



## Washington Afterschool Network

### Healthy Youth, Healthy Futures WA

Washington State is in its second three-year funding cycle with the C.S. Mott Foundation and has just submitted a proposal to continue its work over the next three years. Our proposed achievement initiative, **Healthy Youth, Healthy Futures Washington**, will engage and connect a diverse set of community stakeholders – including those not previously involved – to strengthen afterschool programs’ role in physical fitness; nutrition, science and environmental education; obesity and drug prevention; connecting children to nature; and promoting civic engagement related to health and environmental issues. By addressing these areas through creative activities, quality afterschool programming can not only help youth engage in healthier behaviors but also support their academic success.

Joining in this effort are eighteen other state and local agencies or organizations. Partners represent the diverse array of systems and organizations that provide afterschool services in Washington and include, the Children’s Alliance, Spokane Public Schools, Volunteers of America, Washington State University, Department of Early Learning, Office of Superintendent of Public Instruction, Washington Association for the Education of Young Children, Washington Afterschool Alliance, Washington Recreation and Parks Association, Association of Washington School Principals, University of Washington Center for Public Health and Nutrition, SOAR King County Initiative, Washington State 4-H, Chase Youth Commission and United Way of Pierce County.

Included here are WAN goals with activities related to our achievement proposal and our continued core work around sustaining school-community partnerships, affecting policy and improving the quality of programs.

Network Goal 1: Create a sustainable structure of statewide, regional and local partnerships, particularly school-community partnerships, focused on supporting policy development at all levels.

#### **Achievement Activities:**

- Recruit and engage new partners from the medical/health and environmental education sectors at the local, regional and state levels.
- Conduct outreach to culturally based organizations working with children of color and immigrant and refugee families to engage in this effort to promote healthy behaviors.
- Provide grants to community groups to seed local public will-building campaigns, with priority placed on rural and other areas with high-poverty rates/high numbers of schools receiving Title I funds, and communities with demonstrated school-afterschool partnerships and active youth involvement.
- Develop and disseminate a toolkit for communities to use in building public will around healthy activities for children and youth. Included resources would focus on sector-specific messaging.
- Coordinate with partner organizations to write professional journal articles about the benefits of promoting healthy behaviors and civic engagement among youth.
- Connect local efforts to each other and provide program resources to community-based organizations through an enhanced SOWA website that integrates technological advances.

#### **Core Activities:** (continuation of previous activities)

- Quarterly Meetings of the WAN Partnership Group
- Panel of 50
- Engagement of Local Stakeholders

Network Goal 2: Support the development and growth of statewide policies that will secure the resources that are needed to sustain new and existing school-based/school-linked afterschool programs.

**Achievement Activities:**

- Launch a statewide public awareness campaign that highlights afterschool's role in promoting healthy behaviors targeted to different sectors, i.e. education, municipal leaders and medical/health field.
- Influence policy changes in the state's 21st Century Community Learning Centers' request for proposal, No Child Left Inside legislation, and policies related to federally subsidized summer and afterschool meal programs.
- Promote utilization of federally subsidized summer and afterschool meal programs as part of healthy afterschool and summer programs. Collaborate with the Office of the Superintendent of Public Instruction and other partnering organizations to determine underserved areas of the state and conduct targeted outreach.

**Core Activities:** (continuation of previous activities)

- Building public will to increase awareness around the important role of afterschool and youth development programs.
- Implementation of a comprehensive communication plan.
- Legislative Action and Policy Development.

Goal 3: Support statewide systems to ensure programs are of high quality.

**Achievement Activities:**

- Provide professional development to afterschool and youth development (AYD) staff on the Preventative Medicine Institute/Strang Cancer Prevention Center's Health Children, Healthy Futures curriculum and effective summer learning program models.
- Facilitate professional development opportunities where AYD staff learn a broad range of strategies that promote healthy behaviors to use in daily programming.
- Coordinate sessions at the annual Bridge from School to Afterschool and Back conference (Bridge) aimed at promoting physical health; nutrition, science and environmental education; and civic engagement/service learning through school-afterschool partnerships.
- Encourage AYD programs to use program assessment tools (e.g. Youth Program Quality Assessment) that promote youth voice and leadership skill development.
- Partner with the University of Washington Center for Public Health Nutrition and select summer programs located in high-poverty rural communities of Washington State to implement the Powerful Choices curriculum to reduce screen time among youth involved in summer programs.

**Core Activities:** (continuation of previous activities)

- Implementation of recommendations from the recently released Afterschool Workforce Study
- Incentives for workers to access professional development opportunities
- Create Models and Promote Best Practices in School/Afterschool Partnerships

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