

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?



A group of children are seen from behind, standing in a circle on an outdoor paved area. They are wearing various casual clothing like t-shirts and shorts. The background shows trees and a clear sky. A semi-transparent grey box is overlaid on the top left of the image, containing the title and date.

AFHK Volunteer Orientation

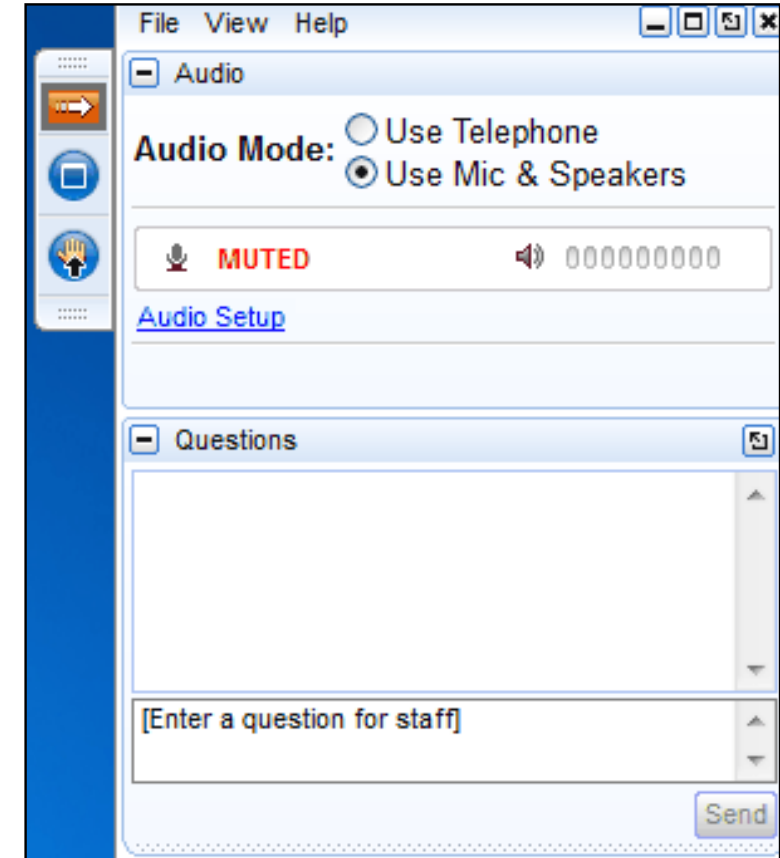
January 23, 2018

Learn • Act • Transform

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



Today's Presenter



Sean Wade, Manager of Volunteer Initiatives
Action for Healthy Kids

What We'll Cover

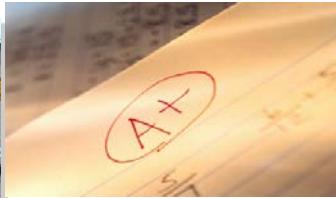
- Who is AFHK?
- Why (and how) do we do what we do?
- What is an AFHK volunteer?
- How do I get started?
- Now What?

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

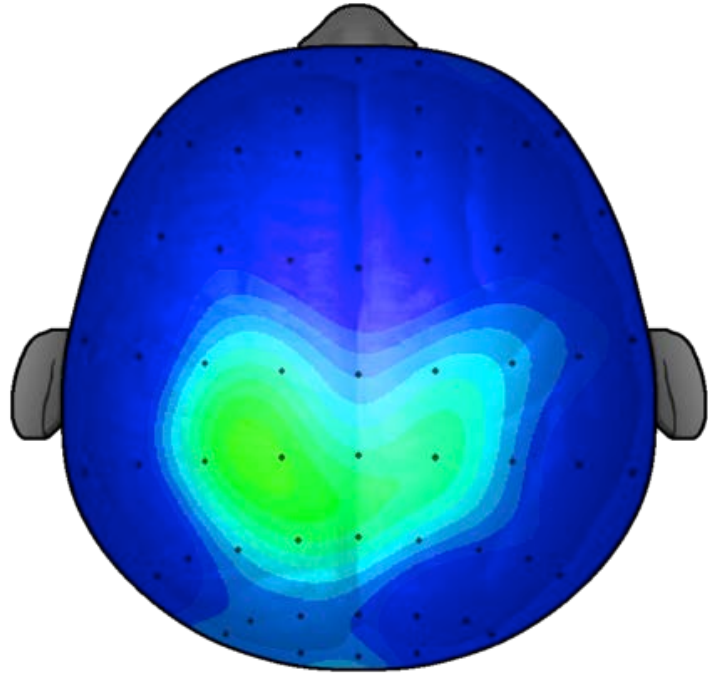
The Learning Connection



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

ActionforHealthyKids.org/Learning-Connection

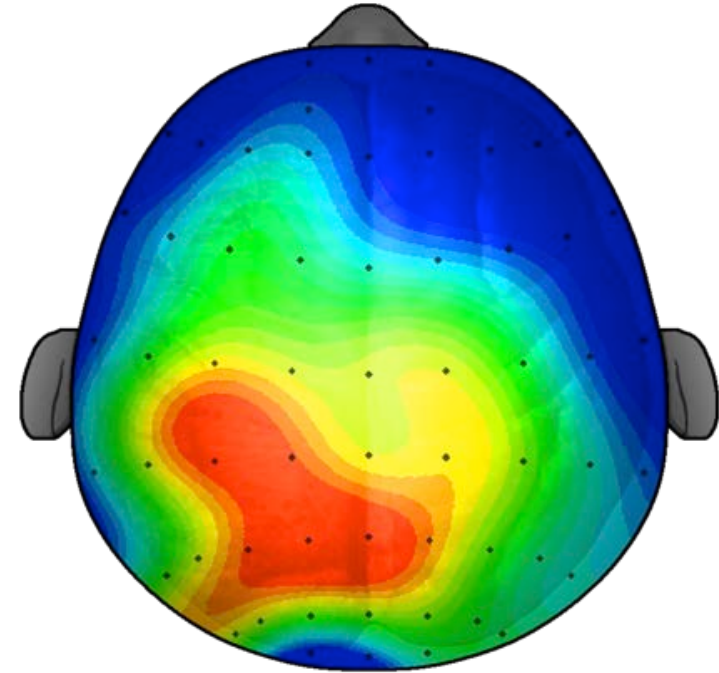
Why We Do What We Do



After 20 minutes of
Sitting Quietly



Composite Attentional
Allocation of 20 students
taking the same test



After 20 minutes of
Walking

School-Family-Community



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



Action for Healthy Kids • National PTA
Sponsored by ALDI

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

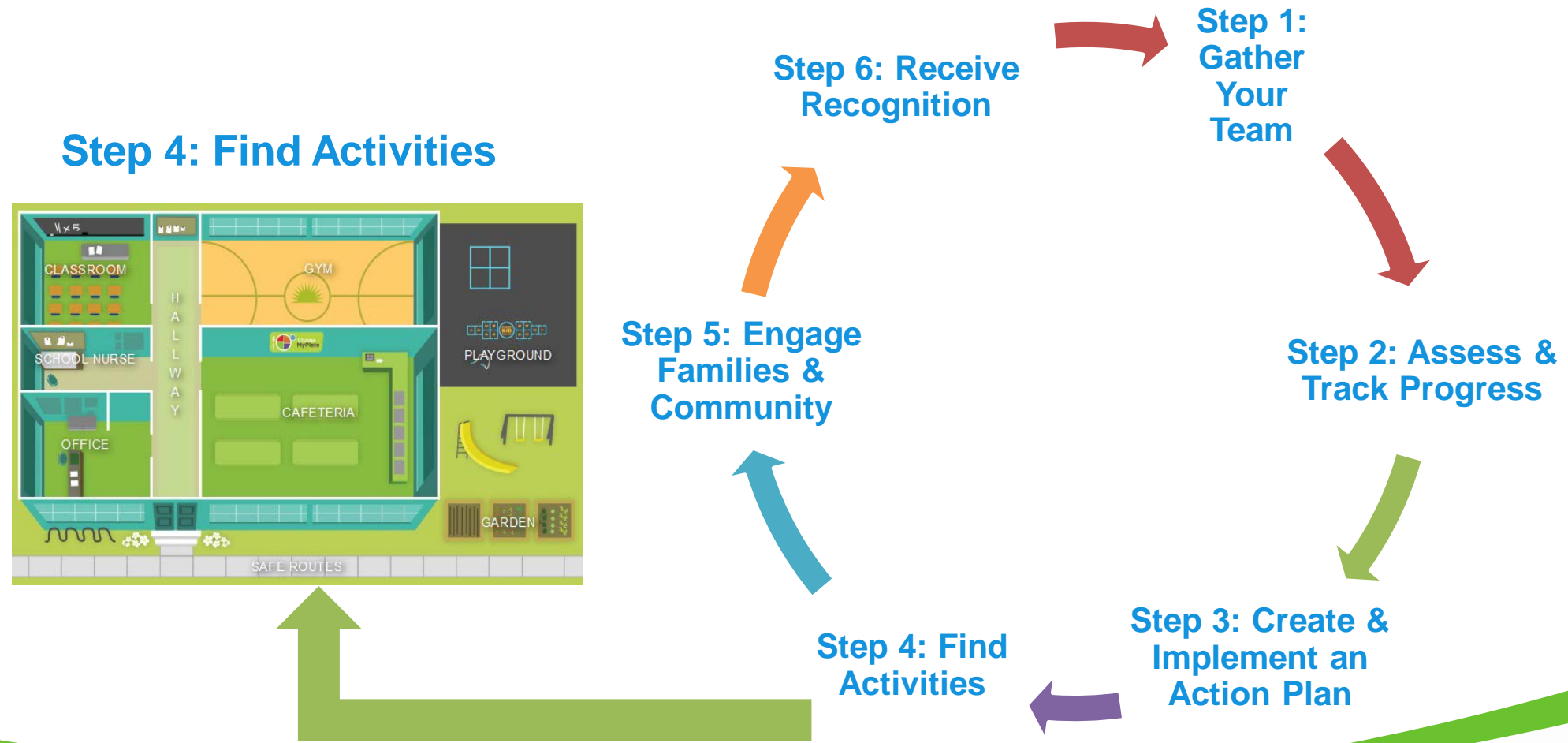
Engaging With Your School: Game On



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



Game On: Eat Better Activities

Healthy & Active Parties
Host a Taste Test
Offer Healthy Snacks
Healthy Fundraising
Healthy & Active Non-Food Rewards
Second Chance Breakfast
Family Fun Days
Morning Eat Better Announcements
School Garden
Nutrition Promotion
Smart Snacks Standards
Grab n Go Breakfast
Breakfast in the Classroom
Nutrition Education
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
Songs & Stories with Movement
Walking Programs
Recess Before Lunch
Recess at Home
Active Learning Opportunities
Walking School Bus
Open Gym
Brain Breaks, Instant Recess & Energizers
Fitness Classes
Bike Racks
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

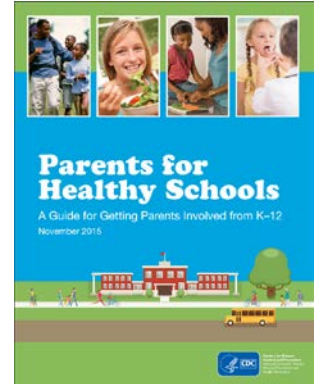
Beyond the Bake Sale – The Essential Guide to Family-School Partnerships
Anne T. Henderson, Karen L. Mapp, Vivian R. Johnson, and Don Davies.

Parents for Healthy Schools. Centers for Disease Control and Prevention, November, 2015.
Includes *A Guide for Getting Parents Involved from K-12*, PowerPoint presentations, idea sheets, and check-in questions to track progress.

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

Local School Wellness Policy Outreach Toolkit. USDA, November, 2016.

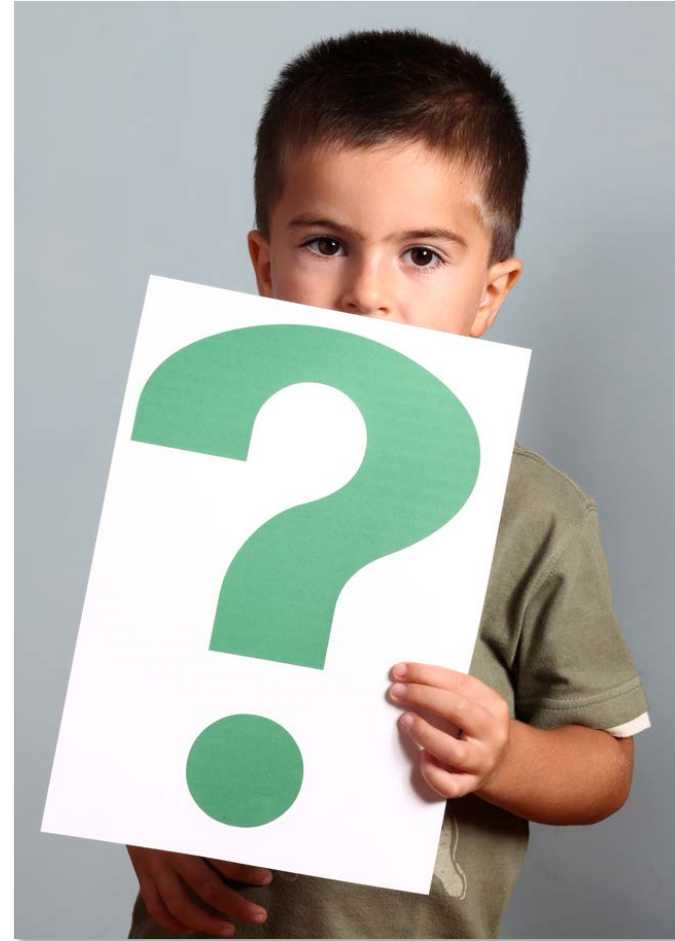
Includes customizable letters, flyers, presentations, newsletter articles and social media posts to engage parents, school staff and community volunteers into your school wellness efforts. www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit



Congratulations!

Questions?

swade@actionforhealthykids.org



Follow Us for More Resources

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



72 Pins



Edit

Healthy Treats for Kids



38 Pins



Edit