

Select Resources

The 5210 Goes After School toolkit is not designed to be a curriculum, rather it is designed to help busy program staff create a healthier after school environment. Some individuals may be interested in using a physical activity and nutrition curriculum in their program. If so, we recommend incorporating one of the following curricula into the 5210 Goes After School program.

CATCH Kids Club

The Child and Adolescent Trial for Cardiovascular Health (CATCH), an NHLBI-funded study, created a school health education curriculum designed to motivate heart-healthy behavior in children in grades K-5 in after-school and summer camp settings. For more information, please visit <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/curricula-toolkits.htm> (scroll down)

The HEAT Club

The HEAT Club curriculum was developed as part of the Shape Up Somerville: Eat Smart. Play Hard™ project of Tufts University and revised in 2005 and 2007 for broader dissemination through the Children in Balance initiative. This health curriculum, call the HEAT (Healthy Eating and Active Time) Club, includes hands-on activities to use with elementary school children in after school programs in order to improve eating habits and increase physical activity levels. For more information, please visit <http://www.childreninbalance.org>

Information, materials and resources for staff:

Local:

Healthy Maine Partnerships

There are groups all over Maine who are working in communities and schools to make Maine a great place to live, work, play, and raise a family.

www.healthymainepartnerships.org

Maine Afterschool Network

The purpose of the Maine After School Network is to enable every child to have access to quality, inclusive, affordable after school programming that meets the needs of the child, the family and the community. www.maineafterschool.net

Maine Children's Alliance

The Maine Children's Alliance is a strong, powerful voice for children, youth and families and provides leadership to create or change policy on their behalf. The Maine Children's Alliance collects the voices and data of various organizations, develops, promotes and advocates a substantive strategic plan including desired outcomes to insure positive change for children and their families. www.mainechildrensalliance.org

WinterKids

WinterKids helps our children develop lifelong habits of health, education, and physical fitness through outdoor winter activity. www.winterkids.org

National:

AfterSchool Alliance

The nation's leading voice for afterschool, the Afterschool Alliance is the only organization dedicated to raising awareness of the importance of afterschool programs and advocating for more afterschool investments.

www.afterschoolalliance.org

National AfterSchool Association

The National AfterSchool Association is the leading voice of the afterschool profession dedicated to the development, education and care of children and youth during their out-of-school hours. www.naaweb.org