



# AFTERSCHOOL MATTERS

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# NEW MEXICO OUT OF SCHOOL TIME NETWORK (NMOST)

## Mission

- To create, strengthen and sustain a statewide system of support for quality out-of-school time (OST) programs.



## Outcome

- Improve access to quality out-of-school time learning programs for all children and youth regardless of zip code and income in New Mexico.



# NEW MEXICO OUT-OF-SCHOOL TIME NETWORK (NMOST)

## How do we do it?

- Convene stakeholders
- Create a collective voice
- Demonstrate impact of programs
- Provide professional development
- Influence policy on behalf of children, youth and families
- Advocate for increased access and funding

## Building Capacity



This conference is sponsored by the NM Out-Of-School Time Network in partnership with the New Mexico Public Education Department.

[nmost.org](http://nmost.org)

# AFTERSCHOOL NETWORKS

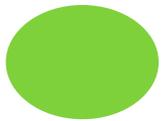
- **Leadership Council**
- 50 networks in the US
- Funded by the Charles Stewart Mott Foundation
- Convene twice a year to coordinate national and state wide strategies
- Mott Network meeting in Chicago April 2019

**NMOST Building Capacity:  
OST Leadership Institute 2019**



# CLOSING THE EXPOSURE AND OPPORTUNITY GAP

- By 6<sup>th</sup> grade, middle class children in the US have spent an average of 6000 more hours learning in extracurricular programs than children born in poverty. This includes:
  - 3060 hours afterschool
  - 1080 hours summer learning
  - 245 field trips
- Equity is not only about slots available.
- Equity is about creating access to the same, if not better programs for children in low income communities to reduce the exposure and opportunity gap.



# CLOSING THE HUNGER GAP FOR CHILDREN

- Students who rely on **free school breakfast and lunch** programs for nourishment during the school year are often left without enough to eat after 3 pm.
- More than **172,000** low-income children in New Mexico receive lunch assistance during the school year, and just **37,694** are able to access feeding programs the summer.

## 1 Meal a Day Task Force

Albuquerque Journal 2015



# Invest in Afterschool!



## Afterschool programs in New Mexico help close the achievement gap for youth in poverty.

The demand for afterschool and summer learning programs in communities of concentrated poverty is high.

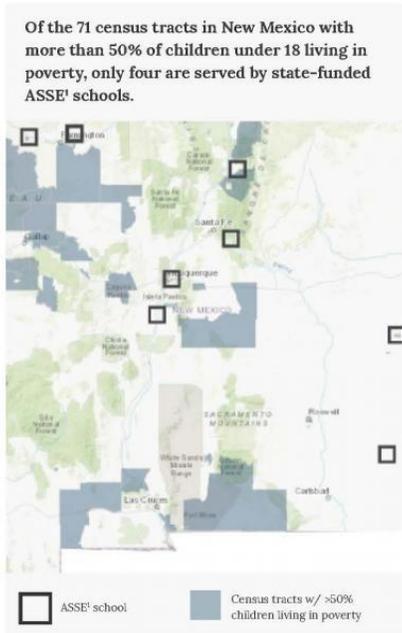
Afterschool programs are critical partners in helping to ensure that all children and youth have the opportunities they need to thrive and meet their full potential. Afterschool programs can help all children explore their passions, and offer academic support to those who are struggling.

For parents living in communities of concentrated poverty, afterschool programs also help provide services that other families may take for granted—such as a safe environment during the hours of 3 to 6 p.m., when juvenile crime and victimization peaks, and nutritious foods and drinks for youth who might otherwise go hungry.

Unfortunately, parents living in communities of concentrated poverty report that afterschool programs are often out of reach—that there are none in their area or that those that do exist are too expensive.

Regular attendance in out-of-school time programs like afterschool and summer learning can:

- ▶ Improve academic performance and school-day attendance
- ▶ Reduce the achievement gap for low-income students
- ▶ Reduce dropout rates
- ▶ Ensure access to nutritious food after 3pm



### We must invest in afterschool!

Every \$1 invested in afterschool programs saves \$3 by:

- ▶ Increasing students' earning potential
- ▶ Improving students' academic achievement
- ▶ Reducing juvenile crime and delinquency

1. After School and Summer Enrichment – funded by legislative earmarked PED funds

### New Mexico Out-of-School Time Network

The New Mexico Out-of-School Time Network brings together diverse stakeholders interested in ensuring positive youth development opportunities and outcomes through afterschool programs. Our vision is:

- ▶ Increased access to quality out-of-school time programs for children and youth, regardless of income
- ▶ Equitable funding for out-of-school time programs across the state
- ▶ Every child can name one caring adult

# Invest in Afterschool!



## Afterschool programs in New Mexico help our youth build self-esteem and resilience.

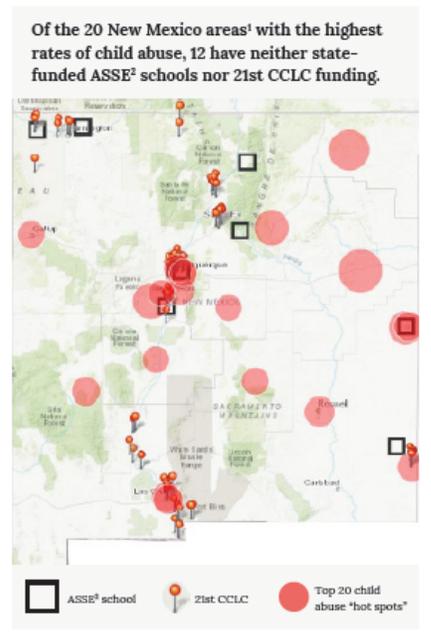
Afterschool is a place that sparks passion and fuels imagination. It helps young people discover who they are and what they love to do. Students in afterschool programs learn by doing, strengthen their social skills, and prepare for the jobs of tomorrow.

Afterschool programs also allow parents to focus on providing for their families—rather than worrying about whether their children are supervised or coordinating rides. Parents need flexible, affordable options after the school bell rings, and to know their children are safe. Afterschool provides that assurance.

Finally, afterschool is a safe haven that helps children and teens avoid risky behaviors, online and offline, during the hours of 3 to 6 p.m., when juvenile crime and victimization peaks. Roughly 70,000 New Mexico children are unsupervised during that window.

Out-of-school time programs like afterschool and summer learning can:

- ▶ Create a safe and empowering space for young men and women.
- ▶ Provide peer support and strengthen self-esteem and resilience.
- ▶ Provide training on topics related to life skills, healthy relationships, warning signs of abuse, and where to seek help.
- ▶ Promote healthy attitudes and behaviors in their families and communities.



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1. Department of Health designated area - population <20K  
 2. After School and Summer Enrichment – funded by legislative earmarked PED funds

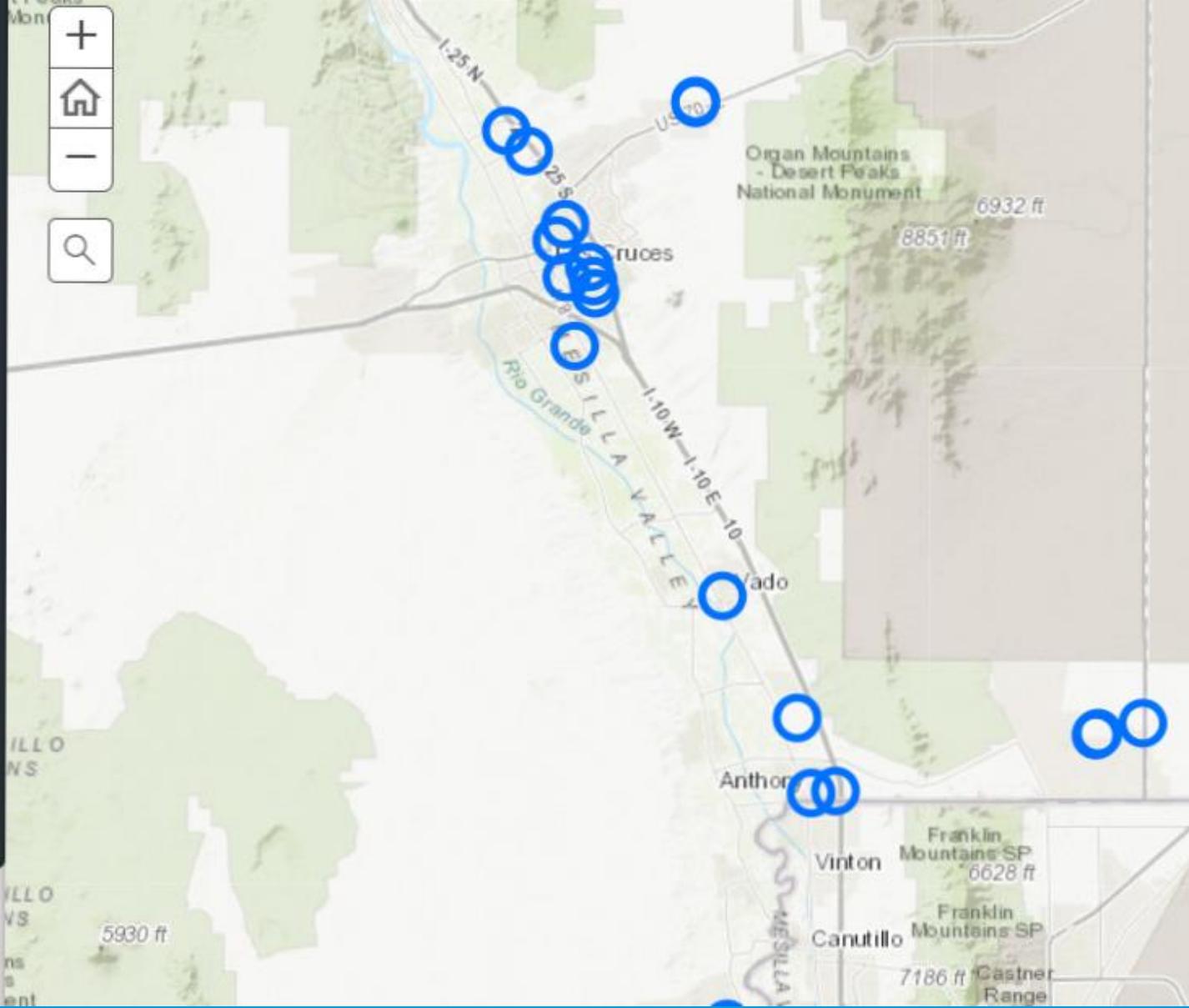
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21st Century Community Learning Centers (21st CCLC) are federally funded after school programs supported by the New Mexico Public Education Department (NM PED) which foster student achievement through programming that complements and reinforces content introduced during the traditional learning day. 21st CCLC instructors provide innovative, interactive, research-based learning opportunities in a safe and structured environment. They offer:



# A STRATEGY FOR PUBLIC SAFETY



- Public safety is a top concern.
- Afterschool and summer programs can keep children safe.
- Afterschool and summer programs can help prevent violence and reduce the likelihood that young people engage in risky behavior.
- 63% of police chiefs agree that comprehensive afterschool and summer programs with mentoring and counseling are the most effective strategies for reducing juvenile crime.
- Afterschool and summer programs give working parents peace of mind about their children while they are at work.



## A STRATEGY FOR A GLOBAL WORKFORCE

- **Afterschool and summer learning provide young adults with exposure to real world skills and mentoring, and promote social-emotional learning.**
- **More than 70% of students participating in STEM related programs reported positive gains in perseverance and critical thinking (multi-state evaluation study).**
- **In Saint Paul, MN, 84% of the youth participating in afterschool and summer learning programs could name three career options they had learned about in their programs.**



# ADVANCING YOUNG WOMEN IN STEM



- NMOST is committed to advancing and diversifying the STEM field.
- Women continue to be underrepresented in STEM and tend to face more obstacles in their education and career.
- Our Advancing Young Women in STEM initiative is designed to be a resource for parents and girls in New Mexico looking for pathways in STEM.
- The resources provided include internships, scholarships, volunteer opportunities, summer programs, news about women in STEM.



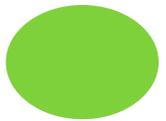
# ADVANCING YOUNG WOMEN IN STEM SCHOLARSHIP

- The scholarship raises awareness about the gender gap in STEM and is a means to combat the gender gap in STEM.
- Last year, NMOST awarded 3 scholarships and hosted a Young Women in STEM Breakfast event.
- The scholarship application process is currently open for 2019 and will close on May 27<sup>th</sup>.



PICTURE IT!

ALL NEW MEXICO CHILDREN HAVE ACCESS TO RICH AFTERSCHOOL AND SUMMER LEARNING OPPORTUNITIES



# “THE REAL WORK STARTS AFTER 3 PM” MELODY HERZFELD

- New experiences
- New skills
- A safe place to be
- Express themselves
- Explore their passion
- Find their voice
- Get the third meal
- Improve academic achievement
- Stay connected to school
- Feel positive about themselves
- Develop leadership skills





# Creating Quality Out of School Time





# GUIDING PRINCIPLES

for quality out-of-school time in New Mexico

To create a pathway that supports planning, which leads to quality program design and implementation. Based on research and best practice in the education and youth development fields, they have the potential to inspire innovation and coordination among adults who support young people.

These Guiding Principles are not about compliance or judgment of programs, but about practices that result in positive outcomes for youth.

# Purpose of the Guiding Principles

Create a pathway that supports planning which leads to quality program design and implementation.



Based on research and best practice in the education and youth development fields.



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# The 9 Guiding Principles

**1: Environmental Safety**

**2 : Health, Nutrition, and Physical Activity**

**3 : Relationships**

**4 : Family and Community Partnerships**

**5 : Cultural Relevance**

**6 : Programming**

**7 : Administration and Organizational Development**

**8 : Staffing and Professional Development**

**9 : Evaluation for Continuous Quality Improvement**

# **Quality Guiding Principle # 2**

## **Health, Nutrition, & Physical Activity**

Nutritious snacks and meals are consistently provided to meet the hunger needs of the youth served.

Physical activity is intentionally incorporated into daily programming to encourage movement.



## GUIDING PRINCIPLE 2: Health, Nutrition & Physical Activity

### Nutrition & Hunger

#### Provide healthy & adequate food & beverage to youth

Youth have access to healthy & adequate food & beverages.  
Youth have access to drinking water.

F

#### Address food restrictions appropriately

Youth food restrictions, including allergies, are documented during registration.

#### Prepare & store food properly

Food & beverage storage & preparation meet or exceed local health & safety codes.  
Staff is trained in food storage & preparation that meet or exceed local health & safety codes.

#### Promote good nutrition practices

Staff models good nutrition practices within the program.

C

Program provides a nutritious snack & regularly publishes a menu.  
Program plans & implements activities that allow youth opportunities to select & prepare food & beverages served in the program, using preparation as a teachable moment.

Youth food restrictions, including allergies, & emergency contacts are readily available during program hours.  
Program provides food & beverage alternatives to address allergies & food restrictions.

Written procedures for food storage & preparation are posted.  
Appropriate equipment & supplies are available to support procedures.

Nutrition information is available for youth.  
Programming includes a nutrition education component.  
Nutrition activities & materials provided meet the needs, interests, abilities & talents of youth.

O

Organization successfully meets the federal & state requirements to reimburse food service.

Organization provides resources needed to involve youth & families in planning with staff for healthy & appropriate food & beverage alternatives that are needed, including an education component.

Organization retains logs as required for food preparation & storage.

Organization promotes nutrition as an organizational value that is demonstrated through programming & in written materials.



## GUIDING PRINCIPLE 2: Health, Nutrition & Physical Activity

# Physical Activity

### Provide opportunities for physical activity

Youth have access to opportunities for movement.  
Staff models and encourages participation in physical activities.

F

### Address physical activity restrictions appropriately

Youth physical activity restrictions are documented during registration.  
Youth physical activity restrictions are readily available during program hours.

Program plans and implements activities that allow youth opportunities to select and participate in a variety of physical activities, using the activity as a teachable moment.

C

Program provides physical activity alternatives to meet the capacity of all youth.

Activities and equipment provided meet the needs, interests, abilities to include restrictions and talents of youth.

Organization promotes physical activities as an organizational value that is demonstrated through programming and in written materials.

O

Organization provides resources needed to involve youth and families in planning with staff for appropriate physical activity alternatives that are needed, including an education component.

- RESOURCES available at
- [www.nmost.org](http://www.nmost.org)



Learn more!

**Fall Into Place  
Conference**

**Save the Date  
November 1-2, 2019**