



AFTERSCHOOL WEBINAR

**Healthy #AfterschoolWorks:
Free Tools, Resources, & Strategies**
Wednesday, Apr 26, 1PM ET



Afterschool Alliance

The webinar will be starting shortly.

Housekeeping Notes



Experiencing Delays?

Try closing out the other programs running on your computer.



Audio difficulties? Keep this number handy!

Dial: 1-877-860-3058

Code: 1135574



Have a question or comment?

Use the group chat to interact with presenters and other participants.



Introduction

Learning Objectives:

- *Understand why the National AfterSchool Association has approved the HEPA standards as the ideal strategy to implement healthier eating and increased physical activity in OST programs*
- *Receive an increased awareness of the standards and how to take the first step towards implementation*
- *Locate and utilize practical implementation resources*
- *Hear about implementation challenges, success and pitfalls to avoid from an on the ground practitioner*



Agenda

1. History and Intent of the National AfterSchool Association's HEPA standards
2. Resources and Strategy
3. Lessons Learned
4. Discussion/Q&A



Guest Speaker: Heidi Ham



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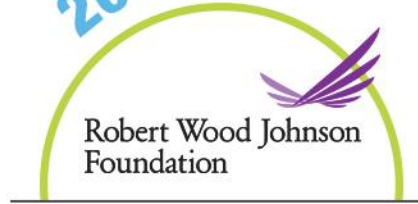
Development of HEALTHY EATING & PHYSICAL ACTIVITY (HEPA) Standards for Out-of-School Time

2009



Convened Healthy Out-of-School
Time (HOST) Coalition

2010



Begins supporting HEPA
standards development,
dissemination, and research

2011



HOST Coalition submitted
standards to the National Afterschool
Association and standards were
adopted and named the
NAA HEPA Standards

NATIONAL
AfterSchool | HEPA
ASSOCIATION STANDARDS



COUNCIL ON
ACCREDITATION

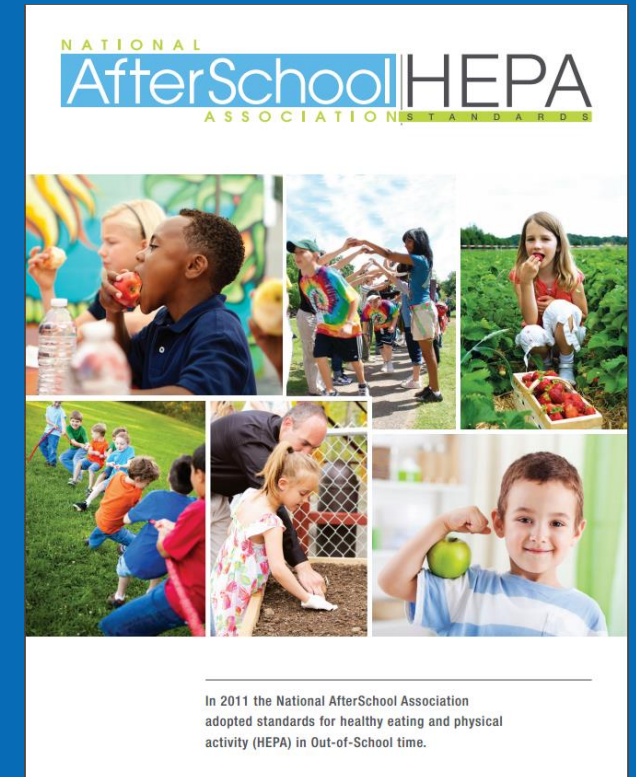


BOY & GIRLS CLUBS
OF AMERICA



Meet the Healthy Eating and Physical Activity Standards

Healthy Eating (HE)	Physical Activity (PA)
HE 01. Content and Quality (of foods served)	PA 01. Content and Quality (of physical activity offered)
HE 02. Staff Training	PA 02. Staff Training
HE 03. Nutrition Education Curriculum	PA 03. Social Support
HE 04. Social Support	PA 04. Organizational Support
HE 05. Organizational Support	PA 05. Environmental Support
HE 06. Environmental Support	



A black and white photograph of a road sign. The sign is rectangular with rounded corners and a white border, mounted on two wooden posts. The word "Vision" is written in large, white, sans-serif capital letters across the center of the sign. The background is a dark sky with scattered white clouds. The image is framed by a grey border on the left and right sides.

Vision

Guest Speaker: Daniel Hatcher



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4 Ways to Kick Start Healthy Afterschool & Support What You're *Already* Doing!

ALLIANCE FOR A
**HEALTHIER
GENERATION**



Daniel W. Hatcher, MPH
Director of Community Partnerships
Alliance for a Healthier Generation
Twitter: @hatchdw @healthiergen
healthiergeneration.org



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* Healthy Afterschool Should be Inclusive Afterschool

- ▶ **PAST3:** ARE TRAINED in adapting physical activity opportunities to include children and youth at all levels of athletic availability and those with physical, sensory or intellectual disability.



Photos provided by National Center on Health, Physical Activity and Disability (NCHPAD)

- *Tips and Resources for Inclusive Physical Activity*
- *3 Steps to Including Kids with a Disability*
- *Healthy Communities Are Inclusive Communities*
- *Creating a More Connected World Through Local Agriculture: 9 Voices (#9, Lori Watkins, Lakeshore Foundation)*



#1: Inspire & Energize Staff



▶ **PASS1:** STAFF LEADS AND PARTICIPATES in active play (e.g., games and activities).

▶ **PAPS5:** THE ORGANIZATION promotes and encourages a physically active lifestyle among staff.

▶ **HEPS6:** STAFF AT ALL LEVELS model healthy eating on the job.

One-on-One with WNBA Star Jewell Loyd

Race against the clock during this two-minute Fitness Break tailored for the classroom, out-of-school time, or on-the-go.



The Mirror Challenge with Jason and Jarron Collins

Find a buddy for this Fitness Break and get moving with twin brothers and former NBA players Jason and Jarron Collins.



foodplanner.healthiergeneration.org

The screenshot shows the 'Smart Food Planner' website. At the top, there is a navigation bar with the Alliance for a Healthier Generation logo, a search bar, and links for 'HELP' and 'LOG IN/REGISTER'. Below the navigation bar, the main header includes 'Smart Food Planner' and a menu with 'Smart Snacks', 'Menu Plans', 'Recipes' (which is underlined), 'Products', 'Calculator', and 'About Us'. The main content area features a 'Spotlight On' section for 'Vegetable Frittata'. To the left of this section is a 'Find a Recipe' search box with a 'Keyword' input field, a 'Category' dropdown menu, and a 'Search' button. Below the search box is a 'SEARCH ALL RECIPES' button. The 'Vegetable Frittata' section includes a photo of the dish, a description: 'Try National Nutrition Advisor Carol Chong's veggie frittata at breakfast for a nutrient-packed start to the school day!', and a 'View Recipe' button.

WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER
April 2017



It's Stress Awareness Month!
Are you working to achieve work-life balance?

Life is stressful, for many reasons. Being a stressed out employee affects your focus and energy, and can cause absenteeism to rise and productivity to fall. It is important to strive for work-life balance. Here are some suggestions for striking that balance:

Understand that balance is a work in progress. There's constant readjustment that must be made as your situation changes. And everyone's balance differs. Don't compare yourself to others.

Track your activities. Write down everything you do for one week, both at and away from work. You may be surprised to find out how you really spend your time and how much can be changed.

Organize. Group like things together, such as running multiple errands at one time. Make and use lists and calendars. Organizing saves time and helps reduce stress.

Avoid technology traps. Cell phones and computers can make it difficult to separate work and personal life. Make a decision to turn off the devices during personal or family time.

Make time for what you enjoy. Whether it's family activities, exercise or hobbies, schedule personal time on your calendar. It will help you get into the habit of carving out time for yourself.

Source: <https://www.hoehealth.com/helping-employees-find-the-elusive-worklife-balance/>



Are you up for the Challenge?
Let's work on stress management!

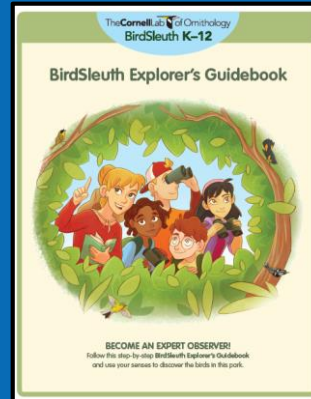
Get everything you need for a 4-week stress management challenge from Eat Smart, Move More NC, including sign-up sheets, instructions, newsletters, challenges and a certificate of completion! Visit <http://bit.ly/2nH4UVK> for details.

The poster features a purple header with 'COMING SOON!' and a green header with 'DON'T LOSE IT JUST YET—JOIN THE'. The main title is 'Manage Stress CHALLENGE' in large green letters. Below the title are three wavy purple lines. The text describes the challenge as a 'worksite wellness activity that involves practicing and adopting a variety of strategies to reduce and manage stress'. It includes a sign-up form with fields for 'This activity will begin on _____ and end on _____' and 'See more information about the Stress Management Challenge on page _____ of _____'. At the bottom, it says 'The Manage Stress Challenge is brought to you by your workplace wellness coordinator.' and the 'WORK Well NC' logo.



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#2: Build Bridges to Nature/Environment & STEM



PACQ3: PLAY TAKES PLACE outdoors whenever possible.



Act Local & Impact Global, a Trip to my Community Garden

posted on 4/13/17 by Daniel W. Hatcher, Director, Community Partnerships

[Read More](#)

6 Asks for Your Local Home Improvement Store

posted on 4/13/17 by Daniel W. Hatcher, Director, Community Partnerships

[Read More](#)

healthiergeneration.org/hostblog

#3: Build Social Connections



▶ PACQ7: OFFERS NON-COMPETITIVE activities.

For Elementary School

- 📁 Complete set of Energizers for Elementary School

For Middle School

- 📁 Healthful Living Energizers
- 📁 Language Arts Energizers
- 📁 Math Energizers
- 📁 Music Energizers
- 📁 Science Energizers
- 📁 Social Studies Energizers

For After School

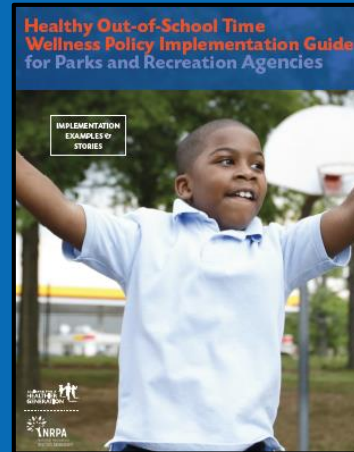
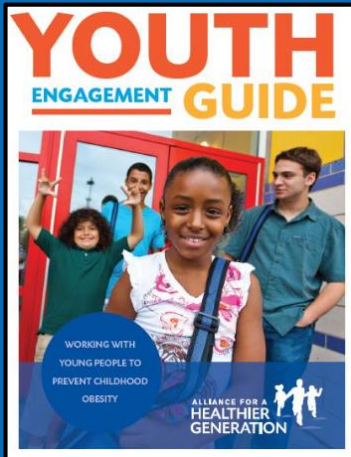
- 📁 After-School Energizers



eatsmartmovemorenc.com

#4: Develop New Leaders

► **PASS3:** STUDENTS PARTICIPATE in activity selection, organization and leadership.



when wellness policies support inclusion for all students
#WELLNESSWINS

► **HEST4:** HEALTH PROMOTION AWARENESS TRAINING AND COACHING:

A: All staff receive training on the role of healthy eating, physical activity, and social supports for healthy behaviors minimally once per year.

B: New staff are quickly oriented to this information.



BONUS: Link Quality w/ Policy & Practice



Simple Inexpensive Resources to Build Healthy Afterschool
Alliance for a Healthier Generation – Dec 7, 2016

▶ 00:00

Assessment

[About Assessment](#)

Wow! Based on your responses, you are implementing all of our best practices for a healthy out-of-school time environment. Congratulations on being a leader in out-of-school time health! We'd love to hear and share your story! Email us at host@healthiergeneration.org.

You can also download a [Word](#) or [PDF](#) version of our Assessment Tool.

Your site is currently working on these modules:

HE01	HE02
Snack, Meal, and Drink Quality <i>Your site is meeting all goals for this module!</i>	Staff Training – Healthy Eating <i>Well Done! You now have 0 items in your Action Plan</i>
Complete all modules and then work on your Action Plan.	Work on your Action Plan or add more goals.



**THANK
YOU**

Daniel W. Hatcher, MPH
Director of Community Partnerships

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Guest Speaker: Lindsey Jorstad



Afterschool Alliance

HEPA 101



- Tell Your Story!
- Health & Wellness Standards
- Integrate Parent Resources
- Play with a Purpose



The Scoop

A gwinnettparks & recreation camp newsletter

Camp Dates: June 6-10 • 7:30am – 6:00pm **Camp Theme:** Caped Crusaders

THINGS TO KNOW

Apply sunscreen to your child prior to camp. Make sure your child knows how to re-apply their sunscreen as camp staff is not permitted to apply lotion. We are happy to help them with their spray sunscreen.

Wear Bug Spray while playing outdoors. Apply bug spray before coming to camp or pack some for your child to apply themselves.

Dress ready to play! We'll be very active so make sure your child(ren) wears tennis shoes and comfortable clothing, no dresses, skirts, or sandals.

At check-out, the adult picking up your child must show proof of identification, each day and must be on the child's registration form. You may add to the list if necessary.

Late arrivals after 6:00pm will be assessed a late fee of \$1/minute, following a 5 minute grace period. This fee must be paid immediately.

Electronics are not permitted, including video games, music players, and cell phones. An office phone is available in case of an emergency. Please don't send valuable items.

If your child's name is highlighted, please speak with the staff, we have information we need to share with you.

Check the Activity Board for other needs or announcements.

The **Parent Handbook** can be found on the website at www.gwinnettparks.com.

STUFF TO BRING

A healthy lunch and two healthy snacks labeled with your child's name each day. Our day includes a morning and afternoon snack time. There is no rating, water or microwave available for camp use. **NO PEANUTS or PEANUT PRODUCTS!** We have campers with severe peanut allergies.

A reusable water bottle labeled with your child's name. We'll have time to re-fill bottles, but don't want to fill a bottle with paper cups!

Sunscreen and/or bug spray labeled with your child's name for them to re-apply.

A book labeled with your child's name for reading at quiet time.

ADVENTURES THIS WEEK!

This week on Tuesday we will travel to Skate Country in Buford to roller skate. Please make sure your camper has a pair of thick socks on this day. Lunch will be provided. Your camper will have a choice of cheese pizza or a hot dog, and chips and a drink. Roller blades can be rented for an extra fee of \$2. You may send money with your camper if you like. We will depart at 11am and return by 3:30pm. Please make sure your child has a signed permission slip for this field trip.

We will also have an in-house adventure on Tuesday, Challenge Island will be joining us for Super Heroes! On Friday, we will have a special guest.

Children's Healthcare of Atlanta

STRONG4LIFE

Strong4Life tip: Pack a healthy lunch!

In addition to veggies and fruits, pack whole grains, protein and low-fat dairy in your child's lunch or snack. Try these kid-friendly ideas:

Whole grains: whole wheat bread or tortillas for sandwiches; whole grain crackers
Protein: deli meat or leftover chicken on sandwiches or salads; or boiled eggs
Dairy: string cheese or low-fat yogurt (try freezing a tube of yogurt for a fun treat!)

SUPER CAMP STAFF

Pam Hoffman	Program Supervisor
Julia Tew	Recreation Leader
Jessica Vann	Summer Intern
Wesley Caldwell	Camp Director
Amanda Watson	Jr. Camp Director
Monique Jones	Inclusion Camp Counselor
Destiny Kelly	Camp Counselor
Trey Dominguez	Camp Counselor
John Kenry	Camp Counselor
Alan Sheppard	Camp Counselor
Rachel Sherril	Camp Counselor

George Pierce Park Community Recreation Center • 55 Buford Highway, Lawrenceville • 678.277.0910 • www.gwinnettparks.com

Help, anyone?

- Partner up!
- Free Resources
- Student Internships
- Professionals at Play
- Get that \$\$



STRONG4LIFE



**National Recreation
and Park Association**



Afterschool Alliance

The Good, Bad & Surprising

Staff • Parents • Participants

- To reward or not to reward...
- Rain or Shine
- Works here but not there



Lindsey Jorstad, CPRP
Outreach Manager
Department of Community Services

THANK
YOU



Discussion

- Are you currently facing any challenges with implementing the HEPA standards at your site?
- Share your HEPA **success** stories...
- Is there any additional information you would like to receive regarding the HEPA standards?



Q&A

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