

SUMMER 2022



NEWSLETTER

STANDARDS THAT STRENGTHEN YOUR PROGRAM

We all know the benefits of after school programs. According to the Afterschool Alliance, afterschool programs keep kids safe, inspire learning, and give working parents peace of mind. They add that afterschool programs help kids discover who they are and what they love to do, make smart choices, and avoid risky behaviors. And there's more! Afterschool programs can improve student's attendance, graduation rates, classroom engagement, and behavior.

There are so many wonderful opportunities for students in the afterschool setting but are your students getting the biggest bang for the buck? How do you really know you are providing a high-quality program? There are standards specifically designed for afterschool programs to help determine if there is room for improvement. Add some strength to your program by utilizing standards that help your program be all it can be!

- The **Alabama Afterschool Quality Standards** provide guidance for afterschool and summer programs on quality implementation. Developed by the Alabama Department of Human Resources and the Alabama State Department of Education, the purpose of the standards is to drive continuous improvement. There are 8 standards for programming that cover a host of concepts such as nutrition and hunger; family engagement; professional engagement; physical activity; environmental safety; and healthy lifestyle initiatives.
- The National AfterSchool Association's recently updated **Healthy Eating and Physical Activity (HEPA) Standards 2.0** focus on strategies to create a healthy environment in afterschool through good nutrition and physical activity. The HEPA Standards 2.0 Self-Assessment Tool helps you see where you stand. Use the self-assessment tool to identify areas for improvement and monitor your progress towards meeting the HEPA Standards 2.0.



Healthy kids have a healthy future and using standard-based approaches can assist your program in supporting healthy behaviors! The standards are voluntary, but why not let them guide you to having the most successful program possible?

Visit alabamapublichealth.gov/npa/hwi.html to access these standards along with other helpful resources. The Healthy Wellness Initiative team can assist you with meeting standards related to nutrition and physical activity. Please contact us if you have any questions at 334-206-5300.

SCHOOL'S OUT FOR SUMMER!

Though many students receive free and reduced meals during the school year, it is necessary for children and teens to receive nutritious meals all year long. Break for a Plate is a Summer Food Service Program (SFSP) designed to ensure that all Alabama children and teens can continue to receive free, nutritious meals throughout their time away from school. Break for a Plate Alabama Summer Food Service Program is a federally funded, state-administered program. It reimburses sponsors who serve free, nutritious meals to children and teens ages 18 and younger in low-income areas when school is not in session.

Feed the Need

Did you know that 1 in 4 Alabama children live in families with food hardships? Break for a Plate Alabama Summer Food Service Program aims to decrease the incidence of child hunger and malnutrition which can contribute to many health issues. These issues include stunted growth, risk of illness, obesity, hospitalizations, poor school performance, emotional problems, disruptive behavior, and decreased workforce readiness and skills.

How Does it Work?

State agencies, sponsors, and sites are the three main partners involved with Break for a Plate Alabama Summer Food Service Program.

- State agencies administer the program and communicate with the U.S. Department of Agriculture.
- Sponsors enter into agreements with state agencies to run the program. Sponsors can be schools, local government agencies, camps, faith-based and other non-profit community organizations that can manage a food service program. A sponsor may prepare its own meals, purchase meals through an agreement with an area school, or contract for meals with a food service management company (vendor). Sponsors are reimbursed by the program and may manage multiple sites.

- Program sites are considered eligible based on USDA requirements as determined by the Alabama State Department of Education. Sites are locations in the community where children receive meals in a safe and supervised environment. Sites may be in a variety of settings, including schools, parks, community centers, health clinics, hospitals, apartment complexes, churches, and migrant centers. Sites work directly with sponsors.



BREAK for a PLATE SUMMER

How Can You Participate?

- 1. Become a sponsor.** You can make a difference by providing free, nutritious meals for kids in Alabama this summer. To become a sponsor, visit <https://www.breakforaplate.com/summer> or call (334)694-4659 to see if your organization is eligible and meets USDA regulations and guidelines.
- 2. Volunteer at sites.** You can help serve or transport meals for organizations involved with Break for a Plate Alabama Summer Food Service Program. Organizing physical or learning activities for the children and teens to participate in at sites will encourage them to keep coming back and be physically active.
- 3. Promote Break for a Plate Summer Food Service Program.** Posting flyers around your community with information on where free summer meals are being served will help families find nearby summer meal sites.

Find meals for kids when schools are closed link:
<https://www.breakforaplate.com/summer-participate/>



SUMMER IS HERE – PROTECT YOUR SKIN

Skin cancer is one of the most preventable cancers. An estimated 1 in 5 Americans will develop skin cancer in their lifetime. Melanoma, the deadliest form of skin cancer, is commonly diagnosed in older people but is prevalent among young people between 15 to 29. People of all colors, including those with brown and black skin, get skin cancer. Even if you never sunburn, you can get skin cancer. Chronic sun exposure, whether from natural light or artificial sources like tanning beds, is the leading cause of skin cancer.

As you begin to spend more time outdoors and go back to the beaches, remember to follow these recommendations to help protect yourself and your family:

- Use sunscreen every day, even if it is cloudy outside.
- A law ([Act 2017-278](#)) allows Alabama school students to apply personal sunscreen at school without the need for special permission from a doctor or parent.
- Choose a water-resistant sunscreen, lip balm or lipstick with a SPF of 30 or higher.
- Apply at least 1 ounce of sunscreen 15 to 30 minutes before going outdoors. Reapply every hour if you are swimming or sweating.
- Seek shade to avoid exposure from UVA and UVB sun rays.
- Limit exposure to the sun during peak hours of 10:00 AM and 4:00 PM when the sun rays are most intense.
- Wear protective clothing including long sleeves and pants made from tightly woven fabric.
- Wear sunglasses that are made to block 100% of UVA and UVB rays.
- Wear a hat with a wide brim to protect your face, head, ears and neck.
- Avoid tanning and recreational sunbathing, including tanning beds.

Carefully examine your skin at least monthly for new or changing spots. Consult your doctor if you see unusual changes.

Please visit <https://www.alabamapublichealth.gov/cancer/skin.html> for more information.



THE WORLD GAMES ARE COMING TO BIRMINGHAM, AL! JULY 7-17, 2022

First held in 1981, The World Games is a multi-sport event staged every four years by the International World Games Association under the patronage of the International Olympic Committee.

The 11th edition of The World Games will be held in Birmingham, Alabama, USA, July 7-17, 2022. This is the first time the event will be back in the United States since its first event in 1981. A total of 3,600 athletes from more than 100 countries will take part in 34 sports that comprise The Games.

There are a number of ways schools and out of school time programs can be involved. The World Games 2022 Live Healthy, Play Global Toolkit consists of a variety of downloadable digital educational assets. The toolkit was created and produced by an exceptional group of Alabama teachers representing a wide variety of disciplines with the goal of enhancing physical education and social studies curricula by offering relevant educational resources inspired by The World Games 2022. The activities can be incorporated into physical education, art, music, social and emotional learning, sportsmanship, civics, social studies, language arts, math, and

science. While designed for children in grades K through 5, many of the assets can be adapted for use by middle school students.

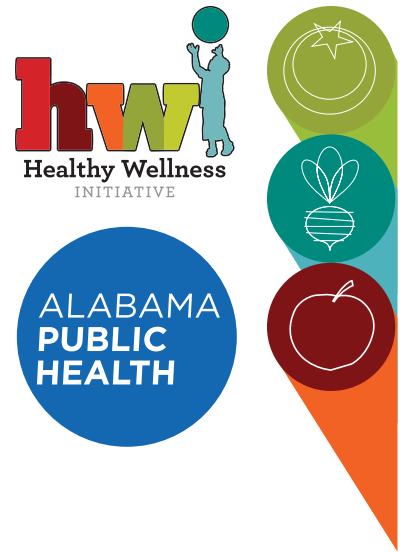
Click these links to see resources for your classroom, school or district:

Educator Toolkit: www.twg2022.com/education

Classroom Quick Lesson Activities: [PDF](#)



Healthy Wellness Initiative
Alabama Department of Public Health
The RSA Tower
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Montgomery, AL 36130



NEWS AND EVENTS

SCHEDULE A TRAINING FOR CATCH KIDS CLUB

CATCH Kids Club (CKC) is an evidence-based physical activity and nutrition education program designed for children in grades K – 8 in an after-school or recreation/summer setting.

An Implementation Training that will use CKC materials, active participation in fun activities and strategies on how your program can better guide youth in the process of being physically active for a lifetime is available through Healthy Wellness Initiative.

To discuss scheduling a training for 21st CCLC staff, contact:

Linda Jennings – linda.jennings@adph.state.al.us – 334-206-5659

Molly Killman – molly.killman@adph.state.al.us – 334-206-5646

SAVE THE DATE

The Healthy Wellness Initiative (HWI) program will offer training to 21st CCLC Grantees:

Friday, September 16, 2022

9:00 am – 1:00 pm

208 Legends Court, Prattville, AL 36066

The training will be offered both in-person and virtually.

Agenda and registration information will be provided later.