

Multi-Sectoral Framework for Action on the After-School Time Period

OPPORTUNITY FOR ACTION

The after-school hours of 3 – 6 pm can have a profound impact on the physical, social, emotional and academic development of children and youth ages 5–19. Through collaborative action to address barriers such as conflicting schedules, limited supervision, and transportation issues, parents, families and communities can provide healthy after-school opportunities. This, in turn, can help counteract high levels of physical inactivity, screen time and poor eating habits, while at the same time reducing risk of juvenile crime, teen pregnancy, and anti-social and other high risk behaviours such as tobacco use, drugs and alcohol.

MINISTERIAL DIRECTION

To identify collaborative actions for the after-school time period aimed at increasing physical activity, promoting healthy weights, and addressing other social issues with an aim to improve health, well-being and academic learning in the context of healthy communities.

Federal, Provincial and Territorial Ministers of Sport, Physical Activity and Recreation, February 2011

Premiers encourage relevant Ministers to work together to improve child and youth health, including accelerating work to increase the number of opportunities for children and youth in the after-school time period to engage in healthy active living.

Council of the Federation, July 2011

POSITIVE OUTCOMES FOR CHILDREN AND YOUTH

SOCIAL AND EMOTIONAL DEVELOPMENT

Children and youth demonstrate positive mental health including; self-awareness, self-confidence, resiliency, social interaction and civic responsibility and engagement.

STUDENT ACHIEVEMENT

Children and youth are engaged in and committed to learning and have improved personal and academic success.

HEALTHY ACTIVE LIVING

Children and youth have increased physical activity opportunities, are supported to make healthy food choices and demonstrate these improved behaviours for lifelong health benefits.

INFLUENCING FACTORS

- Availability of adequate space and materials/equipment to provide opportunities or deliver programs
- School infrastructure
- Existing school-based extra-curricular activities
- Community infrastructure
- Joint community/school use of facilities
- Community and school transportation policies
- Urban/Rural planning issues
- Engagement of parents and caregivers
- Flexibility, affordability and availability of after-school care
- Reach and effectiveness of social marketing efforts
- Targeted approaches to various population groups
- Multi-sectoral goals, objectives & interests
- Capacity of local youth serving organisations
- Availability and accessibility of relevant and quality training material for staff/volunteers
- Collaborative decision making and planning

SHARED AREAS OF ACTION

Access, Transportation and the Physical Environment

Supportive Environment

Human Capital

Quality Programming and Policy Development

Awareness and Knowledge Exchange

OPPORTUNITIES FOR COLLABORATIVE ACTION TO SUPPORT SHARED AREAS OF ACTION

Support multi-sectoral planning on healthy eating and physical activity in community design, sport and recreation facilities and the built environment.

P/T governments, in collaboration with municipalities, will continue to promote a collaborative, multi-sectoral approach to planning and creating health-promoting communities.

Support opportunities for active and safe routes to school and school travel planning that can be integrated into school/local/municipal policies and budgets.

Establish senior-level inter-ministerial committees in each province/territory to examine barriers related to recreation facilities/space and after-school transportation.

Build on and share nationally successful after-school practices (e.g.: joint use agreements) currently being implemented in communities across Canada in order to create supportive environments and early action across jurisdictions.

Consider supporting regional symposia in order to share/exchange ideas related to promising after-school practices and post them on a portal that is available across Canada.

In conjunction with the NGO community currently delivering after-school programs establish the elements of a training program (using existing training opportunities such as High Five, Fundamental Movement Skills, First Aid, Food Handlers course etc) to ensure after-school adult and youth staff and volunteers have the skills and knowledge to deliver effective after-school programming with a focus on physical activity and healthy eating skills.

Identify and share core competencies necessary for the delivery of safe and effective after-school programs.

Consider supporting the continued development of the national after-school resource "Hub" currently being established by the physical activity NGO community as a mechanism to share resources and safe/effective program ideas.

Design programs that address the unique needs of at-risk populations (Aboriginal People, people with disabilities, those from low socio-economic communities).

Through the establishment of the senior-level inter-ministerial committees engage Ministries of Education, Children and Youth Services and other appropriate Ministries to promote and support the delivery of after-school programming.

Through social marketing efforts targeting children, youth and families highlight the benefits of actively participating in school- and/or community-lead after-school programming.

EXPECTED RESULTS

Children & Youth have access to safe physical environments (including facilities) to partake in after-school opportunities

There are collaborative relationships and shared leadership amongst relevant stakeholders & partners

After-school programs have the capacity to deliver & support available, qualified and well-trained sustainable human resources

Inclusive quality programs/policies that promote physical & mental health and physical health literacies

Effective social marketing and knowledge development and dissemination

CONTRIBUTING SECTORS

These sectors, working independently and in collaboration, can help achieve the positive outcomes for children and youth.

Students

Parents

Families

Care-givers

Schools

Communities

Civil Society

Health practitioners

Workplaces

Private sector

Governments

Media