



Game On for Health and Physical Education Teachers

December 5, 2017

Today's Presenters



Kristina Shelton, CHES

Field Coordinator
Action for Healthy Kids

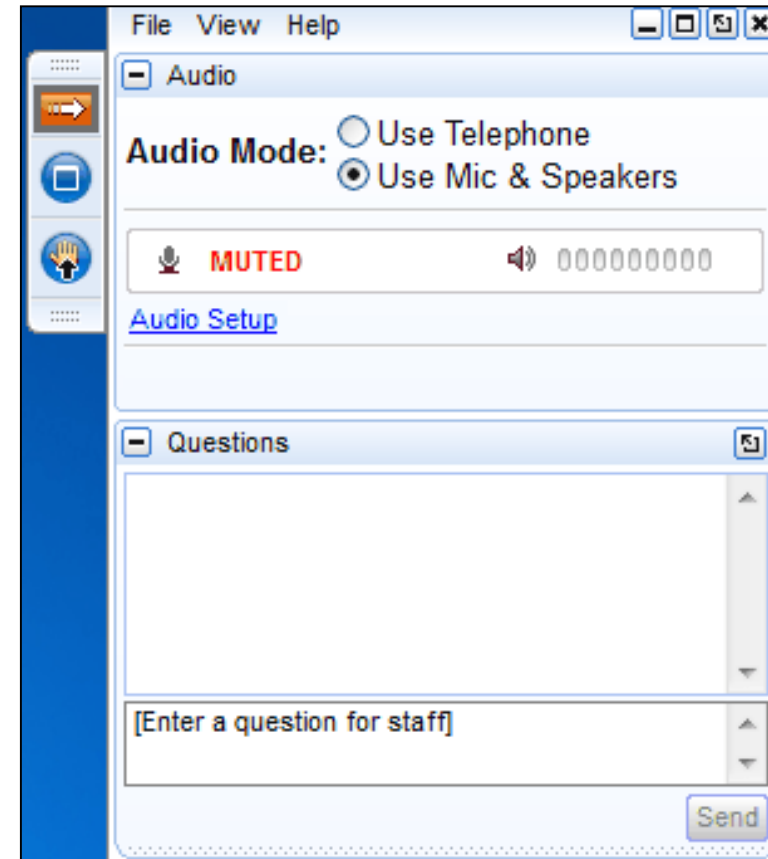


Celie Joblin

DePaul University
Action for Healthy Kids

Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



Agenda

- **Learn**
 - AFHK
 - Game On
 - Policy and Models
- **Act**
 - Evidence-based strategies and best practices
- **Transform**
 - Mobilize health and physical education teachers to step into leadership and advocacy roles to create healthy and physically active schools.



Tell Us About Yourself!

What is your role at your school?

- a. Physical education teacher
- b. Health education teacher
- c. Both health and physical education teacher
- d. Other



Who Are We?



AFHK's vision is a world in which every kid is healthy, active and ready to learn.

The Challenge

Look around a kindergarten classroom.

Unless we take action today, about half of these kids will be obese adults – and counted among the millions of new cases of diabetes, heart disease, stroke and cancer.



Why Schools?

55 MILLION SCHOOL KIDS

Each one of us can help improve the eating and activity habits of the **55 MILLION** school kids in this country and, in the process, improve their health so they can succeed in the classroom.

GOOD FOOD
+
ACTIVE BODIES
=
KIDS EQUIPPED FOR SUCCESS!

Kids who attend "healthy" schools have fewer absences, higher academic achievement and self-esteem and are more likely to graduate from high school.

PHYSICAL ACTIVITY SUPPORTS ACHIEVEMENT
Even moderate exercise, like walking, increases brain activity.

KIDS WHO EAT WELL, LEARN BETTER
Students who eat school breakfast have been shown, on average, to attend 1.5 more days of school per year and score 17.5% higher on standardized math tests.

HEALTHIER PRACTICES CAN INCREASE SCHOOLS' BOTTOM LINES
Schools can get a financial boost by offering more nutritious meals & snacks. Students will buy and eat healthier foods and beverages.

EVERY KID HEALTHY

Visit ActionforHealthyKids.org, where you can read *The Learning Connection: What You Need to Know to Ensure Your Kids Are Healthy and Ready to Learn* and in under 1 minute, you can take the *Every Kid Healthy Pledge*. You'll have access to our free programs, volunteer opportunities and school grants.

Healthy Kids Learn Better

Good Food + Active Bodies = Kids Equipped for Success

Game On



Game On supports America's schools, their staff, students, and families to incorporate healthy food choices and physical activity into their daily lives and school environment, with the ultimate goal of getting nationally recognized as a health-promoting school.

<http://www.actionforhealthykids.org/game-on>

Game On

Step 4: Find Activities



Step 5: Engage Families & Community

Step 6: Receive Recognition

Step 1: Gather Your Team

Step 2: Assess & Track Progress

Step 3: Create & Implement an Action Plan

Step 4: Find Activities

Accessing Game On

- Navigate to www.actionforhealthykids.org
- Click on the **Tools for Schools** tab
- Click on **Game On Program**

The screenshot shows the 'Game On' page on the Action for Healthy Kids website. The navigation bar at the top includes 'What We Do', 'Tools for Schools' (highlighted), 'Events', 'In Your State', 'Get Involved', and 'Partner with Us'. The breadcrumb trail reads 'Home > Tools for Schools > Game On Program'. The main heading is 'Game On'. Below it, a paragraph describes the program's goal: 'Game On supports America's schools in creating healthier school environments for students, staff and the communities they serve. This no-cost online guide provides all the information and resources you need to host a successful school wellness program in your school with the ultimate goal of getting your school nationally recognized as a health-promoting school through the United States Department of Agriculture, Food and Nutrition Service's HealthierUS School Challenge: Smarter Lunchrooms (HUSC:SL) recognition program.' A green button labeled 'GAME ON ACTIVITY OF THE MONTH' is visible. On the right, a vertical list of six steps is shown, with the first three steps circled in red: 'Step 1: Gather Your Team', 'Step 2: Assess & Track Progress', and 'Step 3: Create & Implement an Action Plan'. The other steps are 'Step 4: Find Activities', 'Step 5: Engage Families & Communities', and 'Step 6: Receive Recognition'.

Game On Activities



Select a room on the school blueprint to find nutrition and physical activity activities for every aspect of the school building.

Game On for Health and PE

- Expertise in health and wellness
- Supportive of healthy and active schools
- Opportunities for leadership and advocacy both inside and outside of classroom or gymnasium
- Strengthens the profession



School Wellness Policy

- Guides an LEA or school district's efforts to create a supportive school nutrition and physical activity environment.
- Each LEA participating in federal Child Nutrition Programs is required to develop and implement a wellness policy.
- School districts can develop wellness policies to meet the unique needs of each school under its jurisdiction, but at a minimum are required to...



School Wellness Policy

- Include:

- **Goals for nutrition promotion and education, physical activity, and other school-based activities**
- Goals for nutrition guidelines for all foods sold on each school campus during the school day
- Policies for foods and beverages made available to students
- Policies for food and beverage marketing
- **Permit school community members to participate**
- Identify at least one person to oversee compliance
- Inform and update the public
- Measure and share compliance and progress reports

Ask Questions

- When was the policy created or updated?
- Who is responsible for its implementation?
- What language is included around physical activity, physical education and nutrition education?



Wellness Policy Tool

Wellness Policy Tool: Seven Steps to Success

School districts across the country recognize that healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential, and that they have a responsibility to provide a healthy learning environment by supporting wellness, good nutrition, and regular physical activity. Wellness policies promote life-long wellness behaviors, and link healthy nutrition and exercise to students' overall physical well-being.

Action for Healthy Kids developed the **Wellness Policy Tool: Seven Steps to Success**, with input from our partner organizations and volunteer Team members, to assist wellness policy work. This tool has been designed to help you create a local wellness policy that meets your district's unique goals for nutrition and physical activity and take the next steps to put the policy into action to positively impact students' health and lifelong choices.



Game On Program

Apply for Grants

Volunteer for Healthy Kids

Revise District Policy

Wellness Policy Tool

USDA Rules

Attend a Training

Using the Action for Healthy Kids Wellness Policy Tool

School Board policies are statements that set forth the expectations of the school district and prescribe in general terms the organization and programs of a school system. Policies grant

- Health Education
- Physical Education and Physical Activity
- Nutrition Environment and Services
- Health Services
- Social and Emotional Climate
- Counseling, Psychological, and Social Services
- Physical Environment
- Employee Wellness
- Family Engagement
- Community Involvement

WHOLE SCHOOL WHOLE COMMUNITY WHOLE CHILD



Let's Check In!

How familiar are you with the Comprehensive School Physical Activity Program?

- A. Not at all familiar
- B. Just learning about it today for the first time
- C. Somewhat familiar
- D. Very familiar – my school has a program in place!

Comprehensive School Physical Activity Programs

Physical Activity =
Anything that gets your
body moving



- P.E.
- Recess
- Fitness breaks
- Field trips
- Classroom learning that incorporates movement
- Before and after school activities
- Walk and bike to school programs





Comprehensive School Physical Activity Programs

Overview

How many minutes of physical activity does your school provide to students each day? Movement not only helps us maintain a healthy lifestyle, but it also increases brain function. Experts recommend that kids get 60 minutes of physical activity each day. With children spending much of their day at school, schools are an ideal place to help kids meet the recommended minutes.

What is a Comprehensive School Physical Activity Plan (CSPAP)?

A Comprehensive School Physical Activity Plan (CSPAP) is a multi-component approach for schools to provide opportunities for students to be physically active for 60 minutes each day. Minutes can be added up by incorporating physical activity throughout the school day so students can achieve their 60 minutes of daily physical activity. A CSPAP has five main components: high quality physical education, physical activity during the day, physical activity before and after school, staff involvement, and family and community engagement.

Step 1: Gather Your Team

Step 2: Assess & Track Progress

Step 3: Create & Implement an Action Plan

Step 4: Find Activities

Classroom Activities

Nurses' Office Activities

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Hallway Activities

At Home Activities

Gymnasium Activities

Cafeteria Activities

On the Playground Activities

School Garden Activities

Daily Physical Education



Overview

Are your students receiving quality physical education each day? A quality PE program that meets national guidelines is the cornerstone for a physically active school. Meeting national guidelines in physical education supports improved classroom behavior, physical fitness, and standardized test scores. Physical education programs provide standards-based daily learning opportunities, age and developmentally appropriate instruction, meaningful content and ongoing assessment. The skills, knowledge, and behaviors learned in PE help kids to establish and maintain active lifestyles well into

adulthood! Physical education is best and most impactful when instructed by a certified or licensed physical education teacher. SHAPE (Society for Health and Physical Educators) America recommends that schools provide 150 minutes of instructional PE for elementary students and 225 minutes for middle and high school students per week for the entire school year. Because physical education is based on a comprehensive, content-specific instructional curriculum, it should not be compared to or confused with other school-based physical activities such as recess, intramural sports, brain breaks or classroom energizers.

Take Action

Step 1: Gather Your Team

Step 2: Assess & Track Progress

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National PE Standards

PE Standards

- Define what a student should know and be able to do as result of a highly effective physical education program.
- Used to develop or revise existing standards, frameworks and curricula.
- The **goal** of physical education is to develop *physically literate* individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

1. Demonstrates competency in a variety of motor skills and movement patterns.
2. Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. Exhibits responsible personal and social behavior that respects self and others.
5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.





PHYSICAL LITERACY

- To pursue a lifetime of healthful physical activity, a physically literate individual:
 - Has learned the skills necessary to participate in a variety of physical activities.
 - Knows the implications and the benefits of involvement in various types of physical activities.
 - Participates regularly in physical activity.
 - Is physically fit.
 - Values physical activity and its contributions to a healthful lifestyle

Game On for PE Teachers

Physical Literacy

CSPAP

WSCC Model

School Wellness Policy

Let's Check In!

How familiar are you with the Game On program?

- A. Not at all familiar
- B. Learning about it for the first time today
- C. Somewhat familiar
- D. Very familiar – I use it frequently at my school!

Game On

Step 4: Find Activities



Step 5: Engage Families & Community

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Step 1: Gather Your Team

How can Game On: Step 1 help? You can't do it alone!

- Steps to begin collaborating with staff
- Strategies to build support and recruit champions
- Tips for hosting effective meetings and developing a clear vision



Staff Professional Development

Overview

Is your staff knowledgeable about nutrition, physical activity and district wellness policies? Do they feel well-equipped to teach nutrition education and lead physical activity breaks in their classroom? Consider providing annual professional development to all staff to ensure they have the right tools in their health and wellness toolbox to be effective school wellness leaders.



Take Action

Try some of these strategies to ensure your school offers staff professional development on nutrition education and physical activity:

- Provide annual training on your district health and wellness policies, as well as any school-

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Staff as Healthy Role Models

Overview

Healthy schools need healthy role models. When students see staff practicing what they preach, they are more likely to want to practice those healthy behaviors themselves. It's important for all school staff, whether or not they are members of the school health team, to practice healthy role modeling to support and encourage healthy habits among students.



Take Action

Even the slightest change in words and actions by teachers and staff can make a positive impact on student wellness. Get started by incorporating one or more of these strategies:

- Eat better in front of students. Pack a healthy lunch and invite students to eat with you as a reward for good behavior. Limit consuming treats in front of students as much as possible.
- Drink water in front of students. Not only is it good for you, but it may encourage them to drink more water as well. If you drink soda or other sugary beverages during the school day,

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Student Wellness Team

Overview

Do you have students who are passionate and interested in eating right and being active? If you are trying to improve your school's wellness, engaging students is key! Students are your voice to knowing what is most important to them and it can drive more meaningful impact for your school.



While student wellness teams function best with older students, incorporate younger students in planning and executing events as much as possible.

Take Action

Help students create meaningful change in your school by encouraging them to mobilize, organize, and speak out for a healthy and active school culture. Here are some steps to starting a student wellness team:

- First, discuss with your school administration your plans for the student wellness team. Advocate for a team by sharing how involving students in school wellness policies develops young leaders, increases support for changes, and encourage students to be true partners in the creation of a healthy school.

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Step 2: Assess & Track Progress

How can Game On: Step 2 help?

- Outlines why it's helpful to complete an assessment
- Links to AFHK's School Portal - AFHK's modified School Health Index
- Provides a step-by-step guide to complete AFHK's online School Health Index

Sample SHI Questions

- Availability of physical activity breaks in the classroom
- Sequential PE curriculum consistent with standards
- Essential topics on physical activity and healthy eating





Welcome to the Action for Healthy Kids School Portal.

The School Portal is your one-stop shop for school grants, the School Health Index, events and volunteer management, and more. Create an account, connect to your school, then implement programs!

Username

Password

Remember Me?

[Forgot Password?](#)

Register

Login

Fitness Testing

Overview

How does your school monitor the fitness levels of your students? Fitness testing is a great way to monitor and assess students' ability as it relates to aerobic fitness, strength, and flexibility. It can also help students understand how healthy they are and learn to set goals to improve their health-related fitness.



There are two types of fitness: Health-related fitness and skill-related fitness. Skill-related fitness refers to abilities such as speed, reaction time, agility, balance, coordination and power. Fitness testing in schools, however, usually refers to health-related fitness and includes aerobic capacity, muscular endurance, muscular strength, flexibility and body composition.

What is the Presidential Youth Fitness Program (PYFP)?

One of the most popular fitness testing programs for schools is the [Presidential Youth Fitness Program \(PYFP\)](#). PYFP is a free fitness assessment program that is made up of 3 components: Training, assessment and recognition. Much of the program is free, though there are certain elements that must be purchased. PYFP assesses student health-related fitness, which may be an indicator of health or health risks in young people. PYFP (formerly known as the President's

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Step 3: Create & Implement an Action Plan

How can Game On: Step 3 help?

- Personalize your plan.
- Select and search for activity ideas.
- Put the plan into action.
 - Use the action plan to track your progress with your priorities. Revisit the action plan throughout the year to update objectives and check off completed actions



Step 4: Find Activities

How can Game On: Step 4 help?

- Provides more than 80 Eat Better and Move More activity ideas!
- All activities include:
 - Overview
 - Take Action
 - Tips
 - Engaging Volunteers
 - Additional Resources



PE for Parents

Overview

To impact the lives of students, parents are key to classroom success! Many parents are interested in what their children are learning at school, and would love the opportunity to come and observe the what's happening in the classroom. In physical education class, invite parents to observe and/or participate in a class with their child.



Parents might be curious to see how physical education has changed since they attended school, and can share their experiences with students.

Take Action

Physical education for parents is a prime opportunity to involve parents at your school. Parents can join a regular PE class, during specialized PE class initiatives (like skating, golf, etc.) or as part of a physical activity national observance week/month.

- Discuss with school administrators about inviting parents to physical education class. Talk about the benefits of having parents observe the classroom, and decide what key points you want to share with parents. For example, could you share tips for how use PE skills to be physically active at home?

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Brain Breaks, Instant Recess and Energizers



Overview

Study after study shows kids who get regular physical activity experience improvements not just in their fitness levels, but in brain function, too. Just walking or biking to school can prime the brain for learning. It makes sense - kids need to move more. When they do, they are better positioned to succeed in

the classroom. Physical activity doesn't have to be in a recess or PE setting to be effective. Classroom teachers can integrate movement-based activities to energize a group after lunch or to relax and calm a class before a test, after lunch or at the end of the day. There are many names for physical activity breaks such as brain breaks, energizers, and brain boosters. Regardless of what you call it, the goal is simple! Get kids out of their seat and physically active throughout the school day. And don't forget to have fun, too!

Take Action

Schools looking to integrate physical activity both in and out of the classroom should consider a few preliminary steps and considerations before implementing a new or enhancing an existing program.

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Playground Circuit Challenges

Overview

Recess plays a key role in a child's physical, social, and academic development. Recess provides students with time to be active that helps them develop healthy bodies, enjoy moving more, and is an important opportunity for children to accumulate part of the 60 minutes of physical activity per day. Implementing playground circuit challenges takes a spin on usual playground activities to encourage physical activity.



Take Action

Recess is a time for children to release energy and reduce stress which also may improve attention and reduce disruptive behavior in the classroom. Playground circuit challenges are a fun way for students to experience a cardio blast that will keep them moving; it's also a great

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Activity Clubs

Overview

Outside of physical education, do your students have opportunities to practice physical activity skills? Activity Clubs can provide students with an extension of P.E. by providing access to equipment and time to participate in enjoyable activities without the competitiveness that comes with sports or intramural programs. Activities can be based on student choice, designed for students to work on specific skills or to prepare for [fitness testing](#). Activity Clubs are a great way to provide resources and to create a community connection. By creating a sense of belonging to the school environment and a connection with teachers and peers outside the classroom, students and families may be more likely to participate in other school activities as well!



Take Action

Take action with these steps to start an Activity Club program at your school:

- Review current before and after school programs and identify gaps that an Activity Club could fill. Questions to consider:

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Step 5: Engage Families and Community

How can Game On: Step 5 help?

- Strategies and tips for engaging parents and community members in efforts and initiatives
- Resources to host an Every Kid Healthy Week event



Family Activity Points

Overview

Get physical active together, as a family! The U.S. Department of Health and Human Services recommends that children be active for at least 60 minutes per day. Some of that time may come from physical activity offered in schools through [physical education classes](#) or [classroom brain breaks](#). For adults, it is recommended to participate in a minimum of 150 minutes of moderate aerobic exercise each week. Be a healthy role model and make physical activity fun at home by playing family activity points.



Take Action

Encourage everyone to think of fun activities that get you up and moving, off the couch, and away from the TV. Incorporating new games and learning new activities is one way to keep physical activity fun! Make getting more physical activity and exercise a family challenge through family activity points.

- How it works:
 - Develop a list of activities to try on a weekly or monthly basis.

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Fun and Fitness Family Events

One of the most effective ways to get parents involved in schools is by hosting an event that involves their children. Parents are always curious about what goes on at school and how well their kids are doing. Hosting an event that involves physical activity and healthy eating can help you promote healthy behaviors, share positive messages, educate and engage parents, and motivate kids. These events can be as simple or as involved as you have time and volunteers to make them.

**GAME
ON** **ACTION** FOR HEALTHY KIDS 
**TIP
SHEET**

Six Steps to a Fun and Fitness Family Event

ONE Have the PE teacher set up the gym with stations that demonstrate what the kids are doing in PE. Kids can show parents what they are learning and parents can see how PE has evolved since they were in school.

TWO Involve your school nutrition staff in the event. Have them prepare samples of the types of foods being served, specifically fresh fruits and vegetables, and any whole grain, low-fat items. This is a great way to show parents that school foods are nutritious and taste good and to get kids to try items they might ignore during normal school meals

Invite local businesses that have services or products that contribute to a healthy lifestyle. Have them conduct demonstrations and share information.

- A local gym can share fitness training exercises.

Every Kid Healthy™ Week

- Annual celebration of schools' wellness achievements
- Effort to create nationwide momentum
- Takes place last week of April each year
- Over 1,200 schools hosted Every Kid Healthy events in 2017



Register your event :

ActionforHealthyKids.org/every-kid-healthy-week

Celebrate Every Kid Healthy Week



Every Kid Healthy Week

Every Kid Healthy™ Week is an annual observance created to celebrate school health and wellness achievements. It is recognized on the calendar of [National Health Observances](#). Observed the last week of April each year, this special week shines a spotlight on the great efforts our school partners are doing to improve the health and wellness of their students and the link between nutrition, physical activity and learning – because healthy kids learn better! Everyone in the country can get involved and be a part of the celebration to help support sound nutrition, regular physical activity and health-promoting programs in schools. Here are some of our favorite Game On activities to celebrate Every Kid Healthy Week™ in the classroom, in the cafeteria, on the playground and school-wide.

Classroom Ideas

- [Food Art](#)
- [Active Learning Opportunities](#)
- [Screen-Free Week](#)



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Step 6: Receive Recognition

How can Game On: Step 6 help?

- Features national recognition programs, including the HealthierUS School Challenge: Smarter Lunchrooms initiative
- Provides resources including:
 - Sample HUSSC:SL application
 - Tip sheets
 - Mini-webinars
 - Checklists



Step 6: Receive Recognition



Congratulations! Now that you've completed the steps of Game On, your school is ready to receive recognition for your hard work. Prove to students, parents, teachers, administrators and the community that your school is one of the best in the nation, committed to nutrition and physical activity and creating a school environment where students are healthy and ready to learn. **To receive recognition, apply for a national school health recognition program such as the [HealthierUS School Challenge: Smarter Lunchrooms \(HUSSC:SL\) initiative](#).**

There are four award levels: Bronze, Silver, Gold and Gold Award of Distinction. Schools that get recognized earn monetary awards from the the U.S. Department of Agriculture. Awarded schools also receive a banner and plaque to proudly display as a symbol of your school's achievement.

Gold Award of Distinction	\$2,000
Gold Award	\$1,500
Silver Award	\$1,000
Bronze Award	\$500

Game On has [resources](#) to help your school meet all HUSSC:SL criteria. [Learn more](#) about how Game On supports the HealthierUS School Challenge: Smarter Lunchrooms initiative.

- School Meal Patterns
- Smarter Lunchrooms (you'll complete [this scorecard](#))
- Smart Snacks Standards (covering foods sold outside of the school meal program, such as

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Additional AFHK Resources

- AFHK State Coordinators
- Monthly Webinars
- School Grant for Healthy Kids
 - **Applications open February 2018!**
- Follow-up survey coming soon!



Follow Us for More Resources

EVERY KID HEALTHY Action for Healthy Kids shared a link.
Posted by Jacqueline Perlman (?) · December 14 ·

Spice up your classroom and play the Game On! 12 Days of Fitness Challenge. #SmilesAllAround



12 Days of Fitness
www.actionforhealthykids.org

Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!



Healthy and Fun Snack Ideas



Edit

Healthy Treats for Kids



Edit



Questions?

Questions? Let us know!

GameOn@ActionforHealthyKids.org





School Programs ♦ Tools and Resources ♦ Expert Partners
Volunteer Opportunities ♦ School Grants

www.ActionforHealthyKids.org