

## ONLINE TRAININGS

### Online Training Features

- Available for self-study 24-hours a day, 365 days a year
  - Use case studies to apply learning
    - Accessible to all users (text-only training versions are available)
    - Earn module completion certificates to document your professional development



### HEALTH AND SAFETY

**See, Think, and Act! Diabetes** - Learn to recognize and respond to diabetes. Use case studies to learn and reinforce appropriate steps for diabetes management. Tips for using the Diabetes Health Care Plan are highlighted.

**See, Think, and Act! Anaphylaxis (Severe Allergies)** - Learn to recognize and respond to anaphylaxis, a severe life-threatening allergic response. Use case studies to learn and reinforce appropriate steps to deal with sudden episodes of anaphylaxis. Tips for using the Anaphylaxis Health Care Plan are highlighted.

**See, Think, and Act! Seizures** - Learn about the different kinds of seizures that students may experience. Learn to recognize the symptoms and potential causes of seizures, as well as how to respond appropriately when a child is experiencing a seizure. Tips for using the Seizure Health Care Plan to provide the most student-centered care are highlighted.

**See, Think, and Act! Handwashing and First Aid** - Learn about the importance of handwashing in preventing the spread of infections and the appropriate steps for dealing with injuries in a program setting. A model for first aid provision is presented along with tips for follow-up after a serious injury occurs.

For more information  
(888) 318-8130  
[casrc@californiaafterschool.org](mailto:casrc@californiaafterschool.org)  
[http://www.californiaafterschool.org/  
onlinetraining.html](http://www.californiaafterschool.org/onlinetraining.html)

For more information  
(888) 318-8188  
[chkrc@californiahealthykids.org](mailto:chkrc@californiahealthykids.org)  
[http://www.californiahealthykids.org/  
onlinetraining.html](http://www.californiahealthykids.org/onlinetraining.html)

## NUTRITION

**Foundations of Nutrition: MyPyramid** - Learn about the six recommendations for a healthier lifestyle and how to apply them to everyday choices. Assess your habits and set goals to improve your activity and eating patterns. Become a better role model for students. This training also includes ideas for classroom events and activities. This module is *Network for a Healthy California* allowable.

**Snack Time: Providing Healthy Snacks in Your After School Program** - Learn why healthy snacks are important and how to create healthy snacks, including the best time to serve snacks, the components of healthy snacks, and how to create a week-long menu of healthy snacks.

**Action 4 Nutrition: Assessing Your Snack Program** - Learn how to assess your snack program and prepare for Categorical Program Monitoring (CPM). Learn the legal requirements for healthy snacks, how to analyze a nutrition label, how to pay for snacks through government reimbursement and partnerships, and simple steps to prepare for CPM.



**Engage Youths to Live Healthy Lives and Build Healthy Communities** - Learn how to help youths make healthy individual choices and become advocates for health in their schools, after school programs, and communities. Learn successful advocacy strategies and how to help students identify and overcome challenges.

## PHYSICAL ACTIVITY

**Physical Activity: Ability Awareness** - Learn how to create a physical activity environment that is engaging and fun for everyone. Learn how to adapt and modify physical activity for students with disabilities. This training provides resources, strategies, and tools to ensure that every student can be active.

**Physical Activity 1: Up and Running** - Learn strategies for starting a high-quality physical activity program. These strategies include promoting emotional and physical safety, boosting staff confidence and involvement, and using physical activity to foster youth development.



**Physical Activity 2: Maximize Potential** - Learn how to maximize an existing physical activity program by setting meaningful, achievable goals. Learn to set goals to provide students with 30 to 60 minutes of daily physical activity and a variety of activity options.

**Physical Activity 3: Going the Distance** - Learn how to help all students develop essential physical activity skills. Learn to implement locomotor, manipulative, and non-manipulative skills through simple, effective methods. Learn how to get the community and families involved in physical activity.