Nutrition Spotlight, HEPA Tips, and More!
May 2018

North Rockland YMCA is a longtime sponsor of the Child and Adult Care Food Program (CACFP), providing healthy snacks to youth in seven afterschool programs in five schools. CACFP has been a valuable resource for the YMCA and the youth they serve; the meal pattern guidelines ensure all of the afterschool sites are serving nutritious snacks, and the reimbursement funding helps offset the cost of healthy foods, allowing the programs to serve more fresh fruits and vegetables.

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Coordinating food service across multiple program locations is a team effort. Program Director Juliet Allen provides monthly sample menus to site directors, who then purchase and prepare snacks for their programs. YMCA business office staff manage funds, allotting a set amount to each site director for their food costs, then Allen and her colleagues collect receipts, snack counts, and other documentation required for CACFP. Allen says, “We are a well-oiled machine and one part would not be able to work without the other!”

Allen appreciates that CACFP’s meal pattern guidelines allow flexibility to accommodate allergies and other considerations while maintaining consistent standards for all program sites. YMCA staff often brainstorm new snack menu ideas, incorporating options that allow kids to be involved in meal preparation, and items that reflect a range of cultures. Allen explains, “We’ve been trying to survey the families regarding holidays and traditions. We’d like to implement more of this into our food choices, so that the children truly feel a sense of security and community at the YMCA.” Allen also appreciates the site visits from CACFP staff, saying, “The coordinators have observed our programs and provided tools or suggestions to help make our programs better. Who wouldn’t want that?”
She encourages other afterschool programs to enroll in CACFP as “it is a great benefit for your program’s staff and children.”

To learn more about CACFP, visit AfterschoolMealsNY.org.

Regional Afterschool Scan funded Ralph C. Wilson, Jr. Foundation

The Dorothy A. Johnson Center for Philanthropy’s Community Research Institute (CRI) at Grand Valley State University is conducting a regional scan of afterschool programs. The survey could benefit children in your area and afterschool programs like yours by providing the Ralph C. Wilson, Jr. Foundation with quality information to guide its grant-making. CRI staff will be calling organizations that run afterschool programs in the 9-county Western New York region. We encourage you to participate. The survey gives your organization the opportunity to share with the foundation the important work you do, and the impact your programs are making on youth in your community. If you would like to let CRI know a good time to call, please follow this link: https://bit.ly/2K3CrSb.

HEPA Tips
Keeping Kids Moving!

Under the National AfterSchool Association’s Healthy Eating and Physical Activity (HEPA) standards, afterschool programs must provide at least thirty minutes of physical activity daily. The activity should take place outside whenever possible, and the staff must participate in the activity along with the students to model healthy behavior. For in-depth details about HEPA to implement at your program site, click here.

What do kids gain through exercising regularly?

- Improved motor skills, such as hand-eye coordination for activities like sports.
- Enhanced thinking and problem-solving to perform at their best for academics.
- Increased attention skills to absorb the information taught during school.
Maintained mental wellbeing due to the endorphins released by the brain, which improve mood, increase energy levels, and enhance sleep quality.

Due to all these benefits of exercising, it is important that afterschool programs establish a healthy routine by making exercise a daily part of their program’s schedule. To get your program started, take a look at the National AfterSchool Association’s curriculum for 3rd-5th grade.

**Resource**

**Pain in the Nation: How The Education Sector Can Help Address the Alcohol, Drug, and Suicide Crises**

In 2016, 142,000 Americans died from alcohol-induced fatalities, drug overdoses, and suicide—one every four minutes. These “deaths of despair” have become a full-blown public health crisis as the number of Americans who died each year from the trio of causes has escalated at an alarming pace over the last decade. Although these deaths are mostly among adults, children are also dying from these same diseases of despair, and many more are suffering second-hand as adults and caregivers around them struggle with, and some die, from the alcohol, drug, and suicide epidemics.

Fortunately the education sector can help to address this problem. Learn more about strategies here.

**Upcoming Events**

**5/24: 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!

**5/30: Schenectady Youth Summit, Capital Region**
The Schenectady Youth Summit is scheduled for Wednesday, May 30th at Proctors. They have renewed their effort to listen to—and to use the voice and perspective of youth—to inform and inspire our work to advance their development and well-being. The Summit will bring together 300 youth and caring adults from Schenectady County in World Café style conversation and problem-solving. The day kicks off in Proctors GE Theatre at 9 am. More information can be found here!

**7/1: Breakthrough Junior Challenge Submissions Due**

Breakthrough Junior Challenge is an annual, global competition for students, designed to inspire creative thinking about science. Students, ages 13 to 18, from countries across the globe are invited to create and submit an original video, no more than 3 minutes in length, that brings to life a concept or theory in the life sciences, fundamental physics or mathematics. The submissions are judged on the student’s ability to communicate complex scientific ideas in the most engaging, illuminating, and imaginative ways. The student winner receives a $250,000 college scholarship, their school gets a new $100,000 state-of-the-art science lab, and their teacher wins $50,000 teacher prize. Learn more about how to enter here!
7/12: National Summer Learning Day
National Summer Learning Day is a national advocacy day aimed at elevating the importance of keeping kids learning, safe, and healthy every summer, ensuring they return to school in the fall ready to succeed in the year. Your participation sends a powerful message across the nation that summers matter and offers an opportunity to showcase how summers can make a life-changing difference in the lives of young people. Find more information as well as some ways to celebrate here!

7/24: PASE @ PACE, New York City
The 2018 PASE@PACE Conference is the only conference of its kind in New York City, inclusive of all staff levels and accessible to organizations with budgets of all sizes. Dozens of workshops offered that are consistent with the engaging and informative professional development you have come to expect from the Partnership for After School Education. Networking opportunities to meet and build relationships with colleagues from across the region. Panel discussions featuring leading practitioners from the afterschool field, sharing their expertise on practice, research, and trends. More information and 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 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.

11/12-11/14: Summer Changes Everything,
Join hundreds of summer learning and expanded opportunity leaders on November 12-14 in Kansas City, MO for NSLA’s annual conference devoted entirely to summer learning. What to expect? The nation’s top out-of-school 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!

5/10-5/11: Network for Youth Success Annual Conference, Saratoga Spring
Save the Date! Back by popular demand for one more year in Saratoga Springs! Stay tuned for more information!