AFHK Volunteer Orientation

The Orientation will start shortly. Connect to audio using your computer’s microphone and speaker OR dial in on your phone to the number in the webinar control box.

Start by asking yourself some questions:
• What skills can I bring?
• What school health issues am I most passionate about?
• How do I want to get involved?
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
Today's Presenter

Sean Wade, Manager of Volunteer Initiatives
Action for Healthy Kids
What We’ll Cover

• Who is AFHK?
• Why (and how) do we do what we do?
• What is an AFHK volunteer?
• How do I get started?
• Now What?
Who’s Here?

Poll: What is your connection to a school?

- Parent
- Other family member
- Teacher, administrator or school/district staff
- Community member or college student
- Other
Who Are We?

AFHK’s vision is a world in which every kid is healthy, active and ready to learn.
Who Are We?

Action for Healthy Kids works to mobilize school professionals, families and communities – our Volunteers and Champions – to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.
What We Do

- School Programs
- School Grants for Healthy Kids
- Trainings and Technical Assistance
- Parents for Healthy Kids
- Every Kid Healthy Week

ActionforHealthyKids.org
The Learning Connection

What You Need to Know to Ensure Your Kids are Healthy and Ready to Learn

ActionforHealthyKids.org/Learning-Connection
Why We Do What We Do

After 20 minutes of **Sitting Quietly**

Composite Attentional Allocation of 20 students taking the same test

After 20 minutes of **Walking**
School-Family-Community partnerships are one of three complementary elements required to make our work at Action for Healthy Kids successful.
Who’s Here?

Poll: What is your connection to school health?

• It’s part of my job at school
• It’s a passion for me to make sure our kids are healthy
• I want to make sure my kid’s school is as healthy as possible
• I am a health care professional or student
• Other
What is an AFHK Volunteer?

• Simply: anyone taking action for school health!
• Quick Definition – Volunteers and Champions:
  • ‘Volunteers’ include parents, family and community members that care about school health and are working to make their schools healthier and kids more successful
  • ‘Champions’ are school staff supporters – teachers, administrators, cafeteria managers, superintendents
What Does an AFHK Volunteer Do?

AFHK Volunteers…

• Help serve healthy snacks at Field Days
• Team up to lead a station at school-wide Health Fairs
• Volunteer to lead a yoga or dance class
• Are recess coaches that make recess more engaging
• Work with the cafeteria manager to host a taste test

• Plant school gardens during Days of Service
• Host healthy school fundraisers
• Organize Walk or Bike to School Days during Every Kid Healthy Week
• Serve as parent voices on School Health Teams
• …and much more!
Engaging With Your School: Find Your Spot

Start with some key questions:
• What school health issues am I most passionate about?
• What skills can I bring?
• How do I want to get involved?
Engaging With Your School: Find Your Spot

Poll: How are you most interested in taking action for school health?

- In a leadership position, like on a School Health Team
- Helping to host an event, like a taste test or family fitness day
- Working with a school as an expert in my field, like a fitness instructor or chef
- Sharing information with other friends and parents
- Helping raise money for school health programs
Engaging With Your School: Getting Involved

AFHK Volunteer Opportunities:
• Parents for Healthy Kids
• Every Kid Healthy Week
• School Health Teams
• …and more!
Engaging With Your School: Getting Involved

Join Parents for Healthy Kids:
• Learn more about school health issues
• Connect with other parents
• Find ways to get involved
• Sign up for online trainings
• Apply for Parents for Healthy Kids grants

www.ParentsforHealthyKids.org
Engaging With Your School: Getting Involved

Every Kid Healthy™ Week

- Annual celebration of school health
- Last week of April each year (April 23-27, 2018)
- Over 1,400 schools nationwide hosted Every Kid Healthy Week events in 2017
- A gateway to making school health a priority

www.EveryKidHealthyWeek.org
Engaging With Your School: Getting Involved

Every Kid Healthy™ Week 2017

1,425 total events
More than 525,000 participants
42 states represented
86 community/state-level partners
4,360 volunteers for events
5 states officially recognized EKHW (CA, FL, NY, PA, TX)
Engaging With Your School: Getting Involved

Every Kid Healthy™ Week

• Host an event or add a healthy component
• Invite parents, families and the community to attend and volunteer
• Visit EveryKidHealthyWeek.org for tons of resources to help you plan and register your event!
Engaging With Your School: Getting Involved

School Health Teams:
• Find out if any wellness-oriented groups already exist
  • If so, ask to join!
• If there isn’t an existing team, start your own.

Top 3 tips (from Parents for Healthy Kids):
• Develop an elevator pitch
• Get the principal’s approval
• ID allies to invite to the team
Engaging With Your School: 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
Engaging With Your School: Game On

Step 1: Gather Your Team
Step 2: Assess & Track Progress
Step 3: Create & Implement an Action Plan
Step 4: Find Activities
Step 5: Engage Families & Community
Step 6: Receive Recognition

Learn • Act • Transform
Game On: Eat Better Activities

- Healthy & Active Parties
- Healthy Fundraising
- Family Fun Days
- Nutrition Promotion
- Breakfast in the Classroom
- Nutrition Education
- Host a Taste Test
- Offer Healthy Snacks
- Healthy & Active Non-Food Rewards
- Second Chance Breakfast
- School Garden
- Morning Eat Better Announcements
- Smart Snacks Standards
- Grab n Go Breakfast
- Health & Wellness Fair

Step 4: Find Activities - http://www.actionforhealthykids.org/game-on/find-challenges
Game On: Move More Activities

- Playground Circuit Challenges
- Outdoor Active Recess
- Active Indoor Recess
- Get Your Groove On
- Recess Before Lunch
- Active Learning Opportunities
- Songs & Stories with Movement
- Walking School Bus
- Walking Programs
- Recess at Home
- Fitness Classes
- Bike Racks
- Brain Breaks, Instant Recess & Energizers
- Open Gym
- Activity Clubs

Step 4: Find Activities - http://www.actionforhealthykids.org/game-on/find-challenges
Engaging With Your School: Getting Involved

Other ways to get involved:

- Search for existing volunteer opportunities near you
- Team Healthy Kids
- SuperFit School Challenge
- Apply for a grant to fund health initiatives at your school

www.ActionforHealthyKids.org/volunteer
Engaging With Your School: Working In Schools

Do Your Research

• Who do I talk to?
  • Start with your connections
  • Become besties with the main office

• Questions to Ask
  • What’s in place or in the works?
  • Policies and Procedures?
  • Who are my allies?
Engaging With Your School: Working In Schools

Tips for Success
1. Be patient and understanding
2. Respect the hierarchy
3. Start with small wins
Engaging With Your School: Where to Start

- **Just Ask (and keep asking!)**
  - Your elevator pitch – make the case, who can help
  - Resource: [Making the Case for School Wellness](#)
  - Resource: [The Learning Connection](#)

- **What to ask for:**
  - Admin approval
  - Support from teaches, parents, staff, community
  - Donations
Engaging With Your School: Where to Start

Top 10 Tips for Success (from Parents for Healthy Kids)

1. Top priority: kids’ best interests
2. Buy-in from administration
3. Get to know the teachers and principal
4. Engage the parent community
5. Join parent groups or volunteer in other ways
6. Know your topic and school/district requirements
7. Be positive, professional and constructive
8. Be sensitive about changes that involve food – food is personal
9. Consider the school calendar
10. Compromise does not mean defeat
You’re a Certified AFHK Volunteer! Now What?

You’ll Receive:

• A certificate confirming that you are a Certified AFHK Volunteer
• A Digital Badge to update your social media profiles
• Access to volunteer tips, tricks and best practices from AFHK and other rock star volunteers for school health
• We’ll also be sending some sweet AFHK swag to all certified AFHK volunteers later this year
You’re a Certified AFHK Volunteer! Now What?

Take Action! Here are 3 things you can do today:

1. Join [Parents for Healthy Kids](#)
2. Commit to working with your school to host an [Every Kid Healthy Week](#) event this spring
3. Check to see if your local school has a school health team
   a) If so, ask to join
   b) If not, start working on creating one!
You’re a Certified AFHK Volunteer! Now What?

Poll: I’m committing to

- Asking about my school’s School Health Team
- Hosting an EKH Week event
- Hosting a taste test
- Joining Parents for Healthy Kids
- Telling others at school about AFHK opportunities
Family and Community Engagement Resources

Beyond the Bake Sale – The Essential Guide to Family-School Partnerships
Anne T. Henderson, Karen L. Mapp, Vivian R. Johnson, and Don Davies.

www.cdc.gov/healthyschools/parentengagement/parentsforhealthyschools.htm

Local School Wellness Policy Outreach Toolkit. USDA, November, 2016. Includes customizable letters, flyers, presentations, newsletter articles and social media posts to engage parents, school staff and community volunteers into your school wellness efforts. www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit
Congratulations!

Questions?
swade@actionforhealthykids.org
Follow Us for More Resources

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