

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.

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.



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

REFLECTION QUESTION:

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

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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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