



24/7 Staff Development with Free Online Trainings



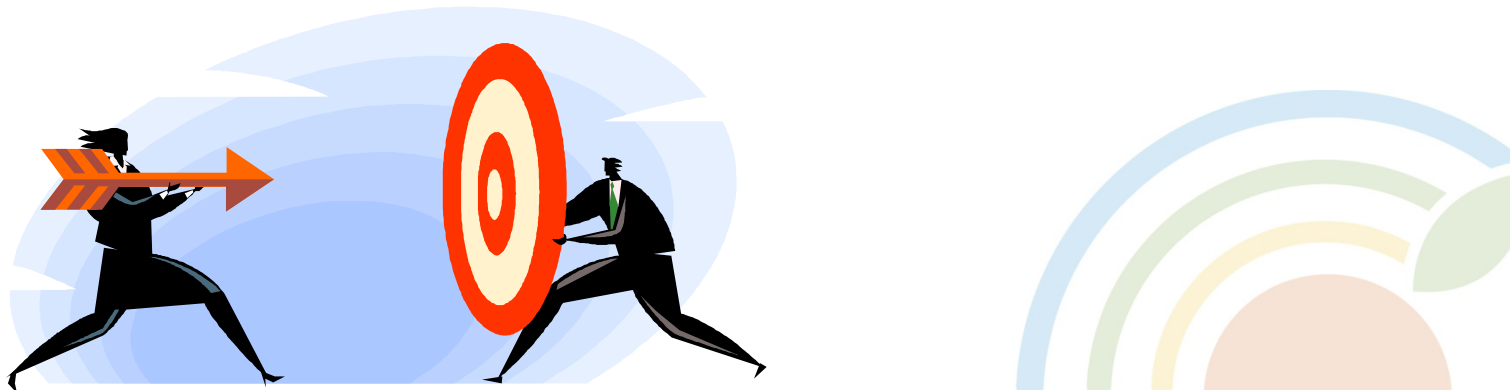
Welcome!

Presented by
Jackie Russum, MPH, RD



Objectives

1. Learn to access the CHKRC Online Training System and modules.
2. Identify the 12 online training modules.
3. Complete an online training module.
4. Explore ways to apply the Online Training System for your professional development needs.



Why Online Trainings?



- Uses time and money more efficiently
- Promotes health and physical activity in the classroom
- Complements “blended” learning strategies
- Supports professional developments portfolios
- Provides flexible access to available content



Field Report

- 40 Key Informant interviews
- School-based, Regional, and After School Programs, and the CDE and *Network* state staff

Requests:

- Access 24/7.
- Multiple session module completion.
- Completion certificates.
- Relevant training content: nutrition, food safety, physical activity, California Health Education Content Standards.



Online Training Web Site



CASRC and CHKRC Online Trainings



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Online Trainings by the California After School and Healthy Kids Resource Centers

The online trainings hosted on these pages were developed by the California After School Resource Center (CASRC) and California Healthy Kids Resource Center (CHKRC) for professionals serving preschool through grade twelve youths in California. The trainings will provide users with knowledge, skills, and easy-to-apply program strategies and resources.

The content on this site has been developed with funds administered by the [California Department of Education \(CDE\)](#) and [California Department of Public Health \(CDPH\)](#).

Administered for the
[California Department of Education \(CDE\)](#) and the
[California Department of Public Health \(CDPH\)](#)

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This Web site does not necessarily reflect
the position or policy of the CDE or CDPH.



Accessibility

- **Federal Requirements**
- **CDE Requirements**
- **Fully Accessible**
- **HTML Text First Version**
- **Flash-based Second Version**
- **More to Come...**



CHKRC and CASRC Online Training Web Site



CASRC and CHKRC Online Trainings



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Online Trainings Website



CASRC and CHKRC Online Trainings



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Training Modules

Health and Safety

- [See, Think, and Act! Diabetes](#)
- [See, Think, and Act! Anaphylaxis \(Severe Allergies\)](#)
- [See, Think, and Act! Seizures](#)
- [See, Think, and Act! Handwashing and First Aid](#)
- [See, Think, and Act! Child Abuse Reporting](#)
- [After School Health Mandates: Administrators](#)
- [After School Health Mandates: Staff](#)


Physical Activity

- [Physical Activity: Ability Awareness](#)
- [Physical Activity 1: Up and Running](#)
- [Physical Activity 2: Maximize Potential](#)
- [Physical Activity 3: Going the Distance](#)


Nutrition

- [Cooking in the Classroom](#) 🌈
- [Foundations of Nutrition: MyPyramid](#) 🌈
- [Foundations of Nutrition: Nutrition Facts Label](#) 🌈
- [Introducing Standards-Based Nutrition Education](#) 🌈
- [Skills in Standards-Based Nutrition Education](#) 🌈
- [Using Standards to Teach Nutrition Education](#) 🌈
- [Snack Time: Providing Healthy Snacks in Your After School Program](#)
- [Action 4 Nutrition: Assessing Your Snack Program](#)
- [Engage Youths to Live Healthy Lives and Build Healthy Communities](#)

OLT Component: Participant Registration



CASRC and CHKRC Online Trainings



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[Home](#) >> [Training Modules](#) >> Registration

To proceed in sequence to the next training page, use the navigation button at the bottom of the screen. Avoid using the browser back button and navigation tabs at the top of the screen.

Student Registration

We want to know who you are! Please fill out the information on this registration form.

All fields on this form are required.

First Name

Last Name

Work Telephone
(Example: 999-999-9999, optional extension ' ext 9999 ')

Work Address

Street

City

State

Zip Code

County of Work

E-mail Address
(Example: username@emailhost.com)

Repeat E-mail Address

Does your school or program receive funding from the Network for a Healthy California?
 Yes No





Physical Activity 1: **Up and Running**

**California After School Resource Center
(CASRC)**

Sequence Touch



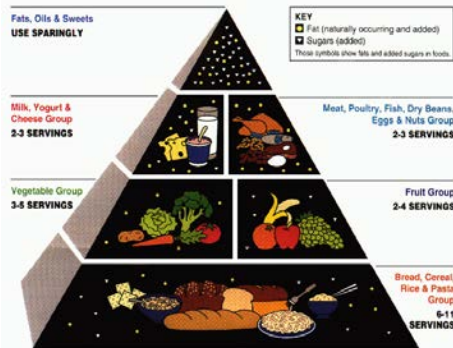


Foundations of Nutrition: MyPlate

California Healthy Kids Resource Center
(C.H.K.R.C.)



U.S.D.A. Food Guidance Icons



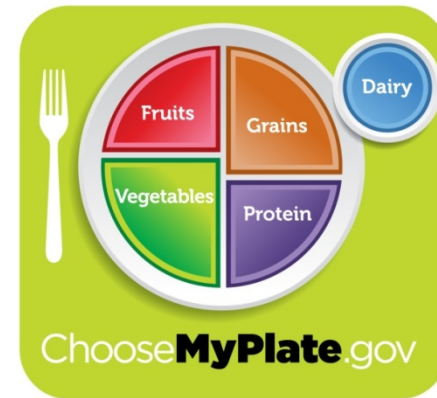
1992

Food Guide
Pyramid



2005

MyPyramid



2011

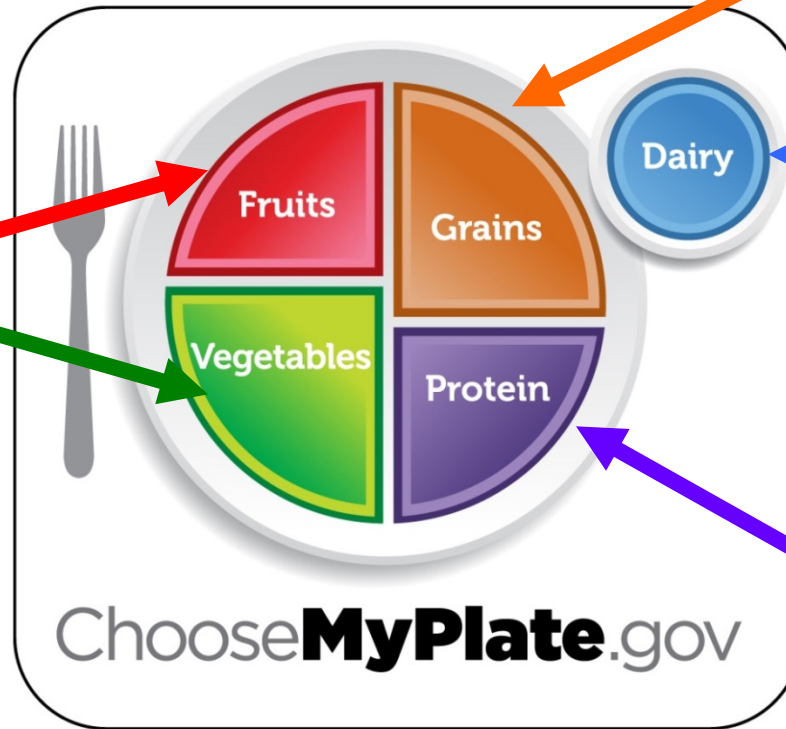
MyPlate



Get a Variety of Nutrients from the MyPlate Food Groups



vitamins
minerals
fiber
phytonutrients






fiber, iron, B vitamins

calcium
vitamin D
protein

iron
zinc
protein



OLT Components: Quiz and Survey



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Home >> Training Modules >> Quiz Result

[Home](#) To proceed in sequence to the next training page, use the navigation button at the bottom of the screen. Avoid using the browser back button and navigation tabs at the top of the screen.

Quiz Result

Unfortunately, you have not received a passing score for the module quiz, Physical Activity 1: Up and Running. We encourage you to retake this course at any time. You may use the "Link Back to Training" button below to repeat the slide show.

The scored quiz appears below with the correct answers listed.

1) After school programs have the power to reverse the trends of unhealthy youth.
Your answer was correct: a) True
 a) True
 b) False

2) Which one of the following requires the California Department of Education to offer support and guidance for the after school enrichment component, including physical activity?
Your answer was correct: a) Senate Bill 638
 a) Senate Bill 638
 b) Regular day physical education regulations
 c) The federal government
 d) Your local city ordinance

3) Which of the following is included in the BASICS for physical activity?
The correct answer is: c) Start and stop signals
 a) Balls of different sizes
 b) Initiation by students
 c) Start and stop signals
 d) Consistency

4) Physical activity fosters youth development by:
Your answer was correct: d) All of the above
 a) Creating positive relationships with staff and peers.
 b) Empowering youth in the decision-making process.
 c) Developing life-long skills for a healthy lifestyle.
 d) All of the above

5) When should you use physical activity as a punishment?
The correct answer is: c) Never. Don't use physical activity as punishment.
 a) When a youth misbehaves
 b) To burn off extra energy
 c) Never. Don't use physical activity as punishment.
 d) If it is a rule you set at the beginning of the day

[Continue to Anonymous Survey](#) [Link Back to Training](#)

enrichment



Completion Certificate



Certificate of Completion

Awarded to

Rusty Hopewell

For completion of

Foundations of Nutrition: MyPyramid Online Training Module

on

October 9, 2009

A handwritten signature in blue ink that reads "Deborah Wood".

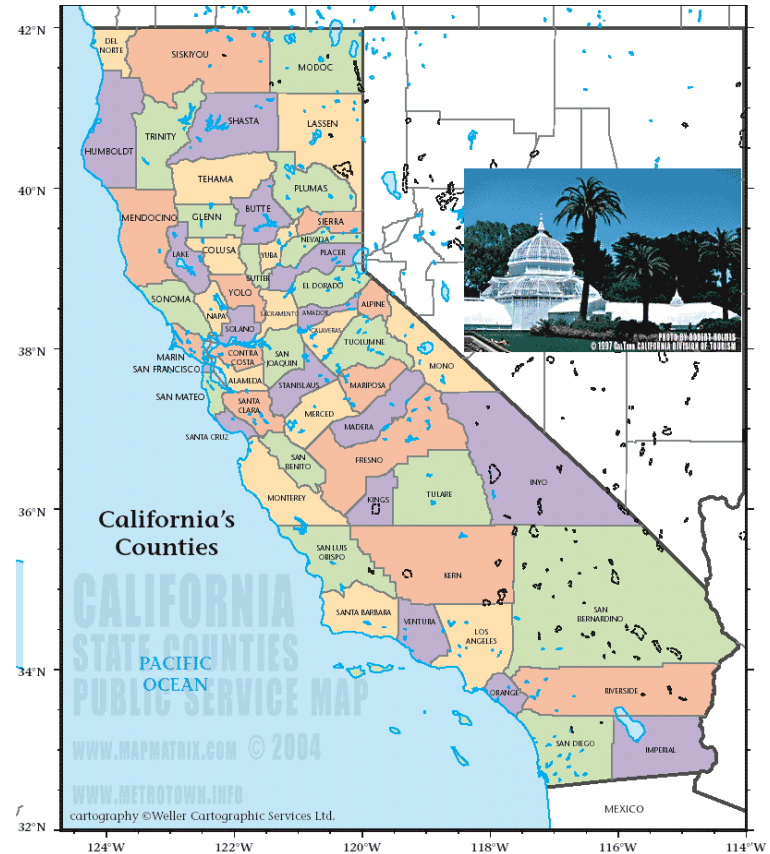
DEBORAH WOOD, Ph.D.
Executive Director

A handwritten signature in blue ink that reads "Robyn Sakamoto".

ROBYN SAKAMOTO, MPH, RD
Online Trainings Program Manager

OLT Participants

- 11,000 completed trainings
- Find out about the menu over 34 trainings
 1. Escape to a place you would like to take an online training
 2. Grab a card
 3. Go back to your chair
 4. Share with 3 people seated near you





Thank You!

Jackie Russum:

Program Manager, Nutrition

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