



## HEALTHY OUT-OF-SCHOOL TIME TRAINING

Come discover how your Out-of-School Time program plays an essential role in impacting the health and wellness of the students you serve.

**Thursday, September 28, 2017**

**LOCATION: Illinois Network of Child Care Resource and Referral Agencies(INCCRRA) 10 a.m until 1 p.m.  
1226 Towanda Avenue, Bloomington, IL 61701**

**Cost: \$10.00 per person**

**Please join us as we explore ways your Healthy Out-of-School Time Program (before/after school and summer programs) can begin Fostering School, Out-of-School Time and Community Connections strengthen the health eating and physical activity environment for the students you serve.**

The research in Out-of-School (OST) has proven that students who get the nutrients they need and stay physically active are better learners, stay on task, and have better attendance. Come discover how your Out-of-School Time program is positioned to play an essential role in impacting the health and wellness of the students you serve. You will learn about the CDC's Whole School, Whole Child, Whole Community Model (WSCSS) where OST fits into the model, the impact your program(s) can make in Illinois collaboration with schools and communities. We will also explore national health eating and physical activity standards and how your OST program can get started implementing policies and practices that support those standards.

- Understand how schools and OST programs can create winning partnerships
- Understand how physical activity and healthy eating fit into the OST environment and how to lead implementation efforts in your school community (Whole School, Whole Child, Whole Community Model (WSCC), School Wellness Committees (SWC) and Local Wellness Policies (LWP)
- Understand how the OST school health components support wellness policies and develop implementation action steps
- Explore tools and resources to support OST programs implementing healthy eating and physical activity standards

**Registration information: You must pre-register for this training. Registration will be accepted until the capacity for the training has been reached. Please e-mail Jackie Richie at [ianetwrk@att.net](mailto:ianetwrk@att.net) or call 217-753-4620 to register. IAN training policy states that the participants arriving after the 15 minute grace period will not receive a training certificate and may be asked to leave if seating is not available.**