2019-2020 School Grants for Healthy Kids

Game On Grant Webinar February 20, 2019

GAME ON SHERLTHY KIDSCS



Today's Presenters





Kristina Shelton
Program Manager
Action for Healthy Kids

Ashley Green

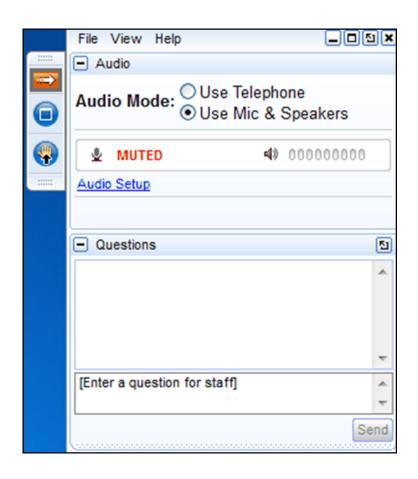
Midwestern Regional Manager

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

- Who is Action for Healthy Kids?
- 2019-2020 School Grants for Healthy Kids
- What is Game On?
- 19-20 Game On Grant Opportunities
- Project Ideas
- Steps to Apply
- Tips
- Important Deadlines
- Questions/Answers





Who We Are











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



Who We Are

Our goal is to create school communities where children learn how to make healthy choices from the minute they walk in the front door to the minute they leave at the end of the school day.





Tell Us About Yourself

How would you describe yourself?

- A. I am a school teacher/staff member.
- B. I am a school district staff member.
- C. I am a parent or caregiver.
- D. I am a community member or work for a community organization.
- E. I am something else ©



Tell Us About Yourself

Has your school ever applied for an Action for Healthy Kids Grant?

- A. Yes, we've applied for a Game On grant.
- B. Yes, we've applied for a Breakfast grant.
- C. Yes, we've applied for a Parent-led Grant
- D. Yes, we've applied for more than one AFHK grant
- E. No, we've never applied for an AFHK grant.
- F. I'm not sure.



2019-2020 School Grants for Healthy Kids

- Grants from \$1,000 and up
- Grants to:
 - K-12 schools
 - PTO, PTA and other parent groups
 - School Health Teams
 - No CBOs or 501c3 organizations





2019-2020 School Grants for Healthy Kids

Breakfast Grants

Implement new alternative breakfast initiatives

Physical Activity and Nutrition Grants

- Game On Grants
- Parent-led Grants







Grant Impacts

"The Action for Healthy Kids Grant has truly been a game changer for us. I was able to introduce the students to new games such as Omnikin Ball as well as more structured fitness stations. I was also able to purchase new basketballs and soft volleyballs." – *Physical Education Teacher, funded school, IL*









Learn • Act • Transform

What is 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.

www.actionforhealthykids.org/game-on



Steps of Game On

- Step 1: Gather Your Team—Identify volunteers from school staff to parents to community members to serve on the team.
- Step 2: Assess & Track Progress— Assess the health of the school environment using the School Health Index to identify areas of needed improvement.
- Step 3: Create & Implement an Action
 Plan—A clear action plan will serve as a road map for the wellness team and outline priorities and goals.





Steps of Game On

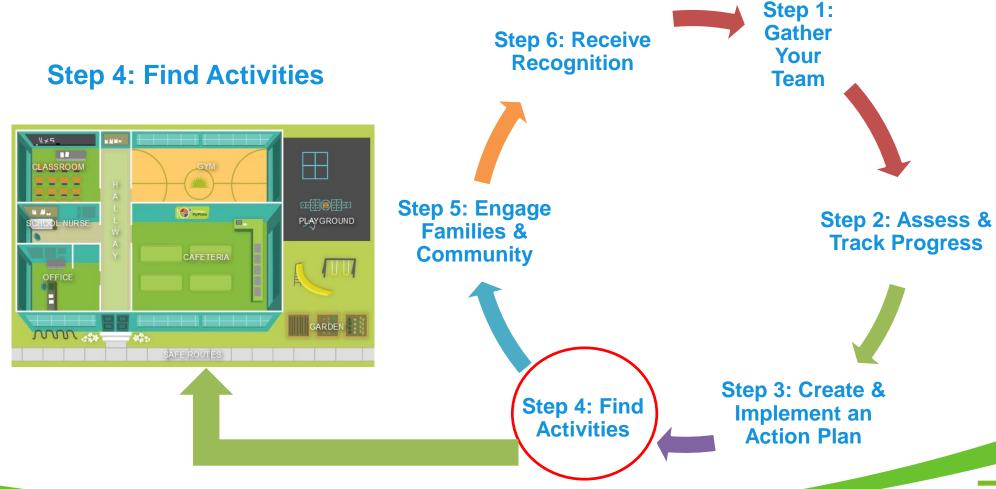
- Step 4: Find Activities—Use the Game On school blueprint to identify activities and resources that line up with school needs.
- Step 5: Engage Families & Community
 Partner with parents, volunteers and community organizations on school wellness initiatives to promote consistent messages and ensure sustainability.
- Step 6: Receive Recognition

 —Apply for recognition to become a health-promoting school.



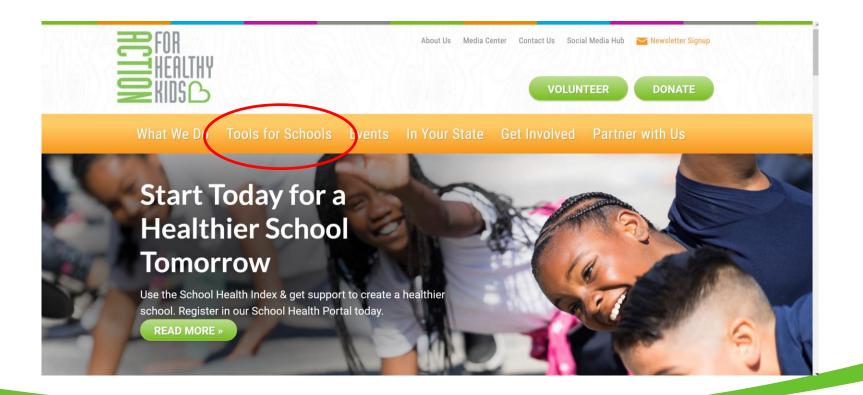


Steps of Game On



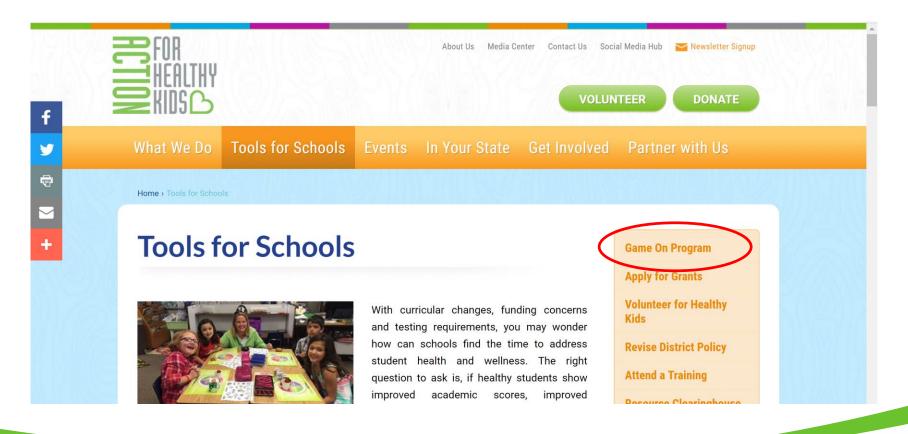


- Navigate to <u>www.actionforhealthykids.org</u>
- Click on the Tools for Schools tab



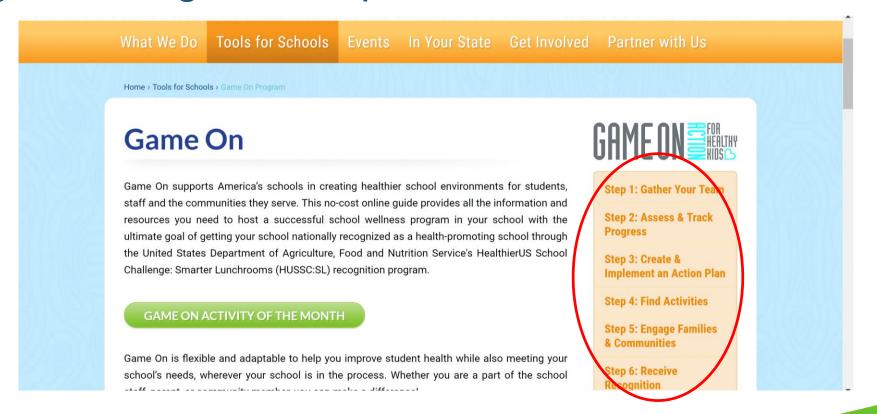


Click on Game On Program





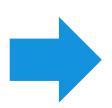
Navigate through the steps of Game On





 Or, simply scroll down and click on a room for instant activity ideas!





A Healthy Classroom

Teachers are ever creative to make learning fun for students. Use these ideas to make learning healthy too!

Back to School Blueprint

In the Classroom - Eat Better Activities	In the Classroom - Move More Activities
Student Wellness Team Get Started »	Student Wellness Team Get Started »
Nutrition Promotion Get Started »	Healthy School Store Get Started »
Healthy School Store Get Started »	Active Indoor Recess Get Started »
Smart Snacks Standards Get Started *	Celebrate Every Kid Healthy Week
Rethink Your Drink Get Started »	Screen-Free Week
Farm to School Get Started »	Songs and Stories with
Breakfast in the Classroom	Movement Get Started »



Eat Better Activity Examples

Health & Wellness Fair

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

Breakfast in the Classroom

Nutrition Education

Smart Snacks Standards

Grab n Go Breakfast



Move More Activity Examples

Activity Clubs

Playground Circuit Challenges

Recess Before Lunch

Brain Breaks, Instant Recess & Energizers

Outdoor Active Recess

Recess at Home

Active Learning Opportunities

Fitness Classes

Active Indoor Recess

Songs & Stories with Movement

Walking School Bus

Bike Racks

Get Your Groove On

Walking Programs

Open Gym



Game On Grants

Game On Grants

- Physical activity and nutrition grants
- \$1,000 or more grants, with most schools receiving \$1,000
- Eligible States: ALL







Game On Grant Strategies

Physical Activity

- Outdoor Active Recess
- Indoor Active Recess
- Play Space Refurbishing
- Physical Education Equipment
- Gymnasium Refurbishing
- Brain Breaks/Classroom Physical Activity
- Before-School Programming
- After-School Programming
- Fitness Assessments/Testing
- Walk/Bike to School
- Other

Nutrition

- Nutrition Education
- School Gardens
- Salad Bars
- Smarter Lunchrooms
- Healthy Fundraisers
- Classroom Celebrations
- Classroom Rewards
- Healthy Food Taste Testing
- Healthy Cooking Classes
- Water Access
- Healthy snacking (including school store, vending and a la carte)
- Other



Physical Activity Initiative Examples

- New physical education/recess equipment
- Indoor recess/physical activity break kits
- Paint blacktop with games
- Walking trail with fitness stations
- Stability balls/wobble chairs for classroom
- Kinesthetic learning labs/movement room
- Fitness/workout room
- Running/walking clubs
- Yoga classes
- Bike racks
- Walking school bus
- Monthly family fitness nights









Nutrition Initiative Examples









- Rethink Your Drink
- Nutrition education
- Nutrition workshops for students and families
- Healthy food taste tests
- Menu boards and signage for cafeteria
- Healthy fundraising & celebration policies
- School gardens
- Salad bars



Game On Grant Goals

- Implement at least one physical activity initiative to increase:
 - Physical activity minutes (to at least 30 minutes per day or by 10% if minutes are already more than 30)
 - Percentage of students participating in physical activity initiatives and/or
 - Percentage of time students engage in moderate-to-vigorous physical activity





Game On Grant Goals

- Implement at least one nutrition initiative to increase/improve:
 - Knowledge of healthy foods and beverages
 - Consumption of healthy foods and beverages
 - Attitudes around healthy foods and beverages
 - The school nutrition environment





Game On Grant Goals

- Provide information to students and parents on the importance of physical activity and nutrition
- Work toward becoming a healthpromoting school
- Host an Every Kid Healthy Week event in April 2020





Every Kid Healthy Week 2020

All awarded schools must also join the AFHK celebration during Every Kid Healthy Week by hosting a family-friendly health-promoting event during April 2020.





Active Schools



Active Schools is dedicated to making it easier for schools to create an active school environment by working on two fronts:

- 1. Supporting schools in their current reality by serving as a hub for best practices, programs and resources to increase physical education and physical activity opportunities for students.
- 2. Creating a better reality by driving education system and policy change that engages champions, influencers and decision makers to increase support for physical learning thus enabling schools to educate the whole child.



Active Schools

Who?

Active Schools Champions can be parents, teachers, administrators, school board members, pediatricians, public health professionals, business leaders, community members and anyone who is passionate about helping kids reach their greatest potential both in school and life.

Why?

As a Champion you'll receive our monthly e-newsletter with access to all the latest information and free resources to help keep kids active.





Reporting Deliverables

- Submit Terms & Conditions to accept grant
- Complete the School Health Index at the beginning and end of the grant
- Complete a midterm report + submit 2 photos (due December 2019)
- Complete an Every Kid Healthy™ Week event survey (due March 2020)
- Complete a final report + submit 3 photos (due May 2020)



What We're Looking For...

Yay

- "Our school is building a walking trail and hosting quarterly health fairs along the trail to promote healthy eating and encourage families to use the trail."
- "Every class will do a monthly taste test and physical activity breaks 3-5 times per week."
- "Our school will do daily morning announcements about healthy eating and have weekly trivia and raffles about the information shared. We will also host monthly Family Fitness Nights for students and parents."





What We're Not Looking For...

Nay

- "Our school will purchase PE equipment."
- "Our school will start a running club and do a taste test during our Every Kid Healthy Week event."
- "Our school will purchase and train teachers on a nutrition education curriculum, and we'll do a Family Fitness Night"

- Missing nutrition initiative
- Nutrition initiative isn't ongoing

 Physical activity initiative isn't ongoing



Steps to Apply

- Complete the paper application with your team
- Check your character counts (not word count), as many open-ended responses have character limits
- Write the application as if the person reviewing it knew nothing about your school or project
- Consider having an external reviewer read the application
- Submit the grant application in the online portal
 - No paper applications accepted!



Steps to Apply

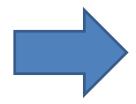
Navigate to the School Grants for Healthy Kids website





 Click Apply Now to be directed to the Action for Healthy Kids School Portal.







Welcome to the Action for Healthy Kids School Portal.

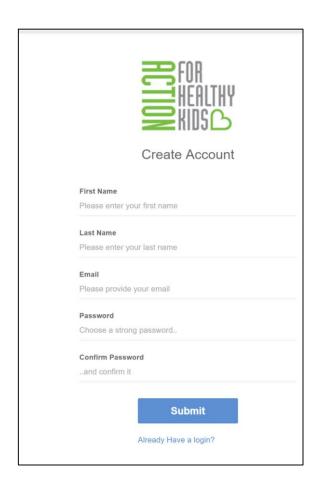
We have recently updated our technology to give you a one-stop shop for School Grants for Healthy Kids, programs, the School Health Index and more. We are excited to offer this service to you! Create an account, connect to your school, then implement programs!

Password	
Remember Me?	Forgot Password
Register	Login

email address, but you will need to re-register in this new

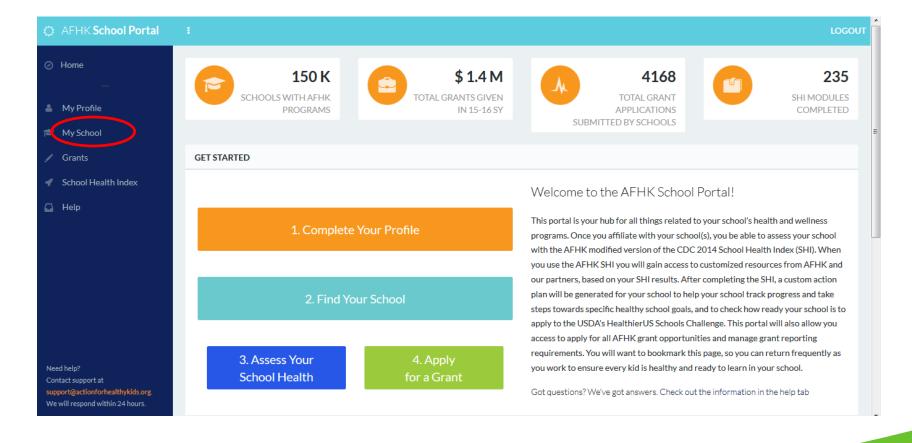


Log in or create an account.



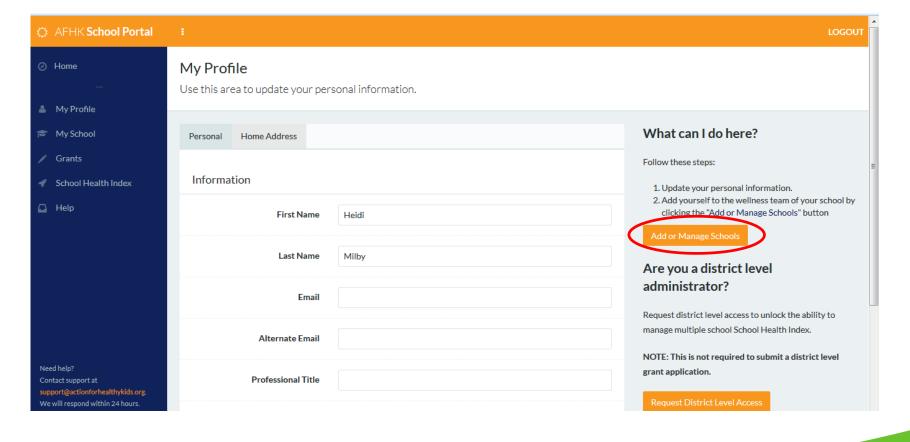


Steps to Apply Home Page



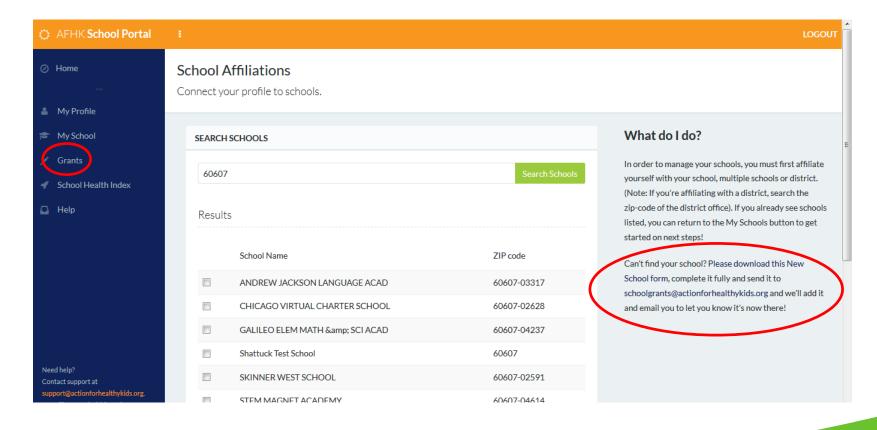


Steps to Apply My Profile

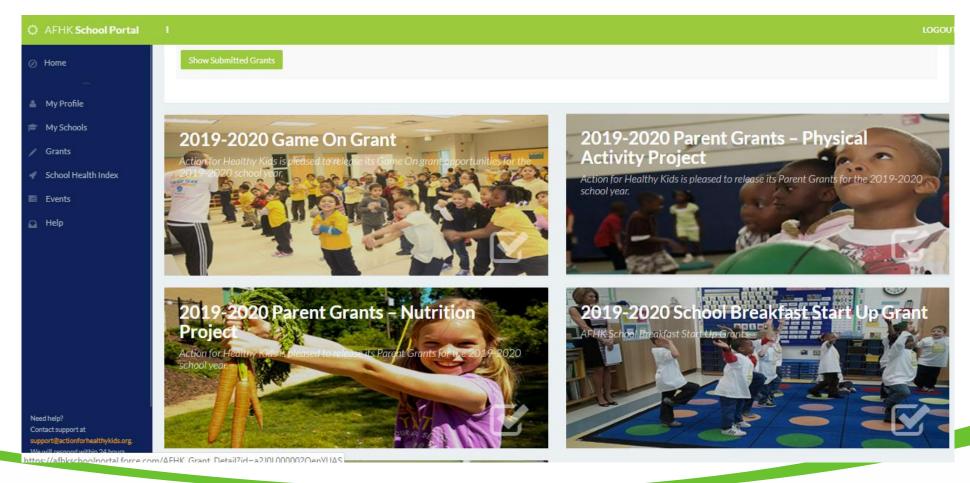




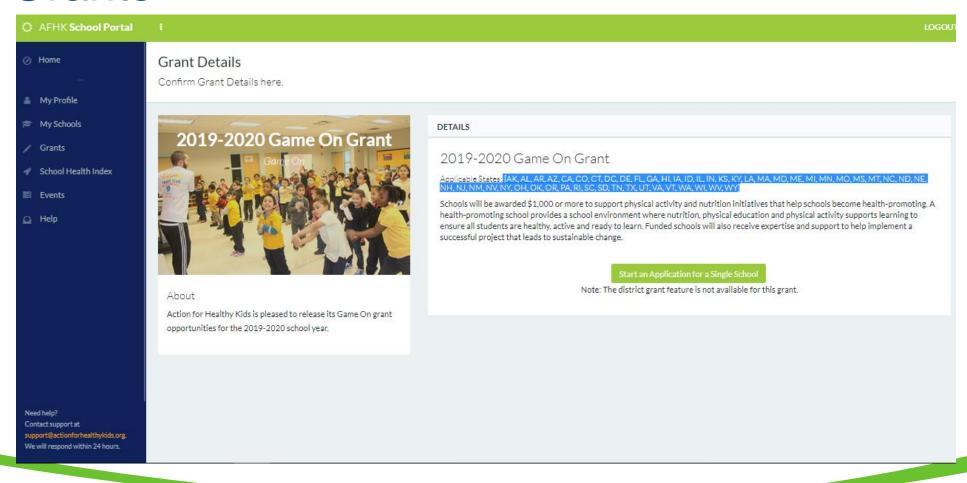
My School



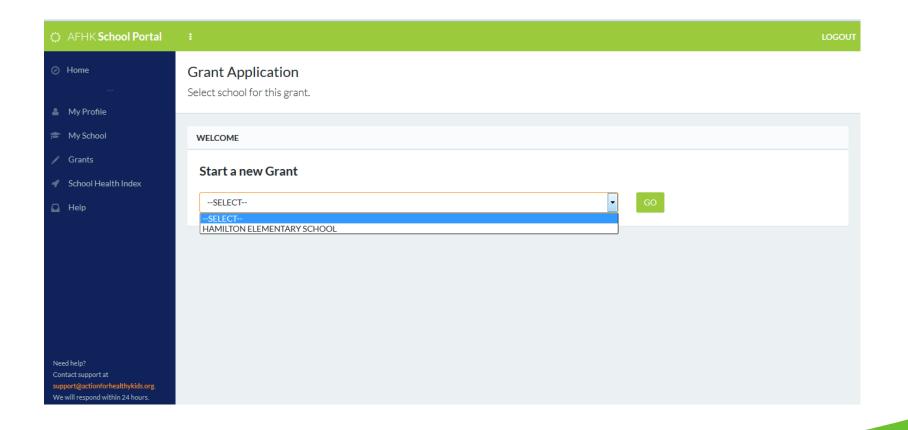




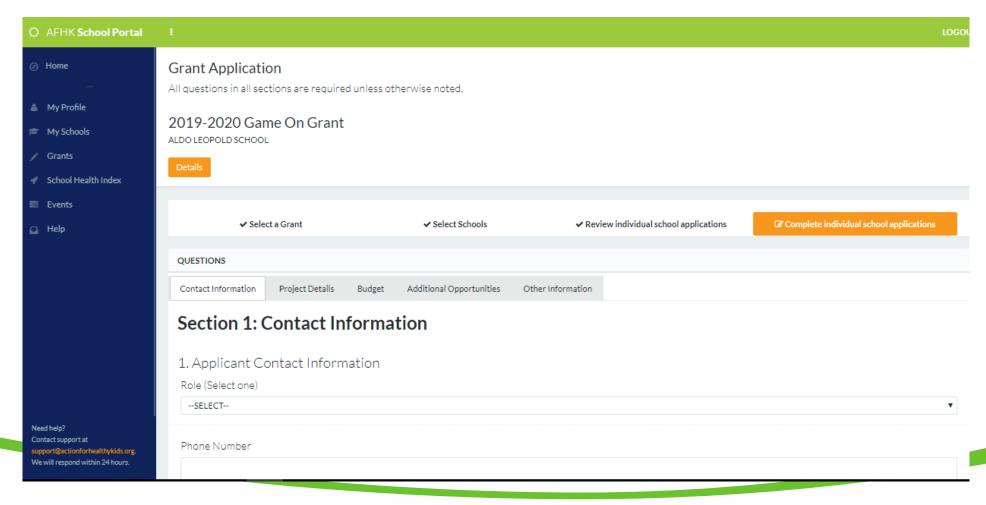






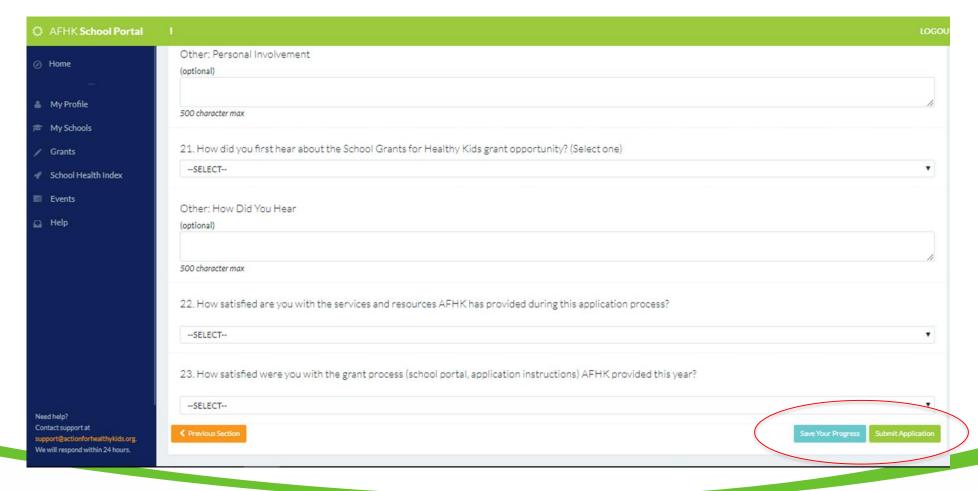








Submit





Steps to Apply - Tips

- LOGIN if you have a username/password or REGISTER to create one
- Set up your portal profile using the MY PROFILE tab
- Affiliate yourself with your school(s) using the MY SCHOOL TAB
- Click on GRANTS to see what grants are available
- Choose the grant you want and begin entering your application



Steps to Apply - Tips

- Use the most up to date version of internet browsers: Google Chrome and Firefox
- Save often!
- Move through the application by clicking on tabs at the top
- Complete all required responses before submitting, while paying attention to character count
- If there are errors when you submit, you'll see an ERROR box at the top of the portal Address the error and re-submit until all errors have been fixed



Grant Budget - Tips

- Portal will not accept funds over the grant amount
- Funds cannot be used for staffing
- Funds dispersed in 2 payments: 70% upon completion of Terms
 & Conditions and SHI (at the beginning of the school year) and
 30% after submission of the midterm report (in January)
- If your project requires more funding than our grant provides, please indicate how you'll provide additional funding from other sources
- All schools must submit a budget of \$1,000
- Fill in N/A for description for any field with \$0



General Tips

- Review and utilize the Application Instructions Guide as you compete the grant application – includes an application checklist
- Make sure your physical activity and nutrition initiative descriptions clearly describe what your school plans to do.
- Schools <u>can</u> apply for both a Breakfast grant and a Game On/Parent led grant.
- Schools <u>cannot</u> apply for both a Parent-led and a Game On grant.
- Get creative We LOVE seeing innovative and unique projects!



AFHK Technical Assistance

- Assistance with your application
- Game On!
- Content-specific webinars
- School Health Teams Discussion Group Facebook
- Monthly newsletters
- Resources and materials
- Trainings and events
- Communication and community engagement



Important Dates

Deadline	Description
Friday, April 5, 2019	Applications due
Monday, May 13, 2019	Award notifications
Friday, May 31, 2019	School Terms and Conditions due & pre-School Health Index
Friday, December 13, 2019	Midterm Report and 2 photos due
Friday, March 27, 2020	Every Kid Healthy Week Event Survey due
Friday, May 29, 2020	Final Report, post-School Health Index and 3 photos due



Contact Us

- Regional Managers and State Coordinators
- We will send out the contact list following the live session.

You can also contact us at:

SchoolGrants@ActionforHealthyKids.org



Questions

Questions?





Follow Us for More Resources





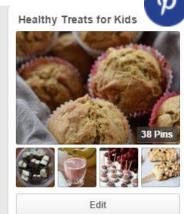
12 Days of Fitness www.actionforhealthykids.org





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



















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