

California Department of Education Distinguished After School Health Recognition Program

Application Instructions

These instructions are to assist before, after, and summer school programs in applying for recognition in the Distinguished After School Health (DASH) Recognition Program certificate. To be eligible a site must meet all requirements. Only California Department of Education (CDE) state-funded After School Education and Safety (ASES) and federally-funded 21st Century Community Learning Center (CCLC) K-12 programs are eligible to apply. **Each application covers one site.** Submissions are due by **May 15, 2017.**

A complete DASH Packet consists of:

- **Part A - DASH Cover Sheet**
Print out the completed DASH Cover Sheet from this application form. Obtain signature from the School Principal.
- **Part B - DASH Check List**
Fill out the DASH Check List on this application form.
- **Part C - Supporting Documentation**
Gather your supporting documentation.

*****Once you have completed Part A, B, and C. Upload ONE file consisting of the signed DASH Cover Sheet and your supporting documentation to the application form. Once you have completed all steps, you will receive a confirmation e-mail from JotForm of your submission.**

If you have questions, please contact: Kim Hanks by email at khanks@cde.ca.gov or by phone, 916-319-0547.

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DASH Synopsis

Senate Bill 949 established the DASH Program to recognize after school and summer programs that are meeting exemplary health education, nutrition, and activity standards.

The Legislature recognized that the before and after school community has the reach and opportunity to provide a healthy after school experience to over 1,500,000 children in the out-of-school time period. These numbers include 4,500 publicly funded after school programs in California. This group includes the After School Education and Safety and the 21st Century Community Learning Centers programs that serve over 800,000 low income pupils (Kindergarten through twelfth grade) statewide, public and nonprofit after school programs.

Nutrition programs enhance daily nutrient intake, leading to improvements in academic performance and psychosocial functioning. Consistent nutrition messages throughout the school reinforce classroom nutrition education and help students build knowledge and skills for lifelong wellness. Nutrition education involves multiple channels of communication: classroom instruction, student activities (i.e., taste testing), or interactive poster/bulletin board activities.

Physical education and physical activity programs help children learn and practice skills that can lead to healthy, active lifestyles.

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Cover Sheet - You must print this page of the application and obtain necessary signatures.

CONTACT INFORMATION

Name of Individual Submitting Request *

E-mail *

First Name

Last Name

CERTIFICATE RECIPIENT INFORMATION

Name of Individual the Certificate is to be Mailed to, if Program is Awarded *

First Name

Last Name

Address the Certificate is to be Mailed to, if Program is Awarded *

Street Address

Street Address Line 2

City

Please Select ▼

State

Zip Code

PROGRAM INFORMATION

Program Name *

School Name or Program Provider *

Local Educational Agency *

County Office of Education *

Program Contact (if different than above)

First Name

Last Name

Program Contact E-mail

Program Contact Phone Number

-

Area Code

Phone Number

SCHOOL APPROVAL

Name of Principal *

Principal Signature

First Name

Last Name

Principal's E-mail *

Principal's Phone Number *

-

Area Code

Phone Number

***NOTE: When you click the print form button it automatically selects the entire application, ONLY print the Cover Sheet for the upload.

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Criteria, Evidence and Review

Criteria 1–3

The overall framework of selection criteria for the DASH program is contained in the check list. The criteria are organized into the following:

- Education, Collaboration and Communication
- Healthy Eating, Beverages, and Nutrition Education
- Moderate to Vigorous Physical Activity

Supporting Documentation/Evidence

Submit documents that support your affirmative response in the most efficient way possible. For example, a section of meeting minutes instead of a multi-page document. Each document may support one or more items under each criteria. The evidence examples given are suggestions, you are not limited to these items. **Evidence documents must be clearly dated, and are limited to 2 pages.**

The principal of each school is responsible for ensuring the accuracy and completeness of the final packet.

Review of the DASH Packets

The DASH packets will be reviewed by a selected panel and the panel decisions are final. Successful candidates will receive a certificate, and the program name will be posted on the Expanded Learning Division Web site. Certificates are valid for two years.

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Criteria Checklist

Criteria Check List for Distinguished After School Health Recognition Program

The following criteria will be used to evaluate your Before, After, or Summer School Program Health, Exercise, and Nutrition Practices.

The focus of this application is before, after, and summer school programs serving kindergarten through high school that meet the requirements of the Distinguished After School Health (DASH) Recognition Program.

The requirements include that:

1. All staff are trained on standards related to the DASH Program.
2. Regular nutrition and health training is provided to attendees and parents.
3. All staff and attendees are served drinking water.
4. Attendees are served foods that meet DASH requirements.
5. Attendees participate in 30–60 minutes of daily vigorous physical activity.
6. Program attendee screen time is limited to comply with DASH requirements.
7. Fundraising activities comply with DASH requirements.

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DASH Checklist: Criteria 1

Distinguished After School Recognition Program Requirements and Standards

CRITERIA 1 - EDUCATION, COLLABORATION, and COMMUNICATION: Indicate if your program meets the standard by checking the appropriate box. Submit one item of supporting evidence with your checklist. The evidence you select may support multiple criteria in this section. *

	Program Meets this Requirement
1.A STAFF EDUCATION: Each staff member of the program has received training on nutrition standards and the importance of modeling healthy eating and physical activity. Training shall be in accordance with the YMCA (http://www.ymca.net/), the Center for Collaborative Solutions, A World Fit For Kids!, the National Institute on Out-of-School Time, or other similar programs. Example of Evidence: Agenda, Training Materials	<input type="checkbox"/>
1.B STUDENT EDUCATION: The program provides regular and ongoing nutrition education to each program attendee to help the program attendee develop and practice healthy habits. Example of Evidence: Agenda, Training Materials	<input type="checkbox"/>
1.C COLLABORATION AND COMMUNICATION: If the program is located on a school site, the program communicates with the school regarding nutrition education and physical activity, as appropriate, to provide the program attendees with a complete educational experience. All activities shall also adhere to the school district's wellness policy. Example of Evidence: Notices, Meeting Minutes	<input type="checkbox"/>
1.D PARENT EDUCATION: The program has implemented an educational program for parents of program attendees that provides the parents with nutrition and physical activity information relevant to the program and the health of their children. Example of Evidence: Notices, Agenda's, Training Materials	<input type="checkbox"/>

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DASH Checklist: Criteria 2

Distinguished After School Recognition Program Requirements and Standards

CRITERIA 2 - HEALTHY EATING, BEVERAGES, AND NUTRITION EDUCATION: Indicate if your program meets the standard by checking the appropriate box. Submit one item of supporting evidence with your checklist. The evidence you select may support multiple criteria in this section. *

	Program Meets this Requirement
2.A FOODS PROVIDED: Healthy foods, including, but not limited to, fruits or vegetables without added sugar, are served to program attendees as snacks on a daily basis. Fried foods, candy, or foods that are primarily sugar-based, high in sodium, or include trans fat are not served to program attendees or consumed by staff during the program's hours of operation. Snacks or meals provided pursuant to the After School Education and Safety Program, the 21st Century High School After School Safety and Enrichment for Teens Program, and the Child and Adult Care Food Program meal guidelines are deemed to meet this standard. Example of Evidence: Detailed Menu Plans	<input type="checkbox"/>
2.B WATER AND BEVERAGES: Program attendees are served water, low-fat or nonfat milk, nonfat flavored milk, or 100 percent fruit juice. A preference shall be given for water. Safe and clean drinking water is available and accessible at all times to program attendees and staff, though it need not be in packaged bottles. Milk and fruit juices are not served in quantities exceeding eight ounces per day. Sugar sweetened beverages are not served to program attendees and staff of the program do not consume sugar sweetened beverages at the program site. Example of Evidence: Program Policy	<input type="checkbox"/>
2.C NUTRITION EDUCATION: The program implements a comprehensive program in health education focused on the acquisition of skills needed to adopt healthy eating behaviors and lifelong wellness practices. The nutrition education curriculum is research based, sequential, and aligned with the Nutrition and Physical Activity content area of the Health Education Content Standards for California Public Schools. See the Nutrition Education Resource Guide Web page on the California Department of Education (CDE) Web site located at http://www.cde.ca.gov/ls/nu/he/nerg.asp for instructional resources and more. Nutrition education is integrated into other subject areas besides health. The nutrition instruction program design includes an emphasis on healthy eating behaviors, physical activity, and food literacy. Nutrition education is developmentally appropriate, culturally relevant, and includes participatory, enjoyable nutrition promotion activities such as taste testing, farm visits, school gardens, classroom cooking, etc. Example of Evidence: Training Manuals	<input type="checkbox"/>
2.D PROGRAM FUNDRAISING: If the program is conducting a fundraiser during program hours, all of the following shall apply: (1) items sold shall be in compliance with the requirements specified in 2.A and 2.B above, (2) sales shall be in compliance with the United States Department of Agriculture Competitive Food Sales regulations, and (3) sales shall not be scheduled during snack or meal service. Example of Evidence: Fundraising Flyers	<input type="checkbox"/>

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DASH Checklist: Criteria 3

Distinguished After School Recognition Program Requirements and Standards

CRITERIA 3 - MODERATE TO VIGOROUS PHYSICAL ACTIVITY: Indicate if your program meets the standard by checking the appropriate box. Submit one item of supporting evidence with your checklist. The evidence you select may support multiple criteria in this section. *

	Program Meets this Requirement
3.A PHYSICAL ACTIVITY: The program ensures that each program attendee participates, on a daily basis, in an average of 30 to 60 minutes of moderate to vigorous physical activity, consistent with Guidelines 7 and 8 of the California After School Physical Activity Guidelines on the California After School Physical Activity Guidelines Web page on the CDE Web site located at http://www.cde.ca.gov/ls/ba/as/documents/paguidelines.pdf . Example of Evidence: Program Schedule	<input type="checkbox"/>
3.B SCREEN TIME: Screen time is limited during the operational hours of the program and is only allowed in connection with homework or an activity that engages program attendees in a physical activity or educational experience, consistent with the California After School Physical Activity Guidelines. Example of Evidence: Program Policy	<input type="checkbox"/>

Upload ONE file consisting of the signed Cover Sheet and your Supporting Documentation. The title of the file must be in the following format: DASH Application_ "Program Name" *

No file chosen