

Before and Afterschool Activities

Title: Introduction to the Before and Afterschool Criteria

This session will review the framework criteria in before and afterschool and provide the first steps necessary in creating a healthier before and afterschool environment.

Activity:

1. The Afterschool Director or a representative from the afterschool program will join the School Wellness Council. If your school is not presently participating in the Healthy Schools Program, please ensure when your school enrolls in the program the afterschool director is an active participant on the School Wellness Council.
2. Participant(s) will complete the inventory questions for the Before and Afterschool (BA) section in the Healthy Schools Builder and report the answers to the School Wellness Council to be included in the complete inventory. *(If your school is not presently participating in the Healthy Schools Program, please use the questions below as a self-assessment of your afterschool program.)*

The following is true of before and afterschool programs at our school (please check all that apply):

- Before and afterschool program offerings dedicate at least 20 percent of their time to physical activity
- 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 Beverage and Competitive Food Guidelines
- Before and afterschool programs offer a variety of physical activity opportunities that reflect the diversity and needs among students, families and the community
- Snacks offered are healthy food and beverage selections that reflect the diverse demographics of the school community
- Our school encourages students to connect with physical activity opportunities in the community





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- 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 elements of their programs
3. Please provide a brief summary explaining the areas of the Before and Afterschool (BA) Criteria your program demonstrates areas of success and explain your next steps to improve areas of weakness.



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Thursday, January 22, 2008 11:00 am (Before and Afterschool)

Before and After the Bell: Integrating Healthy Snacks and Physical Activity Opportunities

Are you looking to enhance your before or afterschool program by offering healthy snacks and engaging physical activity opportunities? Then join me in this session as we explore the steps in providing reimbursable nutritious snacks in your afterschool program and the tools needed to increase the amount of time students are engaged in physical activity.

1. Participant(s) will provide a schedule that illustrates daily physical activity offerings at least 20% of the time in the before/afterschool program or provide an outline of how these offerings will be provided in the future.

For example:

- Homework Help and 21st Century Community Learning Centers provide assistance and tutoring on Mondays and Wednesday in 60 minute blocks. Ten minutes of physical activity breaks are infused throughout each hour.
 - On Tuesday and Thursday we have scheduled enrichment activities such as: arts & crafts, chorus, science club, dance, basketball, etc. All students have the opportunity to participate in these activities. We rotate the students every 45 minutes to ensure all students are receiving at least 30 minutes of moderate to vigorous PA.
2. Use the Healthy Schools Program Navigator to create a shopping list of healthy snack options relevant to the appropriate grade level



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(Elementary, Middle or High School) or use the Healthy Schools Program Calculator to ensure the snack items you are currently serving are compliant with the Alliance Competitive Food and Beverage Guidelines.

3. Create a sample snack menu that reflects the diverse demographics of the school community. Use the information provided in the webinar and/or the BA toolkit for menu samples.
4. Survey your students to ensure your physical activity offerings are engaging for all students and ask your students to provide information about new offerings they would enjoy participating in? Use the survey sample provided in the webinar and/or use the BA toolkit for survey samples.



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