Greetings to our friends in the field of After School and Youth Development!!

Happy summer to all! We know that your program is getting ready for full-day summer programming, as the children and youth get excited to transition into summer vacation. From the unique community service learning projects to weekly trips to visit museums, water and amusement parks, we know that you are ready, set and go with summer programming!

The IAN continues to be on the move! Here are a few highlights of our work in the last past three months. You can read more about each of events within this edition of our quarterly newsletter.

**24th Annual Spring Conference was a HUGE success!** On April 16-17, 2010 the Illinois AfterSchool Network hosted over 350 participants from the state and abroad to our annual spring conference. Thanks to our Board of Directors, volunteers and committee for making the conference a great success! Special shout-out to our award winners—Rich Scofield Award—Mr. Dave Robisch, Teen Reach Program Manager, IAN Program Leadership Award—Garden of Prayer Youth Center in Kankakee and IAN Deb Nelson Board of Director’s Award—Ms. Carole Franke, Director of Youth Opportunities, Iroquois—Kankakee Regional Office of Education!!

**NAA Annual Convention** – The NAA Convention was held April 19th – 21st in Washington DC at the National Harbor Gaylord Resort. On Tuesday, April 20th during the Afterschool Challenge, Julie Dakers, IAN Board President, Dr. Tara Donahue, Senior Program Associate, Learning Points Associates, Jaime Stephanidis, Program Associate, Learning Points Associates and Curtis Peace Jr, IAN Executive Director had the opportunity to visit with congressional staff during our meetings to talk about the importance of After School and Youth Development. The congressional offices visited on Capitol Hill are as follows: U.S. Senator Roland Burris, U.S. Senator Dick Durbin, U.S. Congressman Mike Quigley, U.S. Congressman Danny Davis, and U.S. Congressman Mike Kirk. Overall, the visits were good as we talked about and discussed the importance of their continued support for after school programs throughout the country!

**Statewide CANFIT Trainings** – On May 18th (Naperville) and May 20th (Springfield) we hosted over 85 providers from across the state with the Communities Adolescent and Nutrition Fitness Training. The amazing trainers were Betty Geishirt Cantrell and Esmeralda Martin from the CANFIT offices in Berkeley, California. The goal of the training is to incorporate heath and fitness into our after school and youth development programs. Congratulations

**Regional Training Events** – We hosted training on Tuesday, May 4th in collaboration with the YWCA Child Care Resource and Referral of Metropolitan Chicago – West Suburbs in Glen Ellyn. On Wednesday, May 26th we facilitated training in collaboration with the Crawford County Teen Reach Program in Robinson. Both were FIRST time, well-attended trainings facilitated in the respective regions of the state!

Again- let’s continue to CELEBRATE the field of After School and Youth Development as we continue to professionalize the field. We THANK YOU for all that you do for our children, youth, families and staff. Have a safe, fun and reflective summer!!

Sincerely,

Julie Dakers
Board President

Curtis Peace, Jr.
Executive Director
On May 18 and 20, 2010 the Illinois Afterschool Network brought staff from CANFIT in Berkeley, California to facilitate the Recipes for Success training in Naperville and Springfield. Ninety participants from all over Illinois came to participate in an interactive, hands-on workshop that is designed for youth providers to learn how to teach youth about healthy eating and physical activity.

Right away I was blown away from the commitment of each participant to represent their community and young people they work with and share their personal experiences. Health is the cornerstone of everyone’s livelihood - without it, we are unable to function at our best. Some of the most powerful moments in the training came when participants found out how much sugar and fat is in the foods they ate and provided to the youth they serve. Many people were so shocked that they vowed never to touch their favorite foods again! By being more aware of the things we put in our bodies and we give to our youth we will be able to make healthier choices the next time the opportunity presents itself. The Recipes for Success training allowed staff leads to became more knowledgeable on what they need to do as leaders to lay out a strong foundation for the young people they work with.

Laying the groundwork for healthy eating and physical activity for young people is pivotal because they model what they see. After co-facilitating both trainings, each group of leaders left me feeling inspired in a different way. At the end of the training, everyone wrote down three things they want to do to make changes in their programs. Each person had unique goals that were specific to their programs but all of the targets were the same: improve the nutrition and physical activity of the youth that they serve. Special Thanks to Curtis Peace, Executive Director and the Illinois AfterSchool Network for making our trip special and memorable. Please keep up the good work!!

For more information about the Recipes for Success workshop and CANFIT, visit www.canfit.org or e-mail info@canfit.org

Article Submitted by Esmeralda Martin, CANFIT Trainer
We all know that junk food is bad for us, but how many of us have actually measured out the amount of sugar in a soft drink, or held the amount of fat from a bag of chips? The 85 after school providers who attended the IAN-sponsored CANFIT trainings in May had the opportunity to do these activities and many more. CANFIT (which stands for Communities-Adolescents-Nutrition-Fitness) is a non-profit program developed in California to help youth eat healthy and stay active. Betty Geishert Cantrell, Program Administrator, and Esmeralda Martin, Project Coordinator, led the attendees through two six-hour trainings, one in Chicago and one in Springfield, that included tips on teaching adolescents how to read food labels, how to choose healthy snacks and drinks, and how to stay active.

Participants divided into groups for many activities, and in some cases led the larger group through activities such as fitness stations and self-esteem exercises. The facilitators pointed out that equipment doesn’t have to be expensive, as illustrated by “Clean Your Room,” an activity in which two groups throw paper balls into one another’s spaces as quickly as possible!

Each participant received the CANFIT Super Manual and DVD, “Recipes for Success,” to use in after school and community program settings. Attendees also learned how to be culturally sensitive to ethnic food preferences and practices, and how to include parents in helping to keep their children healthy and physically active.

Submitted by Ann Bruehler, IAN Board Member