Healthy Habits!
April 2018

Nutrition Corner
CACFP Success Story: Lower Eastside Girls Club | New York, New York

At Lower Eastside Girls Club, healthy meals and snacks are an integral part of afterschool enrichment programming. Development Associate Lauren Dapena notes, “When [the girls] come here after school, they are usually ravenous.” CACFP enables the program to address the kids’ nutritional needs so they are ready to focus and engage.

A typical Girls Club afterschool supper consists of a healthy plant-based meal, milk, and fruit and nuts for dessert. Staff prepare all meals and snacks on site, sourcing ingredients daily from local supermarkets and, seasonally, from their rooftop garden. Dapena explains, “The girls are involved in this process; they help plant and learn how to care for the garden. It is a fantastic hands-on experience that gets them more interested in exploring different foods.” Every Tuesday, the Girls Club offers a family-style meal where students and staff gather together for dinner. Dapena says, “We have special paper menus that include the food they are eating that day, interesting nutrition trivia, and fun questions for them to ask each other. […] Here they learn that meals are a time to both enjoy delicious food and connect with other people. We also have a nurse give a presentation on nutrition so the girls learn how food relates to their health and wellbeing.”

Girls Club members have responded positively to the healthy meals and snacks. Culinary Instructor Nancy Rosario says, “The girls are actually trying the stuff!” According to Rosario, though instilling healthy habits may be a slow and steady process, they have seen positive outcomes. “It has been difficult for us to compete with local bodegas and street vendors that sell food filled with fat, salt,
and sugar; however, we are well aware that these changes are gradual. We have seen girls completely revamp their diet after being here, especially as they got older.” Rosario notes that some Girls Club members may not have access to enough nutritious food at home; she says, “For some, this is their dinner and the only time they eat healthy.”

Rosario encourages other afterschool programs to enroll in CACFP. “It gives you a chance to expand your options for the kids. […] The whole point of what we do is what CACFP does: teaching kids how to eat well.”

To learn more about serving afterschool meals through CACFP, visit AfterschoolMealsNY.org.

**HEPA Tips**

**Encouraging Healthy Habits During Afterschool Program!**

Under the Healthy Eating and Physical Activity (HEPA) standards, healthy meals should be served to students for snacks and/or suppers during afterschool programs. In addition, afterschool staff should sit and eat with the students. This helps build relationships and provides time for modeling good habits and discussing the meal. Fruits or vegetables must be served at every meal and snack time. Foods that contains trans-fat, excessive sugar, or are fried must be avoided. Read more about the requirements in the full HEPA standards.

How can program staff encourage students to develop healthy-eating habits?

- Make sure the meals are both attractive and tasty. Display the foods in the shape of a character such as a smiley face or a popular cartoon character.
- Encourage social interaction. Teach the students the proper way to gather, serve, and use their utensils. Talk to the students about the health benefits of eating a specific food on their plate. Here’s resource to discuss with your students about the benefits of eating fruits.
- Make mealtime a happy time. Decorate the food area with tablecloths, menus, and decorations to make the area fun.
- Avoid making children feel rushed to eat.
- Send menus home for parents so they can provide feedback.
- Add excitement to mealtime by holding cultural events and fun activities during the holidays.

To read more, please find other helpful tips in this Mealtime Memo.

**Field Updates**

**Survey on SACC Issues & OCFS Market Rate Survey Feedback**

Calling all afterschool and school-age child care providers!

We are seeking input on both current challenges with school-age child care regulations and the recently conducted Market Rate Survey that was administered by the Office of Children and Family Services. Your feedback on either or both of these subjects is greatly appreciated.

Please complete this brief survey to provide your input. The survey will be open through April 13th.
If you have any questions, please email us.

Resource
Preparing Youth for Adulthood

How can we help young people prepare for adulthood? Creating and promoting developmental opportunities and supports for young people helps them avoid harmful behaviors and develop the competencies, confidence, values, and social connectedness they need to transition positively to adulthood.

Skill-building areas include:

Healthy Development
Young people who are prepared for adulthood feel comfortable with their bodies, know how to take care of their bodies, have a sense of identity, are emotionally healthy, and understand the consequences of risk behaviors.

Parent-Child Communication
Young people who are prepared for adulthood are able to talk with their parents, caregivers, or other adults they trust about the challenges in their lives, including sexual health and identity. Parents who are equipped to prepare their children for adulthood understand adolescent development, including sexual development. They are knowledgeable about the challenges adolescents face and are open to talking with their children about sensitive topics.

Relationship Skills
Young people who are prepared for adulthood have the social skills to develop friendships, youth-adult partnerships, and intimate relationships. They understand the dynamics of healthy and unhealthy relationships and have the skills to deal with conflicts.

Healthy Life Skills
Young people develop self-efficacy -- belief in their own capacity to succeed -- when they have opportunities to learn and practice skills in real life settings. Youth who are prepared for adulthood are comfortable demonstrating fundamental life skills such as communication, conflict resolution, and coping skills.

Career Success
Young people who are prepared for adulthood know how to develop goals and explore career paths. They build job readiness skills and work toward educational goals that support career success.

Financial Literacy
Young people who are prepared for adulthood have the knowledge, attitudes, and skills to manage finances and navigate financial institutions.
Upcoming Events

4/10: Back to the Basics: How to Effectively Lead an Afterschool and Summer Learning Program, Webinar
Are you struggling to find ways to improve the social and emotional learning needs of your students or find resources that can improve your school’s culture? Join the NAESP Afterschool and Summer Learning Virtual Summit Series to learn about the latest research on how afterschool and summer learning resources can impact student learning. Our panel of experts will review research and provide participants with a variety of tools and resources to use in their schools to promote a continuum of student learning and opportunity! For more information or to register, please click here!

The workshop includes an overview of the SRP and SRM (Standard Response Protocol and Standard Reunification Method). The Standard Response Protocol is based on four actions, and it aligns with NIMS requirements and FEMA recommendations. This is a full day training, with the expected outcome that participants will have the ability to perform classroom training in the Standard Response Protocol, implement the program, train other trainers, and handle advanced questions. Registration and more information can be found here!

4/11: Youth Studies Programs for Youth Workers at CUNY SPS, Webinar
The number of youth development programs throughout the country has increased as a result of the demand to focus greater attention on the needs of individuals ages 12 to 24. There is always a need to support these programs with qualified frontline youth workers, directors, and administrators. CUNY School of Professional Studies (CUNY SPS) offers a master’s degree and an advanced certificate in Youth Studies, timely programs that provide a professional development pathway for youth workers. Those interested are invited to learn more about the Youth Studies programs by joining our online info session on Wednesday, April 11 at 12:00 pm EST. To register for this event please follow this link.

4/11: MOST General Body Meeting, Wayne County
Join Wayne County M.O.S.T for their General Body Meeting at the Cornell Cooperative Extension of Wayne County from 9 am- 12 pm.

4/12: Coaching to Support the Conditions for a Well-Rounded Education, Webinar
Principals and teacher leaders play an important role in building educators’ capacity to provide a well-rounded education to all students. They need actionable tools to guide their initiatives. During this webinar, staff from the American Institutes for Research (AIR) will introduce two coaching tools to assist districts and schools in their school climate and social and emotional learning (SEL) implementation efforts. Join AIR for a free webinar on Thursday, April 12th from 3pm to 4:30pm to learn more about how to implement coaching tools in your state, school, or district. Registration is required. For more information and to register, please follow this link.

4/13-4/14: Network for Youth Success 2018 Conference, Saratoga
Registration for our Annual Conference closes April 6th! Click here to reserve your tickets- this event will sell out! More information and a draft of the brochure can be found here. Space is limited, so sign up now!

4/13: The 7th Annual Building Communities Youth Art Contest, Albany County
The 7th Annual Building Communities Youth Art Contest is quickly approaching! ALL middle and high school students in the Albany County Area are welcome to participate. Explore all of the beauty and inspiration the community has to offer! This year students are challenged to create a piece of art that reflects the beauty in their community, and the areas in their life for which they are grateful for, which may include nature, relationships, and positive opportunities they’ve been given. The entry deadline is April 13, 2018. For more info. Contact Valeria Lemus at Valeria.Lemus@albanycountyny.gov or Community Justice Outreach Center at 518-275-4735.
4/17: How to Take Care of YOU: Building Your Bounce, Free Webinar
In this webinar, learn how to take care of YOU so you can better take care of the children whose lives you touch. This webinar will help adults reflect on their own resilience and explore ways to "build your bounce" through simple, easy-to-use strategies. The importance of staff wellness is clear. Join co-author of Building Your Bounce: Simple Strategies for a Resilient You, Nefertiti Bruce Poyner, Ed.D., as she shares her insights on this very important and timely topic! To register for this webinar and for more information, click here.

4/17: Ready, Set, Go! Resources to Support Afterschool and Summer Learning Programs, Webinar
Learning doesn’t end with the last bell. What resources and tools are available specific to each state? How can stakeholders be engaged in the process to meet student needs? Join any or all of the summit days for an enlightening virtual experience to begin, expand, or enhance afterschool and summer learning in your school or district. More information and registration can be found here!

4/18-4/20: Ready by 21 National Meeting, Florida
Every year, the Ready by 21 National Meeting brings together more than 500 local, state, and national leaders who like you, are committed to improving partnerships, policies, and practices for children and youth. Their 7th Annual National Meeting will be held in Palm Beach County, Florida and will feature plenty of engaging and exciting sessions. For more information and to register, please follow this link.

4/20: Workforce Development Scholarship Program, Capital Region
United Way of the Greater Capital Region is partnering with the City of Albany’s Poverty Reduction Initiative (CAPRI) to provide you with an informational webinar on CAPRI's Workforce Development Scholarship Program. Under the Workforce Development Scholarship Program, residents of the City of Albany can receive scholarships up to $2,500 in pursuit of a licensing program, or a professional or technical certification that will lead directly to full-time employment. Residents seeking scholarships must do so in partnership and with support from a community-based organization. Grab your lunch and join us for this informational webinar to learn more about your agency’s role and responsibility in connecting clients with this workforce development scholarship opportunity. More information and registration can be found here!

The National Child Nutrition Conference will be held in San Antonio, Texas this year. The National Child Nutrition Conference is the premier national conference for the Child and Adult Care Food Program community and home of the USDA requested Summer Food Program training. Click here for more information or to register.

4/24: Leading the Charge! Combating Afterschool and Summer Learning Myths and Realities, Webinar
Bridging the gap between the school day and afterschool and summer learning has often been a challenge for school leaders. Expanded learning programs are critical for student success. How can this be done? Where does a principal begin? What resources are available to expand my current program? Answers to these and many more questions are a click away in this highly informative learning experience. More information can be found here!

4/25: Creating Inclusive Program Environments for Youth with Different Abilities, NYC
In this FREE training participants will deepen their understanding of young people living with social and emotional disabilities and the accommodations they may require. Building on that foundation participants will explore guiding principles and strategies to create structured and inclusive program settings as well as discuss concrete strategies to address challenging behaviors. This event will take place from 9:00 AM - 4:00 PM at the 2018 ILR Conference Center. Please send registration information to Amy Breese at act4youth@cornell.edu. If you have any questions, contact Jutta Dotterweich at 607-255-4108 or at jd81@cornell.edu OR Eduardo Gonzalez, Jr. at eg36@cornell.edu.

4/26: Free Playground Safety Training, Capital Region
CRELO is offering this training for free from 7 pm to 8:30 pm on 4/26 at the Southern Saratoga Branch of the Capital District YMCA. Almost two thirds of nonfatal injuries related to playground equipment occur on public playgrounds. As school-age professionals, we are responsible for keeping our children safe during outdoor time. Come to this workshop to learn how to properly supervise children on and around playground equipment, how to keep children engaged, and how to identify risk factors. Register here!
5/1-5/4: BOOST Conference, California
The BOOST Conference, organized by the BOOST Collaborative, will take place May 1-4, 2018 at the Palm Springs Convention Center in Palm Springs, California. More information and tickets can be found here.

5/3-5/4: Free Positive Youth Development 101 Training, Syracuse
This highly interactive 2-day training will explore key principles of youth development such as building youth positive outcomes, supportive relationships and environments for youth, youth voice and engagement opportunities, as well as, effective programming strategies. It will also examine the role of the youth worker by discussing core competencies and dilemmas of youth work. The event will be held at the Crowne Plaza in Syracuse and will be from 9:00 am- 4:00 pm both days. This is a free training, but attendees are asked to commit to attend both training days. Please send registration information electronically to Amy Breese at act4youth@cornell.edu. If you have any questions, contact Jutta Dotterweich at 607-255-4108 or jd81@cornell.edu.

5/7: ACEs Annual Capital District Symposium, Capital Region
Offering individuals with various responsibilities across a wide span of human services a unique opportunity to gain important and useful knowledge about the effects of trauma on brain development, how prevention and trauma-informed care can be of significant benefit, and how ACE-informed practice can assist with prescriptive treatment and improved use of resources. The program will be especially targeted to DSS Caseworkers and Supervisors, Child Welfare Administrators, Clinicians and Therapists, Juvenile Probation Staff, Special Education Professionals, Health Care Practitioners, Direct Care Staff and Supervisors within the non-profit provider sector and others working with children. Registration can be found here!

5/8: Whats Great in Our State, Capital Region
This free event at the NYS Museum honors individuals and programs that are successfully addressing the issues of children’s mental health, including work on early identification, outreach, family education, providing mental health awareness in schools and successful intervention on behalf of children and their families. There will also be a presentation of proclamation from Governor Andrew M. Cuomo declaring the week of May 3rd Children's Mental Health Awareness Week in New York State. More information and registration can be found here!

5/10: SciGirls Connect, Capital Region
Join Jenn Baumstein, SciGirls Connect Trainer, and Director of Community Engagement for WMHT Public Media, for a FREE SciGirls Training. Learn about the myriad of ways in which SciGirls can be used in your program to encourage STEM-based learning for all students, not just girls! Explore the SciGirls Seven, and practice some of the activities created by the SciGirls team. Follow this link to register!

5/26: CRELO Final Director's Meeting, Capital Region
Our fifth and final Director's Meeting of the school year will include a 1/2 hour of networking opportunities and a chance to share resources. This will be followed by a discussion on family engagement! Registration can be found here!

7/29-7/31: New York STEM Education Collaborative 2018 Conference
STEM educators, save the date for a summer conference! The New York STEM Education Collaborative wants you to present and attend their 2018 conference! This organization unites state teacher associations in science, math, engineering, technology, and related fields in one conference. Come to Alfred, NY July 29th to 31st to connect with educators, businesses, and leaders from around the state who want to improve STEM education! More details can be found here!

11/10: Rochester Training Institute, Rochester
Save the Date! Our Rochester Training Institute will take place Saturday, November 10th, 2018.