

# Before- and After-School Programs

## BUILDING HEALTHY COMMUNITIES



Before- and after-school opportunities for physical activity and nutrition education give students even further opportunities to practice making healthy choices, which is especially important in under-resourced communities that often lack opportunities outside school. By working with after-school programs (for example, childcare programs), existing clubs or program, or establishing new before- or after-school opportunities, the program provides an array of resources and supports to promote physical activity and healthy eating during out-of-school time, including:



- Access to a clearinghouse of fun walking activities, fun and inclusive games and nutrition education activities
- Financial resources to support existing before- or after-school programs to enhance the activities they are able to offer students including creating a new stand-alone club if other opportunities are not available
- Funding to provide healthy snacks during before- and after-school programs
- Funding to support a mileage club or special interest physical activity program (for example, Girls on the Run)

## Options:

### Option 1: *Integrate health and wellness activities into an existing after-school program*

- This option may be a good fit for schools that currently have an established before- or after-school program and are looking for enhancements to help incorporate health and wellness programming.
- Your school's BHC coordinator will provide monthly support including suggestions for healthy snack preparations and fun movement activities and games.
- Also included is a snack budget of up to \$400 per school year that will be disbursed via email in \$100 increments. This budget can be used to help fund a healthy snack option for participating students, to purchase items for a healthy snack preparation lesson, to fund ingredients for a cooking demonstration, or other options.
- This is a flexible option that can be customized with your school's BHC coordinator to best fit your school's needs.



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## Option 2: Start up a brand-new Healthy Kids Club in your school

- This option includes a Healthy Kids Club (HKC) Advisor role – which is a paid position opportunity– for a staff member or a dedicated school community member. The HKC Advisor can earn up to \$1000 during the school year for running a before-or-after-school, 60-minute per session, health-focused club.
- The Healthy Kids Club Advisor will complete the Healthy Kids Club resource-sharing session via Zoom with your school’s BHC coordinator and need to complete paperwork through Wayne State University for payment. Payment for the HKC advisor role can be expected at the end of the school year.
- An additional budget of \$300 for the school year is also included to allow the HKC advisor to purchase healthy snack tasting options for your school’s club sessions. Directed gift cards for snack funds will be delivered via email in \$100 increments.
- The HKC advisor will receive monthly resources and support from your school’s BHC coordinator, including mileage tracking activities, mindfulness activities, and seasonal snack and game ideas via email.
- With this option, the HKC advisor will complete a short, monthly survey reporting on club activities and progress.

Number of sessions held during the school year	HKC advisor stipend earned per session	Total amount paid at the end of the school year
1	\$50	\$50
2	\$50	\$100
3	\$50	\$150
4	\$50	\$200
5	\$50	\$250
6	\$50	\$300
7	\$50	\$350
8	\$50	\$400
9	\$50	\$450
10	\$50	\$500
11	\$50	\$550
12	\$50	\$600
13	\$50	\$650
14	\$50	\$700
15	\$50	\$750
16	\$50	\$800
17	\$50	\$850
18	\$50	\$900
19	\$50	\$950
Max 20	\$50	\$1000

## Option 3: Start a Mileage Club during your school’s recess periods



- This option includes resources to help start a new Mileage Club in your school.
- Resources include a Michigan Mileage tracking activity along with a laminated map of Michigan and Toe Token awards for mileage milestones achieved by participating students.
- Your school’s BHC coordinator will provide training and suggestions for a successful club and will be available for continued support during the school year.
- The Mileage Club can be customized to fit your school needs, and your school’s BHC coordinator will work with you to develop the version that works best for your school.