Healthy Out-of-School Time Training

Fostering School, Out-of-School Time and Community Connections
Welcome Mix & Mingle

1. Choose a fitness card
2. Stand by the corresponding sign
3. Introduce yourself
4. Read the question
5. Discuss
Training Objectives

- How schools work, how to work with schools
- OST school health components and action steps
- Wellness fits into OST and leading efforts in your school community
- Local collaboration in your community
- Tools and resources to support collaboration
It is time to truly align the sectors and place the child at the center. Both public health and education serve the same students, often in the same settings. We must do more to work together and collaborate.

—WAYNE H. GILES, DIRECTOR, DIVISION OF POPULATION HEALTH, NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION, CDC
Health and Learning
How to Work with Schools

STAFF

TOP PRIORITIES

CURRENT PARTNERS
Four Core Messages

- Healthy Students are Better Learners
- Schools Can Influence Healthy Eating and Physical Activity
- Healthy, Successful Students Build Strong Communities
- All Students Deserve the Opportunity to Be Healthy
Afterschool programs can help our nation's kids get healthy, stay healthy, and lead healthier lives.

**KIDS NEED HEALTHY OPTIONS**

Lack of physical activity and an unhealthy diet contribute to the obesity epidemic that affects nearly one in three children and teens in the United States.

- Of kids ages 6-11, only 42% get enough daily physical activity
- Of kids ages 2-18, only 40% eat enough fruit and 10% eat enough vegetables

More youth than ever before—10.2 million—are in afterschool programs.

- 8 in 10 parents want afterschool programs to provide opportunities for physical activity
- More than 7 in 10 want programs to offer healthy meals, snacks, or beverages

**AFTERSCHOOL IS KEY**
Gaps and Connections
Making the Connection

- Local Wellness Policies
- School Wellness Committees
- Professional Development
What are Wellness Policies?
Documents that guide efforts to create supportive school nutrition and physical activity environments.
Foods and beverages will not be used as reward or punishment. The Organization will provide directors and site staff with a list of alternative ways to reward children.

Celebrations and Rewards

NON-FOOD REWARD IDEAS
There are many examples of non-food rewards that meet both kids’ and the Alliance’s approval. Here are a few of our favorites:

**CHOOSE A PRIZE**
- Pencils or erasers
- Stickers
- Books
- Enter a drawing or raffle for a bigger prize
- Gaming tokens or points toward a prize

**GET MOVING**
- Lead a special physical activity break
- Host a special event such as a dance or kite-flying party
- Provide extra recess or PE time
- Turn on the music and let students dance for a few minutes
- Give students the opportunity to lead an activity

**SHAKE UP YOUR ROUTINE**
- Let the student choose a special activity
- Provide a few minutes of extra free time
- Allow student to select a special book
- Give a special piece of candy
- Give a “no homework” pass
- Host a special dress day where students can wear hats or pajamas

**SHOW RECOGNITION**
- Give out certificates or ribbons
- Post recognition signs around the school or on a prominent bulletin board
- Give a shout-out in the morning announcements
- Call or send a letter home to a parent
Professional Development

- Healthy Eating
- Physical Activity
- Parent and Family Engagement
- Staff Wellness
When the music **starts**...

- Move around, exchanging as many cards as possible

**When the music stops**...

- Find a Partner and Perform the activity on ONE of your Task Cards

**MULTIPLICATION**

1. $5 \times 2 = $ Wall Push Ups
2. $8 \times 1 = $ Bear Crawl
3. $6 \times 4 = $ Marching in Place
4. $7 \times 4 = $ Chop Down the Tree
5. $2 \times 9 = $ Walk the Tight Rope
One thing you can’t wait to do as soon as you get back to school.

One thing you still have questions about.
“The success of your presentation will be judged not by the knowledge you send but by what the listener receives.”

- Lilly Waters
THANK YOU

Questions?
Thank You!

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