

TakeTen!

A monthly bulletin designed to keep you informed.

pennsylvania statewide
afterschool
youth development
network

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January 2010

Welcome to **Take Ten**, a monthly bulletin designed to keep you informed. We invite you to take 10 minutes a month to update yourself with what's going on in the network and the afterschool/youth development field. **This edition of Take Ten will focus on nutrition and wellness in the afterschool hours.**

This information is also available on www.psaydn.org.

Pennsylvania Statewide Afterschool/Youth Development Network (PSAYDN) is a collaborative effort among state, regional and local partners. Its purpose is to promote sustainable, high-quality out-of-school time youth development programs through advocacy and capacity building to enhance the welfare of Pennsylvania's children, youth and families. To learn more about PSAYDN, call 717-763-1661 or email psaydn@csc.csiu.org



The Spotlight

Utilizing the Dinner Program in an Afterschool Setting

As you know, a nutritious meal is one of the most critical things that an afterschool program can provide for children. While most afterschool programs provide a snack as part of their program, not many states receive reimbursements for providing dinner. Fortunately, Pennsylvania is one of ten states which the USDA provides reimbursement for dinners served to children ages 18 and under who participate in afterschool programs located in low-income areas.

According to the Pennsylvania Department of Education, Division of Food and Nutrition, currently 61 percent of the 734 sites offer dinner during their afterschool program. Additionally, the average daily attendance for dinner is 18,318.

In Pennsylvania, the Titusville YMCA is entering their sixth year of serving dinner during their afterschool program. Director of Development Michael Waychoff says 100 supper meals are served daily. Waychoff added that they are the only program in their immediate area and that the fit of this program is a natural one. "The YMCA is able to adapt to the dinner program well because one of our focuses includes nutrition education. So, we talk to the kids about making healthy choices like eating fresh fruits and vegetables."



Waychoff recently helped the Shenango YMCA in Hermitage, PA to begin offering dinner during their program. If an afterschool program is interested in more information on transitioning to the dinner program, Waychoff suggests contacting someone who is already doing the work for details and tips about their project.

To learn more about how your afterschool program can participate in the Supper Program, [click here](#) or contact the PA Department of Education at 1-800-331-0129. For more information on afterschool initiatives in Pennsylvania, contact the Pennsylvania Hunger Action Center at (717) 233-6705.

Congratulations to Waychoff and his staff on a job well done! They have received exemplary remarks during their yearly monitoring and are clearly helping to keep kids fed in Pennsylvania. For further information on his program or to speak with him directly, contact him at mwaychoff@worldconnx.net.

PSAYDN Needs Your Help!

PSAYDN is conducting an online survey assessing how PSAYDN is meeting its goals and the needs of our members. If you were unable to join the Virtual Quarterly Meeting in December or you joined the meeting but did not complete the survey, please take time now and respond.

Participants who complete the survey will be entered into a drawing for one of several prizes: Free registration to the Fifth Annual Eastern Regional Conference on Afterschool (June 16-17, 2010 in Baltimore, MD), or *Lights on Afterschool* resource items.

The survey will remain active until January 29, 2010. [Click here](#) to access the survey.

News

End of Year High Note for Afterschool: Congress Increases Afterschool Funding

On December 13, 2009, the U.S. Senate voted 57 to 35 to approve the FY2010 Consolidated Appropriations Conference Report. The legislation includes a \$35 million increase for the 21st Century Community Learning Centers (21stCCLC) initiative, bringing the total funding for 21stCCLCs to \$1.166 billion. While there is delight in the fact that more children will be able to benefit from afterschool programs, it is important to remember that more than 18 million children worldwide would enroll in an afterschool program if one were available. In Pennsylvania 32 percent (or 605,309) of all Pennsylvania children not in afterschool would be likely to participate if an afterschool program were available in the community, according to the America After 3PM study.

The spending bill also includes funding for the Child Care and Development Block Grant program, the Corporation for National and Community Service VISTA and AmeriCorps programs, full service community schools, and several other funding streams that benefit afterschool programs. To view a table with all of the programs and funding amounts, [click here](#).

Robert Wood Johnson Foundation President and CEO Testifies at Congressional Hearing on Childhood Obesity

During a House Energy & Commerce Health Subcommittee Hearing on childhood obesity in December, Risa Lavizzo-Mourey, M.D., M.B.A. testified about promising and effective community- and school-based approaches to removing barriers to healthy eating and physical activity. "It's clear the cost of inaction is unacceptable," Lavizzo-Mourey said, noting that nearly one-third of our nation's children are obese or overweight. "It's critical that a diverse group of partners work together to effect change at the community level," she testified. "But solving the epidemic of childhood obesity also requires leadership and coordination at the federal level that cuts across departments and agencies. Transportation policies, housing policies, education policies and agriculture policies — not just health policies — all have an impact on whether children and families have access to healthy, nutritious foods and safe streets and neighborhoods."

To read the entire testimony, [click here](#).



Practices & Strategies

In Pennsylvania

Action for Healthy Kids is the nation's leading non-profit and largest volunteer network fighting childhood obesity and undernourishment by partnering with schools to improve nutrition and physical activity to help our kids learn to eat right, be active every day, and be ready to learn.

The Pennsylvania Action for Healthy Kids joined with The Food Trust to implement the Campaign for School Wellness Philadelphia. The group also will train schools to *Fuel Up to Play 60* to build awareness of school wellness, implement the *Students Taking Charge* program in 15 schools across the Commonwealth, explore opportunities for participation in the 2010 Keystone Health Promotion Conference, and recruit volunteers from across the state to help create healthy schools for children. If you are interested in volunteering or would like to find out more about PA Action for Healthy Kids, please [click here](#).

HealthCorps®, a proactive health movement founded by heart surgeon Dr. Mehmet Oz, is fighting the obesity and mental resilience crisis by getting American students and communities across the country to take charge of their health. Like a Peace Corps for Health, HealthCorps

is a national service and peer mentoring initiative. In high schools, HealthCorps coordinators empower teens in underserved populations to make simple lifestyle changes to enhance their well-being and resilience and take the message to friends, families and neighbors. HealthCorps coordinators work in classrooms, the lunchroom, and run after-school programs to provide lessons, activities and experiences that integrate mental, physical, and nutritional health education. Locally in Pennsylvania, there are two programs that are part of HealthCorps: Lower Moreland High School and The Academy of the New Church. For more information, please contact Beth Chamberlain at beth.chamberlain@healthcorps.org with the Lower Moreland High School in Huntingdon Valley or Kyla White at kyla.white@healthcorps.org with the Academy of the New Church in Bryn Athyn. To visit the HealthCorps website, go to <http://www.healthcorps.net>.

Around Country

The Coordinated Approach to Child Health (CATCH) Program brings schools, families and communities together to teach children how to be healthy for a lifetime. CATCH is effective because healthy behaviors are reinforced through a coordinated approach: in the classroom, in the cafeteria, in physical education, at home and after-school. Implemented in community-based programs across North America, CATCH Kids Club, has been designed for after-school and summer enrichment settings. Healthy messages are reinforced beyond the school day via physical activity and nutrition education sessions. CATCH makes nutrition learning and physical activity fun! For more information on CATCH, [click here](#).



Recommended Reading

Asia Society Afterschool Report

Asia Society and The George Lucas Educational Foundation convened a national meeting to explore strategies for expanding internationally themed programming in afterschool and summer learning initiatives. Such programs could enhance children's exposure to world cuisines, providing hands-on experiences preparing international foods accompanied by stories about the cultural significance of dishes. Students could practice problem solving and teamwork as well as math and nutrition by examining the ingredients, literacy by creating menus, and science by studying plant and food production. Content on international social and economic issues as global food insecurity and trade could also be included. Culminating activities might include an international bake sale or cookbook of world recipes. **Please note: this reading is not current but is worth the read.* To read the report, [click here](#).



Afterschool part of Successful Community-Based Intervention to Combat Childhood Obesity

A recently published evaluation revealed that Shape Up Somerville, a community-based childhood obesity intervention project conducted by researchers at Tufts University's Friedman School of Nutrition Science and Policy, was shown to be successful in reducing weight gain in children at risk for obesity. The intervention in Somerville, Massachusetts focused on improving physical activity and healthy eating options for public school children in

Preventing Child Obesity — It's Not Happening at Day Care Centers

With nearly 25 percent of children ages 2 through 5 classified as obese or overweight, children should learn about healthy lifestyles as early as day care, according to a new report. But for many children, that's not happening, finds the study from Harvard and Duke researchers done for the Robert Wood Johnson Foundation. Researchers graded states on how well their regulations required children to eat healthy and do physical activity. Pennsylvania received an overall grade of "C." Georgia and Nevada ranked highest for healthy eating and physical activity regulations and South Dakota, Puerto Rico, and Idaho ranked lowest. You can see how states compare by [clicking here](#). This report focuses on the issues seen in daycares; however, it is important to note that many of these same issues are seen in the afterschool setting.

Success Stories from the California Endowment's Childhood Obesity Prevention Programs

This report compiles profiles of successful efforts to reduce childhood obesity by engaging schools, afterschool programs, convenience stores, municipalities, and others in the community to increase access to healthy foods and opportunities for physical activity. To read the entire article, [click here](#).

Get Your Afterschool Snack!

Hungry for the latest news in afterschool? Be sure to check out [Afterschool Snack](#), the Afterschool Alliance's new up-to-the minute blog with afterschool news, trends and information from across the country.

RECOMMENDED LISTENING

Afterschool Alliance and BAM Radio Network have partnered to bring you ASA Radio. Executive Director Jodi Grant hosts the program that will focus on

Upcoming Events

PSAYDN Events

Afterschool Advocacy Day 2010

Training Lunch, Afterschool Advocacy Event in the Rotunda and Visits with Legislators

March 8, 2010 – Hilton Harrisburg and State Capitol

11:00am – 4:00pm

Advocates including, parents, program providers, youth, faith-based leaders and business leaders from across the Commonwealth will come together to highlight the importance of afterschool programs in our state. To join us on Afterschool Advocacy Day, please visit www.psaydn.org to register or contact Kristen Urso at kurso@csc.csiu.org for further information.

In conjunction with the Extra Learning Opportunities (ELO) Conference, PSAYDN will be holding two important events:

PSAYDN Quality Forum

March 9, 2010

5:00pm – 7:00pm

Hilton Harrisburg

Join in as we share and discuss promising afterschool quality initiatives in the Commonwealth.

PSAYDN Annual Meeting and Reception

March 10, 2010

5:00pm – 7:00pm

Hilton Harrisburg

Help us celebrate PSAYDN's accomplishments over the last year, share goals for the future and honor Pennsylvania Afterschool Champions.

Statewide & National Events

Pennsylvania Extra Learning Opportunities (ELO) Conference Promising Practices – Proven Strategies: Afterschool Programs in a Time of Change

March 9 – 11, 2010

Hilton Harrisburg

Check back for more details at: www.center-school.org

2010 Afterschool for All Challenge

April 19 – 21, 2010

Washington, D.C.

The Afterschool for All Challenge will be held in conjunction with *Be the Change!* the 22nd National Afterschool Association Convention. [Register now](#) and help shake up the Nation's Capitol afterschool style! Advance registration deadline is March 31, 2010; however onsite registration is available.

Advocacy Corner

In a mid-year budget briefing, the Governor and Budget Secretary announced that the Commonwealth is projected to finish the fiscal year with a deficit of \$450 million. The administration is taking early steps to cut current year spending to address the shortfall. The poor fiscal outlook means the FY 2010 – 2011 budget negotiations will be extremely difficult. Now more than ever, it is important to make plans to attend

PSAYDN's Afterschool Advocacy Day on March 8, 2010 and express support for funding that supports afterschool programs.

Join advocates including parents, program providers, youth, faith-based leaders and business leaders from across the state to come together to highlight the importance of afterschool programs in our state. The day will include a training lunch, afterschool awareness event in the Capitol Rotunda and visits with Legislators. Your support

and participation will build strong state leadership to increase awareness, sustainability, and the quality of afterschool in Pennsylvania.

If you would like more information on the Afterschool Advocacy Day, please contact Kristen Urso at (717) 763-1661 Ext. 153 or by email at kurso@csc.csiu.org.



Afterschool Advocacy Day, March 8, 2010 (tentative agenda)

11:00am – 11:30am	Registration
11:30am – 1:00pm	Lunch and Advocacy Training (Harrisburg Hilton)
1:00pm – 1:30pm	Travel to Capitol
1:30pm – 2:00pm	Afterschool Advocacy Program (State Capitol)
2:00pm – 4:00pm	Visits with Legislators