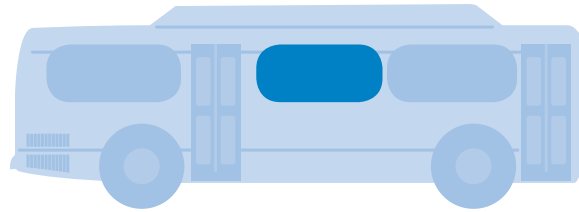


BASIC ELEMENTS AND BEST PRACTICES FOR EXCEL PROGRAMS, CONTINUED

HEALTHY ACTIVE YOUTH (HAY)



BASIC ELEMENTS

- Organization aligns with the guidelines of *be well. do well*—the SFUSD Wellness Policy.
- All staff participate in training that supports Wellness Policy guidelines.
- All staff understand the importance of being active and eating healthy.
- Students and families have a voice in creating and maintaining a healthy after school culture.
- Cooking classes follow the SFUSD Student Nutrition Cooking Guidelines.
- Staff develop opportunities for students to learn about healthy food options through hands-on practices (e.g., food preparation, grocery shopping, and gardening).

GOAL #1: HEALTHY EATING ENVIRONMENT BEST PRACTICES

- 1a. Staff encourage healthy eating by building community and encouraging students to eat together.
- 1b. Drinking water is promoted, beyond facility water fountains, to ensure that all students have easy access and understand its importance.
- 1c. Staff provide healthy messaging in the program space through posters, artwork, pictures, and publications.

GOAL #2: PROMOTING MOVEMENT & BEING ACTIVE

BEST PRACTICES

- 2a. All students participate in at least 30 minutes of daily physical activity. At least 50% of that time is spent in moderate to vigorous activity.
- 2b. Program structure is designed to minimize sedentary behavior by providing activity breaks after sitting 30 minutes and/or offering standing options during academic blocks.
- 2c. Staff encourage and model active behavior.