



## What’s in a Wellness Policy? **After-School Wellness!**

### Local Resources

5-2-1-0 Every Day Campaign	<a href="https://sdcoi.org/resources/5210-everyday/">https://sdcoi.org/resources/5210-everyday/</a> Healthy messaging materials in English and Spanish.
CalFresh Healthy Living – County of San Diego	<a href="#">CalFresh Healthy Living</a> USDA-funded K-12 program includes healthy eating and physical activity PSE** change support for schools with at least 50% FRPM*.
California After School Physical Activity Guidelines – California Department of Education	<a href="https://www.cde.ca.gov/ls/ex/documents/paguidelines.pdf">https://www.cde.ca.gov/ls/ex/documents/paguidelines.pdf</a> Guidelines to create high-quality physical activity programs that expand learning opportunities of the regular school day.
Expanded Learning - San Diego County Office of Education	<a href="https://www.sdcoe.net/students/expanded-learning">https://www.sdcoe.net/students/expanded-learning</a> Provides quality technical assistance to After School Education and Safety (ASES), 21st Century Community Learning Center (CCLC) elementary- and middle-school programs, and 21st CCLC After School Safety and Enrichment for Teens (ASSETs) programs in San Diego County.
Expanded Learning Quality Standards – The Children’s Initiative	<a href="https://www.thechildrensinitiative.org/copy-of-expanded-learning">https://www.thechildrensinitiative.org/copy-of-expanded-learning</a> Developed through a partnership between the California Department of Education, Expanded Learning Division and the California Afterschool Network Quality Committee to describe high levels of “Quality” of a program at the programmatic, staff, and participant levels.
Healthy Eating, Physical Activity (HEPA) Standards – National AfterSchool Association	<a href="https://cdn.ymaws.com/naa.site-ym.com/resource/collection/38DF3B2B-5AEF-4BF9-93C9-5516CFF6A2F1/HEPA_Standards_2.0.pdf">https://cdn.ymaws.com/naa.site-ym.com/resource/collection/38DF3B2B-5AEF-4BF9-93C9-5516CFF6A2F1/HEPA_Standards_2.0.pdf</a> Provides a research-based framework for afterschool program providers and others to understand and measure a program’s healthy eating and physical activity and plan for improvement.
BOOST (Best Out of School Time) Collaborative	<a href="http://www.boostcollaborative.org/">http://www.boostcollaborative.org/</a> Provides quality professional development, opportunities for networking and partnerships, and leadership training to those serving youth in the out-of-school time hours.
Fit2Learn, Fit4Life – San Diego County Office of Education	<a href="#">Fit2Learn - Instruction - Before / After School (sdcoe.net)</a> Lesson plans, management strategies and assessments to increase quality physical activity opportunities in expanded learning settings.

\* FRPM: Free and Reduced Price Meals

\*\* PSE: Policy, systems, and environmental (change)

### More resources:

*Live Well Schools* Tools for Schools

<https://www.livewellsd.org/i-want-to/learn-more/schools/live-well-schools/tools-for-schools-resources-page>

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## ***How Does Your District's Wellness Policy Compare to Model Wellness Policies?***

**WellSAT 3.0:** A tool to assess strength and comprehensiveness of wellness policy language

<http://www.wellsat.org/>

### Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

NS10: Addresses nutrition standards for all foods and beverages served to students after the school day, including before/after care on school grounds, clubs, and after school programming.

NS11: Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.

### Section 4. Physical Education and Physical Activity

PEPA 12: Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.

**Model Policy:** *Afterschool Alliance*

Model afterschool program policy language to include in wellness policies

<http://www.afterschoolalliance.org/documents/policyLocalWellnessSampleLanguage.pdf>