

# HEALTHY KIDS BEFORE/AFTER SCHOOL & SUMMER CAMP PROGRAMS



## HEALTHY KIDS PROGRAMS

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## ARE YOUR FAMILIES LOOKING FOR QUALITY CHILDCARE?

The benefits of choosing the Healthy Kids Program to serve the needs of your families are:

- We are an experienced, large, proven provider and have been running programming since 2007 and now have programs in more than 100 elementary and middle schools across numerous school districts and serve hundreds of students. This gives us significant economies of scale.
- Our programs are licensed by appropriate state licensing authority, which involves many standards including non-discriminatory hiring practices and hiring staff that have passed a full background check.
- We have all the systems, forms, procedures, and protocols in place to quickly launch and deliver an excellent program.



The program is 100% parent/subsidy paid with no school contribution whatsoever. However, if your school/district would like to supplement or fully cover parent/subsidy tuition rates, Healthy Kids is open to adjusting payment methods to meet the needs of your school/district.

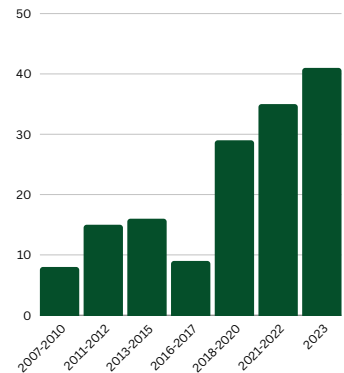


# ABOUT US



# OUR GROWTH

**HEALTHY KIDS IS A VERY LARGE, EXPERIENCED PROVIDER THAT HAS THE EXPERTISE, FINANCIAL RESOURCES, AND MANAGERIAL STRUCTURE TO DELIVER A TOP-QUALITY, AFFORDABLY PRICED EXTENDED DAY & SUMMER CAMP PROGRAMS FOR YOUR SCHOOL DISTRICT.**



**ADDITIONAL SCHOOL PARTNERSHIPS BY YEAR**

In 2007 the Healthy Kids Program launched with four programs.

From 2008 – 2022 the Healthy Kids Program was adopted by 72 more schools including a UPK program.

In the Fall of 2021, Healthy Kids recognized the unprecedented need for before and after school programs in New Jersey and Pennsylvania. Healthy Kids developed a strategic plan to expand its service to provide high-quality before and after school programs to select school districts in N.J. and PA. to meet this need.

In September 2022 Healthy Kids was adopted by 7 New Jersey schools and 3 Pennsylvania schools in addition to 23 schools in New York, 2 in New Hampshire, and 3 new UPK programs.

**In September of 2023, Healthy Kids saw another explosive year of growth and was adopted by 4 New Jersey schools, 1 Pennsylvania school, 37 New York Schools, and 2 new UPK programs.**

**This same month we made the Inc. 5000 list of Fastest-Growing Companies in America. We are now officially the fastest-growing childcare provider in NY and NJ.**



# OUR MODEL

**A POSITIVE, INSPIRATIONAL, HIGH QUALITY PROGRAM DELIVERING BEST PRACTICES IN OUR CORE SERVICE AREAS OF:**

- **Academic Enrichment**
- **Social & Emotional Learning**
- **Physical Fitness**



## HEALTHY KIDS YOUTH DEVELOPMENT MODEL

The Healthy Kids before/after school & summer camp program environment fulfills five essential elements that promote effective youth development and empower our participants to achieve excellence:

- Safe, steady, encouraging environment that ensures physical and emotional safety
- Innovative & fun activities that promote connections to schoolmates and caring adults
- Plentiful opportunities to discover interests and build new skills
- Attentive relationships that emphasize that all participants are cared for
- Recognition and reinforcement for positive participant achievement





# PROGRAM COMPONENTS

## 01 ACADEMIC ENRICHMENT

Healthy Kids Academic Enrichment component is designed to make sure participants have the support they need to stay on or exceed grade level and introduce participants to age-appropriate academic topics.

**Aim:**

- Reinforce regular school-day activities through homework
- Encourage engagement academic exploration
- Enrich academic performance
- Nurture positive homework habits and self-discipline

**Academic enrichment activity examples:**

Drop Everything and Read (D.E.A.R.)

Homework Help

Lego Masters- STEM

## 02 SOCIAL & EMOTIONAL LEARNING

Healthy Kids Extended Day Social & Emotional Learning component offers participants opportunities to acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel, and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. Social & emotional learning is woven into every element of our program, including but not limited to program design, activity facilitation, approach to interactions between staff, participants, families, and program partners.

**Aim:**

- Teach positive and effective strategies for responding to conflict
- Encourage the building of constructive self-images and strong characters
- Promote the development of meaningful connections with others
- Develop respect for both their own as well as other cultures
- Empower participant voice and choice

## 03 PHYSICAL FITNESS

**Physical Fitness**

Healthy Kids Physical Fitness component encourages our participants to develop an understanding of what a healthy diet consists of and to make a commitment to physical activity.

**Aim:**

- Teach teamwork and good sportsmanship
- Explore a variety of physical activity
- Promote the importance of understanding nutrition
- Encourage skill development in multiple sports
- Encourage exploration through free play

**Physical Fitness activity examples:**

Mileage Club

Physical Fitness Activity Guide

# FAQ'S

## **1. ACTIVITIES PROVIDED FOR THE STUDENTS**

Healthy Kids has developed a proven successful before/after school program which consists of academic enrichment, social & emotional learning, and physical fitness. We like to gauge/survey the children we have enrolled in the program to be sure we have the right types of activities.

## **2. TYPE OF SPACE NEEDED**

The majority of the Healthy Kids programs are housed in the Cafe/multi-purpose room, but we are extremely flexible when it comes to what space is available. Some of our programs utilize the Library, or Art Room as program space and a handful of others utilize classrooms to house our program. On a daily basis, we would like to have access to the gym and playground, so the children can play group games, and enjoy some free play on the playground equipment. Our staff leave the program space neater than they found it.

## **3. MATERIALS AND SUPPLIES PROVIDED**

We provide all the supplies necessary to run the program including board games, card games, crayons/markers/colored pencils, paper, scissors, glue and other arts and crafts supplies. We also have a fully stocked first aid kit, as well as what is needed for gym time; balls, jump ropes, hula hoops...etc. We ask if we can have a small space to store our supplies.

## **4. STAFF/STUDENT RATIO**

Our staff/student ratio follows State guidelines.

## **5. FINGERPRINTING PROCESS**

We are licensed and overseen by the appropriate state licensing authority. They will come out regularly to check to ensure our program is always in compliance. All our staff must be well trained, fingerprinted, background checked, and have medical clearance to work with children. Once the results from the fingerprints come in, we will gladly share this information with the school district, if needed.

## **6. CPR/FIRST AID TRAINING**

All staff who work for our organization must be certified in Adult and Pediatric First Aid/CPR/AED.

## **7. MAXIMUM ENROLLMENT**

The maximum number of children that we can have in our designated program space is based on state childcare regulations for School-Age Programs. If the current designated program space is maxed out, we would ask the school for additional program space to be able to support more children.

## **8. NUMBER OF ENROLLMENT**

We are committed to running a full-year quality program, even if we have only one child enrolled. We understand that it takes time for word to spread that the program will be starting in your school.



# FAQ'S

## **9. SUPERVISION OF CHILDREN POLICY**

Proper supervision of children is one of the most important things we do. We have policies in place to make sure that the program is supervised in a safe, high-quality manner.

Chain of Command/Supervision: The Site Director is responsible for all day-to-day program operations. The Director or the person designated to act on his/her behalf must be physically on-site, in charge, and empowered to make operating decisions. At the next level of supervision is the grade of staff authorized to supervise a group of children. Only a director, head of group, or assistant to the head of group may supervise a group. All staff must be 16 years or older and have completed all the requirements of employment.

## **10. STEPS FOR ADDRESSING BEHAVIORAL ISSUES**

At Healthy Kids, we set behavior expectations so that children can thrive, feel safe, and interact positively with others. Our organization will align with the school district's behavior management plan if possible. We also align with the parents and ask them to partner with us on this important issue by going over our code of conduct with their child(ren) and letting them know that they support this.

## **11. STAFF TO WORK THE PROGRAM**

Great staff is the core of our program. Our first choice for recruiting is the school staff like teacher's aides and substitute teachers. By hiring school staff we can easily align our program rules and expectations along with the daily rules/expectations of the school day.

We will look for multiple individuals interested in working for the program. We identify a few key people to be our main program staff, as well as a few individuals who are interested in subbing in the program when needed. We like to identify, background check, and train as many individuals to be sure the program is always staffed/covered. Healthy Kids places a high priority on getting the staffing piece right. We are proud to feature a four-person HR Department.

## **12. REGISTRATION**

Our organization has a full-time, four-person Registration Team. All registrations and payments are processed online. We do not accept any money exchange on site, as we do not want the directors to focus on anything other than the children in their care.

## **13. COMMUNICATION WITH FAMILIES**

Our Directors will communicate with the parents/families regularly using monthly newsletters, photos, and the Playground registration/communication system.

On the parent side, Playground can be used for billing, scheduling, and updating important information in the system as well as taking attendance, uploading newsletters, and sharing photos. Both the parents and the Program Director will be able to communicate in real time on this software. (Our program will need access to guest wifi to utilize this tablet during program time). We also have a Marketing Team that sends out monthly Healthy Kids Newsletters, updates our website, and utilizes Facebook and other sources of social media to strengthen communication.



