

## Keystone STARS Bonus Point Quality Initiative: Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC) Program

### **In which Keystone STARS Performance Standard will my program earn bonus points for successfully implementing the NAPSACC program?**

Partnerships with Families and Communities (2 points)

### **How does the NAPSACC program align with Keystone STARS Performance Standards?**

The NAPSACC program supports Partnerships with Families and Communities because it is an organized effort to promote health and wellness for children and includes families to support nutrition and physical activities at home. Families are encouraged to be part of the continuous quality improvement team through family engagement activities.

The NAPSACC program is an online continuous quality improvement process focused on health practices and policies within early childhood settings. The program utilizes Go NAPSACC, an evidence-based tool, to guide participants through self-assessment, action planning, implementation, policy development, re-self-assessment, and reflection. The process empowers program leadership and includes tips, materials, and on-line trainings to increase knowledge and improve quality of practice and policy. Programs can participate in NAPSACC independently, as part of an organized mini-grant opportunity (PA NAPSACC), or with support from another agency or technical assistance provider/consultant.

### **What evidence should I expect to provide to my Quality Coach to show full implementation of the NAPSACC program?**

The NAPSACC program is a sustained, high level, comprehensive example of professional development that is ongoing and is more intensive than a one-time professional development event or activity. Programs can choose one or more areas to focus on: Child Nutrition, Infant Child Physical Activity, Breastfeeding and Infant Feeding, Farm to ECE, Screen Time, Nutrition and Oral Health, and Outdoor Play and Learning. Upon full implementation, you should be able to provide:

- Pre and post self-assessment results in the Child Nutrition and Infant-Child Physical Activity modules
- Action Plan(s) showing goals identified in the Child Nutrition and Infant-Child Physical Activity modules, with at least one goal completed in each area

The pre and post self-assessment results and action plans with goals can be viewed and downloaded from a program's Go NAPSACC account. This evidence should be submitted in the PD Registry Designation System for Bonus Points.

Get started here:

[https://www.keystonekidsgo.org/uploads/4/4/6/1/44611119/getting\\_started\\_with\\_napsacc\\_guide\\_4-14.pdf](https://www.keystonekidsgo.org/uploads/4/4/6/1/44611119/getting_started_with_napsacc_guide_4-14.pdf)

**Who do I contact for more information on NAPSACC or to get connected to a local technical assistance provider?**

Organization: Tuscarora Intermediate Unit 11 - Community Education and Workforce Services

Address: 6395 SR 103 N. Lewistown, PA 17044

Phone: 717-248-4942

Contact: Lori McMonigal

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Website: <https://www.keystonekidsgo.org/napsacc.html>