



California
After School
Resource Center

In the Loop

www.californiaafterschool.org

Administered for the California Department of Education, After School Programs Office

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School's Out? Keep Youth Involved and Well-Nourished



Do you wonder if youth miss meals when school is out? Did you know that the Summer Food Service Program (SFSP), a federally funded program, can reimburse your agency for offering meals when school is not in session for 15 continuous school days? In California, this program provides funds for nutritious meals to youth 18 years of age and younger.

There are many good reasons for getting involved in the SFSP. Offering meals is an excellent way to attract youth and families to ongoing programs, and to provide youth with a nutritious meal when school is out, helping them return to school ready to learn and succeed. The community benefits as well. The SFSP can supply job training programs for teenagers and young adults, and it provides employment for food service workers who usually do not work during school vacations.



Most after school programs automatically qualify for the SFSP (if 50 percent or more of the students enrolled are determined as low-income). Learn more about this resource for your students through the California Food Policy Advocates (www.cfpa.net/Summerfood/SummerfoodProgram.html) or the California Department of Education, Nutrition Services Division (www.cde.ca.gov/ls/nu/sf/sfspinfo.asp) or call 800-333-5675).

Hungry for more information about serving healthy snacks this summer? Check out the resources and ideas for partnerships on page five.

Director's Note

The California After School Resource Center (CASRC) is committed to supporting quality after school programming in California all year long. CASRC offers an extensive Web site, a comprehensive resource library, trainings, electronic updates (E-Updates), and much more.

In this edition, CASRC offers strategies and ideas for helping youth get active and eat healthy. From curricula that are full of fun dances and tasty recipes to physical activity that can be done even when space is tight, CASRC is your resource for creating a healthy after school community. You will also find innovative ideas for serving healthy snacks, including forming partnerships and the Summer Food Service Program. We hope this turns out to be a great summer for your after school program, and if there is anything we can do to make it better, please give us call, toll free at 888-318-8130 or visit us at www.californiaafterschool.org.

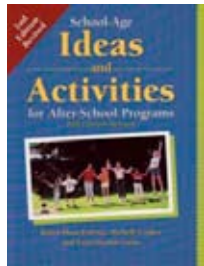
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Deborah Wood, Ph.D.

PROGRAM ADMINISTRATION

Summer is a great time to think about program planning and staff development for the upcoming school year. Site managers and coordinators can use these resources to learn about effective models and ideas to share with line staff to bring out the best in everyone.

School-Age Ideas and Activities for After-School Programs—2nd Ed. #7388—Three experienced after school providers explain the essentials for setting up a strong program, along with over 125 activities, games, and recipes for student involvement. A variety of program management topics are concisely addressed, including strategies for staff recruitment and retention, professional growth and development, family communication, behavior guidance, conflict resolution, program scheduling, room environment, and age grouping. The suggested after school activities offer academic support, enrichment, and personal growth for children through simple, step-by-step plans. Ideas for older children, summer camps, field trips, and group time are also provided.



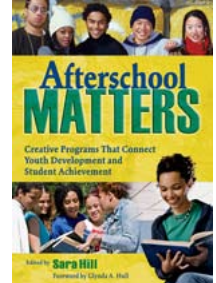
The appendices offer additional resources, such as reproducible charts with key suggestions, tips, hints, and strategies at a glance.

Reviewers' Notes: *A perfect after school coordinator's companion, this book answers "how to start a program," as well as "what to do with it next." Staff and kids will enjoy the hands-on activities, which can be modified for different age groups.*

Inclusion: An Essential Guide for the Paraprofessional—2nd Ed. #7629—This book provides comprehensive background in special education and ideas, strategies, and activities for supporting students with special needs in educational settings. An overview of the legal and ethical responsibilities of paraprofessionals, confidentiality of student records, program modifications, and a variety of behavior management techniques are included. Instructional modifications are grouped by topic areas to enable readers to assist students in gaining access to literacy, mathematics, study and organizational skills, etc. Forty reproducible forms are available for home-school communication, scheduling, behavioral expectations, routine procedures, textbook modifications, and much more. Student templates include checklists to help them manage their work and behavior, as well as reference/study aids to tackle spelling lists, vocabulary, and story writing. Reflection and discussion questions to help users respond to "What to do if..." scenarios are provided, along with a glossary of special education terms.



Afterschool Matters: Creative Programs That Connect Youth Development and Student Achievement #7630—This book examines six model after school programs aimed at meeting the academic, social, emotional, civic, and artistic needs of students through a youth development approach. The programs described creatively incorporate academic standards with an enrichment component, such as blending science with mentoring; mathematics with real-life problem-solving; civic engagement through debate; comic strip creation with literacy; hair styling with literacy and history; and fashion with language arts and social science. Each chapter also includes tips for creating similar programs and replicating positive results in different settings.



PHYSICAL ACTIVITY

This is a great time to introduce students to physical activity that they can do all summer long no matter where they are. The resources below are full of physical activity ideas that require little to no equipment and can be done at school, at home, and in the community.

Pedometer Power #7219—A pedometer can be a great incentive for students to walk all summer long. This book covers basic use of pedometers to measure activity and set goals, and provides guidelines for selecting pedometers for school use. Basic pedometer activities are introduced, such as setting step-count baselines, calculating stride length, and converting steps to mileage, together with creating individual and class goals. Once the program is started, this book offers 67 lessons, as well as tips for minimizing breakage and loss, recording and storing data, fundraising, and involving classroom teachers and parents. The final chapter includes pedometer activities for families.

Do More, Watch Less #1219—Challenge students to get active and reduce the amount of time they spend watching TV, playing video games, and using the computer. This four-lesson booklet is designed for use with after school programs. Students track their time in front of the screen (TV, video games, and computer), are challenged to go screen-free for three to seven days, and then limit their screen time to no more than 2 hours/day. Students learn the importance of limiting screen time, and explore alternate activities in which to participate instead of watching TV or playing video games.



Fun Physical Activity for Small Spaces

By Mary Blackman

Try these engaging activities to get students more active every day, even in tight quarters.

Clean up your room! is a fun, active game, even in a hallway or classroom.

- All you need is a line (tape on the floor or a rope on the floor or at waist height) across the middle of your play space and enough soft objects like fleece balls so each person has one.
- Divide the student group in half, one half on each side of the line, each side is in their “room.”
- Using four cones or trash cans mark a “no person’s” zone of about 10 feet in the middle that no students may enter (OK to reach into but not step in).
- The object of the game is to toss the “trash” balls into their opponents’ room.
- Fouls that could draw a short “time out” penalty in a designated area are:
 - Student who purposely throws at another student.
 - Throwing more than one object/ball at a time.
- The game ends when the leader blows a whistle or calls “time” and you count objects/balls to see who has the LEAST number in their room; the winner has the “cleanest room.”

ABC Moon Ball is a cooperative game that uses the alphabet.

- You need two teams of 8-10 players and two beach balls for this game.
- On the leader’s signal, each team tosses their beach ball into the air and take turns on their team hitting the ball, so that it does not hit the ground.
- As each player on a team hits the ball, they call out a letter of the alphabet.
- The first team to go from A to Z wins, but if the ball drops to the floor the team must start over at A.
- No player may hit the ball 2 times in a row.
- For variety you may have the students count in 5’s to 100.



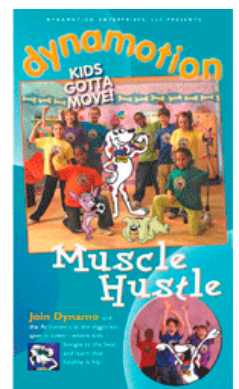
Cooperative Musical Hoops is a musical problem-solving game.

- The only equipment needed is multiple hoops (one per every 3-4 students) and any fun music and a player.
- Hoops are placed in a circle with several feet between them.
- This activity is like musical chairs, but no one is ever out.
- Students move around the area as the music plays and when it stops they get inside a hoop.
- More than one student may be in a hoop, so they creatively fit more students in their hoops as the leader takes away a hoop each time, as the music plays.
- The final round will have one or two hoops with all the students creatively balancing to get all the players in the hoop.

Mary Blackman is the Physical Education Coordinator for San Diego County Office of Education. She is dedicated to helping youth be active in all environments, even when space is tight. She is a Past-President of the California Association of Health, Physical Education, Recreation, and Dance (CAHPERD) and current member of the California After School Resource Center’s (CASRC) Steering Committee for After School Physical Activity.

Dynamotion—Muscle Hustle (VHS) #3239—How much equipment do children need to dance? None! Can children dance in small spaces? Yes! This video teaches children exciting dance moves, such as African Dance and Mambo Jumping Jacks. Students can learn the dance moves in the after school program and then practice them all summer long, wherever they are. Plus, the video also includes information about the types of muscles and healthy snacks that provide the fuel needed to be active.

Reviewers’ Notes: *This video has very upbeat music and fun dance moves that are easy for students to follow.*



ACADEMIC LEARNING ACTIVITIES

Line staff can “liven up” the academic enrichment component in after school programs by choosing the right materials to use with students. Reinforce regular-day learning skills with hands-on activities that blend fun with reading and math. Through these resources, students will enjoy applying their skills while building a deeper understanding of what they learn in their classes.

Journeys Afterschool Curriculum #7382—Through a year-long set of lessons based on exemplary children’s literature, this curriculum extends learning beyond the regular school day by reinforcing basic literacy skills. Students build vocabulary, develop fluency, and practice comprehension strategies, such as making inferences, identifying author’s purpose, and understanding plot. Nine weekly lessons are included with each of the following four themes: Mystical Lands, Dare to Explore, Legendary Times, and Swashbuckl’n Adventures. Lesson plans offer background information, key vocabulary for students, material lists, and references for multimedia resources. Lesson components include a hook to activate children’s prior knowledge and imagination, a literature connection, a skill-based activity, and a wrap-up. In addition to 40 picture books, this resource includes a teacher’s guide that provides step-by-step guidance for lesson delivery and student templates.



Hot Fudge Monday: Tasty Ways to Teach Parts of Speech to Students Who Have a Hard Time Swallowing Anything to Do with Grammar

#7608—The serious study of parts of speech, from a humorous standpoint, is the subject of this activity book. Designed to help students gain a deeper understanding of grammar, this resource consists of eight chapters, each devoted to one part of speech: verbs, nouns, prepositions, adjectives, conjunctions, pronouns, interjections, and adverbs. Each chapter begins with a concise explanation of the main concept or part of speech and offers several engaging activities based on silly introductions to capture students’ attention and get them laughing while they practice their writing skills. An answer key is included.

Reviewers’ Notes: *This book offers many fun ideas for students to practice different aspects of grammar individually or in small groups. Activities such as “Disturbed Verbs” and “For the Love of Commas” are useful in making a dry subject like grammar more appealing.*

VersaTiles Math Number Pals Series #7579—This resource reinforces key mathematical skills, including number sense, estimation and computation, patterns, functions and algebra, geometry and measurement, and statistics and probability. Activities invite students to read and solve math problems by placing tiles into an answer case. When the case is flipped, a pattern in the lid is revealed, allowing students to check for understanding. Each sampler kit contains one of the five activity books available for each grade level, an answer case, and a resource guide with additional templates and assessment tools.



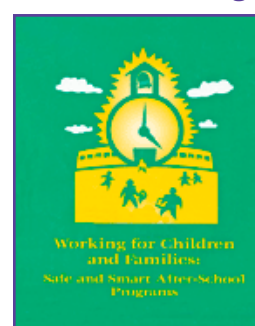
SAFE LEARNING ENVIRONMENTS

Are you looking for practical resources to build a safe and fun after school program environment? CASRC has dozens of resources that you can borrow for free loan. From activity sets and videos to curricula and books, there is a resource out there that can help improve your learning environment.

Pass It On! Ready-To-Use Handouts for Asset Builders #1429—This book provides 92 handouts and overheads on developmental assets in English and Spanish for workshops or parent meetings. Handouts include facts, ideas, tips, and frequently asked questions. They are organized by target audience such as families, youth, senior citizens, volunteers, government agencies, and congregations.

Reviewers’ Notes: *No matter who your audience is, you can find ready-made handouts on developmental assets for them. If you are presenting developmental assets to any group or if you know anyone looking for ways to support and promote the well-being of young people, this is a resource you can use.*

Working for Children and Families: Safe and Smart After School Programs #2321



relevant facts and figures on youth during the hours immediately after school and strategies for preventing violence and victimization. Key components and considerations are outlined for creating effective and enriching after school programs. Several programs are summarized. After school resources, listservs, and publications are included.

HEALTHY SNACKS

Summer is great time to get students thinking about and enjoying healthy foods. The resources below are full of great ideas to help students have a healthy, happy summer.

Portion Control: Seeing the Healthy Way to Eat (DVD) #1212

Teens may eat out more during summer than they do during the school year. Prepare them to make healthy choices. Hosted by two teens, this DVD primes youth to watch their intake by showing how extra-large servings, typical of many restaurants, harbor high levels of fat, salt, and sugar. Tips for portion control are presented using familiar objects as measures, applying “plate fractions,” and making healthy substitutions. Classroom activities and reproducible student worksheets are included.



Childcare Recipes, Food for Fun and Health

#3480—Looking for some new snack ideas? This resource contains 141 recipes and variations for serving meals that contribute to reimbursable Child and Adult Care Food Program requirements. The package also contains program guidelines and tips on food safety, food selection, preparation, cooking, and ingredients. All recipes have been child tested.

Nutrition to Grow On #2342—Get your students in the garden this summer. This curriculum contains nine nutrition lessons, each with its own gardening activity. Students learn how to evaluate product information, read food labels, grow plants from seeds, and distinguish between stems, roots, leaves, and fruits. Each lesson is complete with student worksheets, answer sheets, and family newsletters. Applicable California language arts, math, and science content standards are identified in the appendix.

***Reviewer’ Notes:** Instructional design is fun and interactive. Lessons are adaptable and easy to integrate into the after school program.*

A Helping Hand for Healthy Snacks

By Debra Mason

Hunger is a real issue for youth in California’s after school programs. Providing a nutritious snack can help address hunger and help students stay healthy and ready to learn. After school programs are not alone in their commitment to serve healthy snacks. Here are some great ideas for community partnerships that can help bring healthy snacks to your program.

School Food Service Department

The School Food Service Department can sponsor the after school nutrition program. It can have the food, storage space, staff, and capacity to produce the snacks. Contact the food service director at your school or the California Department of Education, Nutrition Service Division (<http://www.cde.ca.gov/re/di/or/division.asp?id=nsd>) for more information.

Food Banks

Food Banks often have extra fruits and vegetables that they can share with after school programs. After school staff can pick up this produce, and sometimes the food bank will even deliver it directly to the site. Connect with the California Association of Food Banks (www.cafoodbanks.org) to identify food banks in your area.

Local Farms

Local farms can provide a variety of fresh fruits and vegetables for healthy after school snacks. These partnerships are called Farm to School programs. Farm to School programs can also help create school gardens.

California is a great place for partnerships with local farms because the moderate weather allows produce to grow year-round. Check out Farm to School at www.farmtoschool.org to find a local farm in your area.

Local Grocery Stores

Many grocery stores have a commitment to community service and can respond positively when presented with donation opportunities. Ask local grocery stores if they will give the after school program excess produce and other healthy snack products, such as whole grain bread.

Be creative. Initiate new partnerships, and the possibilities are endless.

***Debra Mason** is the Nutrition and Health Coordinator for Mt. Diablo CARES, an after school program in the Bay Area. The Network for a Healthy California recognized Mt. Diablo CARES as a Champion for Change in Community Engagement. Debra is also part of the Nutrition Education Leadership Learning Community (NELLC) and is a member of the California After School Resource Center’s (CASRC) Steering Committee for After School Healthy Snacks.*

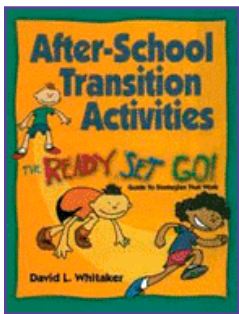
BEHAVIOR MANAGEMENT

Do you find that getting from point A to B isn't always that simple? Minimize discipline problems and help students remain engaged and interested in learning during transitions with these resources.

Quick and Lively Classroom Activities Book and CD-ROM: Meaningful Ways to Keep Kids Engaged During Transition Time, Downtime, or Anytime #7479—This resource reinforces a variety of subjects, including language arts, science, and social studies, through a variety of interactive activities also aimed at helping students to develop social skills and self-awareness. Most activities last 20 minutes or less and can be used during transitions or as time-fillers. There are a total of 260 activities grouped into 52 themes, such as “My Special Talent” and “Celebrating Differences.” A CD-ROM with student reproducibles is included.

Reviewers' Notes: Fun and user-friendly, this resource includes lots of ideas for disguised learning and helping kids to develop practical life skills.

After-School Transition Activities: The Ready, Set, Go Guide to Strategies That Work #7335—Transitions are necessary to move from one activity to another, but they



can be confusing and time consuming. This resource is designed to assist after school staff to understand the different types of transitions and how to effectively implement them to keep order and focus. Sections devoted to transitions where students anticipate their next activity (READY), sit and wait for a while (SET), or simply take action (GO) are included as skill-building activities and group games.

YOUTH DEVELOPMENT

Looking for ways to help youth feel more connected to the after school program, but aren't sure how? Check out this resource for lots of simple ways to get youth actively engaged in your program.

Youth Development Guide: Engaging Young People in After-School Programming #7632—If you are looking for more ways to involve youth in more active, meaningful ways in your after school program, let this easy-to-use resource be your guide! With step-by-step instructions and perspectives from staff and youth, this resource illustrates recommended youth development practices such as promoting a sense of safety, encouraging relationship building, fostering meaningful youth participation, providing opportunities for community development, and creating learning experiences that build skills.

HEALTH SERVICES

Modern life can be stressful for children and young adults. Check out the resource below, which features young actors dealing successfully with the stresses of being a kid.

Kids.calm: Childhood Stress (DVD) #7517—In this video, young actors review the causes and symptoms of stress, and offer techniques for youth to deal with stress: eat healthy food, exercise, “map out” or schedule your time well, use simple visualization/relaxation techniques, and laugh. The adult narrator also suggests getting help from a trusted adult when stress or problems become overwhelming. After the youth-directed video is over, a short segment follows with advice for parents and other caregivers to deal with their own stress. A guide with a brief overview, activities, and discussion questions is also included.

MEET MARIAH MARTIN

Program Manager, Physical Activity



Mariah Martin joined the California After School Resource Center (CASRC) in Fall 2007. Her past work with Seattle-King County Public Health gave her the experience needed to develop physical activity for diverse populations. Mariah's philosophy about after school physical activity is, “It's not about

how many baskets students can shoot or how fast they can run the mile. It's about helping students find the kind of physical activity that works for them.”

Mariah is available to answer any questions about after school physical activity and looks forward to getting to know California's after school professionals better. She is always happy to take a walk and chat at meetings and conferences. You can also contact her at 510-670-7709, toll free at 888-318-8130, or via e-mail at mmartin@californiaafterschool.org.

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