



The following information is also available on www.psaydn.org.

Take Ten!

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.

April 2007

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THE SPOTLIGHT!

Reversing the Trend - In early April, the Robert Wood Johnson Foundation (RWJF) announced its \$500 million commitment to reverse childhood obesity by 2015. According to the announcement on April 4th, the obesity rate amongst children from ages 6 to 11 quadrupled within the past four decades. Almost one-third of all children in the United States are overweight or obese. RWJF is planning to reverse this obesity trend by investing in evidence-based promising practices, promoting action strategies, and advocacy. For more information, visit www.rwjf.org.

PSAYDN UPDATE

Stay informed – here's what's going on.

- **Pennsylvania Will Be Heard** – On April 16th, PSAYDN hosted a Pennsylvania Delegation meeting to organize and synthesize the message Pennsylvania wants to convey at the “Afterschool for All Challenge”, a two-day national event to be held on April 23rd and April 24th in Washington, DC. The event enables all supporters of afterschool to join forces and make their case on the importance of afterschool programs to our members of congress. PSAYDN will provide updates about the event in next month's *Take Ten!* For more information about the event, visit www.afterschoolalliance.org.

PROMISING PRACTICES – PROVEN STRATEGIES

Learn about what is going on locally and nationally.

Pennsylvania

“Odyssey of the Mind” is an enrichment program that promotes creative thinking and problem-solving skills that range from building mechanical devices to interpretation of classic literatures. It

is a competitive program that allows children and youth to compete with others from a local to global level. The competitions differ from sports events or a knowledge-based contests because children and youth are judged primarily on their creativity. Teams are given a list of problems to choose from and are given the opportunity to address the problem in a creative manner e.g. acting, writing, music, artistry, and humor, mechanical, technical, costuming etc.

This year, more than nine teams from North central PA have competed at the state competition. To read the *Sun Gazette's* news article on the Regional Tournament or to see the results, please visit www.paodyssey.org or [click here](#).

Around the Country

The Promising Practices Network (PPN) announces the launch of a new Partner Page for Kansas Action for Children, an advocacy organization for policies and programs that promotes the welfare of all children and youth in the state of Kansas. PPN, operated by the nonprofit research organization RAND, is a project that seeks to improve the lives of children, youth, and families through dissemination of quality evidence-based information. The Partner Page enables users to find Kansas specific information and resources on issues such as afterschool programs, education, school readiness, etc. To visit the website, please [click here](#).

RECOMMENDED READING

Check out these recent articles, research, and reviews on afterschool and youth development issues.

- **Charting the Benefits of High-Quality After-School Program Experiences: Evidence from New Research on Improving After-School Opportunities for Disadvantaged Youth (.pdf)** – The current paper examines the proposed strategy of recent results from Promising Programs study conducted by University of California at Irvine, University of Michigan at Madison, and Policy Studies Associates, Inc. For more information, please <http://blogs.cce.cornell.edu/community-horticulture/files/2007/03/promising-programs-policy-paper-1.pdf>.
- **Kids' Share 2007: How Children Fare in the Federal Budget (.pdf)** – A study on federal spending trends for children in comparison to other national expenses. To read this article, please http://www.benchmarkemail.com/link/redirect.asp?g=0&c=143644&l=208643783&e=khengst@csc.csiu.org&url=http://www.urban.org/UploadedPDF/411432_Kids_Share_2007.pdf.
- **Making the Case: A Fact Sheet on Children and Youth in Out-of-School Time (.pdf)** – A report on the impact of out-of-school time programs on students' academic, social, and emotional development. For more information, please <http://www.niost.org/publications/Final2007FactSheet.pdf>.
- **Measuring Youth Program Quality: A Guide to Assessment Tools (.pdf)** – A comparison of objective, structure, content, and technical properties surrounding quality assessment tools for youth programs. For more information, please http://www.forumfyi.org/Files/Measuring_Youth_Program_Quality.pdf.

UPCOMING EVENTS

Mark your calendars; you don't want to miss these events.

- **4/30/07 – 5/1/07 – Wellness and Academic Success: From Policy to Action –** Conference will be held at the Penn Stater Conference Center Hotel in State College, PA. To register, visit the Action for Healthy Kids website at www.actionforhealthykids.org/state.php.

- **5/8/07 – 5/9/07 – Third Annual Eastern Regional Conference** – The After-School Institute (TASI) conference will be held at the Sheraton Baltimore City Center in Baltimore, MD. To register, visit www.afterschoolinstitute.org.
- **5/19/07 – Cool Ideas for Hot Days** – The Southeastern Pennsylvania School Age Child Care Project will be presenting, *Cool Ideas for Hot Days*, a Professional Development Opportunity for staff working with children and youth 5-13 years old. For more information, please visit www.sepasacc.org. [View Save the Date \(.pdf\)](#)
- **5/24/07 – A Continuum for Learning: PA Supports the Power of Afterschool** – PSAYDN's Southeastern PA Regional Afterschool Summit will be held at Widener University in Chester, PA. For more information, visit PSAYDN website at www.psaydn.org.
- **5/31/07 – Northwestern PA Regional Afterschool Summit** – PSAYDN's Northwestern PA Regional Afterschool Summit will be held at the Boys and Girls Club of Erie in Erie, PA. For more information, visit PSAYDN website at www.psaydn.org.

The **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, please contact:

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