

# PA NAP SACC Innovative Practices in Nutrition and Physical Activity Policy

## Child Care Center

The Children's Learning Center at Penn College

### Contact Person

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### Do you participate in Keystone Stars?

Yes, Level 4A



### What is your early childhood education center like?

Our center serves 54 children, ages 13 months to 5 years old. We are located on the campus of the Pennsylvania College of Technology. Our enrollment is split between college students and college employees. We are accredited by National Association for the Education of Young Children and the Middle States Commission on Elementary Schools.

### Where do you make an Innovative Policy Change?

Physical Activity Policy

### What was the objective of your Innovative Policy?

Our goal was to develop a physical activity policy.

### Describe your Innovative Policy?

We revised the physical activity policy, which is published in our Health and Safety Policy Handbook with relevant sections included in the Family Handbook. The result was a comprehensive policy that addresses topics such as encouragement and supervision of physical activity and outdoor play, types of and plans for physical activity, equipment, clothing, and weather.

### What action steps did you take to reach your goal?

We used the Self-Assessment to identify topics for the policy. All of the staff took the *Moving Children Toward Good Health* professional development module. We discussed our current practices and policies and revised our policy to meet NAEYC for Young Children Accreditation Standards and Pennsylvania Early Learning Standards. We asked our families to review the policy and used their feedback to refine it.

### What materials did you purchase to support your action steps?

- Get Fit! Kit
- Fit 4 You Kit
- Excellerations Switchin' Squares Toss and Hop

### How did you measure success?

When we completed our final self-assessment our score in (PA5) Physical Activity Policy increased from 2 to 4 out of a possible 4 points. As a consequence of revising the policy we changed some of our practices. This was reflected in improvement of our scores in (PA1) Time Provided from 7 to 9 points out of 12 possible points; (PA3) Teacher Practices from 14 to 16 points out of 16 possible points; (PA4) Education & Professional Development from 18 to 21 points out of 24 possible points.

### What advice would you offer to other child care programs that want to try your Innovative Policy?

Take advantage of the resources offered through PA NAP SACC!



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