



Participation Nation Unplugged After School Program Policy

PN Unplugged is an after school program that was developed by School Sports NL in the fall 2010. The program's name "Un-plugged" serves to emphasize to everyone about the concern that we have with the amount of screen time that our youth are being exposed to in the after school time period. This program aims to reduce the amount of time both Elementary and High School students spend watching TV, playing video games, browsing the internet and using smartphones in the after school time slot. Elementary and High Schools partner to offer the Participation Nation program using Grade 10 and Grade 11 students as Volunteer Program Leaders for grades 4-6. In schools that do not have the ability to use High School Leaders, some schools partner with local community centres or the program is delivered by teachers.

Program Criteria

- Schools must run a multi- sport program for students in grade 4-6. Grade exceptions may be considered on a case by case basis.
- Schools must have access to the school gym or other appropriate facility within the school grounds.
- Programs must run between 16-25 weeks between November and Easter.
- Be offered free to the students
- Provide a teacher sponsor(s) or community recreation person to supervise the program
- Tag us your social media posts sharing your Unplugged program @SchoolSportsNL

Photo, Video , and Live Streaming Policy

School Sports NL programs and services will adhere to the photo, video, and livestreaming policies as outlined by NL Schools. Each parent/guardian enrolled in the public school system is required to complete a Media Consent Form (Photography, Audio, Video, Media and Social Media) on behalf of their child (<https://www.nlschools.ca/about/docs/mediaconsentform.pdf>)

This form either gives or denies permission and then is given to their homeroom teacher. The schools attending Participation Nation events should make sure SSNL staff and organizers are aware and have been provided information on any students who should not be photographed or recorded on video/livestream.

Funding can be allocated to:

- Purchase equipment for the program
- Purchase a healthy snack for the program
- Provide honorariums for High School Students
- Provide transportation from school to home (if deemed participation is low because of this barrier)

Activities ineligible for the program:

- Regular travel to private or municipal facilities (e.g. ski trips, swimming lessons, curling)
- Activities during school hours
- School Field Trips

Schools will receive:

- Reusable water bottles and a T-shirt for every participant.
- Program resources to implement a multisport physical activity program
- Free training for High School Student volunteers (High Five Principles of Healthy Child Development and program implementation training)

Application

Applications will be available on the SSNL website and will be open in May for the following school year. Acceptance of new schools will be based on the budget allocation and the number of spaces available. Schools who are approved will be contacted before the end of the school year and will be contacted again in September. Schools will have until October 1st to confirm their plan to start the program. If there is no response, the funding may be allocated to another school.

Registration

At the beginning of the school year, schools will be given information regarding program registration. Program facilitators will need to order shirts and water bottles within the first two weeks of their program.

Reporting

Program updates will be required several times a year typically in February and May to align with council meetings. In addition, SSNL PN staff will check in periodically with sites throughout the year for program updates and address any issues or concerns as needed. All sites must submit an end of year program report during the month of May. A survey link will be emailed to each site to complete this report.

Nutrition and Healthy Eating

Funding is distributed to purchase healthy snacks for the program as per the School Nutrition Guidelines. The amount of the grant will depend on the number of students in the program and the geographic area.

Training the High School Leader

Elementary and High Schools partner to offer the Participation Nation Unplugged program utilizing Grade 10 and Grade 11 students as Volunteer Program Leaders for grades 4-6. Through funding from the Department of Tourism, Culture, Arts and and Recreation we are able to offer free HIGHFIVE Principles of Healthy Child Development training, and SSNL PN branded clothing. Once the High School leaders have completed their 30-hour volunteer commitment (which can be used for required Career Orientation Curriculum) with the program, an hourly honorarium will be available as an incentive to continue as a leader with the program.

Training Timeline

Schools will be able to indicate on the program application if they are in need of training and how many students they anticipate to be trained. The PN Program Coordinator will be in touch with approved schools to coordinate training details in September as training typically occurs during the month of October.

Things to note: Training is only offered every 2 years and only to those in Grades 10 and 11.

Transportation

Transportation is available on a limited basis, based on the annual budget and is not a guaranteed component of the funding package to schools. Transportation will only be used to transport students from school to home directly after the program. Transportation will not be provided to go to offsite facilities and events. In assessing transportation, schools must provide the program to a minimum of 80% of the eligible students. Transportation allotment will be approved by SSNL staff prior to the start of the program, and must be used as approved. If program days are canceled, for whatever reason, these transportation days cannot be reallocated elsewhere.

Note: The length of the program may vary for schools that receive funding for transportation.

Equipment

Equipment for the program will be purchased on a needs basis. All equipment purchases will be coordinated through the PN Unplugged Program Coordinator.

Steps to order equipment:

- 1) PN Program Coordinator will send an order form template and a link to view equipment
- 2) Teacher or the facilitator must send back the completed order form template of equipment needed adhering the amount of funding allocated
- 3) PN Program Coordinator will authorize the order of the equipment and send funds to the school to purchase