Bring Wellness Goals to Life in Out-of-School Resources & Professional Development
Staff are the most valuable resource that an organization has.
Providing staff and volunteers with easy to use tools, strategies and resources is essential.
Community Engagement: 9 Field Managers
Two New Partnerships

BOYS & GIRLS CLUBS OF AMERICA

National Recreation and Park Association

COMMIT TO HEALTH
Action Planning Tools + Evidence Based Resources

1. Build Support
2. Assess Your Site
3. Develop Your Action Plan
4. Explore Resources
5. Take Action
6. Celebrate Successes

Healthy Out-of-School Time 6 Step Process
## HE 06
**Environmental Support:**
Our organization's **physical environment** supports healthy eating.

### Best Practices for Achieving this Standard

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**Note:**
- *May also be through music, art, murals, signage, etc.*

**C** Youth do not have access to food sources (i.e. vending machines, snack bars, etc.) that sell foods and beverages that do not align with the USDA Smart Snacks in School nutrition standards.

**D** Our program restricts screen time to avoid exposure to food marketing.

**E** Our program has access to adequate kitchen and storage facilities to support our healthy eating practices.

**For example:**
- *Because we have no dedicated kitchen and storage facilities on-site, we have access to adequate facilities through a shared-use or joint-use agreement with another organization (i.e. a school).*
THE STANDARD
Our staff participate in learning about physical activity through effective training models with content that is evidence-based.

RATIONALE
Why is this Standard important?

“Educators can benefit from effective professional development to enhance their knowledge and effectiveness. [Teachers] need to participate in continued professional development in order to keep pace with changing research and practice.”

Alliance for a Healthier Generation Physical Education Toolkit

“Administering or withdrawing physical activity as punishment is inappropriate and constitutes an unsound education practice.”

NASPE Position Statement on Physical Activity Used as Punishment and/or Behavior Management

BEST PRACTICES
Consider these best practices

Staff members who lead physical activity:

A. Receive annually a minimum of 8 contact hours of professional development on effective practices and strategies for inclusion of physical activity that supports the USDHHS physical activity guidelines.

B. Receive annually a minimum of 16 hours of in-service training, including First Aid/CPR certification.

C. Are trained in adapting physical activity opportunities to include youth at all levels of athletic ability and those with physical, sensory or intellectual disability.

All staff members:

D. Are trained not to withhold opportunities for physical activity (e.g. not being permitted to play with the rest of the class or being kept from play time) except when a youth’s behavior is dangerous to himself or others. Additionally, staff members are trained to use appropriate alternate strategies as consequences for negative or undesirable behaviors.

E. Are trained and familiar with curricular resources on integrating physical activity throughout the program.

REFLECTION

1. How will providing additional professional development opportunities strengthen your staff and organization?
2. What are a few simple ways you can ensure staff are prepared to include all youth regardless of ability in physical activity?
Resources

Our resources include videos, printables, websites, and curricula to help you make healthy changes at your school and out-of-school time setting.

Explore our resources by selecting the topics you are interested in and narrowing your search with our dropdown options. When you select a resource, it will open up in a new window to hold your spot on this page for when you're ready to continue your search.

Search by Keyword

Filter by Program

Select Topic(s)

Featured Resources

Healthy Schools Program Framework

The Healthy Schools Program Framework of Best Practices identifies specific criteria that define a healthy school school environment.

View PDF

Healthy Out-of-School Time Framework

Based on the National AfterSchool Association’s Healthy Eating and Physical Activity Standards, our framework provides out-of-school time settings the tools and resources they need to build healthier places and engage youth in making healthy decisions.

View PDF
OUT-OF-SCHOOL BLOG

FOR A HEALTHIER GENERATION

Invite Team Members

First Name
Last Name
Email
Membership Type
Select...

Send

What’s Happening Now

View all posts

Action Planning for Engaging Parents and Healthy Eating

Did you know we have an Action Plan Template you can download? It’s a doc file that you can use to organize your wellness goals and action steps.

New to action planning? Think about something simple you accomplished today, like going to work. What were all of the small steps you took that got you to work? You probably took a shower, got dressed, ate breakfast, drove or took public transportation... Small steps that build to a goal - that’s action planning.

Here are some recent blog entries with resources and strategies that can help you populate your Action Plan Template if Healthy Eating and Parent Engagement are wellness goals you’ve identified.
4 New Ideas for Outdoor Fun

posted on Thu, Jan 8 2015 5:00 am by Daniel W. Hatcher, National Healthy Out-of-School Time Advisor

Back in November we shared Ideas to Encourage Outdoor Fun. Here are four new resources to keep the fun going this month.

1. Can you tell a tree by its bark? Head outside and find out.

2. Excite the whole family and start a family nature club.

3. Invite children to create a journal and explore new outdoor activities. Here's an example from Texas Parks and Wildlife.

4. Go on a bird watching adventure. How many backyard birds can your students spot?

Looking for more ideas to engage children and families with nature? The National Wildlife Federation has a webinar series with topics like "Gardening as Family Time" and "Fundraising for Your Schoolyard Habitat." Pick one and add these to your Healthy Out-of-School Time Action Plan.
4 Resources to Avoid Using Physical Activity as Punishment

posted on Mon, Jan 5 2015 5:00 am by Daniel W. Hatcher, National Healthy Out-of-School Time Advisor

Physical activity during out-of-school time can help kids achieve their recommended 60 minutes of physical activity a day. Limiting physical activity as punishment prevents children from getting these essential minutes of movement. The use of physical activity as punishment can also instill negative attitudes towards physical activity.

Here are 4 resources to support you.

1. Sitting on the Sidelines and Punishment Laps: Physical Activity School Discipline, includes rationale and language to share with staff.

2. Physical Activity Used as Behavior Management Position Statement, includes alternatives to physical activity as punishment and language on the appropriate use of physical activity.

3. Peaceful Playgrounds is a set of recess-related toolkits and resources. You can find Peaceful Playgrounds’ 60 Alternatives to Withholding Recess and On Demand Webinars in the Alliance Resource Database, including an available member discount.

4. If you’re looking for non-competitive games and activities that foster participation by all, visit our Physical Activity page.
Tips to Make Your Workplace More Bike Friendly

posted on Fri, Dec 26 2014 8:00 am by Daniel W. Hatcher, National Healthy Out-of-School Time Advisor

This week I was talking with a family member in Salt Lake City. They are an avid cyclist experiencing challenges regularly biking to work.

Biking has many health benefits and is a great way to role-model healthy behaviors for children.

Here are a few tips to make your workplace more bicycle friendly.

1. Find out if your community has a bicycle coalition, like Bike Utah. Find a contact, reach out and share your wellness goals. Invite them to join your wellness team.

2. Get bike racks. The Bicycle Coalition of Greater Philadelphia has a resource to help you.

3. Add a relaxed dress code day to your employee manual to allow for special biking days.

4. Does your city have a bikeshare? Inquire if your organization can get a company discount.

5. Buy a few used bicycles that staff can use for quick lunch hour trips. Ask a local bicycle shop if they can donate used bikes.
Motivational Stairwell Posters: A Free Resource for #12daysofwellness

posted on Mon, Dec 15 2014 6:00 am by Daniel W. Hatcher, National Healthy Out-of-School Time Advisor

If you’re taking part in the 12 Days of Wellness Challenge, here’s a resource to help you mark “walk the stairs” off your list and get others moving too.

Check out these motivational posters from the CDC.

1. Print a few out. Use card stock or construction paper to jazz them up.
2. Hang them in stairwells and in front of elevators at your out-of-school time site.
3. Go a step further. Laminate posters or place in sheet protectors to keep them clean and safe.
4. Talk to maintenance staff and office managers to ensure signs are kept in good condition and replaced when necessary.

Taking the stairs is an easy way to help your out-of-school time site be more active. Once you print and hang posters at your site, share a picture via Twitter using #12daysofwellness.

To learn more about encouraging the use of stairs, visit the CDC and Active Living Research.
Healthy Recipes: Which One Will You Try?

posted on Mon, Dec 8 2014 8:00 am by Daniel W. Hatcher, National Healthy Out-of-School Time Advisor

It’s that time of year; potlucks, parties and holiday events give us time to stop, reflect and celebrate. Most of these involve food, so why not use this opportunity to try a new a healthy recipe?

The Alliance for a Healthier Generation collaborates with celebrity chefs like Rachael Ray, Reed Alexander and Lorena Garcia to bring you fun and healthy ideas.

Which recipe will you try? Maybe Silly Chili, Kewl Tuna or Bravo Pavo Rice?

Just a note: some of these recipes were designed for schools. You might need to reduce the number of servings depending on your crowd.

Want more healthy ideas for potlucks and enrichment? Don’t miss this past blog article!
Initial Steps to Engage Families in Wellness

posted on Wed, Dec 3 2014 6:00 am by Daniel W. Hatcher, National Healthy Out-of-School Time Advisor

Last month, the Alliance Healthy Out-of-School Time team led four workshops at the New Jersey Statewide AfterSchool Network Conference. One question that came up multiple times was how to engage families in wellness in a compassionate way that avoids any feeling of criticism or judging.

For example:

- What do you do when a parent proudly brings in a family recipe to an event, but it doesn't meet your program's nutritional guidelines?

- How do you respond to students who are bullied by other students for bringing in “different,” “inadequate” or “too-small” of snacks?

- What's an easy first step to involve families when many parents and guardians work multiple jobs?
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