



California Childhood Obesity Conference
January 24, 2007

After School Programs Can Make A Difference!

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Objectives

- Familiarize you with state and federal statute defining after school programs
- Describe after school program basics
- Explain how physical activity and nutrition are part of the required “educational enrichment” element
- Identify how physical activity and nutrition professionals can help



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California

After School Programs

- After School Education and Safety Program (ASES)
 - State-funded three-year renewable grants
 - CA *Ed. Code* sections 8482 – 8484.6
 - All public schools K – 9
- 21st Century Community Learning Centers Program (21st CCLC)
 - Federally funded five year grants
 - Title 20 U.S. Code sections 7171 – 7176 (No Child Left Behind Act)
 - CA *Ed. Code sections* 8484.7 – 8484.8 and 8420 - 8428
 - Disadvantaged public and private schools K - 12



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Purpose

- To promote local partnerships between schools and local community resources to make academic assistance, enrichment opportunities, and safe constructive alternatives available for students



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CA After School Programs:

Before Prop. 49

- ASES
 - \$122 million in 2005-06
 - 183 Grants, 810 elementary schools and 283 middle schools
 - Prop. 49 adds \$428 million beginning 2006-07 for total of \$550 million
- 21st CCLC
 - \$131 million in 2006-07
 - 259 Grants, 1,156 elementary schools, 238 middle schools, 78 high schools



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After School Program Requirements

- Direct grants based on daily per pupil rate of \$7.50 for after school programs and days of operation per year
- Up to \$112,500 for elementary schools, and up to \$150,000 for middle schools for new programs
- Programs must operate every regular school day, beginning at conclusion of regular day and remaining open until at least 6:00 pm, for a minimum of 15 hours per week



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After School Program Requirements (*cont'd.*)

- Matching funds/sustainability plans
 - ASES: 33% local cash or in-kind match
 - 21st CCLC: sustainability plan
- Staffing
 - Staff who directly supervise pupils must meet district's minimum qualifications for an instructional aide
 - 20:1 Maximum student to staff ratio
- Supplement, not supplant



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After School Program Requirements (*cont'd.*)

- Collaborative planning process
 - Built on existing strengths and assets of school community
 - Taps into existing school and community needs assessments, plans, resources
- Partners
 - Parents, youths, representatives from schools and governmental agencies, law enforcement, parks and recreation departments, CBOs and business community.
- Other potential partners include public health agencies and libraries.



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After School Program Requirements (*cont'd.*)

- **Accountability:**
 - Semi-annual attendance and quarterly expenditure reports
 - Annual STAR and other evaluation results based on program focus
- **Daily nutritious snack**
 - Must meet requirements of the USDA National Lunch Program (or Breakfast Program for before school programs)



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Program Elements: Educational and Literacy Element

- Tutoring and/or homework assistance
 - Language arts, mathematics, history, social science, computer training, science
- The CDE expects grantees to use research-based curricula and strategies for academic elements.
- Activities should be aligned to California state standards and regular school day instruction.



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Program Elements:

Educational Enrichment Element

...offers additional services, programs, and activities that reinforce and complement the Regular academic program of participating students to support positive youth development.

- Fine arts education activities
- **Recreational activities**
- Science related activities (e.g. rocketry)
- **Physical fitness activities**
- Career-technical education
- **Prevention activities**
- Other learning support opportunities, such as:
 - Service-learning
 - Mentoring
 - **Coordinated school health**
 - Character education

How do programs address nutrition and physical activity?

- San Diego County's School Fitness Summit, contributed to "Healthful Practices" compendium of activities
- Sonoma State University utilized USDE Carol White grants to obtain equipment and train PE teachers working with AS staff in new physical activities.
- The Santa Clara COE and the YMCA have implemented *Fit for Learning* to conduct hands-on nutrition classes, "Healthy Eats." Students prepare their daily snacks, complete crafts projects based on nutrition lessons.



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CA After School Policy Feedback Survey

We must maximize the potential of after school programs as a venue for the delivery of wellness education and services.

— One of three main themes raised in
October 2006 survey



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How Can You Get Involved?

- Contact after school Regional Lead to learn about needs and opportunities in your service area, and arrange a program visit.

www.cde.ca.gov/ls/ba/cp/regntwrkcontacts.asp

- Share your relevant program materials and training resources
 - **California Healthy Kids Resource Center (CHKRC) www.californiahealthykids.org**
 - **California After School Resource Center (CASRC) www.californiaafterschool.org**



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How Can You Get Involved?

- Share or link your resources, services with existing local after school programs
- Serve as advisory person, collaborative partner to existing local after school programs
- Contact school districts, schools, CBOs to participate in developing a grant application for a new after school program.

www.cde.ca.gov/ls/ba/cp/funding.asp

- Participate in the California After School Network and help us learn how to partner with you.

<http://www.afterschoolnetwork.org/>



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Thank you!

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