

# 2022-2023 Afterschool Wellness Awards

The Oregon Department of Education, the Nutrition Council of Oregon, the Oregon Dairy and Nutrition Council, and Oregon Afterschool for Kids (OregonASK) are teaming up to reward one exemplary Afterschool Programs for creating and sustaining a culture of wellness for youth and staff. The program selected will receive statewide recognition, a personalized plaque and a custom banner, as well as a \$1,000 award to be used to further nutrition, physical activity and/or other wellness efforts within their program. Since this is an award and not a grant there are no reporting requirements if your organization is selected as the winner.

Research supports the important link between health and academic achievement.

Afterschool programs that implement healthy eating and physical activity (HEPA) guidelines and align with local school wellness policies create healthier environments for students and staff. Implementation of HEPA guidelines and wellness policies can look different within each afterschool program, and the Afterschool Wellness Award application is a great place to showcase what your program is doing!

Congratulations to last years School Wellness Award Winner!

- Lincoln Co. School  
District, Lincoln City Parks and Recreation, RECKids Afterschool Program

Information about required documents and a pdf version of the application are available on the ODE CNP School Wellness Webpage at <https://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/OregonSchoolWellness.aspx>

Wellness efforts continue to look different, highlight your efforts by applying today!

Application  
Instructions

If you believe your Afterschool Program deserves to be recognized for the healthy, active environment it has established, complete the following application and submit it, with the required supporting documents, by January 31, 2023.

Use each question to describe your Afterschool Program progress in implementing and/or exceeding your organizations wellness policy or guidelines over the last 18 months and highlight what makes your program shine!

Assemble a team of wellness champions, including your Food Programs Coordinator/School District Nutrition Director if applicable, to help complete this application. The best applications are completed with collaboration and data from program staff and school community members.

Before starting your application, check to make sure you meet the minimum qualifications and gather the required supplemental items listed below.

Minimum Qualification:

- o Programs must participate in the Child and Adult Care Food Program (CACFP) Afterschool Program to apply.

Optional materials:

- o A roster of wellness committee members
- o Documentation showing your organizations commitment to wellness
- o Wellness Policy

Blue Ribbon Panel Application Scoring Rubric:

- o Question 22: 75 points
- o Question 23 5 points
- o Question 25: 5 points
- o Question 26: 15 points

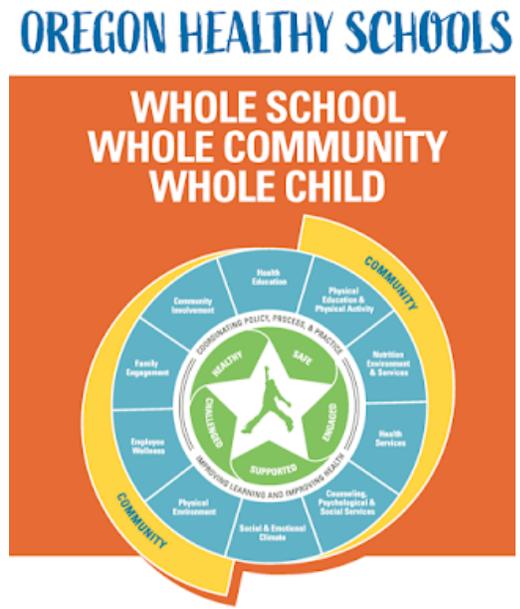
The winning Afterschool Program serve as an example for others across the state. Wellness work should inspire and be replicable for other programs in Oregon.

Visit ODE's Wellness Webpage at <https://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/OregonSchoolWellness.aspx> for more information about local wellness policies, school food and physical activity resources best-practices, and funding opportunities.

For additional guidance, including award rules, required materials, and the selection process, please contact Michelle Lincoln at (503) 947-5889 or [michelle.lincoln@ode.state.or.us](mailto:michelle.lincoln@ode.state.or.us)

The WSCC model is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement and the importance of evidence-based school policies and practices.

<https://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/School-Wellness-Resources-Support.aspx>



### Afterschool Program Information

1. Organization Name:

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2. Afterschool Program/Site Name:

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3. ODE Child Nutrition Programs Agreement Number: (Food Program Coordinator/School District Nutrition Director would know this information)

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4. Grades Served:

*Check all that apply.*

	Pre-K	K	1st	2nd	3rd	4th	5th	6th	7th
<b>(Check all that apply)</b>	<input type="checkbox"/>								



Organizational Wellness Policy or Guidelines and/or current School District Local Wellness Policy (If your program is located in a school building, the school district wellness policy is required.)

Upload this documentation by following the link at the this applications.

*Skip to question 5*

**Contact Information**

6. Name (first and last) of person completing this form:

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7. Position/Title:

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8. Telephone Number:

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9. Email Address:

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10. Does your organization have a Wellness Representative? (select all that apply)

*Check all that apply.*

- Yes, Site Level
- Yes, Local Level
- Yes, Regional Level
- Yes, National Level
- No, not at this time

11. If applicable, please list the name(s) and email address(es) of your Organizations Wellness Representative(s).

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**Committee Information**

If applicable, list all committee members involved in completing this application. Note: Committee Members listed may be contacted for additional details.

12. Organization Administrator (Name/Email)

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13. Nutrition/Food Program Coordinator or Food Service Administrator (Name/Email)

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14. Wellness Coordinator (Name/Email)

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15. Additional Members (Name/Position/Email)

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16. Additional Members Continued (Name/Position/Email)

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Wellness  
as a  
Priority

Use each question to describe your Afterschool Program's progress in implementing and exceeding your organization's wellness policy and/or guidelines over the last 18 months and highlight what makes your program shine!

- 17 Does your organization or Afterchool Program site have a health/wellness council or Wellness Committee? (mark all that apply)

*Check all that apply.*

- Yes - Organization Level  
 Yes - Program/Site Level  
 No

If yes, please attach your council or committee roster with names and positions. Upload this documentation by following the link at the end of this application.

- 18 During the past 18 months, how were you engaging the entire Afterschool Program community in your site's wellness initiative(s)? (check all that apply)

*Check all that apply.*

- Program evaluates wellness activities (e.g. assessments, feedback, event participation, etc.)  
 Program offers parents/community at least one program that promotes wellness activities (e.g. fun run, wellness fair, etc.)  
 Staff meetings include health/wellness as a standing agenda item  
 Nutrition and physical activity opportunities are offered to all staff

19. During the past 18 months, which initiatives, activities and/or practices in your Afterschool Program highlight community-wide efforts to promote wellness? (check all that apply)

*Check all that apply.*

- Afterschool Program provides nutrition activities/projects for nutrition promotion (e.g. menus, culinary classes, posters, gardens, taste tests, etc.)
- All snacks offered to participants as a part of the program meet the Oregon SMART SNACK standards (eg. foods offered as snacks or during celebrations/events etc.)
- Meal periods permit participants at least 20 minutes to eat.
- Afterschool Program staff promote healthy eating and healthy eating environments
- Afterschool Program uses at least one outside educational resource to support nutrition education and physical activity
- Meal/snack participation has increased due to promotion of wellness efforts
- Afterschool Program wellness plan and/or guidelines/requirements includes requirements for minutes of physical activity offered
- Afterschool Program consistently offers a variety of physical activities and a significant amount of youth and staff participate
- Afterschool Program wellness plan prohibits withholding physical activity or disciplining participants with physical activity
- Staff wellness program/initiatives are promoted/offered
- Program provides participants structured opportunities to practice Social Emotional Learning (SEL) skills
- Program offers wellness events that are open to families and the community
- Participant's families have opportunities to participate in nutrition, physical activity, or other wellness education activities with participants
- Connections or referrals to community resource(s) supporting mental health physical health are available to participants' and families
- Other: \_\_\_\_\_

20 Please include any additional practices and/or initiatives that impact at least 75% of the Afterschool Program participants.

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**Benefits  
of  
Wellness  
Initiatives**

The Whole School, Whole Community, Whole Child (WSCC) Model is youth-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement and the importance of evidence-based policies and practices.

# WHOLE SCHOOL WHOLE COMMUNITY WHOLE CHILD



21. In the past 18 months, which of the WSCC model components is your afterschool program currently focusing on? (Check the top **one to three areas** of focus ONLY.)

*Check all that apply.*

- (1) Health Education (Examples: Healthy focused activities or programs reinforce classroom education, etc.)
- (2) Physical Education & Physical Activities (Examples: Variety of activities indoor/outdoor provided daily; yoga stretches, dance classes, Be Physically Active (BEPA) toolkit, etc.)
- (3) Nutrition Environment & Services (Examples: Food offered and promoted meets CACFP/Smart Snack requirements, At least 20 minutes for snack/meal periods, SNAP-ED involvement, taste testing, etc.)
- (4) Health Services (Examples: Health fairs, screening programs, health and wellness referrals etc.)
- (5) Counseling, Psychological & Social Services (Examples: Access to counselors, health and wellness referral system etc.)
- (6) Social & Emotional Climate (Example: Positive Behavioral Interventions and Support (PBIS), Gay Straight Alliance (GSA), etc.)
- (7) Physical Environment (Example: Accessible facilities, quiet zones, program garden, etc.)
- (8) Employee Wellness (Example: Staff wellness activities and initiatives)
- (9) Family Engagement (Example: Family education, family feedback strategies, family nights, etc.)
- (10) Community Involvement (Example: Facility joint use agreements, community outreach/engagement, etc.)
- Other: \_\_\_\_\_

22. Related to Question #22, please describe your program's wellness work in the area(s) you checked that makes your program shine. (Less than 500 words) Value: 75 points

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23. Please explain how you are promoting, providing, and/or distributing meals/snacks or what creative menu items are being served in your afterschool nutrition programs. (Less than 500 words)

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24. In addition to implementing wellness within your program, what other nutrition programs do you promote, or coordinate, and share information about? (flyers, newsletters, share within programming, etc.)

*Check all that apply.*

- School Lunch Program
- School Breakfast Program
- Summer Food Service Program
- Farm to Child Nutrition Programs
- Other: \_\_\_\_\_

25. Please explain how you are delivering, promoting, and engaging participants, family, and staff in physical education and physical activity programs. (Less than 500 words)

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**Afterschool  
Wellness  
Award  
Funding**

The intent of the wellness award is to support or expand your program-wide participant wellness efforts. The use of the funds should be for sustainable activities or equipment that would support those activities. These funds cannot be used on food cost or non sustainable items.

26. If your Afterschool Program is chosen as an Afterschool Wellness Award Winner, explain how the \$1,000 funding award would be used to support wellness for the majority of your program participants. Please consider systems and environmental change impacts and sustainability as well as in-person and virtual/distance programming. (Less than 250 words)

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Wellness Documentation (Click on link below to upload documents)

- o A roster of wellness committee members
- o Documentation showing your organizations commitment to wellness
- o Wellness Policy

[Upload Documents Here](#)

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