

# STAFF TRAINING

## THE STANDARD

All staff members participate in ongoing, evidence-informed training and professional development in essential topics on healthy eating and physical activity.



# Healthy Out-of-School Time Roadmap

## What to Prioritize



**ALL STAFF.** From administration to custodial staff, every adult serves as an important role model for youth and contributes to the creation of healthy, welcoming out-of-school environments.



**FREQUENCY.** Educate new hires on wellness priorities as soon as possible. Incorporate training on a regular basis.



**REWARDS.** Provide positive recognition to students without using food as a reward. Be mindful to work through challenging situations using respectful language, and never use physical activity as punishment.



**QUALIFIED TRAINERS.** Community collaborations with Cooperative Extension, local colleges and certified fitness professionals ensure training is high-quality and evidence-based.



**TRAINING MATERIALS.** Training materials used should not be created by specific food, beverage or supplement companies.



**SOCIAL-EMOTIONAL LEARNING.** Staff should receive training and guidance on how the process of building healthy eating and physical activity habits can further support social-emotional health.

[NAA Healthy Eating and Physical Activity Standards](#)

## REFLECTION QUESTION:

How can meetings and events serve as regular staff training opportunities?

## Rationale

According to the National AfterSchool Association, approximately [850,000 afterschool professionals](#) support the over [10.2 million youth](#) who attend afterschool programs. To create healthier out-of-school environments, staff need ongoing training and professional development to build their capacity and equip them to be positive role models for youth and families.

## Continuous Improvement

Educators are encouraged to use the Healthier Generation assessment for out-of-school time. [Completing the assessment](#) will help you track what you are already doing to support health and wellness at your site as well as highlight opportunities for growth and improvement.



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### Tips to Take Action

- Find out if you have a wellness policy in place. Consider adopting one that requires new staff onboarding to include education on health and wellness priorities.
- Create a mentoring program to connect staff members.
- Survey staff and teammates to identify what trainings and learning opportunities they are most interested in.
- Explore Healthier Generation virtual trainings and attend a website walkthrough.
- Use blogs as short professional development opportunities; read and discuss during your next staff meeting.
- Connect with your local school district or school wellness council to partner on staff training.



### Resources to Explore

- [Wellness Policy Implementation Guide](#)
- Healthier Generation [Employee Wellness resources](#)
- [Best Out-of-School Time Breakfast Club Blog](#)
- [Whole School, Whole Community, Whole Child Model](#)
- [Model SEL as a Staff](#)
- [Student-Centered Discipline](#)
- [Cooperative Extension](#)
- [NAA Core Knowledge and Competencies](#)
- Healthier Generation [Website Walkthrough Training](#)

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GENERATION



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