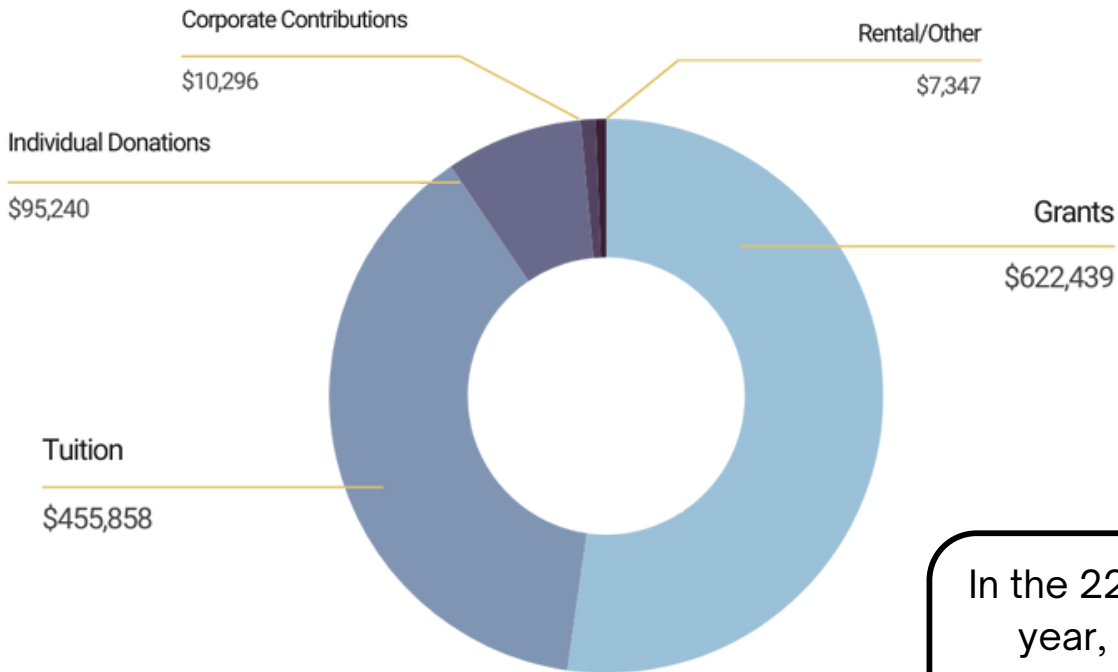
Costco
Epic Games
Ross Stores

And all the generous individual donors that gave to Project Commotion to support our children and families!

Financials

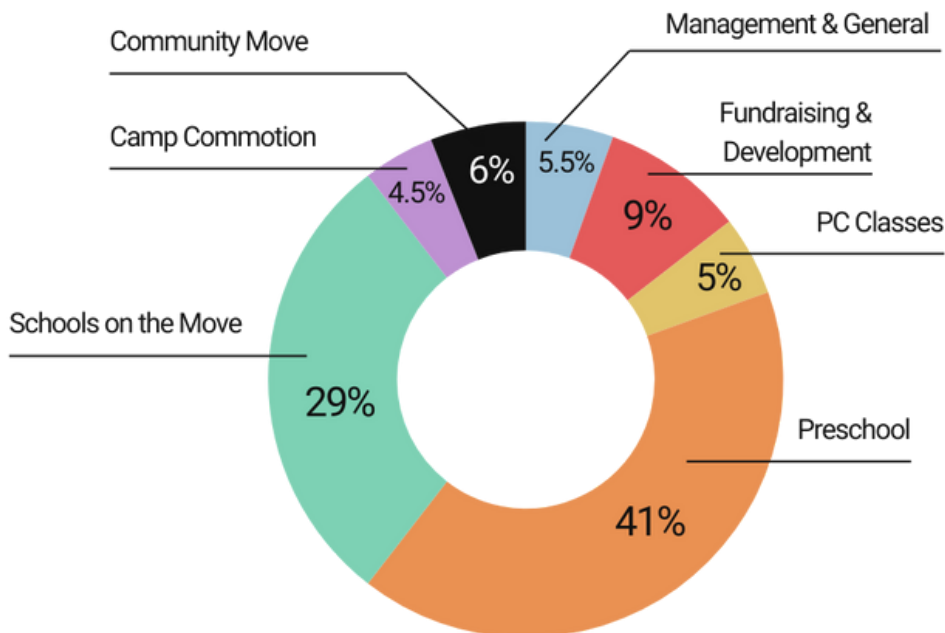
Operating Budget

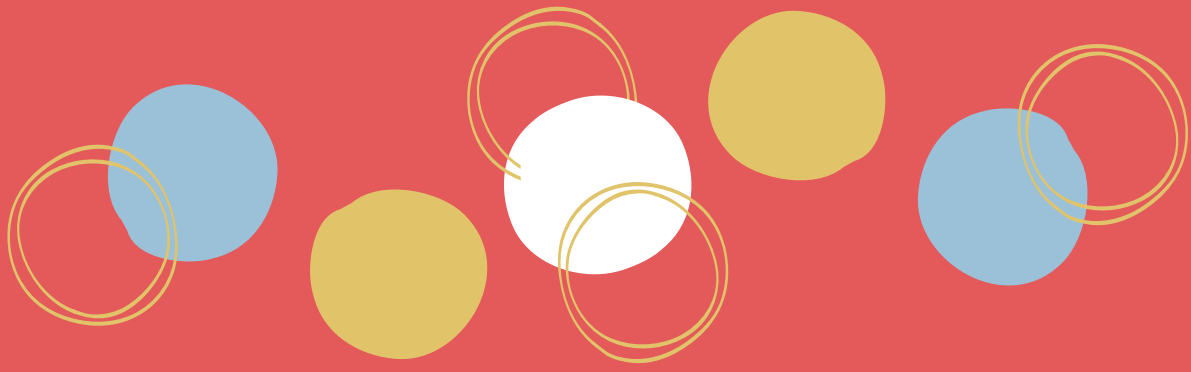
\$1,191,180



In the 22-23 fiscal year, Project Commotion provided **\$92,853** in tuition assistance for program participants.

Spending by Program





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