



Health and Wellness With Y4Y

Illinois 21st CCLC Spring Conference

May 4

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Facilitators



Shanika Peck

Lead Education Specialist



Yana List

Education Specialist



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Objectives

- Build awareness of personal and professional health and wellness
- Build a health and wellness culture
- Plan for school-day alignment
- Implement health and wellness activities within a program





Develop Your Understanding



What do you think of when you see the word “health”?





Elements of Health and Wellness



Social



Intellectual



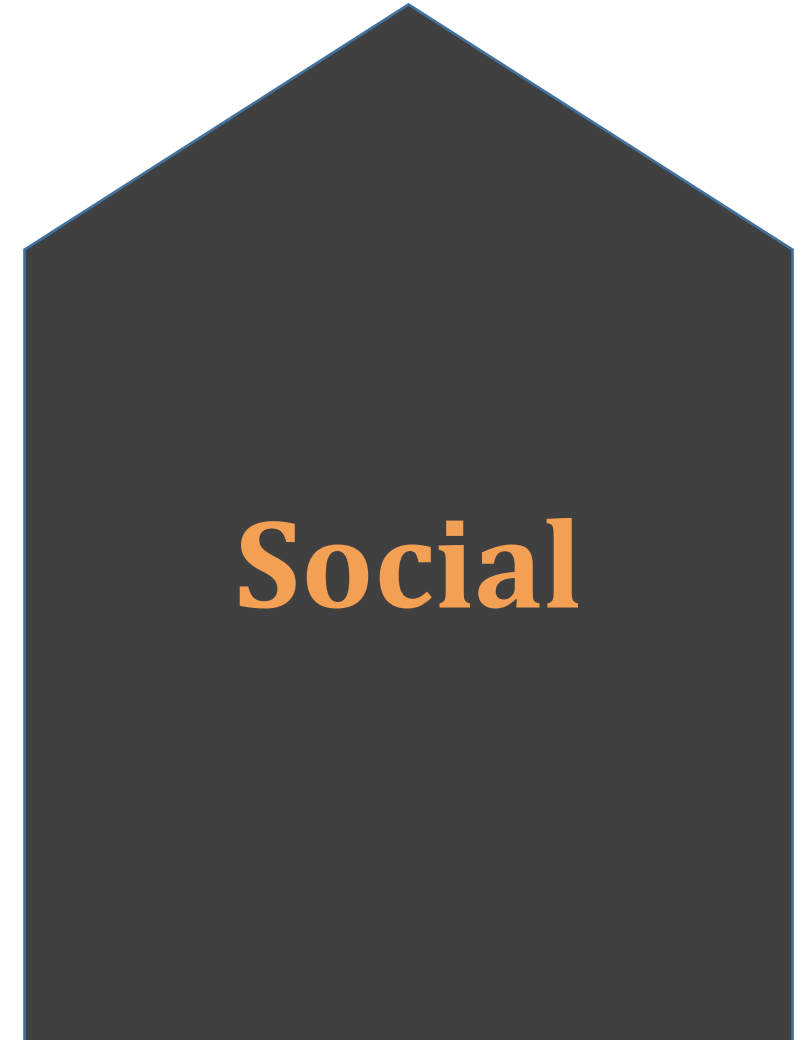
Emotional



Physical



Elements of Health and Wellness





Elements of Health and Wellness



Emotional



Elements of Health and Wellness



Intellectual



Elements of Health and Wellness



Physical



Why Health and Wellness?





Understand the Standards



Guide to Health and Wellness Standards for Out-of-School Time Programs

Studies show that healthy, active children learn better, perform better academically and experience fewer behavioral problems. But many children aren't getting the healthy food and physical activity they need each day. Afterschool and summer learning programs are well positioned to be key partners in a comprehensive effort to help children grow up healthy. In 2011, the National AfterSchool Association (NAA) adopted standards for healthy eating and physical activity (HEPA) in out-of-school time. Here's a summary.

Summary of NAA HEPA Standards

Standard Area	Key Points
Food and Beverages	<ul style="list-style-type: none">• Every snack should include a fruit or a vegetable.• Minimize the inclusion of pre-fried foods and foods with added sugars and artificial ingredients.• Include locally sourced, seasonal ingredients when possible.• Provide developmentally appropriate, culturally competent nutrition education.

Annotate Standards



- Every snack should include a fruit or a vegetable.
- Decorate the space with posters and art to promote healthy eating.
- Staff model positive self-talk.
- Offer daily outdoor physical activity.
- Staff are trained in positive behavior management.

HEART – Social
STAR – Emotional
CHECK – Physical
X - Intellectual



Build a Culture of Health and Wellness



Culture of Wellness



Values



Beliefs



Practices



Beliefs



Staff Health and Wellness Self-Assessment

Directions: Use this self-assessment to reflect on personal and professional factors that affect your health and wellness. What's working well? What could be better? Which factors can you change or influence? After you mark the boxes, circle the ones you'll focus on over the next month. Use the results to make positive changes and practice self-care.

What does "health and wellness" mean to you?

- Not having sickness or pain.
- Having enough mental and physical energy.
- Feeling confident socially and emotionally.
- Having an overall sense of well-being.
- What else? _____

What can you do to improve your health and wellness?

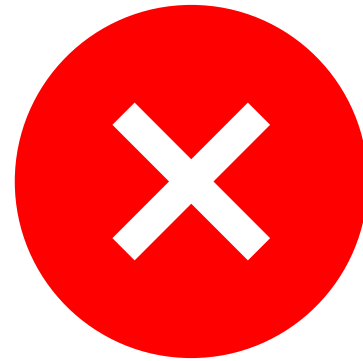
- Eat healthy meals and snacks.
- Get regular exercise.
- Spend time in nature.
- Schedule time for things I enjoy.
- Schedule more time for sleep and rest.
- Schedule family or social time.
- Make sure, every day and every week, there is at least one thing I look forward to.





Live Your Culture

Is the out-of-school time leader modeling a culture of health and wellness?



Live Your Culture



Andres, a site coordinator at ABC 21st CCLC program, started a new exercise routine and is really excited to share it with others.



Andres recognizes that his exercise routine may not be for everyone, so he decides to start including more healthy activities for staff by offering optional walking meetings and optional meditation practice, once a month.



Live Your Culture



Cole is leading a group art project. Two students start misbehaving, and Cole gets frustrated because they continue to make a mess, despite multiple attempts to get them to stop.





Connect with the School Day



Partnering With the School Day





Intentional Activity Design

Data



Needs



Start the Conversation

- Does the school have health and wellness goals, and how can 21st CCLC programming support school-day goals?
- What behavior management strategies does the school use, and how can the 21st CCLC program mirror those goals?
- Can the 21st CCLC program develop two-way communications with the school day that can support alignment and collaboration?



Start the Conversation



Conversation Starters for Partnering With the School Day Around Health and Wellness

Before meeting with school-day staff, consider these questions:

- What are the best ways to make contact with school-day staff?
 - In-person
 - Email
 - Virtual meeting
 - Other
- Which school-day staff or services do you need in order to implement the planned programming?
 - Health and physical education teachers
 - Special education support services
 - School counselor or psychologist
 - Behavior management and attendance staff
- What are the benefits of collaboration between 21st CCLC and school-day programs?
- What are the goals for curriculum alignment with school-day health and wellness programs?
- In what ways do you currently support students' social and emotional needs?



Find the Information



Principal



Counselor



Social worker



Curriculum Coordinator



Health-education teacher



You for Youth | Partnering With the School Day: Health and Wellness Click & Go

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Specific Questions



Plan and Implement Student-Facing Health and Wellness



Intentional Activity Design

Data



Needs



Health and Wellness
Activities



Activity Match

Needs



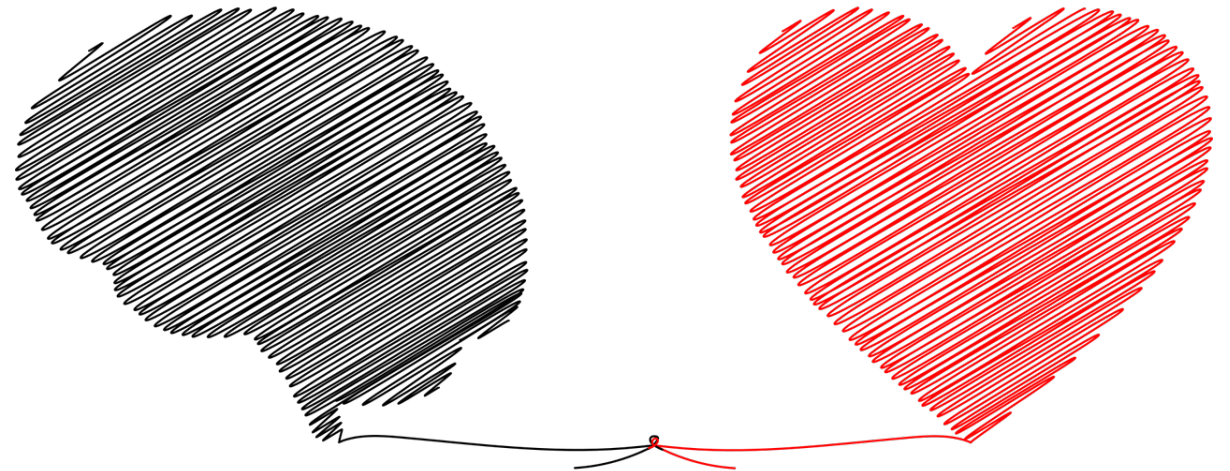
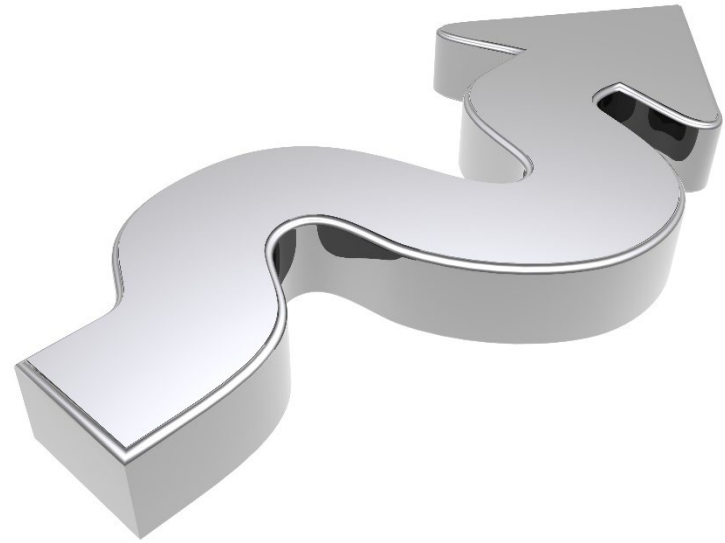
Activity
Purpose



Student
Activity



EXAMPLE ACTIVITIES





Walking Scavenger Hunt Activity Planner

After a full day in the classroom, students need a change of pace. A Walking Scavenger Hunt can help students be active while practicing social and emotional skills like teamwork and persistence. Use this guide to prepare a Walking Scavenger Hunt.

Walking Scavenger Hunt

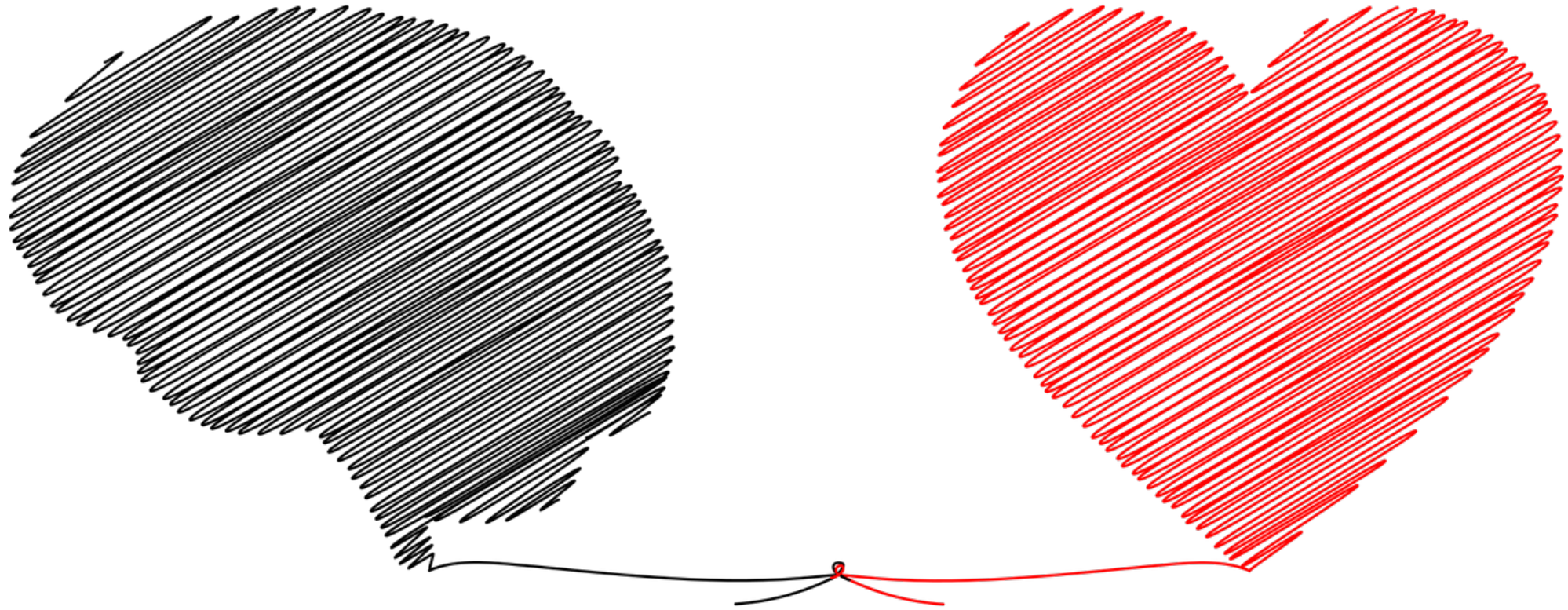
Step	Considerations	Answer/Decision
Set Up the Hunt	Goals. What are the goals and objectives of the activity?	
	Vision. How does this activity connect to the larger vision of your program?	
	Materials. What materials will students need to participate in the activity? What materials do staff need?	
	Complexity. Is the activity appropriate to the age group and accessible to diverse learners?	



Brain Breaks

- Calm students down
- Pump up the energy
- Manage intense emotions
- Promote self-reflection
- Encourage creativity

Mindless to Mindful Activity





Best Practices



Best Practices for Mindfulness

Mindfulness is a positive practice for children, families and staff. Mindfulness practices can help with focus, academic achievement and emotional management. To be successful, these practices should be carefully planned, introduced and integrated. Build interest and excitement by helping staff members, students and families understand the potential benefits of mindfulness. Use the practices described below to support training and implementation.

Area of Focus	Best Practices
Relationships	<ul style="list-style-type: none">• Introduce staff to the importance and practice of mindfulness.• Lead staff in mindfulness activities.• Train staff to lead mindfulness activities with students.• Engage families in mindfulness practices.• Offer expanded learning opportunities to teach mindfulness practices to families.• Prepare or recommend mindfulness activities to try at home.
Routines	<ul style="list-style-type: none">• Be consistent: Develop a regular mindful practice.• Begin with short mindfulness activities such as the “mindful minute.”• Balance variety with repetition when selecting mindfulness activities.



<https://y4y.ed.gov/>

Y4Y HOME HOME CLICK & GO TOOLS

You for Youth

Y4Y CLICK & GO
21ST CENTURY COMMUNITY LEARNING CENTERS
TECHNICAL ASSISTANCE
WHERE AND WHEN YOU NEED IT

CLICK & GO 1: HEALTH AND WELLNESS: PARTNERING WITH THE SCHOOL DAY

HEALTH AND WELLNESS

"Health and wellness" is a crucial but often under-addressed aspect of school-day and afterschool programs, so it's important to work with the school team to support the health and wellness of students and staff. This Click & Go is designed to help program directors and site coordinators develop skills for integrating health and wellness through partnerships with the school day. This Click & Go can also support frontline staff members who seek to identify their own areas of strength and understandings around health and wellness.

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Y4YINSIDER

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Questions





Contact Us!



<https://y4y.ed.gov/>
y4yTA@seiservices.com