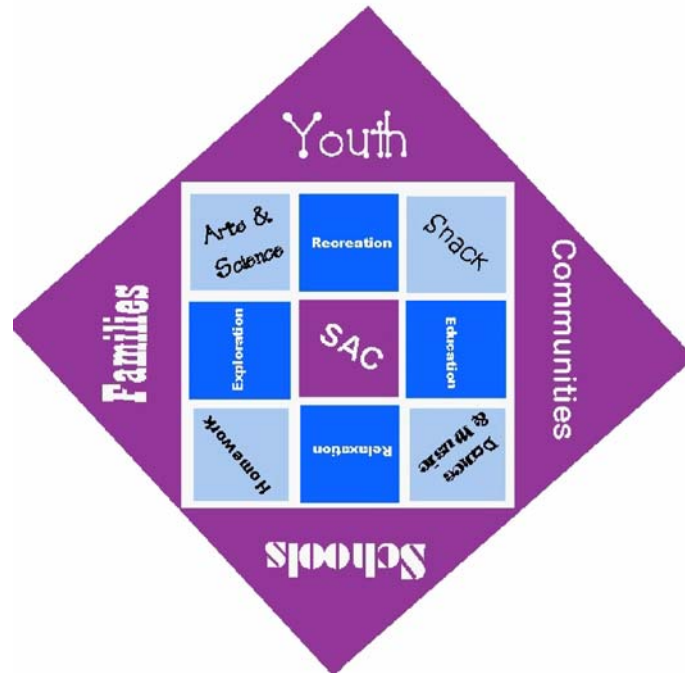


## **PENN SACCA Conference 2006**

**THE SAC QUILT : Piecing It All Together**  
**Afterschool Learning - Healthy Bodies & Fit Minds**



**April 21 & 22, 2006**

**Penn State Conference Center Hotel**  
**215 Innovation Boulevard**  
**State College, PA 16803-6603**

### **CONFERENCE FEATURES**

#### **Links to Learning**

a two day training by *National Institute on Out-of-School Time*

**Friday April 21st & Saturday, April 22nd**  
**Advanced Level — 3 hour workshops**

**Friday Evening Reception (cash bar)**

**Saturday Luncheon**

**Notable, Local, State, and National Presenters!**

# Great Ideas From our Members

We started an after school walking club and expanded it to include parents! Twice each week we walk for 20 minutes and log our progress. When the weather is nice this is an outdoor activity and during the winter months we walk our hallways. In the Spring we plan to enter a local Run/Walk!!

**DON'T FORGET THE STAFF**  
Make your next staff meeting a "healthy choices" activity too! Ask staff to contribute a favorite healthy, nutritional dish or serve lo-fat alternatives to standard staff fare! Start off the meeting with a few minutes of warm-up stretches and you'll be surprised how alert everyone will be after that!

Check out the California Department of Health Services Program "**Do More, Watch Less**" a California Obesity Prevention Initiative. This program is designed to use in after school programs to help youth incorporate more screen free activities into their free time while promoting healthy eating and fun physical activity

Keep a running list of things to do **OTHER** than be a couch potato! We hang the list in a high-traffic area and encourage everyone to add their thoughts. Right now our list has 275 activities—everything from going outside to play a game to cleaning up your room!!!

Finding information and valuable resources on the subjects of health, nutrition, fitness and the rising epidemic of childhood obesity is as easy as logging on to the internet.

A simple Google search using the key words **after school** and **children's fitness** brought back thousands and thousands of web sites.

Here are just a few that our readers may find useful.

## **Physical Activity and Nutrition in Child Care Settings:**

### **A Web Directory for Providers**

This site links child care and afterschool providers to a wide variety of physical activity and nutrition resources. You will find links to activities, lesson plans, healthy recipes, information for parents, and many other downloadable tools that can be used to incorporate physical activity and nutrition into child care and afterschool programs.

<http://www2.nccic.org/fitsource/>

## **Check this out!**

Not only does this program encourage healthy eating, it also provides your school or center with an outstanding **HEALTHY** fundraising venture!



**www. goodapples.org**



### **About Good Apples ...**

*Good Apples is a produce company that specializes in fundraising programs for K-12 schools and non-profit organizations. The company was formed in 2005 with three primary objectives :*

- Combat the growing epidemic of childhood obesity.*
- Help school and non-profits raise money AND encourage healthy eating habits in children and adults.*
- Provide premium quality produce at a low price.*



# March is National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.



## "got breakfast?" Essay Contest

Turn healthy eating lessons into a language arts activity! Invite your students to enter the "got breakfast?" writing contest.

*Recently announced by spokesmen Senators Bob Dole (R-KS) and George McGovern (D-SD), the "got breakfast?" campaign promotes the adoption of healthy breakfast and milk programs in schools and is sponsored National Dairy Council, East Side Entrees, Share Our Strength and the Alliance to End Hunger.*

Write a poem, an essay or even a song. Express how important breakfast is to you and be a winner! Here's a tip - jumpstart your creativity each morning with Breakfast Breaks and milk for a complete nutritious meal.

If you like breakfast, this is your chance to win. As long as you're between the ages of 6 and 18 and enjoy breakfast, you can enter. We are looking for students like you to be on our new "got breakfast?" posters. Four students from across the U.S. will be the lucky winners of these prizes:

- ☺ Your smiling face on the "got breakfast?" poster to be displayed in schools nationwide
- ☺ A Dell Notebook laptop computer AND
- ☺ Free Breakfast Breaks for your school for a full week!

### It's easy to enter:

1. Write an essay or story about why breakfast with milk is the most important meal of the day. It must be 75 words or less.
2. Be sure to write neatly! (typed is OK too)
3. Submit it by May 31, 2006 to: East Side Entrees - Essay Contest, PO Box 89, Syosset, NY 11791

### **Don't wait. Sharpen your pencils and start writing!**

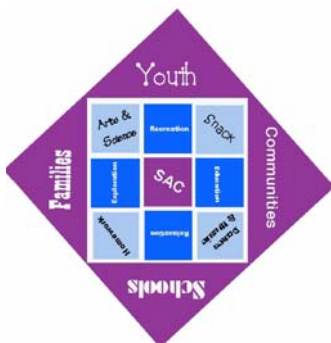
Deadline for submission to the essay contest is May 31, 2006. Winners will be announced in July 2006. The contest winners will be chosen by a committee of judges made up of representatives from each of the campaign's cosponsors.

**PENN SACCA would like to hear from our membership on the subject of 'healthy bodies & fit minds'. Afterschool programs have an important role to play in the fight against childhood obesity. What steps, if any, has your program taken to address this critical issue?**

**Members are encouraged to submit ideas, activity suggestions, and program profiles detailing how your program includes nutrition and fitness in it's programming.**

**All submissions, even those which do not make it to publication in the PENN SACCA Newsletter, will be acknowledged by PENN SACCA for your professional development records**

PENNSYLVANIA SCHOOL AGE CHILD CARE ALLIANCE  
P.O. BOX  
PITTSBURGH, PA



**PENN SACCA**  
Pennsylvania School Age Child Care Alliance  
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