



## Interested in the Health of the Kids at Your Center?

Of course you are! Join the NAP SACC Learning Collaborative to make healthy, lasting changes in healthy eating and physical activity at your center.

### What is the *Go NAP SACC* Learning Collaborative?

The Nutrition and Physical Activity Self-Assessment in Child Care helps you identify your child care center's strengths in healthy eating and physical activity, and areas to improve.

The Learning Collaborative brings together leadership teams (center owner and/or director, plus one or two staff members) from each center to learn about these areas, complete the steps of NAP SACC and learn how to make changes. NAP SACC focuses on children from birth to 5 yrs.



### What's in it for you?

- \$125 in gift cards for participation
- Give-aways games & resources to use at your center
- One-on-one support to plan for healthy changes
- Free access to experts in healthy development
- Collaboration with other child care leaders
- Opportunity to earn up to 15 hours of inservice hour credit
- Promote your center as a place of health and wellness while preparing for meal pattern changes coming your way.

### Fall 2015 Workshops

Nov. 16, Nov. 30, Dec. 7, Jan. 4 & Feb 15

\*Workshops run on Monday evenings, on the above dates, from 6:30pm-9:00pm and are held at Bergan Mercy Med Center

### What does it require?

- Attend all 5 workshops.
- Complete assignments after workshops.
- Participate in 2-3 follow-up meetings with your NAP SACC consultant.
- Commit to and make one change related to a healthy eating or physical activity practice or policy in your center.
- Director and/or owner participation

### What Could You Change?

You get to decide, but here are some examples:

- Increase water availability
- Decrease fried foods
- Healthy food at celebrations
- Decrease TV time
- Increase active play
- Increase or improve outdoor play time
- Improve child-staff interactions around health & wellness



### HOW DO YOU GET STARTED?

Contact NAP SACC Today! - Arli Boustead (arli.boustead@alegent.org or 402-215-3721)

*"We have been doing these trainings for what? 10-12 years. This is by far the best we've ever done"*

#### SOME QUOTES FROM NAP SACC GRADUATES

*"It is amazing how well the children are eating! I didn't expect to see that happen but it is amazing."*



# Live Well Omaha Kids NAP SACC Learning Collaborative Commitment Form



### What is NAP SACC?

- The Nutrition and Physical Activity Self-Assessment for Child Care.
- It's a tool to help local child care centers make lasting changes related to healthy eating and physical activity for their children and families.

### What is the NAP SACC Learning Collaborative?

- A group of leadership teams from each child care center will attend a series of educational and interactive workshops.
- Workshops will help the teams learn ways to make these changes at their own centers.
- Participants will be able to connect with other child care center staff and with other community resources.

In order for us all to be successful with NAP SACC, the information below outlines what each center and the coordinator will agree to do:

### Each child care center will agree to do the following:

- Send a minimum of **two team members** to the **5 NAP SACC** workshops.
  - Three members are preferred
  - The Director/Owner must be one of the team members
  - The same team members must attend all workshops
  - There will be four workshops for about 3 months
- **Complete "homework"** between each of the workshops:
  - Completing NAP SACC self-assessment
  - Creating action plan for meaningful change
  - Implementing action plan
  - Requesting support as needed
- Participate in **follow-up meetings** (in-person) after the learning collaborative
- **Provide feedback/suggestions** to the NAP SACC team to help grow and improve future NAP SACC collaboratives.

### NAP SACC LEARNING COLLABORATIVE Fall 2015

#### MONDAYS:

Nov. 16, Nov.30, Dec. 7, Jan. 4, Feb. 15  
6:30 p.m.—9:00 p.m.

**LOCATION: 7500 Mercy Road  
Bergan Mercy Medical Center  
6th Floor Conference Room CD/EF**

#### Questions/Comments?

**Arli Boustead**

NAP SACC Coordinator

402.215.3721

Arli.Boustead@alegent.org

### The NAP SACC Coordinator will commit to the following actions:

- Hold **five workshops** presentations & activities.
- Provide **handouts and information** for center use.
- Provide **incentives** to leadership team members for participating, completing each activity, and meeting their goals.
  - Incentives include in-service hours, giftcards for team members, resources to support action plan.
- Give **support** to leadership teams to complete the self-assessment, develop the action plan, and implement the action plan.
- Hold at least three **follow-up** meetings about once a month for three months after the workshops are complete.
- **Connect** child care center leadership teams with recommended resources.

NAME OF CHILD CARE CENTER: \_\_\_\_\_

DATE: \_\_\_\_\_

### TEAM MEMBERS: (Director and/or Owner must be first team member)

\_\_\_\_\_  
Director/Owner  
*Circle Position*

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Position

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Position

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
NAP SACC Coordinator

DATE: \_\_\_\_\_