



Alliance
for a
**Healthier
Generation**

Before & Afterschool Toolkit

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in the Healthy Schools Program

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Robert Wood Johnson
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Supporting healthy schools nationwide

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Before & Afterschool

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Before and afterschool programs are an array of structured programs that provide students with a range of supervised activities intentionally designed to encourage learning and development outside of a typical school day. These programs present an ideal opportunity to help slow the rise of childhood obesity by providing a safe and supervised environment for children to be active and develop healthy eating habits.

Principles that Guided the Development of the Before and Afterschool Criteria

Before and afterschool programs have the potential to improve the health of children by providing programs and services that promote nutrition education, healthy eating habits and enjoyable, lifelong physical activity. Before and afterschool programs act as the missing link for many schools unable to provide children with enough physical activity during the school day and also work to enhance the skills being taught in physical education classes. Before and afterschool programs serving healthy snacks provide children with the energy they need to fully benefit from educational and enrichment activity offerings. Many children and families rely on before and afterschool programs as a safe place to play, learn and socialize. The success of before and afterschool programs rely heavily on staff that is reflective of the school community and receive continued professional development in health-related areas. The rapidly growing availability and changing nature of before and afterschool programs offers a unique opportunity to influence the lifestyles of many children and their families.

Checklist Criteria

- Before and afterschool program offerings dedicate at least 20% of their time to physical activity
- At the elementary and middle school levels, a healthy snack is offered as part of the After School Snack Program reimbursed through the USDA, or an independent meal program that meets the Alliance Competitive Foods and Beverage Guidelines
- Before and afterschool programs offer a variety of physical activity and nutrition education opportunities that reflect the diversity and needs among students, families and the community
- At the elementary and middle school levels, snacks offered are healthy food and beverage selections that reflect the diverse demographics of the school community
- The school encourages students to connect with physical activity opportunities in the community
- All before and afterschool program staff participate in annual professional development on the importance of and strategies for including physical activity and healthy eating as an element of their programs

Bronze

- Meets at least three of the checklist items

Silver

- Meets Bronze and at least five checklist items.

Gold

- Meets Silver and all checklist items.

Platinum

- Meets Gold and school provides access to before and afterschool programs by offering transportation options.

Checklist Criteria:**Before and afterschool program offerings dedicate at least 20 percent of their time to physical activity.****Why?**

Before and afterschool programs offer an excellent opportunity to provide physical activity for many children during a time of the day when they would most likely be sedentary if not given active options. The current recommendation from leading scientific organizations is children should accumulate at least 60 minutes of age-appropriate, moderate and vigorous physical activity on most, if not all, days of the week. Before and afterschool programs provide a prime time opportunity for children to participate in enjoyable, safe, unstructured and structured forms of physical activity.

How?

Physical activities can take place in a traditional afterschool setting, can be integrated into homework time and tutoring sessions and they can be part of a broader approach in which before and afterschool activities are part of a coordinated plan to address school health concerns. Some of the guidelines for developing or enhancing physical activity programs include giving children a choice of activities, an equal opportunity to participate regardless of physical ability, the opportunity to be involved in program planning, age-appropriate activities under the guidance of a qualified adult and providing adequate facilities and equipment.

Physical Activity Offerings:

Incorporate quick physical activity breaks throughout homework time, tutoring sessions, academic enrichment offerings and clubs that are mainly sedentary. For example:

- JAMmin' Minutes
- NC Energizers
- Michigan Brain Breaks
- Implement a thematic approach by coordinating movement activities with content
 - Math tutorials can use physical activity as a basis for math problems (i.e., running at a speed of x; walking at a speed of y; how many calories will you burn if you go two miles?)
 - Academic enrichment lessons can connect geography with physical activity by asking students to walk for 10, 20 or 30 minutes and then plot the distance the group traveled on a map as if they were actually walking from coast to coast.
 - Use physical activity as a discussion starter for oral language development or as a writing prompt (i.e., "I like soccer because...")
- Make physical activity a part of transitions
 - Use music as a cue for transitions and incorporate running in place, jumping jacks, toe touches, etc.
- Start a before or afterschool walking/running club
- Create a fitness club that includes physical activity circuits as well as teaches strength, stamina and flexibility concepts
- Offer weekly intramural sports for each grade level (Soccer, Golf, Tennis, Bowling, Basketball, Volleyball, Swimming, etc.)

- Offer new physical activity opportunities for students to experience such as:
 - Dance (Salsa, Step, Stomp, Hip-Hop)
 - Martial Arts
 - Yoga
 - Pilates
 - Weight Training
- Utilize stimulation video games (Dance, Dance Revolution, Wii Sports and Wii Fit)
- Implement a “best practice” physical activity curriculum located in the Healthy Schools Program Resource Database

Middle School Physical Activity Considerations:

- Adolescents’ exercise habits are influenced by a number of factors including social norms, personal abilities and motivations, and family exercise habits and support
 - Create a student committee to explore what types of PA could be offered before and afterschool
 - Assist adolescents in setting and working toward a specific behavior-change goal
- Create a positive physical activity environment
 - Provide opportunities for students to experience a variety of physical activities that will contribute to an active lifestyle
 - Establish a student-centered program that considers the needs and interests of all students
 - Provide activities in a safe and supervised environment
 - Vary the environment of your program. Instead of running around a track or playing soccer on a soccer field, take your activities to the beach or a local park
 - Provide an opportunity to participate in sports and physical activities without regard for high performance skill or ability
 - Nurture healthy competition, enjoyment, fair play and teamwork

Action Step Example:

Offer before and afterschool programs that dedicate at least 20% of their time to physical activity.

What We Are Looking For:

Provide a copy of the before or afterschool weekly schedule showing physical activities offered and the time allotted each day for all students to participate.

or

- List the types of physical activities incorporated into before and afterschool program offerings and indicate the amount of time and frequency students are offered physical activity opportunities (i.e. 30 minutes/daily).
- Explain how physical activity breaks are infused into homework time, tutorials, sedentary clubs, etc.

Resources:**Afterschool Physical Activity Website**

<http://www.afterschoolpa.com/home.html>

JAMmin' Minutes

<http://www.jamschoolprogram.com>

North Carolina Intramural Sports Handbook

<http://www.fitkidsnc.com/resourcesforintramurals.pdf>

Indoor Fitness Trail Guide

http://www.healthiergeneration.org/uploadedfiles/for_schools/09-877.pdf

Playworks Playbook

http://www.playworks.org/files/Playbook_final_09-10.pdf

NC Energizers Elementary

<http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf>

Curriculums that are in alignment with the Healthy Schools Program Framework Criteria and consistent with American Heart Association standards for scientific validity and accuracy can be found in the Healthy Schools Program Resource Database

<http://www.healthierGeneration.org/Tools/resources.aspx>

Examples Include:

SPARK Active Recreation Curricula information

<http://www.sparkpe.org/programAfterschool.jsp>

GO FAR Walking and Running Club

<http://www.gofarclub.org/index.php>

CATCH Kids Club

<http://www.flaghouse.com/-item-12909>

ReCharge! Energizing Afterschool

<http://www.actionforhealthykids.org/Recharge/index.php>

Skillastics

<http://www.skillastics.com>

Take 10!

<http://www.take10.net/whatistake10.asp?page=new>

Checklist Criteria:

At the elementary and middle school levels, a healthy snack is offered as part of the After School Snack Program reimbursed through the USDA, or an independent meal program that meets USDA nutrition and access standards.

Why?

Since there are many hours between lunchtime and a child's dinner, it is critical to offer nutritious snack options to children participating in afterschool programs. When afterschool programs provide nutritious snacks, they improve the health and well-being of the children they serve and they provide children with the energy they need to fully benefit from educational and enrichment activity offerings. Afterschool snacks can also play an important role in combating childhood obesity by reinforcing healthy eating habits and ensuring that children are not filling their bodies with sugar filled drinks and high fat foods.

Source: The Food and Action Center Afterschool Resource Guide

How?

After School Snack Programs reimbursed through the USDA

1. The National School Lunch Program (NSLP) provides reimbursement to school-sponsored afterschool programs for snacks. A school-sponsored program can be operated by a school (on school grounds or elsewhere). It can also be operated by another organization, such as a YMCA, on or off school grounds, if the school sponsors the program. School-sponsored programs usually participate through NSLP unless they want to serve an evening meal.
2. The Child and Adult Care Food Program (CACFP) provides reimbursement for snacks and, in some cases, meals to afterschool programs that are operated by schools, local government agencies and private non-profit organizations.

USDA determines eligibility by:

- The Afterschool program **MUST** be run by a school that is eligible to operate the National School Lunch Program.
- The school provides students with free and reduced lunch through the NSL program during the school day.
- Purpose of the program **MUST** be to provide care in after school settings.
- Afterschool program **MUST** provide children with regularly scheduled educational or enrichment activities in a supervised environment.

Area eligible reimbursement

- Site is located at a school or in the attendance area of a school where at least 50% of the enrolled children are eligible for free and reduced price meals
- All snacks served by the afterschool program will receive free reimbursement rate

Non Area Eligible

- Must count meals and claim reimbursement by type (free, reduced price and paid), and must have documentation of eligibility for all meals served free or at a reduced price.

3. Independent Meal Programs snacks served in the before or afterschool programs are purchased from supermarkets, warehouse clubs such as Costco, Sams Club, etc. and snack food distributors.
 - Reference Alliance Competitive Foods and Beverage Guidelines when creating snack menus
 - Utilize online tools to ensure the snacks and beverages served in the before and afterschool programs are compliant with the Alliance Competitive Foods and Beverage Guidelines

Healthy Schools Product Navigator

<http://www.healthierGeneration.org/productnavigator>

Healthy Schools Product Calculator

<http://www.healthierGeneration.org/productcalculator>

Action Step Example:

Offer a healthy snack during before and afterschool programs as part of the After School Snack Program reimbursed through the USDA or an independent meal program that meets the Alliance Competitive Foods and Beverage Guidelines.

What We Are Looking For:

1. Attach a copy of the claim for reimbursement form showing afterschool snack reimbursement.
or
2. Describe the equivalent afterschool snack program. Explain tools utilized to ensure the snacks served through an independent meal program satisfy the Alliance Competitive Food and Beverage Guidelines.

Resources:

Healthy Schools Product Navigator

<http://www.healthierGeneration.org/productnavigator>

Healthy Schools Product Calculator

<http://www.healthierGeneration.org/productcalculator>

National Afterschool Snack Program

<http://www.fns.usda.gov/cnd/cAre/regs-Policy/snacks/snacksQAs.htm#>

Sample Snack Menu and Production Record

http://dpi.wi.gov/fns/doc/assnacks_prorec.doc

Afterschool Snack Ideas

<http://www.nde.state.ne.us/ns/nslp/snacks/ideas%20for%20menu%20Planning.pdf>

Checklist Criteria:

Before and afterschool programs offer a variety of physical activity and nutrition education opportunities that reflect the diversity and needs among students, families and the community.

Why?

The before and afterschool environment is ideally suited to introduce children to diverse physical activity opportunities and to provide them with the skills and support needed to adopt healthy eating behaviors for life. This means creating comfortable physical activity offerings for everyone, including children who are overweight, not athletically inclined or might be anxious about their ability to perform; and by providing nutrition education lessons and activities that include taste testing and hands-on experiences that are fun, developmentally appropriate and culturally relevant.

How?

- Invite physical education teachers and coaches to assist before and afterschool staff in developing age appropriate and fun physical activities that reflect the diversity of the students in the program
- Invite health education teachers, school nurses or community partners to teach nutrition education lessons and discuss the importance of making healthy food choices
- Implement a “best practice” nutrition education curriculum developed for out-of-school time programs
- Start an afterschool garden and infuse hands-on nutrition education activities.
- Offer a diverse range of noncompetitive and competitive activities appropriate for all students. (Children who like competition can play touch football, tennis, softball, hockey, soccer, etc. and children who prefer more of an individual effort can participate in activities like track, yoga, skating, swimming, weight lifting, etc.)
- Start a healthy cooking club
- Provide dance offerings that celebrate diverse cultural backgrounds such as Salsa, Meringue, Capoeira, African dance, Native American traditional dance or folk dances from any country or region
- Infuse multicultural physical activities into your program
- Hire staff that will reflect the diversity of the students in your program and provide ongoing training on issues such as cultural competence, working with specific populations, multicultural and anti-bias programming, family diversity and inclusion of disabled youth

Action Step Example:

Offer a variety of physical activity and nutrition education opportunities during before and afterschool programs that reflect the diversity and needs among students, families and the community.

What We Are Looking For:

List the physical activity and nutrition education opportunities offered in before and afterschool programs that reflect the diversity and needs among students, families and the community. For example, we implemented the SPARK Afterschool curriculum; we started a healthy cooking club where students are taught healthy food preparation; we started an afterschool garden to offer students diverse physical activity opportunities and to teach nutrition education, etc.

Resources:

empowerME4Life Healthy Living Curriculum

http://www.healthiergeneration.org/uploadedFiles/For_Teens/em4Life_color_FINAL.pdf

Afterschool Cooking Clubs “Cooking Up Fun”

<http://www.cookingupfun.cornell.edu/index.html#>

Multicultural Games

<http://www.schoolagenotes.com>

Got Dirt? Youth Garden Toolkit

http://dhs.wisconsin.gov/Health/physicalactivity/pdf_files/GotDirt_09.pdf

Growing Healthy Habits

<http://www.fsneq.org/tmp/GHH%20Promotional.pdf>

Curriculums that are in alignment with the Healthy Schools Program Framework Criteria and consistent with American Heart Association standards for scientific validity and accuracy can be found in the Healthy Schools Program Resource Database

<http://www.healthierGeneration.org/Tools/resources.aspx>

Examples Include:

Healthy Lifestyle Choices “Camp Boost Curriculum”

http://www.hlconline.org/about_boost.html

Food and Fun Afterschool

http://www.hsph.harvard.edu/prc/proj_YMCA_foodnfun_sept06.pdf

Empowering Youth with Nutrition & Physical Activity

<http://teammnutrition.usda.gov/Resources/empoweringyouth.html>

Promoting Healthy Activities Together (P.H.A.T.)

<http://www.canfit.org/phat/about.html#>

Checklist Criteria:**Snacks offered are healthy food and beverage selections that reflect the diverse demographics of the school community****Why?**

Culture and socioeconomic status complicate the food choices that all children must make on a daily basis. While all children must learn to minimize eating unhealthy foods, low-income children must do so in neighborhoods where unhealthy selections and fast food restaurants are many times the only options. Many children live in environments where the healthiest foods are neither affordable nor readily available. Before and afterschool programs have the opportunity to introduce children to new fruits and vegetables while providing healthy snacks that reflect the diversity of the school community.

How?

- Introduce new fruits and vegetables into the snack menu every month
- Involve the students in menu planning to teach them about healthy food choices and increase their buy-in when serving diverse snack options
- Provide students with taste tests when introducing new foods
- Create student surveys to determine what foods are traditionally eaten at home
- Ask local chefs to share their knowledge and healthy food preparation tips with students
- Visit local farmers market or produce store within the community
- Use multicultural cookbooks (i.e. Magical Melting Pot Cookbook, Cooking with Kids: Integrated Curriculum, etc.) to teach students about food, geography, language and to introduce them to international food and culture
- Create a “healthy snack” cookbook by asking families to share traditional snacks, supply them with recipe cards to fill out and return
- Use recipe cards to create quarterly potlucks where traditional snacks are made with healthier ingredients

Action Step Example:

Offer healthy food and beverage selections for snacks that reflect the diverse demographics of the school community during before and afterschool programs.

What We Are Looking For:

Describe how the before or afterschool snacks you serve are considerate of the varying linguistic, cultural and socioeconomic backgrounds of the school community. For example, some schools that have an independent snack program (no USDA reimbursement) conduct student surveys or parent questionnaires to ensure they provide diverse snacks and other afterschool programs receiving USDA reimbursement can provide a statement (information from their food service director) indicating the snacks served follow the same diversity considerations as school breakfast and meals.

Resources:

Explore the World with Fruits and Vegetables

http://www.fruitsandveggiesmatter.gov/downloads/explore_guidebook.pdf

Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/ethnic.pdf>

Taste Testing New Foods

<http://www.vtfeed.org/assets/files/TasteTestGuide2005.pdf>

Afterschool Student Questionnaire

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/CKC-questionnaire.pdf>

Checklist Criteria:**School encourages students to connect with physical activity opportunities in the community****Why?**

Increasing community involvement in before and afterschool programs can yield significant benefits to programs and the students that they serve. Community partnerships have the potential to meet a wide variety of needs, from improving participant recruitment and attendance to contributing volunteers or other resources to programs. Outreach is an important way to strengthen before and afterschool programs that promote physical activity and healthy eating. Potential community partners include park and recreation departments, fitness clubs, hospitals and youth-serving organizations. By tapping into existing resources, before and afterschool programs do not have to recreate the wheel but utilize available resources within their community.

How?

Assess your current community resources:

- Is the director of your before and/or afterschool program(s) on your school wellness council?
- Does your school or district wellness committee include before and afterschool stakeholders?
- Do you have programs administered by partner organizations like YMCA or Boys and Girls Clubs?
- Do you communicate with community-based youth organizations to provide students with weekly/monthly updates of physical activities offered in the community?
- Think outside your school building -are there community groups, parents or businesses who could provide resources for your before and/or afterschool program(s)?

Examples of connecting to the community:

- Participate in a charity walk or run
- Consider partnerships with local park and recreation departments for access to public pools, golf courses, parks, walking trails, etc.
- Provide students with a monthly calendar of physical activity events in the community
- Create a bulletin board to post flyers/brochures of physical activity opportunities in the community for students and families
- Schedule continuous fitness programming with a certified fitness instructor
- Hold an "Afterschool Olympics" fitness event and invite area schools to compete
- Celebrate physical fitness with local youth organizations such as the YMCA's "Healthy Kids Day"
- Invite a yoga instructor to lead activities that teach "stress relief" strategies
- Contact local fitness facilities and gyms to ask if students can utilize their facilities at a free or discounted rate and/or ask them to provide fitness instructors to visit the school to lead physical activities
- Partner with local hospitals and public health departments
- Invite a guest to discuss bicycle safety and provide students with maps of community bike trails
- Ask your schools PTA/PTO to provide information about community fitness events

Action Step Example:

Encourage students to connect with physical activity opportunities in the community.

What We Are Looking For:

Describe how and what physical activity opportunities in the community are promoted by the school. If applicable, attach any promotional materials used. Examples: Flyers were provided to our students and families to participate in a local 5K race/walk; our teachers and students participated in a benefit softball tournament for a local charity; at parent pick-up we have a "Fun & Active Families Bulletin Board" to post community events at local parks, public pools, golf courses, walking trails, etc.

Resources:**Building Community Partnerships**

http://www.childtrends.org/files/child_Trends-2008_03_12_Pi_communityPartner.pdf

Community Fitness Events Search Engine

<http://www.active.com>

BodyWorks: Connecting Students, Families, Schools and Communities

<http://www.womenshealth.gov/bodyworks>

Building Healthy Communities (TASC)

http://www.tascorp.org/section/what_we_do/program_support/community/service/bhc

Physical Activity for Local Students (National Middle School Association & Comprehensive Health Education Foundation)

(http://www.csba.org/educationissues/educationissues/Wellness/~//media/files/educationissues/Wellness/PAIs_Guide.ashx)

Checklist Criteria:

All before and afterschool program staff participate in annual professional development on the importance of and strategies for including physical activity and healthy eating as an element of their programs.

Why?

The quality of before and afterschool programs depends heavily on the ability and professional development training of the program's staff. Before and afterschool staff must be able to relate effectively to the children they serve, understand their diverse needs, develop and execute age-appropriate and engaging activities, help them resolve behavioral problems and issues between themselves and others and interact effectively with parents and school staff. Professional development opportunities help to increase the retention of staff at all levels as well as expose before and afterschool providers to current research and best practices in the field which can then be integrated at the program level.

How?

- Encourage and provide opportunities for before and afterschool staff to participate in free Webinars offered by the Healthy Schools Program
- Provide in-service training on physical activity and nutrition to before and afterschool providers
- Dedicate time for physical education teachers to share their ideas and expertise with before and afterschool staff
- Connect with your state affiliate of the National Afterschool Association or Afterschool Alliance state networks to offer cross-city and cross-state professional development opportunities
- Provide opportunities for before and afterschool staff to attend training seminars and resource centers provided by external organizations such as YMCA, Boys & Girls Clubs, Parks and Recreation Programs, etc.
- Attend local and national conferences focused on physical activity and nutrition education
- Make staff aware of higher education training, such as continuing education courses and degree programs
- Create mentoring programs where experienced staff model best practices for new staff
- Distribute ongoing informal resources such as newsletters, flyers and brochures that focus on physical activity and nutrition

Action Step Example:

Offer annual professional development opportunities on the importance of and strategies for including physical activity and healthy eating as elements of before and afterschool programs to all before and afterschool program staff.

What We Are Looking For:

Provide documentation training date(s), name of the organization or agency presenting or sponsoring the training and the topics covered. It is the same information included in the recognition application.

ALL before and afterschool staff received the following training(s):

- Examples: Participated in Webinars provided by the Healthy Schools Program, received SPARK, CATCH or another physical activity and nutrition education curriculum training, attended school district trainings, local community trainings or national conferences with a focus on physical activity and nutrition education, etc.

Training Date	Provided by (name, organization or agency)	Topics covered:

Resources:

Healthy Schools Program Webinars: a presentation and/or workshop that is shared over the Web while participants listen to audio through their telephone (conference call and online presentation all at once--at no cost)

<http://www.healthierGeneration.org/schools.aspx?id=3474>

Resources on Afterschool: Professional Development Opportunities

http://www.afterschoolresources.org/directory/professional_development_a/professional_development.html

AfterSchoolPro.net : Afterschool conferences and professional development trainings

<http://www.afterschoolpro.net/calendarofevents.asp>

Child Trends, the Importance of Professional Development for Youth Workers

http://www.p21.us/resources/Professional_development_insight.pdf

Promising Practices in OST Professional Development

http://repository.upenn.edu/cgi/viewcontent.cgi?article=1098&context=spp_papers

Platinum Criteria:**School provides access to before and afterschool programs by offering transportation options****Why?**

Transportation appears to be the most complex and difficult of the challenges faced by school-based, before and afterschool programs. Students who require transportation in the hours before and after school are most likely the same students who would most benefit from the added support the programs offer. The lack of transportation options not only influences the hours of programming and who is able to participate but it also affects the cost of the program. Transportation is a major cost barrier for before and afterschool programs and it is a critical safety and logistical concern for families. Finding funding to support transportation services can be a challenging process. Because no dedicated revenue sources for transportation for before and afterschool initiatives exist, school administrators, community leaders and program developers need to be creative in thinking about potential funding sources and financing strategies.

How?

- Identify your transportation needs
 - Before approaching funders and potential partners, be clear of your program's transportation needs, including the number of students requiring these services, the time frame for which transportation is needed and the geographical area to be served.
- Familiarize yourself with the range of transportation resources currently available in your community.
 - Take an inventory of the transportation resources currently available in your area, including both public and private transit systems.
 - Think creatively about how existing transportation resources could be modified or expanded to serve children and youth in your program.
- Become knowledgeable about the federal, state and local transportation funds that are allocated to your community.
 - Identify which agencies and organizations fund transportation services, what services they support and how decisions about resource allocations are made.
- Remember that transportation funding is a political process.
 - Many transportation funding sources are relatively flexible, with local elected officials and appointees determining their use.
 - Identify key officials within relevant agencies and cultivate positive relationships with them.
 - Schedule meetings with decision makers to introduce them to your initiative and to explain the importance of transportation services.
- Join forces with other stakeholders.
 - Many individuals and organizations, including parents, schools, policymakers, community leaders and funders, have a stake in finding solutions to transportation problems.
 - Bring interested parties together to design and advance a transportation development project. Remember that no single person or organization is likely to be able to do the job alone.

- Take advantage of required public comment processes.
 - Under many of the U.S. Department of Transportation grant programs, applicants must provide an opportunity for public comments on proposed projects. Use these opportunities to gain support for transportation projects that serve children and youth from your program.
- Transportation planning requires time.
 - When working collaboratively with local and regional transportation boards, keep in mind that most transit planning is completed three years prior to its implementation.

Action Step Example:

Provide students participating in before and afterschool programs access to transportation options.

What We Are Looking For:

Describe the transportation options that are offered to students attending school-based before and afterschool programs.

Resources:

The Finance Project, Financing Transportation Services to Support Out-of-School Time and Community School Initiatives.

<http://www.financeproject.org/publications/Brief9.pdf>

Federal Resources to Address the Transportation Needs of Your Afterschool Program.

http://www.afterschool.gov/xhtml/topic/t_14.html

The Finance Project, Financing and Sustaining Out-Of-School Time Programs in Rural Communities: Addressing Transportation Challenges through Innovative Partnerships.

<http://www.financeproject.org/publications/osTruralyouth.pdf>

What is considered physical activity 20% of the time?

- 10 minutes of physical activity breaks for a one hour program such as a tutorial, academic enrichment and sedentary clubs.
- 30 minutes of physical activity for a two to three hour program that might consist of a snack, homework help and enrichment activities.
- Before or afterschool programs specifically designed for physical activity such as walking clubs, yoga classes, soccer clinics, intramurals, fitness clubs, etc. would be doing at least 45 minutes of PA during the hour if we factor in 15 minutes of the hour will be used for changing clothes, stretching, activity demonstration, etc.

Get your Afterschool Programs Moving in the Right Direction!

1. Strategies for programs to increase the activity levels of all participants:

- Provide both structured and unstructured activities
- Create an activity schedule and stick to it
- Offer several activities to increase variety
- Group students into similar age groups
- Use age-appropriate equipment

2. Strategies for before and afterschool staff to improve activities to benefit students:

- Create a physically and emotionally safe environment
- Establish rules and behavior expectations
- Show enthusiasm while teaching
- Make an effort to build students' fitness and skills

3. Strategies to increase activity participation and enjoyment:

- Play lively music to encourage movement
- Give students choices of activities and equipment to use
- Create smaller groups to provide more practice opportunities
- Motivate students by providing challenges

Reference: Strategies adopted from the SPARK Program July eNewsletter, 2010

Before and Afterschool FAQs

1. What is a before and afterschool program?

Before and afterschool programs (BA) are safe and structured offerings that provide children with a range of supervised activities designed to encourage learning, development and recreation outside of the typical school day.

2. What is required of schools that have an existing before and/or afterschool program to fulfill the Healthy School Program (HSP) Criteria?

If an elementary or middle school has an **existing** before and/or afterschool program, for example, a program that provides care for children 1-2 hours before school or 1-3 hours after school and could possibly include any of the following: homework help, snack, academic enrichment programs/clubs, sports/intramurals, tutoring, etc., they have the opportunity to achieve all BA criteria.

3. What is required of schools that do not have before and/or afterschool programs?

If an elementary or middle school **does not** currently have before or afterschool programs in place, the HSP encourages schools to provide some type of physical activity and nutrition education opportunities to their students before and/or afterschool. These offerings do not have to be continuous (everyday/all year) but some type of offering(s) to increase the amount of PA students receive and to educate them on healthy eating habits is necessary.

4. Why are high schools exempt from the BA Criteria for the 2010-2011 school year?

It was the decision of the Alliance, with guidance from Judy Nee, President of the National Afterschool Association and member of the Alliance's expert panel, to make high schools exempt from BA criteria for the 2010-2011 school year. Due to students involvement in sports, clubs (yearbook, newspaper, honors society, etc.) and part-time jobs, high schools do not lend themselves to providing the same BA offerings as elementary and middle schools. The before and afterschool offerings of high schools are captured in the physical activity criteria checklist.

5. Does my school qualify for reimbursable snacks through the National School Lunch Program (NSLP)?

The NSLP provides reimbursement for snacks to school-sponsored afterschool programs. A school-sponsored program can be operated by a school on or off school grounds, or they can be operated by other organizations, such as a YMCA. School-sponsored programs usually participate through NSLP unless they want to serve an evening meal.

6. Does my school qualify for reimbursable snacks/meals through the Child and Adult Care Food Program (CACFP)?

Under the CACFP, a public or private nonprofit organization (including a school) must operate an afterschool program which: provides children with regularly scheduled activities in an organized, structured and supervised environment; includes educational or enrichment activities; and is located in a geographical area served by a school in which 50 percent or more of the children enrolled are eligible for free or reduced price school meals. *Afterschool meals can be served for at-risk children through age 18 who are participating in afterschool programs in the following eligible states (DE, IL, MI, MO, NY, OR, PA, WV).*

7. How do we know if our school connects students to physical activity in the community?

There are several ways for a school to connect its students to physical activity offerings in the community. Some schools have a bulletin board outside their gym and post community activities, have flyers available in the front office to inform students about sports leagues, open swimming, park hours and weekend activities and/or offer students discounted yoga, dance and martial arts classes in partnership with a local gym. Schools also encourage students and families to participate in charity walks or runs and may even organize a team to participate together.

8. What is considered professional development for before and afterschool staff?

Professional development includes a wide variety of classes and seminars that discuss physical activity and nutrition. Before and afterschool staff might participate in free Webinars offered by the Healthy Schools Program, an in-service training on physical activity and nutrition, inviting a physical education teacher to share ideas and expertise with BA staff on strategies for infusing physical activity into current or new programs. Other ideas for professional development include attending a training provided by the YMCA, Boys & Girls Clubs, Parks and Recreation Programs, etc., or a local/national conference focused on physical activity and nutrition education.

Before and Afterschool Program Student Survey

1. What type of before/afterschool activities do you think are important:

- Homework time
- Tutoring time
- Physical activities and games
- Sports
- Enrichment activities (arts & crafts, science club, chess club, etc.)
- Healthy snacks offered
- Nutrition education
- Service learning projects

Other (be specific) _____

2. If organized physical activities were offered, would you rather participate before or after school?

- Before School
- After school

3. Which of the following physical activities would you participate in?

- Sports programs
- Walking/running club
- Yoga
- Skateboarding
- Martial Arts
- Dance
- Wii Fit or Dance, Dance Revolution
- Other _____

