

Gauteng Community of Practice

Learning Brief

July 2022

Holistic Programming in the After School sector

In the After School sector holistic programming is an approach that caters for all aspects of the learner's well-being; intellectually, emotionally, physically, and mentally. This past July, the Gauteng Community of Practice (CoP) explored holistic programming, uncovering the challenges and solutions associated with making it a reality, even in the absence of funding or large teams to carry out the work.

Practical ways to make holistic programming a reality

Avoid doing everything at once

An organisation can start by adding one extra activity in a month or in a quarter or adding a new activity for 15 minutes at the beginning of a session. You could run a times-table quiz before a football game to decide who kicks-off. Start a session with a **Thought Bubble** mindfulness exercise, or you could introduce check-in or check-out questions at a homework club e.g. "What were you most proud of at today's session? The ideas are endless. Be creative.



Collaborate with other organisations and After School Programmes (ASPs)

The pool of skills in the sector is diverse. Find ways to extend support to one another, identify strategic partners, and ask for help. For instance, Matlhogonolo Community Outreach Centre based in Diepkloof recently got support from **NEMISA** for their computer training programme.

Staff development and training

To keep up with the ever-changing times and the growing need for innovative programming, staff training becomes imperative. After School organisations can draw on each other to upskill staff to incorporate additional programmes or activities in their day-to-day programming.



Database maintenance for collaboration purposes

Holistic programming requires us to keep an **up-to-date database** of organisations and find ways to collaborate to create programmes that cover all After School pillars; Academic and e-Learning, Life skills, Arts and Culture and Sports and Recreation.



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A holistic approach through holiday programmes

Core programmes tend to be structured and aligned to the focal point of the organisation and ASPs are usually wary of deviating from the norm. Holiday programmes provide an extended programming period and help ASPs engage other organisations, address additional After School pillars, and include other fun and exciting activities that are usually outside of their focus.

Below are a few tips on **starting and maintaining** successful holiday programmes:

Community and parental buy-in

Engaging parents and schools in the community will help leverage resources and facilities and maximise attendance at your holiday programme.



Exposing learners to diverse programmes

It is important to invite organisations that run different programmes. Collaborating with others in the community is a steppingstone to developing holistic programming and for further partnership.

Making the programme accessible to more learners

Many learners often visit our facilities during school holidays. ASPs are encouraged to open their doors to visiting learners, which can help create more awareness about their work.



Responding to learners' needs

Learners are at the centre of the holiday programme. This is an opportunity to give learners more attention and respond to their individual needs.

Holiday programme activities

- Career guidance & talks
- Community clean-up
- Writing or art workshops
- Music & dance practice
- Mindfulness exercises



Programme Resources

- [Play activities](#)
- [Art activities](#)
- [A compilation of programme activities and resources](#)
- [A handbook for nurturing emotional and social well-being of learners](#)

The next Gauteng CoP will take place in **October 2022**. This would be an in-person session. More details to follow.