

ACTIVE HOURS AFTERSCHOOL: AFTERSCHOOL & LOCAL WELLNESS POLICIES SAMPLE LANGUAGE

SAMPLE POLICY LANGUAGE FROM NATIONAL ORGANIZATIONS

Action for Healthy Kids¹

Physical Activity:

- “A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including: physical education, recess, walk-to-school programs, *after-school physical activity programs*, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.”

Nutrition:

- “Consideration d): *After-school programs*, field trips, or school events: types of foods or beverages or nutrient standards for items that may be offered to students from these venues.”

Other School-Based Activities:

- “Consideration g) *After-school programs*: physical activity or nutrition related components of school-based programs for students that occur after school hours.”

Food Research and Action Center²

Healthy School Environment:

- “Any school that does not sponsor an *afterschool* or summer program will begin one as a way to improve its students’ health and well-being.”

Physical Activity:

- “*School-sponsored afterschool* and summer programs will include physical activity and nutrition education in a way that complements and supports initiatives taking place during the school day.”

Nutrition:

- “Schools will provide nutritious snacks to all *school-sponsored afterschool programs* through the National School Lunch Program. Schools will provide suppers through the Child and Adult Care Food Program when appropriate due to the length of the afterschool program or the need of the students.”

¹ Action for Healthy Kids. “Wellness Policy Fundamentals: Key Considerations as You Develop Your Local Wellness Policy,” downloaded from: http://www.actionforhealthykids.org/resources_wp.php

² Food Research and Action Center. “School Wellness Policy and Practice: Meeting the Needs of Low-Income Students.” February 2006.

- “Nutritional standards set for the school day will be applied to every *afterschool* or summer nutrition program operated by the schools.”
- “Schools will explore and implement creative ways to provide fresh fruits and vegetables in their *afterschool* and summer nutrition programs. For example, schools can use fresh local produce and/or the produce grown in school gardening projects.”

National Alliance for Nutrition and Activity³

Physical Activity:

- “*After-school childcare and enrichment programs* will provide and encourage—verbally and through the provision of space, equipment, and activities—daily periods of moderate to vigorous physical activity for all participants.”

School Nutrition Association⁴

Other School-Based Activities:

- “*After-school programs* will encourage physical activity and healthy habit formation.”

Physical Activity:

- “Schools are encouraged to provide community access to and encourage students and community members to use the school’s physical activity facilities *outside of the normal school day*.”

Nutrition:

- “The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, *after-school snack* and summer foodservice programs).”

SAMPLE LANGUAGE FROM STATE COALITIONS, COMMITTEES, AND TASK FORCES

Alabama. Statewide Committee on Student Health Issues⁵

Physical Activity:

- “The committee recommends that schools offer more physical activity opportunities for students in Grades K-12 before, during, and *after school*.”

³ National Alliance for Nutrition and Activity. “Model Local Wellness Policies,” downloaded from: www.schoolwellnesspolicies.org

⁴ School Nutrition Association. “Local Wellness Policy Recommendations,” downloaded from http://www.schoolnutrition.org/uploadedFiles/SchoolNutrition.org/Child_Nutrition/Local_School_Wellness_Policies/SNALocalWellnessPolicyGuidelinesFinal.pdf

⁵ Statewide Committee on Student Health Issues (2005). “Report to the Alabama State Board of Education,” downloaded from: <http://www.theasb.org/clientdoc/healthcommrpt.pdf>.

Arizona. Action for Healthy Kids, Arizona State Team⁶

Physical Activity:

- “Schools should encourage *after-school childcare programs* to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos.”

Arkansas. Child Health Advisory Committee Recommendations⁷

Physical Activity:

- “By the year 2005-2006, each School District will work with its School Nutrition and Physical Activity Advisory Committee to:.....
 2. Provide community access to school physical activity facilities *outside of school hours*;
 3. Implement and encourage participation in *extracurricular programs* that support physical activity, e.g., walk-to-school programs, after-school walking and biking clubs, etc.;
 4. Incorporate developmentally-appropriate physical activity into *after-school child care programs* for participating children...”

Mississippi. Office of Healthy Schools, Mississippi Department of Education⁸

Physical Activity:

- “Create wider opportunities for students to voluntarily participate in *before- and after-school physical activity programs* like intramurals, clubs, and at the secondary level, interscholastic athletics.” (optional requirements)

South Carolina. South Carolina Department of Education, Task Force on Student Nutrition & Physical Activity⁹

Nutrition:

- “Ensure that any *after-school program* participating in the USDA After-School Snack Program works with district school food service directors to apply for funding under this federal program.”

⁶ Action for Healthy Kids, Arizona State Team (2004) “Arizona Healthy School Environment Model Policy,” downloaded from:

<http://www.ade.az.gov/health-safety/cnp/nslp/NutritionPolicy-StateBoardMeeting.pdf>

⁷ Arkansas Child Health Advisory Committee (2004) “Recommendations for Standards to Implement Through Rules & Regulations,” downloaded from:

http://www.achi.net/BMI_Info/Docs/Spring_2004_recommendations.pdf

⁸ Mississippi Department of Education, Office of Healthy Schools. “Local School Wellness Policy: Guide for Development.” May 2005.

⁹ South Carolina Department of Education. “Recommendations for Improving Student Nutrition and Physical Activity: Report of the SDE Task Force on Student Nutrition and Physical Activity,” downloaded from: http://www.fns.usda.gov/tn/Healthy/SC_report.pdf

Physical Activity:

- “Offer increased opportunities for physical activity through a *range of after-school programs* including intramurals, interscholastic athletics, and physical activity clubs.”
- “Make school physical activity facilities available during *non-school hours*.”
- “Support the participation of students in appropriate *community-based physical activity programs*.”
- “Offer *on-site after-school programs* that provide all participating students with significant amounts of physical activity as well as support for academic and positive social development.”

South Dakota. Department of Education¹⁰

Physical Activity:

- “*After-school child care and enrichment programs* will provide and encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous physical activity for all participants.”

POLICY LANGUAGE FROM SCHOOL DISTRICTS

Florida. Escambia County School District¹¹

Healthy School Environment:

- “Elementary School Level, 7.8: Promote lifelong healthy nutrition and physical activity in *after-school care programs*.”
- “Middle School Level, 7.10: Provide *after-school intramural programs/physical activity clubs* for students in grades 6-8.” (also High School Level, 7.11)

Family & Community Involvement

- “District-wide, 9.5: Collaborate with the City of Pensacola and the Escambia County Recreation Departments on how to increase student and family participation in *after school* and weekend physical activity.”

Florida. Leon County Schools¹²

Healthy and Safe Environment:

- “A healthy and safe environment for all, before, during and *after school* supports academic success.”

¹⁰ South Dakota Department of Education. “Model Wellness Policy,” downloaded from: [http://www.opi.mt.gov/pdf/schoolfood/SDWellnessPolicy\(11-05\).pdf](http://www.opi.mt.gov/pdf/schoolfood/SDWellnessPolicy(11-05).pdf)

¹¹ School Board of Escambia County, Task Force to Study Childhood Obesity Issues. “Final Report, March 2004.”

¹² Leon County School Board. “Leon County Schools Wellness Policy.” Adopted March 8, 2005.

Draft language from other school districts in Florida

Other School-Based Activities:

- “After School Programs:
 - (a) Each school will make available nutritious snacks (as prescribed by USDA Snack guidelines) and structured physical activities in *after-school programs*.
 - (b) Middle and high schools shall provide *intramural and/or club activities* to promote opportunities for enjoyment, challenge, self-expression and social interaction in a cooperative environment that will lead to a physically active lifestyle...”

Physical Activity:

- “After School Child Care Programs: *After school care programs* offered on school campuses are required to include regular physical activity as part of their program.”
- “After School Tutoring Programs: *Tutoring programs* offered on school campuses are required to meet the Administrative Guidelines on Wellness, Physical Activity, and Nutrition.”