



## Out of School Time

**Goal: Create child care and after school environments that support healthy, active children.**

### Background:

LiveWell Greenville is a partnership of dozens of public and private organizations that aims to make Greenville County a healthier place to live, work, and play. Formed in 2010 by the Piedmont Health Care Foundation and hosted by the YMCA of Greenville, the coalition has engaged more than 100 key partners in crafting plans to create policies, systems, and environments in our community to make living well easier. Safe places to walk and bike, healthier foods in schools and workplaces, nutritious snacks in child care centers, better access to parks – these and other positive initiatives will be shepherded by the partners of LiveWell Greenville.

### Initiative Description

LiveWell Greenville in Out of School Time is a multi-component intervention that focuses on improving the nutrition and physical activity behaviors of K5 through 5<sup>th</sup> grade age children by using educational strategies and physical activity skill building activities [CATCH] to promote healthy behavior change. The intervention also builds social support within the child care environment by including teachers and care providers in educational and interactive networking sessions to encourage positive role-modeling and classroom reinforcement of nutrition and physical activity messages.

With the receipt of the Community Transformation Grant in 2012, LiveWell Greenville's Out of School Time has initiated, in partnership with the Greenville Family Partnership, the goal of educating children, staff and families on the negative effects of second and third-hand smoke.

### OST Workgroup Partners

Erica McCleskey, Executive Director, BOOST  
Lawanda Curry, Greenville County Parks & Recreation District  
Linda Doherty, CCR&R, UW of Greenville County  
Vernita Brown, Quality Assurance Manager, BOOST  
Amy Clifton, Communities In Schools  
Mike Burdine, Salvation Army Boys & Girls Club  
Robert Jackson, Greenville Family Partnership

Leslie Latimer, First Steps of Greenville  
Kerry McKenzie, Safe Kids, GHS  
Nicole Zeiset, Project HOST  
Brad Cuttino, City of Greenville  
Brady Godfrey, LiveWell Greenville  
DeAndra Reasonover-Winjobi, LiveWell Greenville  
Margaret Stephens, LiveWell Greenville

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Karen Kemper, Clemson University

### Community Action Plan

The LiveWell Greenville OST Initiative supports policy, environment and culture change by:

- addressing increased consumption of fresh, frozen, dried and canned [w/no sugar added] fruits, vegetables and fiber for children;
- training staff in CATCH [Coordinated Approach to Total Child Health] Nutrition and Physical Activities;
- providing nutrition education and role-modeling by staff for children and parents;
- encouraging more moderate to vigorous physical activity, including non-elimination games through the CATCH program;
- providing direct and indirect education to parents on healthy eating, active living and tobacco use.

Original Objectives adopted by the OST Workgroup include:

- To facilitate the development and adoption of a “Healthy After School Provider” designation for after school providers committed to supporting health of children and families enrolled in their programs.
- To support and promote state-wide adoption of the ABC bonus incentives for licensed and exempt child care providers who implement policy, environmental and curriculum changes that support the health of children and families enrolled (*NAPP SAC assessment, CATCH Kids Club, Color Me Healthy curriculum, Grow Healthy Toolkit*). To support and promote ongoing existing partnerships.
- To incentivize preschool and after school providers to make policy, environmental and curriculum changes to support the health of children and families.
- To advocate for the addition of quality rating points for providers who implement policies and establish environments supporting the health of children (healthy foods, physical activity).

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Objectives achieved under the Community Transformation Grant include:

1. Increase the number of Out of School Time (OST) centers whose participants engage in Moderate to Vigorous Physical Activity
  - a. (MVPA) for a minimum of 30 minutes daily from 8 to 68 by September 30, 2014.
  - b. By utilizing the CATCH Kids Club Curriculum and materials, staff training and formal and informal policy development, centers will
    - i. Increase the number of minutes that participants engage in MVPA during OST hours.
2. By September 30, 2014, increase the number of OST Centers achieving the LiveWell OST Award from 0 to 15 centers.
3. Increase the number of Out of School Time (OST) centers providing quality, nutritious snacks during OST from 8 to 60 by
  - a. September 30, 2014.
  - b. By utilizing the CATCH Kids Club Curriculum and materials, staff training and formal and informal policy development, centers can
    - i. Increase the nutritional quality of foods and beverages served in OST settings.
4. By September 30, 2014, complete a pilot with up to 8 out of school time centers to investigate the feasibility of a power buy model
  - a. To facilitate purchase of healthy out school snacks in a more economical manner.
5. By September 2014, 60 OST sites will adopt a policy or environmental change aimed at decreasing OST participants' exposure to
  - a. Second or third-hand tobacco smoke during OST hours, including at least 12 centers that adopt a smoke-free policy.

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Objectives to be achieved by September 2017.

1. Continue to provide technical assistance to all OST sites
2. Increase the number of Out of School Time (OST) centers whose participants engage in Moderate to Vigorous Physical Activity (as defined in the CATCH Curriculum taught to the OST sites) to 15 sites.
3. Increase the number of OST centers providing quality, nutritious snacks to 15 sites.
4. Increase the number of OST Centers achieving the LiveWell Healthy OST Designation to 50 sites.
5. LWG and Building Opportunities for Out of School Time (BOOST) will expand their partnership to increase site participation in both entities.
6. Expand LWG's policy and environmental change process to early childhood programs.

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1. Continue to provide technical assistance to all OST sites

Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
1.1 Introduce peer assistance program	1.1.1 Provide guidance in buying practices, menu, daily planning and adopting OST best practices	Five trained peer assistants  Five trained peer assistants  Five trained peer assistants	December 2015  December 2016  December 2017	OST Specialists	LWG OST Sites
1.2 Introduce tier process to sites	1.2.1 Year one: develop goals around program's nutrition: implementing fruits and vegetables three to five times a week, nutrition education to children, staff, and families increasing daily MVPA, monthly PA education 1.2.2 Year two: facilities will focus on developing their policy to include in their handbooks	Five goal settings  Five goal settings  Five goal settings	December 2015  December 2016  December 2017	OST Specialists	LWG OST Sites
1.3 Implement pre and post NAPSACC	1.3.1 With new sites, after LWG OST orientation send pre NAPSACC 1.3.2 After initial completion meet with site to review responses and work to develop goals around them 1.3.3 With older sites, send follow-up/post NAPSACC to examine continual progress	Completed NAPSACCs  Completed NAPSACCs  Completed NAPSACCs	December 2015  December 2016  December 2017	Karen Kemper and OST Specialists	LWG OST Sites

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2. Increase the number of Out Of School Time centers whose participants engage in Moderate to Vigorous Physical Activity

Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
2.1 Recruit new sites for expansion of LWG OST initiative	2.1.1 Provide guidance in buying practices, menu, daily planning and adopting OST best practices	Five new sites/w complete MOU (GCS, Greer, and other high-needs areas)  Five new sites/w complete MOU  Five new sites/w complete MOU	1/15-12/15  1/16-12/16  1/17-12/17	OST Specialists	OST Sites
2.2 Provide CATCH Kids Club Training and materials to the new centers	2.2.1 Year one: develop goals around program's nutrition: implementing fruits and vegetables three to five times a week, nutrition education to children, staff, and families increasing daily MVPA, monthly PA education  2.2.2 Year two: facilities will focus on developing their policy to include in their handbooks	CATCH Kids Club Training w/the new sites	1/15-12/15  1/16-12/16  1/17-12/17	OST Specialists	LWG OST Sites

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Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
2.3 Provide technical assistance and support to the new participating sites	2.3.1 Make contact with sites at least 2 times per month via phone and email.	Two site observations, 10 phone calls and 20 emails	1/15-12/15	OST Specialists	LWG OST Sites
			1/16-12/16		
			1/17-12/17		
2.4 Request sites participate in quarterly networkings with BOOST	2.4.1 Announce quarterly networkings in newsletters, webpage, and social media outlets.	30 Registrants	1/15-12/15	OST Specialist	LWG OST Sites
		30 Registrants	1/16-12/16		
		30 Registrants	1/17-12/17		

3. Increase the number of OST centers providing quality nutritious snacks

Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
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Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
3.1 Increase the nutritional quality of foods and beverages served in OST settings	3.1.1 Work with sites to improve menus and incorporate LWG's nutritional best practices	Better nutrition in five sites	1/15-12/15	OST Specialists	LWG OST Sites
		Better nutrition in five sites	1/16-12/16		
		Better nutrition in five sites	1/17-12/17		

4. Increasing the number of OST Centers achieving the LiveWell Healthy OST Designation

Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
4.1 Develop the criteria, application process, and award levels for the LiveWell OST Provider Designation	4.1.1 Develop questions and answer choices based off LWG OST best practices	Complete application	1/15-12/15	OST Specialists	OST Workgroup
		Complete application	1/16-12/16		
		Complete application	1/17-12/17		



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4.2 Disseminate applications for the LiveWell OST Designation through a variety of channels	4.2.1 Announce the release of applications on LWG Webpage and social networks	50 hits/clicks	1/15-12/15	OST Specialists and BOOST Quality Manager	Communication Specialists
		50 hits/clicks	1/16-12/16		
		50 hits/clicks	1/17-12/17		
4.3 Provide technical assistance to sites completing the application	4.3.1 Provide resources and guidance in completing applications	Three resources	1/15-12/15	OST Specialists	LWG OST Sites
	4.3.2 In a networking session provide assistance for the application process	Three resources	1/16-12/16		
		Three resources	1/17-12/17		
4.4 Review LWG OST applications and announce and disseminate awards	4.4.1 In conjunction with Lights on After School, host a Celebration event with BOOST to announce designees	Reviewed applications	1/15-12/15	OST Specialists	OST Workgroup
	4.4.2 Announce designees through various outlets (i.e. Parent Magazine)	Reviewed applications	1/16-12/16		
		Reviewed applications	1/17-12/17		

5. LWG and BOOST will expand partnership to increase site participation in both entities

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Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
5.1 BOOST and LWG hold joint networkings	5.1.1 Establish focus of each networking with BOOST	Four Networkings	1/15-12/15	OST Specialists	BOOST sites and LWG OST sites
	5.1.2 Submit lesson plan to receive continuing education credits	Four Networkings	1/16-12/16		
		Four Networkings	1/17-12/17		
5.2 LWG OST Designation Celebration	5.2.1 With BOOST formulate agenda for the entire day of Lights on Afterschool	One celebration	1/15-12/15	OST Specialists	OST Sites
	5.2.2 Find a location to host the Celebration event	One celebration	1/16-12/16		
		One celebration	1/17-12/17		
5.3 Train LWG Specialist in BOOST Quality Program	5.3.1 After comprehension of Quality initiative, engage 11 sites (new and existing)	BOOST Trained Specialist	1/15-12/15	OST Specialist and BOOST	OST Specialist and BOOST
	5.3.2 Recruit the new sites to participate in LWG OST				

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6. Expand LWG’s policy and environmental change process to early childhood programs

Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
6.1 Form Early Childcare workgroup	6.1.1 Identify experts and interested partners from the early childcare field to support this initiative	Consistent workgroup meetings	1/15-12/15	OST Specialists	Early Childcare experts
	6.1.2 Research and develop best practices in this area		1/16-12/16		
			1/17-12/17		

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6.2 Recruit Pilot Early Childcare Sites	6.2.1 Identify five sites to pilot program	One new site	1/16-12/16	OST Specialists	Early Childcare Sites
		Two new sites	1/17-12/17		
		Two new sites			
6.3 Develop the LWG Healthy Early Childcare Designation	6.3.1 Form designation around the nutrition and physical activity best practices for early childcare programs	Designation Celebration	1/16-12/16	OST Specialists And First Steps	Early Childcare Sites
			1/17-12/17		