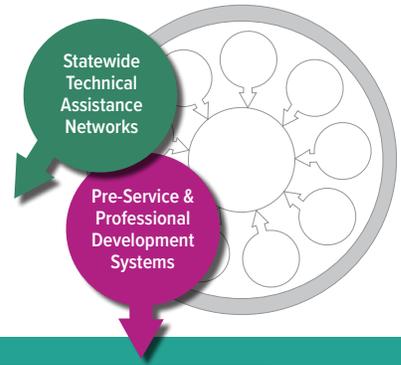


Hawai'i Physical Activity Learning Sessions (PALS) Professional Learning Community (PLC)



Purpose

PALS is an out-of-the-box training package for early care and education (ECE) and health training and technical assistance (TA) staff on the best practices for physical activity. PALS PLC will train and coach ECE and health training and TA staff working directly with ECE programs (e.g., Head Start, Early Head Start, child care, family child care, pre-kindergarten, family-child interaction learning centers, etc), to increase their knowledge of physical activity best practices for children birth - five. The PALS training will allow training and TA and staff to educate ECE program staff on physical activity best practices.

A professional learning community serves two broad purposes: (1) improve the skills and knowledge of its participants through collaborative study, expertise exchange, and professional dialogue, and (2) improve the quality of education and/or care keiki receive through education and technical assistance.

The Hawai'i PALS Professional Learning Community brings together training and TA staff from different ECE settings to attend a two day virtual train the trainer or "learning sessions" in which participants learn together, self-assess their practices, share improvement strategies, engage in action planning, and receive technical assistance around physical activity best practices in ECE settings.

Goals

- Recruit technical assistance specialists that provide TA to a variety of ECE programs and counties
- Provide virtual training and technical assistance around physical activity best practices for young children ages birth through five to Hawai'i trainers and technical assistance specialists
- Provide adequate funding and incentive to support participation in the training and implementation of the information learned

Desired Impacts

- Increase the number of Hawai'i trainers and technical assistance specialists that are PALS certified trainers

Key Activities

Participants:

- Attend the virtual, one hour Hawai'i PALS Pre-Orientation meeting on March 15, 2023 to meet with the PALS trainers, ask questions, and prepare for the April Train the Trainer sessions.
- Attend the two-day 3 hour virtual Train the Trainer Session via Zoom: April 19 and 21, 2023
- Connect with Nemours Children's Health PALS trainers for technical assistance and attend national PALS quarterly calls
- Optional: Conduct at least one in-person or virtual PALS training to at least one of the following audiences by July 1, 2023:
 - » ECE providers within your ECE program/organization;
 - » ECE providers external to your ECE program/organization;
 - » Other T/TA staff within your ECE program/organization;
 - » Other T/TA staff external to your ECE program/organization; and/or
 - » Families of parents with young children age birth through five.

Timeline

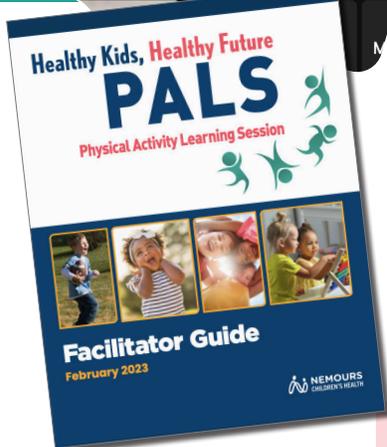
- **December 2022 - January 2023:** Develop the Hawai'i PALS PLC (e.g., create recruitment materials, identify communication channels to recruit participants, secure training date with training facilitators, establish incentive payment amounts, etc)
- **February 2023:** Release PALS PLC application and recruit participants (up to 15)
- **March 2023:** Host virtual PALS PLC orientation session to introduce participants to each other and the Nemours Children's Health PALS Trainers as well as learn more about PALS train the trainer
- **April 2023:** Host a 2 day (3 hours each) virtual PALS train the trainer
- **May 2023 - July 2023:** Participants participate in national networking calls, receive technical assistance as needed from Nemours Children's Health, and receive additional funding if providing a PALS training by July 1, 2023

Project Highlights

Ten trainers and technical assistance specialists participated in the PALS PLC and became PALS certified trainers. Collectively the participants provide TA and training on every island and for the following ECE settings:

- » Center-based (public and private)
- » Early Head Start & Head Start
- » Public Pre-K
- » Family Child Care
- » Home Visiting
- » Parent Participation Program
- » Public Charter School
- » DOE Special Education

All participants received funding to purchase training materials from Kaplan Company to support their implementation of PALS with the ECE providers that they work with.



Healthy Kids, Healthy Future
TAP
Technical Assistance Program

Healthy Kids, Healthy Future
PALS
Physical Activity Learning Session

Contact Jordan Smith to learn more.

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