



Schools & After School
Workgroup
Overarching Objectives
2006 - 2007

The Workgroup will provide **Schools** with Technical Assistance for the adoption and implementation of school wellness policies and other related policies that include, but are not limited to, the following provisions:

1. Education:

- Provide students with health education that addresses nutrition, physical activity and adoption of other obesity preventive lifestyle choices. Use sequential, skills-based and evidence-based curricula that include family involvement.
- Integrate obesity prevention content into the general education curriculum.
- Provide culturally and linguistically appropriate education on nutrition and physical activity to students, teachers, food service staff, coaches, nurses and parents at low or no cost to participants.

2. Food and Beverage:

- Ban use of food as a reward/punishment.
- Encourage healthful classroom and school celebrations.
- Adopt food and beverage standards for cafeterias and other food outlets such as but not limited to vending machines and school stores that meet or exceed USDA Dietary Guidelines and state mandates.
- Guidelines for healthy fundraising.
- Eliminate on-campus/site advertising of high-sugar and high-fat foods and beverages.
- Establish school gardens and use the resulting produce in school meals and other related school events.
- Improve access to and affordability of fresh fruits and vegetables in all schools.
- Increase participation and expansion of the school meal programs

3. Physical Education and Physical Activity:

- Provide all students with physical education classes and other opportunities for physical activity during the school day to help children have at least 60 minutes per day of vigorous physical activity.
- Provide quality teacher training for the delivery of PE.
- Expand physical activity opportunities beyond state physical education requirements.
- Reduce or subsidize student fees related to school athletic activities including the purchase of athletic uniforms and equipment.
- Shared land/facility use for physical activity programs offered by schools and/or community-based organizations.

Other Strategies:

- Partner with and engage businesses, government, faith communities and other organizations to assist with and /or finance school-based activities including wellness and other related policies in relation to nutrition, physical education and other physical activity options.
- Partner with community agencies and healthcare providers to provide school-based counseling programs that address the emotional needs of overweight children and their parents, eliminate related bullying at school, and direct children and families to resources where they can set and meet nutrition and fitness goals.

Focus 2006-2007

1. Provide training, on-going communication and provide resources to the school district wellness policy leads and council members.
2. Conduct a School Wellness Policy Summit.
3. Advocate for school policy and environmental change.
4. Provide school stakeholders with a training on how to eliminate marketing of unhealthful foods and beverages on school campuses.
5. Engage in cross-domain efforts.



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2006

The Workgroup will provide After School Programs Technical Assistance for the following:

To Implement Policies and Programs which address the Following but are not limited to:

- Consistent (when applicable) to School Wellness or other School District related policies.
- Train staff to provide education and resources to parents on child and family nutrition and physical activity.
- Assist providers to utilize innovative methods and provide fun activities to promote healthy nutrition and physical activity with children.
- Educate parents on how to assess and select after-school programs for their healthy nutrition and physical activity opportunities for children, as well as for their ability to involve families in physical activity and nutritional programming.
- Model behaviors that demonstrate healthy eating and physically active lifestyles for parents and children.
- Eliminate advertising, selling and distribution of unhealthy foods and beverages to children and youth at before- and after-school programs.
- Shared land/facility use for physical activity programs offered by schools and/or community-based organizations.
- Institute healthy food and beverage standards that are consistent with USDA Dietary Guidelines and state school mandates for all food items available at before-school and after-school programs.
- Partner with and engage businesses, government, faith communities and other organizations to assist with and /or finance After school-based activities including wellness and other related policies in relation to nutrition, physical education and other physical activity options.