

# Improving Attendance by Elevating Healthy Schools Through Out-of-School Time (OST)



# As a result of this training participants will be able to:

- Identify the benefits of OST as a strategy to support school health.
- Identify OST partners and resources that can support school health priorities.
- Use the Healthy Eating and Physical Activity (HEPA) Standards to capture strengths and growth opportunities to support students' health and well-being in OST.
- Initiate a plan of action to implement physical activity, nutrition, and/or health policies, practices, and programs in OST.



# Agreement

- Focus on intentional presence
- Bring a curious stance
- Be partners in learning
- Honor other's perspectives, experiences and learning styles



# Pair & Share

What was your experience in out-of-school time?

Who provided care for you before & after school, during the summer, and on school breaks?

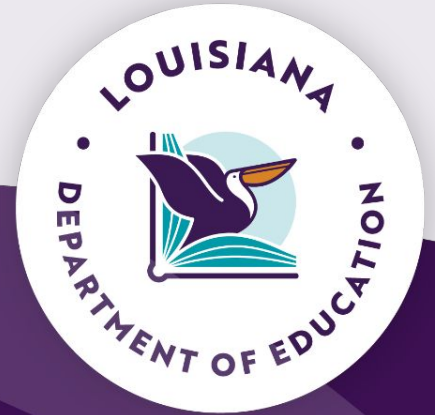


# Where Does OST Happen?

- Schools
- Child care centers
- Recreation Centers & YMCAs
- Youth Programs & Clubs (Boys & Girls Club of America, 4-H)
- Libraries
- Faith-based buildings
- Museums & Zoos
- City buildings
- 21st Century Community Learning Centers
- Family & Neighbor care
- Parks & Outdoor spaces
- Mobile Learning/Makerspaces
- Universities & Colleges
- Arboretums & Botanic Gardens
- Summer camps
- Theaters & Galleries



# Benefits of Quality OST



# Discussion

How are youth in your community thriving? How is their health & wellbeing being supported?

What spaces are they in? What opportunities are available? Do all youth have access to the same opportunities?



# Coordinated School Health & Wellness

OST programs provide access to:

- Healthy foods & physical activity
- Safe environments that create a sense of belonging
- Challenging and purposeful opportunities to learn and interact with each other, increased capacity to learn and grow
- Supports through positive relationships with adults and peers





# Benefits of OST

Studies of OST programs have demonstrated many positive outcomes for students, including the following.

- Engagement in school
- Improved school-day attendance
- Fewer unexcused absences
- Fewer disciplinary referrals
- Improved academic performance
- Reduced behavior problems
- Improved social skills

[Sources: America After 3PM, Demand Grows, Opportunity Shrinks \(2020\)](#)  
[Afterschool Alliance, This is Afterschool \(2020\)](#)



# Benefits of OST

What makes OST unique?

- Flexible programming that meets the needs of youth
- Hands-on/project-based activities
- Youth voice, youth choice
- Enrichment activities that range from STEM, arts, civic engagement, to literacy
- Mentoring opportunities/representation of community members



# Barriers to Participation

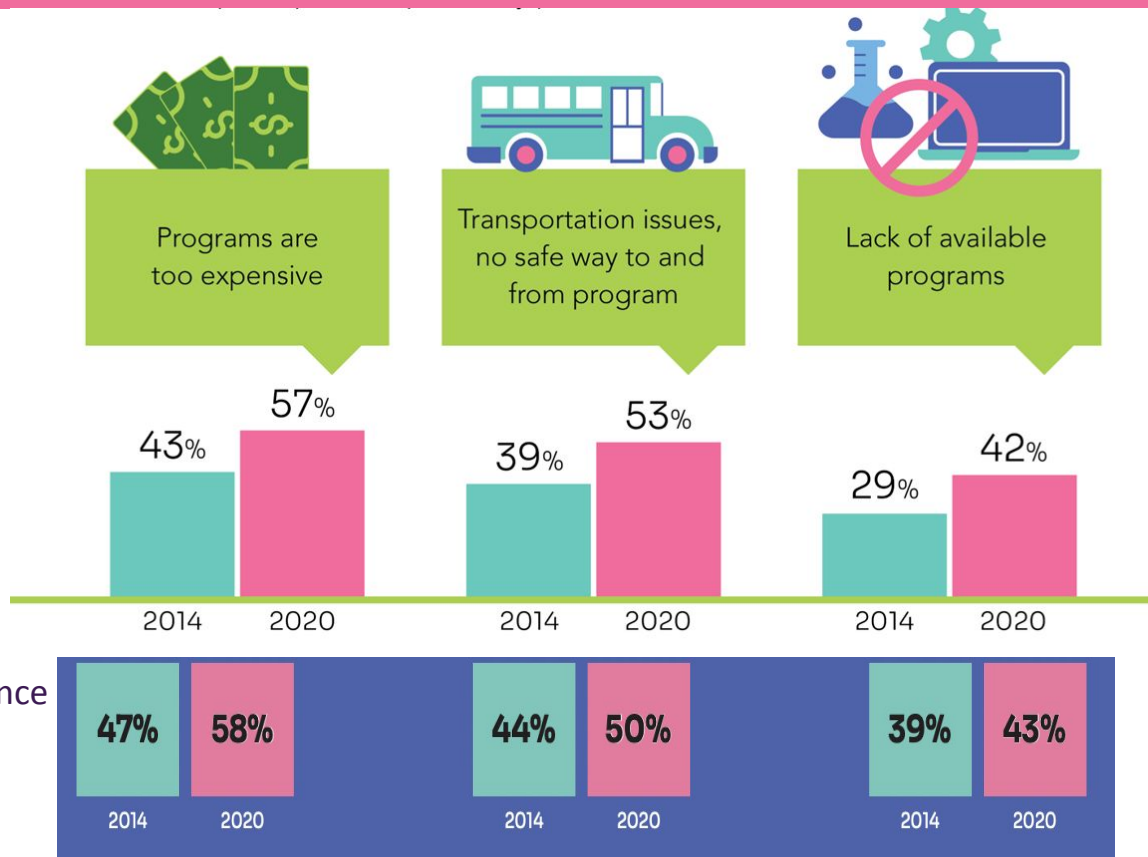
(as reported by parents)

For every child in afterschool, **four** are waiting for an available program in LA.



Source: [Louisiana After 3pm](#), Afterschool Alliance

While demand for programs has soared, so have barriers to participating, such as cost, transportation, and a lack of available programs.



# Discussion

- What are you currently doing to promote health and wellness for youth and staff in OST?
- What areas do you see for improvement?
- What additional resources do you need?



# OST Evidence-Based Strategies

- Adopt policies to make nutritious foods and physical activity routinely available.
- Partner with community organizations to deliver OST programs and/or provide program support.
- Strengthen relationships between OST program staff and school nutrition professionals to increase access to food storage and support the adoption of nutrition standards.
- Implement the National AfterSchool Association (NAA) Healthy Eating and Physical Activity (HEPA) Standards for OST.

Source: Collection of Evidence-Based Strategies for School Nutrition and Physical Activity, Journal of School Health



# Partnering to Support OST

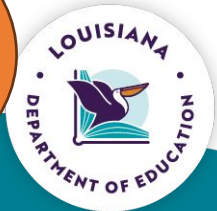
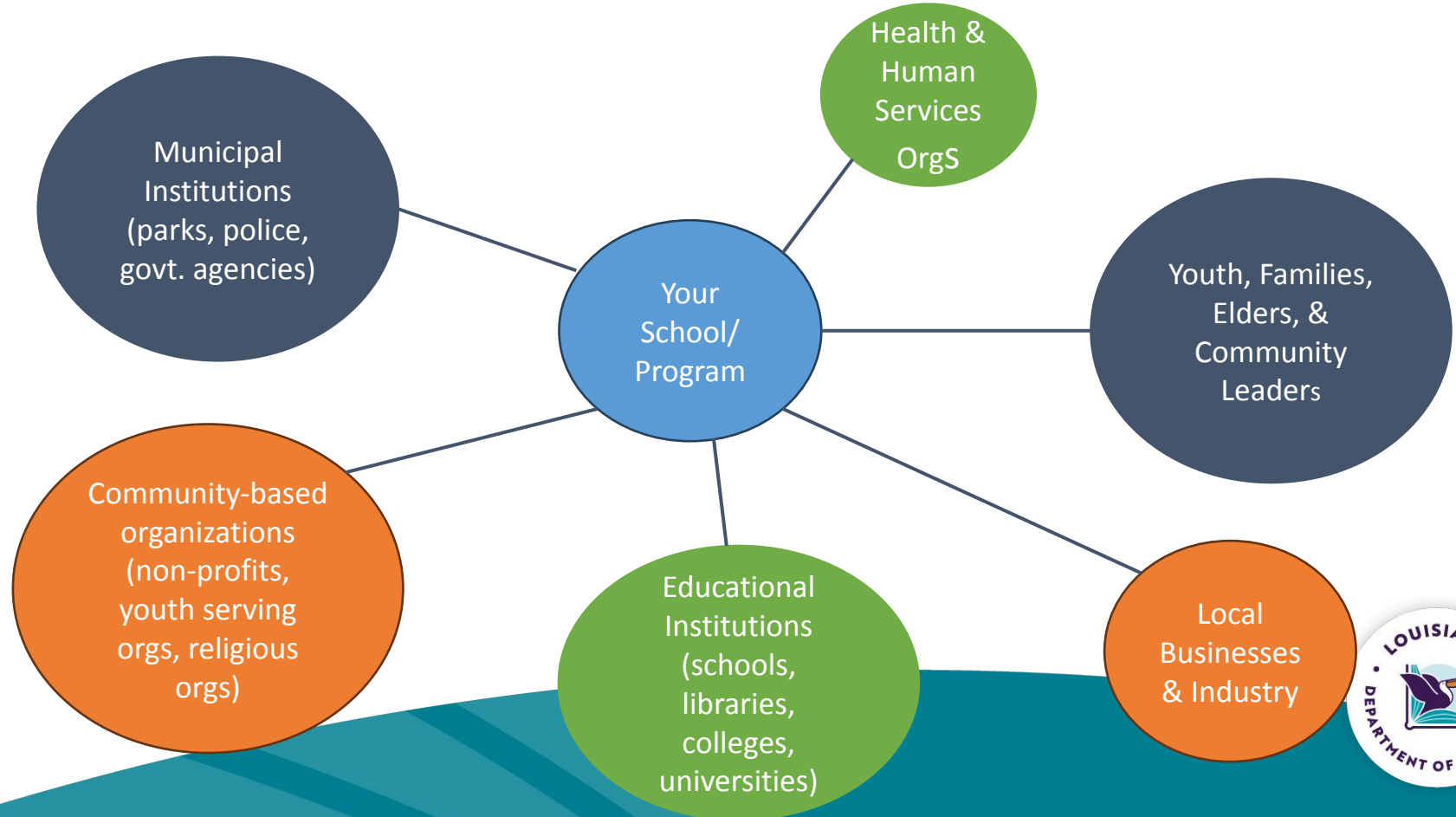


# Building Capacity

- What data, skills, or resources do we need to support OST?
- Who in our community has access or has these skills/resources needed?



# Community Asset Mapping





# Gallery Walk & Debrief



# OST Partnership Examples

- Invite OST program staff to join the School Health Advisory Councils (school & district level).
- Share local wellness policies so program leaders can see how the district addresses physical activity and nutrition in OST.
- Engage OST program staff in completing assessments and developing action plans as part of the school wellness committee.
- Set up joint use agreements to provide shared access to classrooms, gyms, playgrounds, space for food storage/prep, etc.



# Physical Activity Break

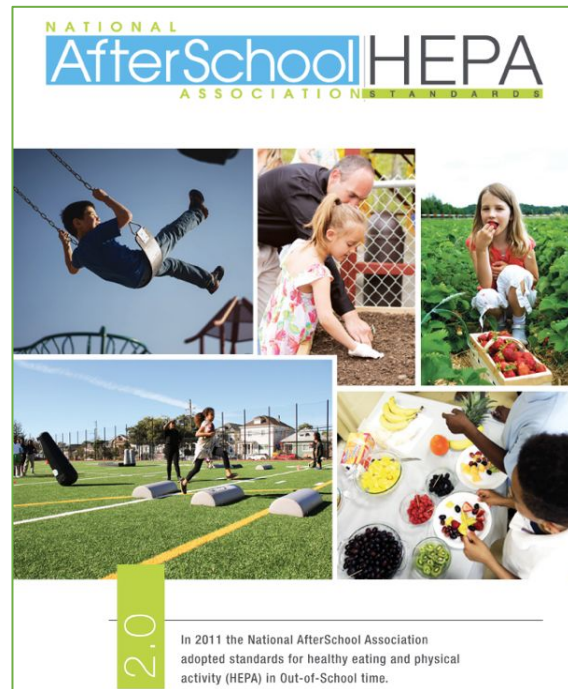


# OST Evidence-Based Strategies



# Healthy Eating and Physical Activity (HEPA) Standards

- Content and Quality: 19 Standards
- Staff Training: 5 Standards
- Social Support: 11 Standards
- Program Support: 8 Standards
- Environmental Support: 5 Standards



# HEPA in Action: A World Fit for Kids!

- Daily schedule consists of:
- A check in
- An “energy break” or warm up
- A healthy snack
- Homework help
- Physical activity such as a relay race or sports activity
- Students reported that WFIT helped motivate them to be physically active, drink more water, and feel more confident

Afterschool Spotlight

HEALTHY EATING AND PHYSICAL ACTIVITY (HEPA)  
+  
SOCIAL AND EMOTIONAL LEARNING (SEL)



## A World Fit for Kids!

### Training staff to model healthy behaviors to promote healthy eating and physical activity and social and emotional learning

Taking a comprehensive approach to wellness—which includes healthy eating and physical activity and extends to additional aspects of health, such as social and emotional skills and competencies—can provide the necessary supports to help healthy children grow into healthy adults. Afterschool and summer learning programs are well-situated to be a component of solutions that address the whole child. Children in quality programs have access to healthy snacks and meals, take part in physical activities, feel safe and supported by caring mentors, work collaboratively with peers, develop new skills, and gain confidence as they learn to set goals and make responsible decisions for themselves.

#### Overview

*A World Fit for Kids! (WFIT)* is an afterschool program with the mission of





# HEPA in Action: DC SCORES

Weekly schedule consists of:


- Two soccer practices
- Two writing and poetry sessions
- One game day

Students said that because of the program they care more about their school, discovered something they are good at, and that they now understand the importance of respecting others. Students also improved their body mass index, and aerobic capacity.

Afterschool Spotlight

DC SCORES

HEALTHY EATING AND PHYSICAL ACTIVITY (HEPA)  
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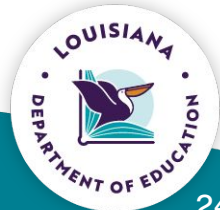
**Training staff to model healthy behaviors in order to support students' healthy eating and physical activity, as well as develop their social and emotional skills and competencies.**

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# Assessing & Prioritizing HEPA Standards

- [Healthier Generation Assessment for Out-of-School Time](#)
- [Out-of-School Time | Alliance for a Healthier Generation](#)
- [Healthy Out-of-School Time Roadmaps | Alliance for a Healthier Generation](#)





# Bringing it All Together



# 6 Step Process and Building Your Team







# District Level SHAC

As stated above, Section D of RS 17:17.1 requires each school **district** to establish a **School Health Advisory Council (SHAC)**.

It is of Best Practice that the SHAC meet **four times per year** to create, update and educate their schools and community on the **Local School Wellness Policy**, and establish district goals on development and implementation of their Local School Wellness Policy.

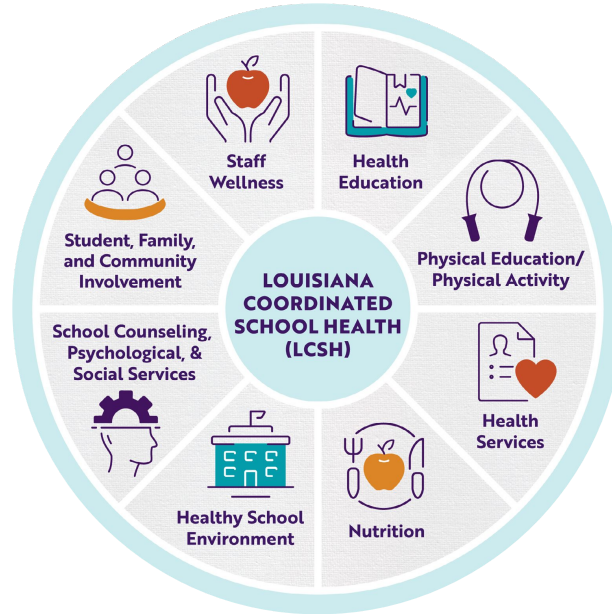
Additional Roles Include:

- Identify gaps in the district's health policies, programs and processes and locate resources to address gaps.
- Assist schools with challenges and resources to creating a culture of school health, and helping them celebrate the successes they achieve.
- Communicate with the school board on the progress of district and school health improvements.



# District Level SHAC

Using the LCSH Model, the SHAC best functions when each of the 8 components are represented by someone within the school district.





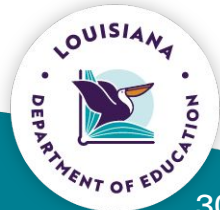
# School Level Health Team

In order to implement sustainable, healthy changes, each school within a school district should develop a school health team/wellness committee whose focus is on implementing programs and activities that meet the needs of their own students and staff.

Some roles and responsibilities of an action-oriented School Health Team/Wellness Committee are:

- Support the school in developing a healthier school environment by following the 6 Step Process
- Create the vision and goals for a healthy school
- Promote student, parent, and community involvement in developing a healthier school environment
- Plan, implement and evaluate program and policy efforts
- Provide feedback to district SHAC regarding progress on implementation of the district's local school wellness policy

\*\*The School Health Team can be combined with existing school committees such as School Improvement Team, School Safety Team, etc – to align efforts and provide additional support and resources for their school community.



# Reflect, Commit, & Share

- What is one thing you will commit to:
- Tomorrow
- Next week
- Next month



# Resources

- [An Interactive Guidebook for Improving School Health](#)
- [Healthier Generation Assessment for Out-of-School Time](#)
- [Out-of-School Time | Alliance for a Healthier Generation](#)
- [Healthy Out-of-School Time Roadmaps | Alliance for a Healthier Generation](#)
- [Louisiana Fit Kids: Child Nutrition Programs for a Healthier Louisiana](#)
- [LACAL: Louisiana Center for Afterschool Learning](#)





# Questions?



# Questions and/or Information

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