




Save the Children's Afterschool and Summer Programs




**AAHPERD National Convention
April 2014**

Charlene Burgess, Senior Director, Education & Health
Lesley Graham, Associate Director, Health


Session Outline

- About Save the Children
- Healthy Choices Afterschool Program & SummerBoost Camp
- Enhanced Healthy Choices Pilot Project (Kentucky)
- Key Challenges & Strategies
- Q & A

Session Objectives

- Become familiar with Save the Children's mission, presence, and focus areas
- Understand the purpose, components, implementation, and evaluation of the Healthy Choices Afterschool Program, SummerBoost Camp, and pilot project
- Gain new ideas and resources for children's health programming during out-of-school time
- Recognize common challenges and learn strategies and best practices for addressing them




ABOUT SAVE THE CHILDREN



Save the Children Overview

We are the world's leading independent organization for children

OUR BELIEF Our children are our future. That's why we're investing in children now, working ceaselessly to ensure that they survive and thrive

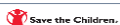
OUR MISSION achieving innovative breakthroughs for children

OUR IMPACT AT SCALE touching 125 million children in the US and globally

OUR LEADERSHIP through advocacy on 'what works' in partnership with multi-sector actors

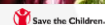
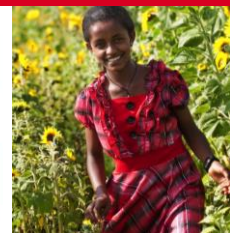


We are devoted to give every child the best chance for a lifetime of success.



Our Theory of Change

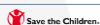
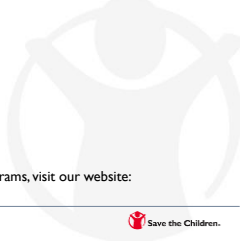
We will...





Global Presence

- More than 75 years of experience working with families and communities at home and abroad
- Program Areas
 - Child Protection
 - Education and Child Development
 - Health and Nutrition
 - HIV/AIDS
 - Livelihoods
 - U.S. Programs
- For more information about our international programs, visit our website: www.savethechildren.org



Our Initiatives in the United States

Reaching 185,000 children in 18 states—with a national voice

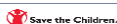
Early Childhood Development

Children & Emergencies

Early Steps to School Success 	Elementary Education: Literacy 	Child Health 	Child-Friendly Spaces 	Get Ready Get Safe
--	---	-------------------------	----------------------------------	-------------------------------

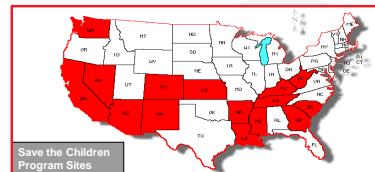
Policy and Advocacy Examples: Protect National School Lunch Program, Supplemental Nutrition Assistance Program, Head Start, 21st Century Community Learning Centers, S.A.F.E in our Schools

9



U.S. Presence

- Save the Children's School-Age Programs
 - 14 states and District of Columbia
 - Partnering with almost 150 schools
 - Benefiting more than 17,000 children



Save the Children Program Sites



School-Age Programs

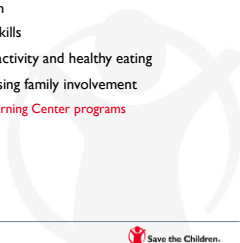
Program Components for School-Aged Children

- Literacy: Focus on building literacy skills
- Healthy Choices: Focus on physical activity and healthy eating
- Family Engagement: Focus on increasing family involvement

Additional components for 21st Century Learning Center programs

Program Availability

- Afterschool
- SummerBoost Camp
- In-school (literacy only)



Our Unique Strengths and Recent Funders

Save the Children is often the only service provider in rural areas

Save the Children partners with schools to deliver supplemental services during school day and out-of-school time

Programming accelerates children's reading achievement and provides access and exposure to physical activity and healthy eating to children living in remote, isolated areas



12





Selection of Partner Schools

How do we know a school is a good fit?

- ▶ Located in rural areas
- ▶ High percentage of children receive free or reduced lunch
- ▶ Low school-wide achievement of state or national literacy standards
- ▶ Strong commitment and engagement from school administration and community



Staffing

- ▶ Site-based Afterschool Program Staff consist of:
 - Program Coordinator
 - Healthy Choices Coordinator
 - Literacy tutors (GIRP, RAvFL, Emergent Reader)

Emphasis on building local capacity; employed by school district
- ▶ State and National Staff support consists of:
 - Program Specialist & Deputy Program Director
 - National Education & Health Team (NEHT)



Why Focus on Physical Activity and Healthy Eating?

- Childhood obesity has more than tripled in the past 30 years
- Approximately 17% (or 12.5 million) of children and adolescents, ages 2-19 years old are obese
- Nearly 45% of children living below the poverty line are overweight or obese – twice that of children from financially secure families
- In just the communities that Save the Children serves, an average of 59% of the population is living in a food desert without access to fresh, healthy foods; in some communities, it's as much as 98%
- Childhood obesity has both immediate and long-term effects on health and well-being
- Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases

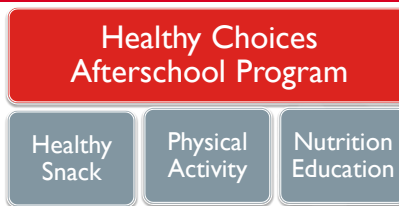


Healthy Choices Program Goal

Increase physical activity and healthy eating among our nation's most vulnerable children and their families.



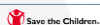
Afterschool Program Model





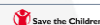
Healthy Snack

- Served daily; meets USDA nutrition standards
- National School Lunch Program (NSLP) or Child and Adult Care Food Program (CACFP)
- Staff work closely with Food Service Staff to order snacks in accordance with USDA guidelines
- Engaging for children:
 - Child-friendly snack preparation
 - Staff model healthy eating practices
 - Facts About Your Healthy Snack



Physical Activity

- 30 minutes of daily* moderate-to-vigorous physical activity (MVPA)
 - *Except 15 minutes one day per week due to nutrition lesson
- CATCH Activity Box for Grades K-5 and Save the Children Physical Activity Toolkit (online resource)
- Warm-up, 2-3 games/activities, cool-down
- Nutrition-themed game (1 day per week)
- Fun Friday activities



Nutrition Education

- Monthly nutrition themes (e.g. I Am What I Eat, Making MyPlate Great)
- 15 minute weekly nutrition lesson
 - Lessons developed from reputable resources: USDA Team Nutrition, PBS Go Kids, etc.
 - Focus on understanding of major nutrition concepts:
 - MyPlate Food Groups: recognition & classification
 - Identifying GO, SLOW, and WHOA foods
 - Food group properties & health benefits
- Word of the Week nutrition vocabulary
- Monthly read aloud nutrition books during Literacy Block



Healthy Choices Materials

Physical Activity Materials:

- CATCH Kids Club Activity Box
- CATCH physical activity equipment package
- US Games supplemental kit: noodles, foam frisbees, bowling pins, yarn balls, beach balls, yoga mats
- Skilastics Fitness Activity Kit
- Fitnessgram PACER Cadence CD (15 or 20 meter) & related documents
- Boombox & music CDs (Kidz Bop, Kimbo Edu)

Nutrition Materials:

- CATCH Healthy Habits & Nutrition Manual
- Save the Children Nutrition Education Curriculum
- Skilastics Nutrition Cards
- MyPlate posters
- Set of nutrition books
- Basic materials for hands-on activities



Healthy Choices Afterschool Weekly Activities

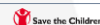
Healthy Choices Week at a Glance				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*
Healthy Snack & Nutrition Word of Week	Healthy Snack & Nutrition Word of Week	Healthy Snack & Nutrition Word of Week	Healthy Snack & Nutrition Word of Week	Healthy Snack & Nutrition Word of Week
30 Minute Healthy Choices Rotation: Physical Activity <ul style="list-style-type: none"> Warm Up Activity #1** Activity #2** Cool Down 	30 Minute Healthy Choices Rotation: Nutrition Education* <ul style="list-style-type: none"> 15-minute nutrition education lesson 15-minute nutrition game 	30 Minute Healthy Choices Rotation: Physical Activity <ul style="list-style-type: none"> Warm Up Activity #1 Activity #2 Cool Down 	30 Minute Healthy Choices Rotation: Physical Activity <ul style="list-style-type: none"> Warm Up Activity #1 Activity #2 Cool Down 	30 Minute Healthy Choices Rotation: Physical Activity <ul style="list-style-type: none"> Team Building game Make Your Own Game Activity "Clubs" Any CATCH or other Save the Children approved game/activity
*All activities for the physical activity rotation will be selected from the Healthy Choices PA Toolkit, which includes the CATCH Activity Box and other approved games/activities	**The weekly nutrition education lesson can occur on any day of the week			*Some afterschool programs do not conduct programming on Fridays



SummerBoost Camp Rationale

Minimize the Summer Slump

- Many students suffer a 2 month loss in math (Cooper, 1996)
- Many low-income students lose more than 2 months reading achievement (Cooper, 1996)
- Lower high school graduation rates (Alexander et al, 2007)
- Gain weight 3 times faster in summer months (Von Hippel et al, 2007)
- 1 in 5 children who received free or reduced meals during the previous school year did so during the summer (FRAC, 2007)





Program Design to Minimize the Summer Slump

National Summer Learning Association Research:

- Minimum of 150 hours of programming
 - 6 weeks
 - 5 days per week
 - 6 hours per day
- Blend **academic & social/emotional** development strategies



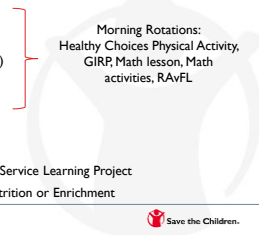
Save the Children.



SummerBoost Camp Daily Schedule

- 8:30-8:55 Breakfast/Opening Exercises
- 9:00-9:30 Morning Rotation 1
- 9:35-10:05 Morning Rotation 2
- 10:10-10:40 Morning Rotation 3 (snack provided)
- 10:45-11:15 Morning Rotation 4
- 11:20-11:50 Morning Rotation 5
- 11:55-12:25 Team-Building Exercises
- 12:30-1:00 Lunch
- 1:05-1:50 PM Session 1: STEM or Community Service Learning Project
- 1:55-2:25 PM Session 2: Healthy Choices - Nutrition or Enrichment

Morning Rotations:
Healthy Choices Physical Activity,
GIRP, Math lesson, Math
activities, RAVFL



Save the Children.



Healthy Choices SummerBoost Components

- **Healthy Meal** – daily lunch
 - Seamless Summer Option or Summer Food Service Program
 - Optional breakfast and/or snack, based on program schedule
- **Physical Activity**
 - 30 minutes of daily moderate-to-vigorous physical activity (MVPA)
- **Nutrition Education**
 - 30 minute daily nutrition lesson, 3-week rotation
 - CATCH Healthy Habits & Nutrition curriculum



Additional health-related enrichment & Fantastic Friday activities

Save the Children.



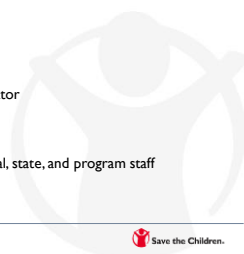
MONITORING & EVALUATING

Save the Children.



Program Evaluation

- Why is program evaluation important?
- What needs to be done?
 - Evaluation plan – national staff
 - Data collection – Healthy Choices Coordinator
 - Data entry – Healthy Choices Coordinator
 - Data analysis and reporting – national staff
 - Continuous program improvement – national, state, and program staff

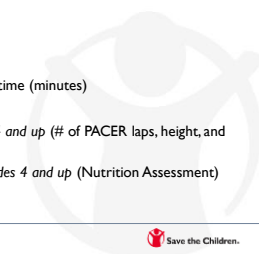


Save the Children.



Data Collection

- Types of data collected
 - Attendance
 - Snack details
 - Physical activity & nutrition education time (minutes)
 - Physical activity game category
 - Aerobic capacity for children in grades 4 and up (# of PACER laps, height, and weight)
 - Nutrition knowledge for children in grades 4 and up (Nutrition Assessment)



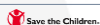
Save the Children.



Program Goals and Objectives

- **Objective 1:** Partner sites will conduct an afterschool program that includes the Healthy Choices component on a minimum of 110 days per school year with an average daily attendance of at least 30 children.
- **Objective 2:** Children will eat a healthy snack that complies with our standards at least 95% of program days.
- **Objective 3:** Children will participate in 30 minutes of moderate-to-vigorous physical activity at least 95% of program days.
- **Objective 4:** Children will participate in at least 15 minutes of nutrition education at least 95% of program weeks.

Additional child-level outcome measures have been determined for physical activity and nutrition education.



Child-Level Outcome Measures

Progressive Aerobic Cardiovascular Endurance Run (PACER)

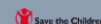
- One fitness measure in the FITNESSGRAM assessment and reporting system developed by The Cooper Institute
- Research-based assessment tool that is scientifically valid for children aged 10 and older
- Uses criterion-referenced standards established based on level of fitness needed for good health
 - Healthy Fitness Zone (HFZ); Needs Improvement; Needs Improvement-Health Risk
- Positive experience
 - Set to music and progressive in intensity
 - Children learn the skills of pacing and goal-setting



Child-Level Outcome Measures

Nutrition Assessment

- Paper/pencil test; read aloud to children
- 25 questions, 55 points total
- Variety of question formats:
 - Multiple choice, T/F, labeling diagrams, matching
- Assesses knowledge of major nutrition concepts
 - MyPlate
 - Food group classification
 - Health benefits
 - Nutrition vocabulary



Healthy Choices Core Trainings

- Healthy Choices Program Introduction
- Healthy Snack (30 mins)
- Physical Activity (1 hr)
- Nutrition Education (1 hr)
- Monitoring & Evaluation (30 mins)
- CATCH Kids Club Activity Box (online, 30 mins)
- CATCH Kids Club Activities (online, 1 hr)

- Additional training videos available on the Partner Portal
 - Healthy Choices Professional Development
 - Strategies for Increasing MVPA

Training availability:

- Face-to-face
- Remotely via WebEx
- Self-paced articulate



Ongoing Programmatic Support

- Program Specialist provides ongoing training, coaching, and technical assistance to site-based staff; on-site and remotely
- Each site keeps an Accountability Binder easily accessible for review by program staff, school administration and Program Specialists.
- Program Specialists also complete site observations. The purpose of these observations is to provide Healthy Choices Coordinators feedback and programmatic support.

Observation form provided in online session handouts





Kentucky Pilot Project

- Conducted in 5 participating counties, 12 school sites
- Enhanced Healthy Choices programming during school day
- Project based on components of Coordinated School Health model



Project Components

In-School Healthy Choices:

- Physical Activity
- Monthly Nutrition Education lessons
- Monthly Hands-On Food Labs
- Family Food Tastings
- Wellness Wednesdays
- School Health Policy & Practices

Professional Development:

- Healthy Choices Physical Activity: Strategies for Maximizing MVPA
- Nutrition Services Staff: Healthy Recipe Development & Cooking Techniques



Hands-On Food Labs

Healthy, child-friendly recipe

Low-cost, readily accessible ingredients

- Fruit and vegetable skewers and homemade dip
- Homemade salsa
- Yogurt Parfaits
- Fruit smoothies
- Trail mix
- Turkey roll-ups



Equipment kit provided to schools (basic utensils, blender, disposable supplies)



Wellness Wednesdays

- Promoting healthy eating and physical activity
- Weekly announcements, tip of the day
- Handouts
- Giveaways
- Guest speakers, assemblies



School Health Policy & Practice

- Completion of School Health Index
- Formation of School Health Teams
- Identification of action items
 - Updated wellness policies
 - Physical activity breaks
 - Walking clubs
 - School gardens
 - Healthy fundraisers & celebrations





Key Challenges

- Classroom (gymnasium) management
- Using a variety of games/activities
- Keeping kids moderately-to-vigorously active
- Best effort on PACER



Save the Children.

Classroom (Gymnasium) Management

- Planning ahead
- Organizing equipment
- Getting started
- Being consistent (signals and routines)
- Making quick transitions
- Using effective behavior management



Save the Children.

Healthy Choices -Weekly Planning Tool

Save the Children.

Week of _____

NUTRITION EDUCATION

Monthly Theme _____ Word of the Week: _____

Notation lesson (15 min) to be conducted on our day? _____

Day: _____ Nutrition Lesson: _____

Materials Needed: _____

**In the physical activity section below, list one nutrition game to be played on the day you conduct the lesson.*

PHYSICAL ACTIVITY	Activity Category	Activity #	Activity Name	Equipment Needed	Other Notes	Reflection
Monday	1					
	2					
	3					
Tuesday	1					
	2					
	3					
Wednesday	1					
	2					
	3					
Thursday	1					
	2					
	3					

Healthy Choices -Weekly Planning Tool - SAMPLE

Save the Children.

A 30 minute Healthy Choices session should be conducted each day of the school year. For all days except one, the session should include a warm-up, two physical activities, and a cool-down. Plan for an optional third activity in case the two activities don't last as long or go as well as expected. If a third activity is not conducted, cover a self-study Physical Activities column.

One day per week is for nutrition education. The first 15 minutes of that Healthy Choices session should be a notation lesson, and the second 15 minutes should be a nutrition-themed active game that reinforces the monthly theme. The notation lesson can be conducted any day of the week, but we encourage you to do it on a day that most children are present and/or on a day that there is going to be a disruption to the normal routine (e.g. gym is unavailable, inclement weather).

Please use the Other Notes column (as applicable) to yourself. At the end of each day, please reflect on what did and didn't work well, why, and how you might do it differently in the future and put notes above that in the Reflection column. Keep completed Weekly Planning Tools at your site Accountability Binder for reporting.

Week of _____ September 08th, 1st, 2013

NUTRITION EDUCATION

Monthly Theme: I Am What I Eat Word of the Week: Portioned Foods

Notation lesson (15 min) to be conducted on our day? _____

Day: Wednesday Nutrition Lesson: CATCH Manual, GO, SLOW, WHOA Foods, p. 47

Materials Needed: CATCH Manual, pencils, paper, Meas & Bean Handout

**In the physical activity section below, list one nutrition game to be played on the day you conduct the lesson.*

PHYSICAL ACTIVITY	Activity Category	Activity #	Activity Name	Equipment Needed	Other Notes	Reflection
Monday	1	B&D	401	Explosive Dance	CD, Kids Pop Music	Will use different music with K-11
	2	FIT	452	Fitness Stations	Cones, jump ropes, bean bags	
	3	B&T	127	Blob Tag		
Tuesday	1	B&S	81	Can't Touch This	Small balls, playground balls	
	2	B&T	32	Meet Me in the Middle	Cones	
	3	K-2	104	Bean Bug Buddies	Bean bags	
Wednesday	1	Nutrition Lesson			See above	
	2	Nutrition Game	563	Fruit Salad	Hula Hoops, Bean Bags (assorted colors)	15-mins after lesson
	3					

PHYSICAL ACTIVITY	Activity Category	Activity #	Activity Name	Equipment Needed	Other Notes	Reflection
Monday	1	B&D	401	Explosive Dance	CD, Kids Pop Music	Will use different music with K-11
	2	FIT	452	Fitness Stations	Cones, jump ropes, bean bags	
	3	B&T	127	Blob Tag		
Tuesday	1	B&S	81	Can't Touch This	Small balls, playground balls	
	2	B&T	32	Meet Me in the Middle	Cones	
	3	K-2	104	Bean Bug Buddies	Bean bags	
Wednesday	1	Nutrition Lesson			See above	
	2	Nutrition Game	563	Fruit Salad	Hula Hoops, Bean Bags (assorted colors)	15-mins after lesson
	3					

Healthy Choice Weekly Planning Tool-English -JC/12/12/LG/round 07-13

Save the Children.



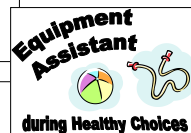
Yes!
"Freeze"



Save the Children.



Behavior Incentives



Save the Children.

Using a Variety of Games/Activities

Our Categories:

- Ball and Sport Games
- Running and Tag Games
- Rhythm and Dance
- Fitness Activities
- Movement Exploration
- Nutrition-Themed Games
- Holiday-Themed Games
- Other



Save the Children.

Game/Activity Selection Considerations

- Provides moderate-to-vigorous physical activity
- Developmental appropriateness
- Space
- Equipment
- Complexity



Save the Children.

Game/Activity Sources We Use

- CATCH Kids Club Activity Box (Grades K-5)
- Playworks Game Guide – www.playworks.org – FREE
- PE Central – www.pecentral.org – FREE
- Other reputable sources with free games/activities



Save the Children.

Our Monitoring & Evaluation System

Daily Activities for Afterschool for [Site Name] for [Program Year]

Week Beginning	Mon 9/15/13		Tue 9/17/13		Wed 9/18/13		Thu 9/19/13		Fri 9/20/13	
Day Start										
Agency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Space	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Complexity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Developmental Appropriateness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Category of Game 1*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Category of Game 2*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Category of Game 3*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other Activities	<input type="text"/>									

Legend of Evaluation: PE PE (No Physical Activity) PE (No Physical Activity) PE (No Physical Activity) PE (No Physical Activity) PE (No Physical Activity) PE (No Physical Activity) PE (No Physical Activity) PE (No Physical Activity) PE (No Physical Activity) PE (No Physical Activity)

Save the Children.

Keeping Kids Moderately-to-Vigorously Active

- Using best practices (that we've already discussed)
 - Planning ahead
 - Selecting the right games/activities
 - Equipment ready
 - Quick start and transitions
- Monitoring children's exertion
 - Program leader's awareness
 - Children's awareness
- Making it FUN!



Save the Children.

Be Active and Healthy!

How do I know if my body is working hard enough to get health benefits? I use the scale below while I'm being active. Except for warm-up and cool-down time, I want to be in the yellow zone.

HEAT NUMBER	MY FACE	THINGS TO WATCH FOR AT THE BEGINNING...	THINGS TO WATCH FOR BY THE END...
1	😊	I feel happy & I can keep going.	I feel pretty good & I can keep going.
2	😊	I feel happy & I can keep going.	I feel pretty good & I can keep going.
3	😊	I am starting to feel like I am working hard & I feel good.	I feel like I am getting a little warmer & I can keep going.
4	😊	I am starting to feel like I am working hard & I feel good.	I feel like I am getting a little warmer & I can keep going.
5	😊	I am working harder than I thought I was going to be. I am really working hard.	I feel like I am getting a little warmer & I can keep going.
6	😊	I am working harder than I thought I was going to be. I am really working hard.	I feel like I am getting a little warmer & I can keep going.
7	😊	This is pretty hard. I can keep going, but it's getting harder to keep going.	I feel like I am getting a little warmer & I can keep going.
8	😊	This is really hard. I can keep going, but it's getting harder to keep going.	I feel like I am getting a little warmer & I can keep going.
9	😊	This is really hard. I can keep going, but it's getting harder to keep going.	I feel like I am getting a little warmer & I can keep going.
10	😊	This is really hard. I can keep going, but it's getting harder to keep going.	I feel like I am getting a little warmer & I can keep going.

Save the Children.

Best Effort on PACER

- Explanation and encouragement
- Goals
- Incentives
- Peer support



Save the Children.

PACER LAP TRACKER

Student Name: _____
Grade: _____

Pre-PACER	Mid-PACER	Post-PACER
Goal # of Laps: _____ Actual # of Laps: _____	Goal # of Laps: _____ Actual # of Laps: _____	Goal # of Laps: _____ Actual # of Laps: _____

TRY YOUR BEST! WE'RE PROUD OF YOU!

Save the Children.

Certificate of Achievement

To: _____
Date: _____

Congrats on a job well done!
You successfully met or exceeded your goal # of PACER laps!

Healthy Choice Coordinator

Program Contributor

Save the Children.

Questions?

For more information or additional questions, contact:

Charlene Burgeson
Senior Director, Education & Health
cburgeson@savechildren.org

Lesley Graham
Associate Director, Health
lgraham@savechildren.org

Session handouts may be printed from the AAHPERD Convention website

Save the Children.

