

Afterschool Resource Websites

College Access

ECMC FOUNDATION (www.ecmcfoundation.org)



FREE curriculum guides about college access can be downloaded from this site. The curriculum, intended for students in grades 4-12, provides lessons for prospective low-income, first-generation college students. The curriculum helps prepare students and their families for successful transitions from elementary school, middle school, high school, and post-secondary education.

ROADS TO SUCCESS (www.roadstosuccess.org)



FREE curriculum for students in grades 7-12 that promotes the academic, social, emotional, and professional development of young people.

Healthy Living

LIVE WELL OMAHA KIDS (www.livewellomahakids.org)



This is a coalition of leaders and organizations that have gathered together to address the challenge of childhood obesity. This website has numerous resources, healthy living tips, and much more!

MAINE DEPARTMENT OF EDUCATION: 21ST Century Learning Centers

(www.century21me.org/staticme21/resources/fitness_nutrition.pdf)



"Promoting Physical Activity and Healthy Nutrition in Afterschool Settings: Strategies for Program Leaders and Policy Makers"

This document provides information about promoting physical activity and healthy nutrition in afterschool settings. The document contains information about obesity in children as well as a variety of ideas for how to address this in afterschool settings.

P.E. LINKS 4 U (www.pelinks4u.org/articles/beets0610.htm)



"Considerations for Developing Effective Afterschool Programs" – Michael W. Beets, Dept. of Exercise Science, University of South Carolina

This article discusses the importance of physical activity in afterschool programs, as well as recommended guidelines for physical activity.

NIOST ACTION-RESEARCH INSTITUTE (www.niost.org/Research-Evaluation)



Provides a wealth of information about healthy out-of-school time, as well as a number of FREE curricula and toolkits available for use in afterschool settings.

FUEL UP TO PLAY 60 <http://school.fueluptoplay60.com/tools/nutrition-education/lessons.php>



Provides resources that will help students and staff plan and implement activities that promote healthy eating and physical activities.

ROAD OF LIFE (www.roadoflife.org)



Offers seven different FREE curriculums designed to help combat chronic disease and obesity in children under the age of 18 by teaching healthy lifestyle practices.

General Resources

NEBRASKA 21ST CENTURY COMMUNITY LEARNING CENTERS



Professional Development Resources

(<http://www.education.ne.gov/21stCCLC/Afterschool/Resources.html>)

Web-based resources to support your afterschool program implementation listed by topic including School/Community Collaboration, Family Partnerships, Programming, Relationships, and others.

Research and Promising Practices

(<http://www.education.ne.gov/21stCCLC/Afterschool/Research.html>)

Provides a list of the current research and promising practices related to afterschool program implementation.

YOU FOR YOUTH: U.S. Department of Education 21st CCLC Professional Development (<http://y4y.ed.gov>)



This site will help you connect and share resources with your colleagues, provide professional development and technical assistance opportunities, and offer tools for improving your afterschool program practices.

This list represents web-based resources recommended by a variety of afterschool providers. It is not intended to be a complete list of available afterschool resources. If you have additional website resource recommendations, contact Kim Larson, Nebraska 21st Century Community Learning Centers, kim.larson@nebraska.gov.

No endorsement by the Nebraska Department of Education or any of the conference partners is intended.