Healthy Eating and Physical Activity!

Healthy Eating and Physical Activity in Afterschool!
September 2018

Spotlight
Play Time is Important During Afterschool!

The Healthy Eating and Physical Activity (HEPA) standards promote physical activity during afterschool programs. The following requirements around physical activity help ensure all kids have appropriate options to get the exercise they need during afterschool:

- All afterschool programs must include at least 30 minutes of physical activity, especially outdoors, if possible.
- There must be a variety of physical activity options that must include aerobic and cardio-respiratory activities, such as swimming, jogging, dancing, or cycling and age-appropriate bone- and muscle-strengthening activities, such as jump rope, push-ups, or sit-ups.
- There must be an offer of free play with space available for unstructured physical activity or organized physical activities.
- The activities must be non-competitive.
- Activities must be adaptable, accessible, and inclusive with all abilities, including physical, sensory, and intellectual disabilities.
Getting active during afterschool is important for many reasons. Physical activity gives students a break from academic work and makes them more attentive and productive during academic activities. It allows students to develop social skills playing with peers, including negotiation, cooperation, sharing, problem-solving, perseverance and self-control. Time being physically active also allows students a time to play, imagine, think, move, and socialize.

With all these benefits of having physical activity during afterschool, it is important to get students to be active each day. Here is a list of physical activities that are appropriate for youth from kindergarten through twelfth grade.

**What is the Healthy Afterschool Movement?**

Today, states are adopting policies to recognize high-performing sites, and if you attend any major national afterschool conference, HEPA (short for healthy eating and physical activity) is on the agenda. There is even an afterschool Most Influential in Health & Wellness list. This summer, HOST Coalition leaders refreshed the national standards to improve user experience.

Now is the time to integrate social, emotional, and academic development into the healthy afterschool movement. Here are three opportunities:

1. **Nutrition Education Infused with Social, Emotional, and Academic Development**
   As the research base grows and tells us that "learning is social and emotional," our approach to nutrition education and physical activity must evolve. Another potting, 4 Ways to Foster Belonging through Physical Activity, shares simple resources to increase quality physical activity while encouraging relationship building and inclusion. Talking about healthy eating also provides many opportunities to blend social, emotional, and academic development practices like cooperation, compassion, and teamwork into activities and instruction; for example, adding conversation prompts to snack time. To explore even more ideas, visit Building Connectedness through Healthy Eating.

2. **Wellness Policies and Youth Voice**
   Wellness policies help ensure that implementation of national standards is the norm for organizations and sites. In particular, as staff turnover is a major challenge, educating new staff and volunteers on the importance of the social and emotional climate is essential to building momentum, and adopting strong wellness policies will help maintain consistency even as staff come and go. Engaging staff, families, and students in developing and implementing policies strengthens decision-making and buy-in. Consider organizing a Youth-Hosted Forum to dialogue and action plan as a community. For additional guidance on engaging youth as wellness leaders, explore NRPA's best practices guide.

3. **Training and Technical Assistance**
   For the healthy afterschool movement to stay relevant, it is essential that educators are introduced to new concepts via strong professional development resources that connect the dots across different issue areas. For example, the National Girls Collaborative Project helped develop STEM and Wellness: A Powerful Equation for Equity. Professional development is also critical as we learn more about the importance of social, emotional, and academic development. Afterschool educators have the power to transform the school day, and blending topic areas creates even more opportunity for school-community collaboration. Those developing resources must keep social and emotional health at the heart of trainings and encourage afterschool leaders to work collaboratively with schools, especially school wellness councils, to find areas of synergy. To learn more, here are Tips from 7 Experts on School-Community Collaboration.
The cohesiveness of the healthy afterschool movement is an opportunity to operationalize social, emotional, and academic development in an organic and meaningful way. If all of us become champions of young people's social, emotional, and academic development, we can reinvigorate current progress and bring even more partners to the table. Most importantly, together, we can demonstrate that quality afterschool is healthy afterschool and that healthy afterschool is only healthy if social and emotional health is prioritized.

Click here for the link to the article on EdWeek.

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North Country Training Institute

REGISTER NOW!

Where: Child Care Coordinating Council of the North Country, 194 U.S. Oval, Plattsburgh, NY 12903
When: Saturday, October 13, 10 AM to 5 PM
Cost: $99
Who: Front-line staff in school-age settings

What:
- 6 hours of professional development in OCFS approved topic areas!
- Lunch provided!
- Lots of Networking Opportunities!
- Hands-on workshops!

Join Erin Broderick and Timothy Fowler for a day of school-age training! The North Country Training Institute will cover topics relevant to school-age providers in afterschool, summer, and expanded learning programs. This day-long event features four 90-minute sessions (a total of 6 hours of training):
• Guiding Positive Behaviors.
• Games for Groups.
• Developing an Active STEM Learning Environment.
• Bookmaking.

Maximum enrollment is 40 participants, so don’t wait to register!

Scholarship funding to participate in this training may be available through the Educational Incentive Program (EIP). For more information or to apply for a scholarship, please visit www.ecetp.pdp.albany.edu. You may also contact EIP at eip@albany.edu or 800-295-9616.

To register via check or eip, email timothy@networkforyouthsuccess.org.

Register for the 2018 Rochester Regional Training Institute!
Saturday, November 10, 2018
Radisson Hotel Rochester Airport 175 Jefferson Rd, Rochester, NY 14623

Take advantage of the Early Bird Rate until September 30!
Register Now

High-Quality Professional Development
• Six OCFS training hours
• Variety of topics
• Appropriate for supervisors, teachers, and frontline staff working with school-age children
• Networking opportunities
• Buffet lunch

For More Information:
Visit our Regional Institute Webpage

Scholarships
Scholarship funding to participate in this training may be available through the Educational Incentive Program (EIP). For more information or to apply for a scholarship, please visit www.ecetp.pdp.albany.edu. You may also contact EIP at eip@albany.edu or 800-295-9616. If you have received an EIP, please sign it and mail it to the Network along with your registration.

For any questions or to register via check or EIP, please contact Erin@networkforyouthsuccess.org.

Now Accepting Proposals for the 2019 Annual Conference!
Friday, May 10, 2019 to Saturday, May 11, 2018
Saratoga Embassy Suites in Saratoga Springs, NY
This event brings in over 200 afterschool professionals (administrators, executive directors, directors, teachers, and frontline staff) from across the state. We are accepting proposals in the following topics, but are also open to new and innovative ideas. The workshops are either 90 minutes or 30 minutes.

- Diversity and Inclusion
- Social and Emotional Learning
- Science, Technology, Engineering, Art, and Mathematics (STEAM)
- Guiding Children’s Behaviors
- Program Sustainability
- Program Quality Improvement
- Leadership Development for Professionals
- Family Engagement
- Trauma-Informed Care
- Arts
- Self-Care
- Movement

Submit Your Proposal Today!

All submissions are due by October 24, 2018. Selected presenters will be notified by November 30, 2018. Accepted presenters also receive free admission to the conference on the day of their presentation.

Feel free to share this RFP with your colleagues and friends!

The link to the RFP:

More information on the event:
http://networkforyouthsuccess.org/annual-conference/

To register as a participant:
Registration will begin in December!

If you have any questions, please contact Erin@networkforyouthsuccess.org.
Upcoming Events

9/24 - 9/29: CACFP Week NY
This week marks the beginning of CACFP Week! CACFP is the Child and Adult Care Food Program. It is a federally funded nutrition program through which eligible afterschool programs can claim reimbursement for serving healthy meals and/or snacks to youth ages 18 and younger. Help spread the word about CACFP this week by sharing our posts on Facebook and Twitter! And for more information about CACFP qualifications and how to apply visit AfterschoolMealsNY.org.

9/11 - 12/18: Distance Learning SAC Credential I Prep Course
The Network offers an alternative way to gain and document skills to earn your SAC Credential if you don’t live near a Host Agency that offers face-to-face classes. SACC Prep I covers Skill Areas 1-7 and helps you prepare your Portfolio and Resource File as well as share, discuss, and learn from colleagues throughout the state about the value, purpose, and process of your work. For more information and to apply for the course, go to: http://networkforyouthsuccess.org/credential/distance-learning/

9/26: New York State SAC Credential Classes Begin, Capital Region
The Network, in partnership with the Capital District YMCA, will be offering SAC Credential classes this fall. Classes will be held at the North Albany YMCA on Wednesday nights from 6:30-9:30 PM. For more information, please contact: Alicia Salamone-Powers asalamonepowers@cdymca.org 518.463.9622 x 1320.

9/27: Foundational Series for Line Staff: Introduction to Child and Youth Development
In this Partnership for After School Education foundational workshop, participants will learn about the stages of child and youth development to gain a broader understanding of the needs of children and youth. Participants will also engage in activities that support the healthy development of children and youth and will learn how to plan and integrate activities that support various developmental levels and stages. The workshop is from 10am-1pm in NYC. Click here for more information, how to register, and a full list of events.

9/30: Drone Info Day
Join CNY Drones for their 3rd annual day of sharing and discussion on drone technology and STEM! The event will be held at SUNY Polytechnic Institute, Student Center MPR from 12-3pm and it is FREE! The event will include 2019 FOREST FURY Team Drone Challenge Kick-Off, Indoor / Tiny Whoop Class Interactive Drone Demonstrations, and guest booths - information on drone tech innovation, area initiatives and opportunities! For more information, click here!

10/1: Aperture Edu- Session 1: The Science of SEL
Learn about the difference between assessments and surveys and how both can be used to gather data points. We will cover the importance of high-quality psychometrics when making decisions about teaching students critical SEL skills. Topics covered include: Psychometrics, Research, Peer-reviewed Articles, Evidence. To register, click here!

10/3: Aperture Edu- Session 2: Inform & Measure Results
Learn about the importance of starting with reliable SEL data, the different developmental approaches that incorporate SEL, and how to best inform teaching and measure the results. Topics covered include: MTSS, Universal Curricula, Intervention Strategies, Universal Screening, PBIS, Short and Long-term approaches to SEL, Connecting In-School with OOST. To register, click here!

10/4: Summer Meals Matter: Improving Meal Quality and Incorporating Local Foods
October is National Farm to School Month, but there are opportunities to incorporate fresh, local foods into meals served all year – even during the summer! The quality of meals plays a key role in the success of summer meal programs. One way to improve the quality and appeal of the Summer Nutrition Programs is to make local foods part of the meals and snacks served at sites. Join this call through the Food Research and Action Center (FRAC) to learn from sponsors and program providers how sourcing locally can have a positive impact on programs, children, and the community. Click here to register!

10/10: Aperture Edu- Session 3: Key Indicators & Their Connections to SEL
Students that have a need for social-emotional instruction are 4.5X more likely to have a severe infraction this year. We know this is alarming, so our third session covers how social-emotional competence links to infractions as well as other key indicators like academic achievement and income-achievement gaps. Early Indicators and a proactive approach to addressing SEL skills can have lasting results in your buildings.
Topics covered include: Universal Screening, Reducing Infractions and Referrals, Proactive Skill Building, High Quality Data.
To register, click here!

10/11: Youth Resource Fair
The New York State Office of Children and Family Services and Hudson Valley Community College are teaming up to support youth in care and promote their success. They are hosting a Youth Resource Fair to raise awareness among youth and their families of what supportive programs and resources there are and how to access them. Vendors will provide information and insights on child welfare system topics ranging from employment and career development to education, financial literacy, health and wellness, LGBTQ issues, mentoring, youth leadership, and voice and life skills. Don’t miss this exciting opportunity to connect youth and young adults to vital programs and resources! Location and Time: Campus Center, Hudson Valley Community College, 80 Vandenburgh Ave Troy, NY 12180, 12:00 PM - 6:00 PM

10/11: Foundational Series for Line Staff: Supporting Good Nutrition
In this Partnership for After School Education workshop, participants will review nutrition principles and discuss current eating behaviors, physical activities, and lifestyle trends that impact children’s health. Participants will explore ways to balance food options, make healthy choices with limited resources, and encourage and model healthy behavior to youth and their families. Participants will also learn activities to teach children about healthy eating. The workshop is from 10am-1pm in NYC.
Registration opens on Monday, September 24 at 9:00 am. Click here for more information, how to register, and a full list of events.

10/16 and 10/17: The ECMHC Crisis of Confidence
This live webinar series is designed to support those providing early childhood mental health consultation. A crisis of confidence happens in situations in which we have stopped believing that someone or something can work (is good). The work of an ECMHC can be as heartbreaking as it is rewarding. It is imperative that ECMHCs take time to pause and reflect on the emotionally intense nature of this work and the toll it takes on our confidence. Join seasoned ECMHC, Rachel Wagner, to do just that. To register click here.

10/17-10/19: Community Schools Fundamentals Conference, New York City, NY
Children’s Aid National Center for Community Schools presents the Community Schools Fundamentals Conference, a three-day seminar designed specifically for those new or relatively new to community schools. The Fundamentals Conference will share CA’s lessons learned from over 25 years of implementation in New York City and capacity building across the country and beyond. In addition to conducting a study visit to a CA community school, participants will learn about the foundations and the “nuts and bolts” of the strategy. For more information and to register, follow this link!
10/23 and 10/30: Building Your Bounce Professional Development Learning Series
This train-the-trainer live webinar series provides participants with a copy of the Building Your Bounce Professional Development Learning Series that can be used to promote staff wellness in a variety of professional development events including staff meetings and in-service trainings. Join Nefertiti and learn how you can create an overall culture of resilience. To register, click here.

10/24: Foundational Series for Line Staff: Child Abuse Identification and Prevention
Participants in this Partnership for After School Education workshop will learn physical and behavioral indicators of child abuse and maltreatment. Participants will learn when and how a report must be made, actions the reporter is mandated to take, legal protections afforded reporters, and consequences for failing to report. The workshop is from 10am-1pm in NYC. Registration opens on Monday, October 8 at 9:00 am. Click here for more information, how to register, and a full list of events.

10/25: Lights On Afterschool, Nationwide
One million Americans will celebrate afterschool programs at 8,000 events nationwide. It's time for Lights On Afterschool! Registration for the 19th annual nationwide rally for afterschool is open. Thursday, October 25, 2018 is a golden opportunity to make sure parents, policymakers, and communities understand the impact of afterschool programs in keeping kids safe, inspiring them to learn, and giving families peace of mind. The event planning kit has all the tools you need to help generate press coverage, excite the community, and inspire policymakers to invest in afterschool. Register today!

10/25-10/26: 48th Annual Youth Development Training Conference, Tarrytown, NY
The Association of Youth Bureaus and The Coalition for Homeless Youth invite youth professionals to attend their Annual Youth Development Training Conference. The training conference will focus on issues and initiatives supporting positive youth development, runaway and homeless youth, and afterschool programs and services. The conference offers colleagues the opportunity to share best/promising practices, learn skill sets to assist youth in achieving their goals, and hear updates on federal, state, and local issues and initiatives impacting the youth development field. More information can be found here.

10/26-10/28: 2018 NAMI-NYS Educational Conference
The conference will feature national leaders in mental health research, treatment, service delivery and advocacy who will provide attendees with the tools needed to understand how the treatment of psychiatric disorders is moving forward. Key topics disseminated at the conference will include identifying various types of community-based mental health services, the importance of family engagement in recovery, how to communicate the need for treatment to people who refuse treatment or don't recognize their illness, suicide prevention strategies, how NAMI-NYS can serve as community partners as well explore key advocacy issues such as mental health housing and insurance parity. To register follow this link.

11/1: Foundational Series for Line Staff: Creating Physically Safe Spaces
In this Partnership for After School Education workshop, participants will learn how to spot safety hazards and make appropriate changes to keep youth safe. Participants will also understand safety procedures for indoor and outdoor environments, such as fire drills, evacuations, field trips and travel, and inter-agency communication; and gain a better understanding of effective communication and emergency response systems with program stakeholders, including parents, agency headquarters, and if school-based, designated building administrators. Participants will review School-Age Child Care (SACC) regulations related to safety and understand what their site's safety plan should include. The workshop is from 10am-1pm in NYC. Registration opens on Monday, October 15 at 9:00 am. Click here for more information, how to register, and a full list of events.
11/1 and 11/8: Optimize Your Use of the DECA-C (Clinical)
This live webinar series highlights the DECA-C (Clinical): a standardized, norm-referenced behavior rating scale that evaluates behaviors related to social and emotional resilience and concerns in preschool children ages 2 through 5. It is designed to support early intervention efforts to reduce or eliminate significant emotional and behavioral concerns in preschool children. This webinar will focus on using the DECA-C as part of the DECA Program as well as its use as a stand alone tool. To register click here.

11/8: Foundational Series for Line Staff: Conflict Resolution
This Partnership for After School Education workshop will cover the basics of conflict resolution and effective communication. By exploring the roots of conflict, participants will gain new strategies not only for dealing positively with conflict, but also for helping children and youth manage conflicts. Participants will have the opportunity to practice conflict mediation skills through role-plays and active listening. The workshop is from 10am-1pm in NYC. Registration opens on Monday, October 22 at 9:00 am. Click here for more information, how to register, and a full list of events.

11/10: Rochester Training Institute, Rochester
Our Rochester Training Institute is returning and will take place Saturday, November 10th, 2018. Take advantage of the Early Bird Rate until September 30! Register Now! This includes High-Quality Professional Development; six OCFS training hours; a variety of topics, and is appropriate for supervisors, teachers, and frontline staff working with school-age children, networking opportunities, and a buffet lunch! For more information, please click here!

11/12-11/14: Summer Changes Everything, Missouri
Join hundreds of summer learning and expanded opportunity leaders on November 12-14 in Kansas City, MO for National Summer Learning Association's annual conference devoted entirely to summer learning. What to expect? The nation's top summer time leaders from across the country sharing and discussing effective learning approaches, systems building, program planning, policies, and ways to advocate for our nation's children. More information and registration can be found here!

3/5-3/18: National AfterSchool Association Convention, New York, New York
Join our community for four days of networking, learning, and inspiration. For more information follow this link.

3/16: Terra Science and Engineering Fair
Whether you want to explore Cassini’s adventures around Saturn, test water quality in a local creek, or design an app to prep for your next exam, the Terra Northeast Regional Science & Engineering Fair (TNRSEF) enables you to ask questions and find answers! Students in grades 6-12 can come to SUNY Geneseo in March to celebrate all s/he has learned and perhaps even earn an award. More information can be found here.
5/10-5/11: Network for Youth Success Annual Conference, Saratoga Springs
Save the Date! Back by popular demand for one more year in Saratoga Springs! Click here for more information!

**How does your afterschool program make a difference in the lives of young people?**

Tell Us How!

The Ralph C. Wilson, Jr. Foundation is interested in learning more about afterschool programs in your area to better inform its grant-making. The foundation has asked Grand Valley State University to conduct a survey of afterschool programs to better understand the afterschool landscape and where funding is most needed. Can you help? Taking the survey is easy and will only take about 15 minutes of your time!

What kinds of questions will be asked?

- What geography is served by your program(s)?
- Who are the youth your program(s) reaches?
- What is special and unique about the youth you currently serve?
- When are your programs offered?
- What are the activities and outcomes of your program(s)? What aspects of your work need more support?

What can I do to make sure my organization is included?

Please schedule your interview today by following this link! Your work is important, and we want your afterschool programs to be included!

**Questions? Want a copy of the results?**

Contact Dr. Aaron Van Oosterhout, Research Manager, at (616) 331-9030 or vanoosaa@gvsu.edu.

**Thank you in advance for your help!**

**Follow Us!**