

Section 8

Family Involvement

In our Program...	Low Quality	Approaching Quality	Quality Practices
QSA Section 8: Family Involvement			
Element A Staff regularly communicate with families/ caregivers.	Indicators		
	<input type="checkbox"/> Staff do not communicate with parents, and/or parent involvement occurs only when there is a problem between the youth and the program.	<input type="checkbox"/> Staff check in with caregivers about their youth during pick up times, and/or for major program- wide events.	<input type="checkbox"/> Staff regularly communicate with parents/caregivers – including constructive feedback about youth in a respectful, confidential way, and/or can refer them to resources they may need.
	<input type="checkbox"/> No staff member can speak other languages that many parents in the program speak.	<input type="checkbox"/> At least 1 staff member can speak another language that many parents in the program speak.	<input type="checkbox"/> Multiple staff members can speak different languages, and staff use a variety of communication systems (phone calls, emails, 1:1 meetings, newsletters, etc.).

Section 9

Nutrition and Physical Activity

In our Program...	Low Quality	Approaching Quality	Quality Practices
QSA Section 9: Nutrition and Physical Activity			
Element A We allocate enough time and resources to promote positive academic and developmental outcomes.	Indicators		
	<input type="checkbox"/> Program dedicates little to no time for moderate to vigorous physical activity for all youth.	<input type="checkbox"/> Program dedicates some time for physical activity every day.	<input type="checkbox"/> Program dedicates an appropriate amount of programming daily for moderate to vigorous physical activity for all youth.
	<input type="checkbox"/> Activities do not accommodate skill and ability level of participants.	<input type="checkbox"/> Activities accommodate skill and ability level of most participants.	<input type="checkbox"/> Activities accommodate skill and ability level of all participants.
	<input type="checkbox"/> No food is served by the program.	<input type="checkbox"/> Program provides food, but not at appropriate times or is sometimes unhealthy.	<input type="checkbox"/> A healthy meal and/or snack are/is provided at the appropriate times of the program.