

2019-2020 School Grants for Healthy Kids

Parent Grants Webinar

February 19, 2019



Today's Presenters



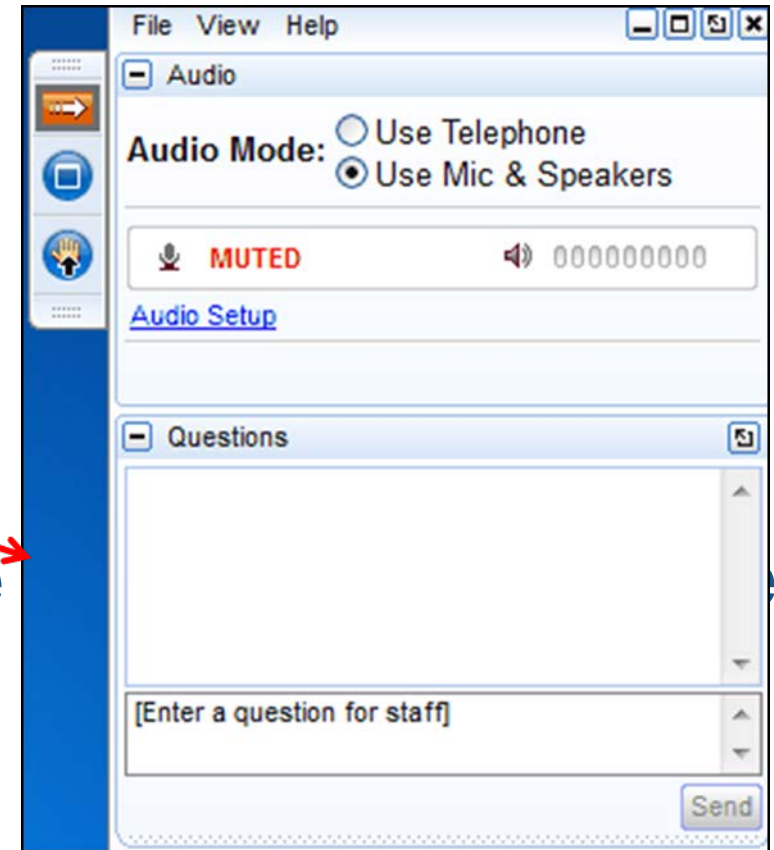
Sean Wade
Senior Manager of
Volunteer Initiatives



Ellen Dillon
Senior Field Manager

Logistics

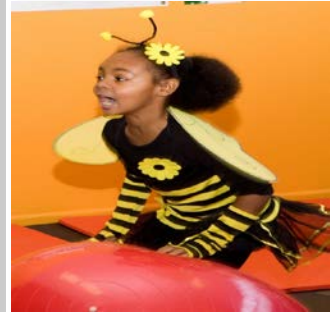
- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be call



Agenda

- Who is Action for Healthy Kids?
- 2019-2020 School Grants for Healthy Kids
- What is Parents for Healthy Kids?
- 2019-2020 Parent Grant Opportunities
- Project Ideas
- Steps to Apply
- Tips for Applying and Technical Assistance
- Important Deadlines
- Questions/Answers

Who Are We?



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

Who Are We?

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.

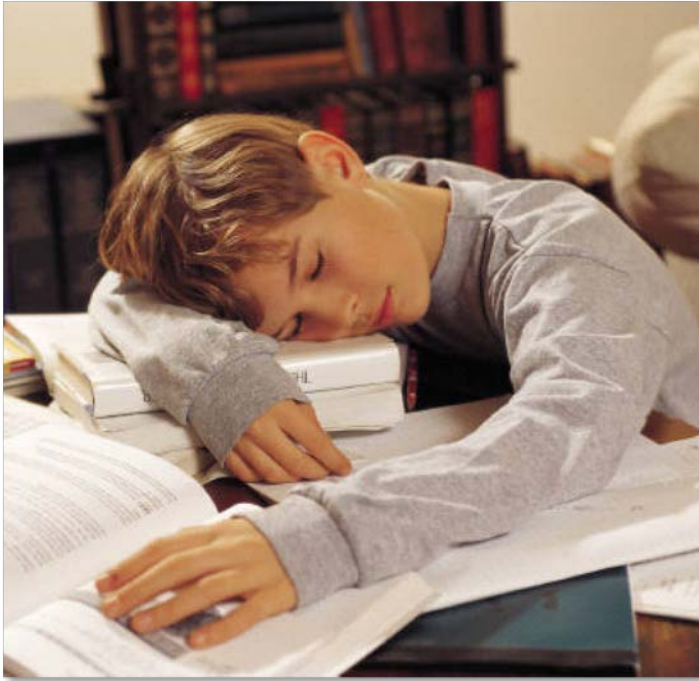


Why Schools?

- Schools reach most children and adolescents.
- Children spend around 1,200 hours per year in school.
- Teachers, school staff and parent volunteers are key role models.
- Curriculum standards for health include nutrition and physical education.
- School teach kids what we value and what is important in our community.



The Learning Connection



Action for Healthy Kids, "The Role of Sound Nutrition and Physical Activity in Academic Achievement"

- Undernourished children tend to have low energy, are often irritable, and have difficulty concentrating.
- They also score lower on vocabulary, reading comprehension and arithmetic tests.

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 Grant
- D. No, we've never applied for an AFHK grant
- E. 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 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*



Parents for Healthy Kids

Parents for Healthy Kids is a national initiative created for parents, by parents, offering resources to help parents and caregivers become effective change agents in school and student health. PFHK includes communication tools, school grants and workshops – all specifically for parents.



Action for Healthy Kids • National PTA
Sponsored by ALDI



Are you frustrated with the ways things are at your child's school but not sure what to do? Are you looking for tips for healthy living at home and ways to reinforce those healthy habits at school? Well, you came to the right place to get the knowledge, confidence and support you need to make positive changes in health and wellness – both at school and at home!

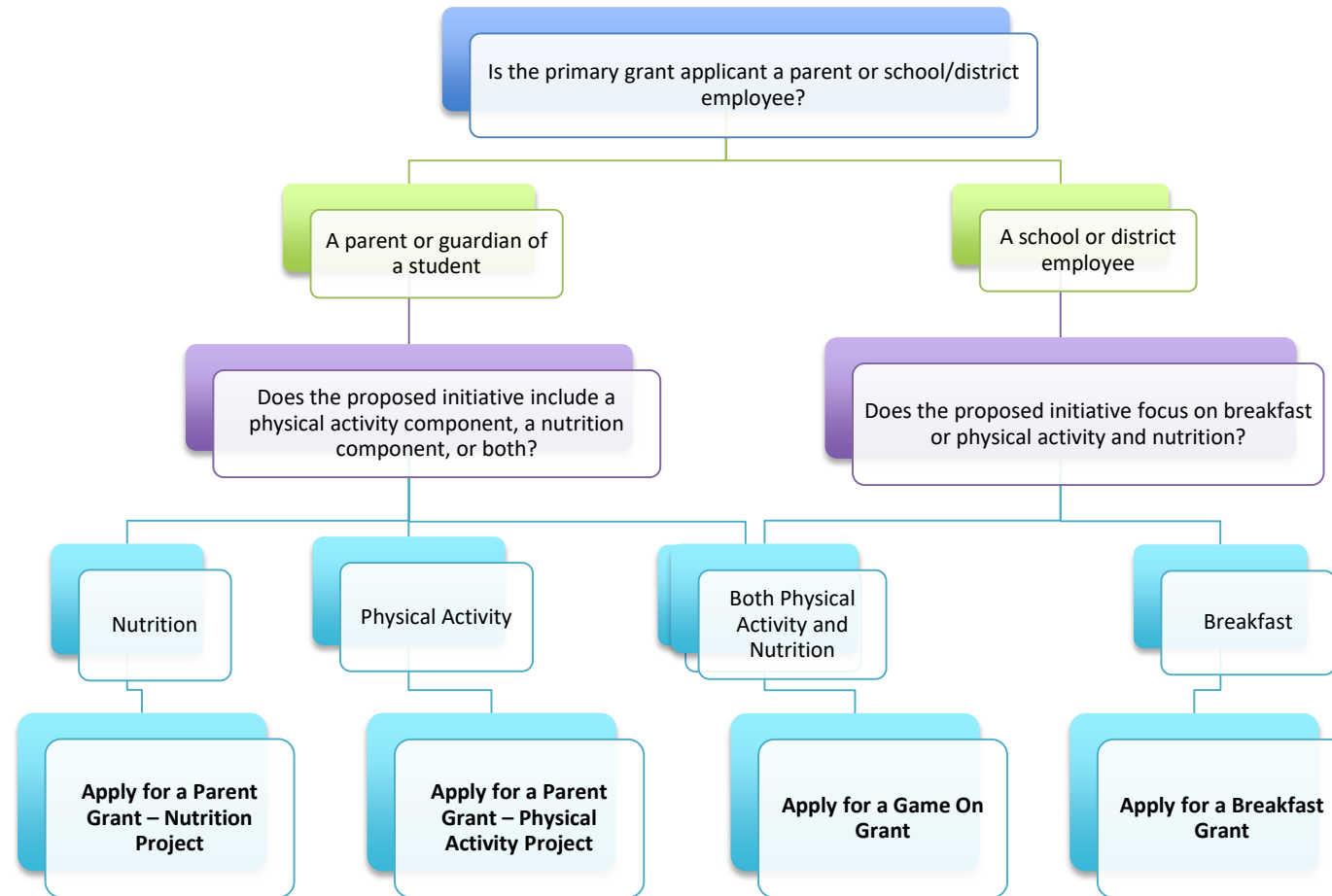
Parents for Healthy Kids is a national initiative created for parents, by parents, offering resources to help parents and caregivers become effective change agents in school and student health – includes this website and online community forum, school grants, and trainings.

We invite you to sign up to receive news from us about exciting opportunities, new happenings on the site, and more. We're so glad you stopped by!

2019-2020 Parent Grants

- New this year: physical activity OR nutrition grant options
- \$1,000 in grant funding
- Parent or parent group applies for & leads the project
 - Individual parent or family member
 - PTO/PTA or other school level parent group
 - School Wellness Team with a parent lead
- **Must have a school level co-lead**
 - Individual working at the school level
 - Principal, teacher, nurse, food service manager, etc.

2019-2020 Parent Grants

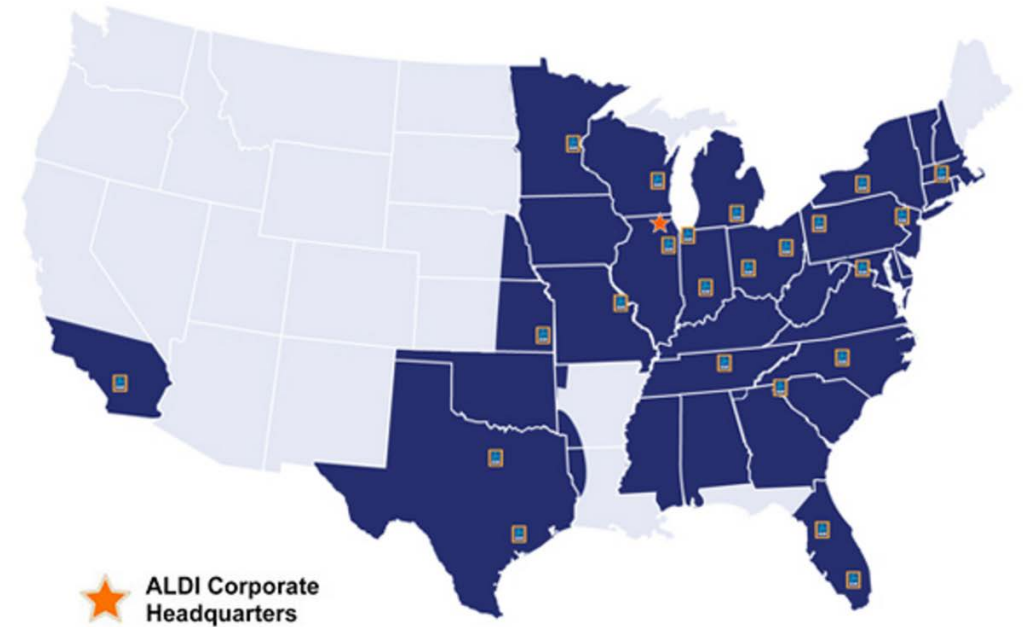


Parents for Healthy Kids Grants

Specific states eligible: AL, AR, CA, CT, DC, DE, FL, GA, IA, IL, IN, KS, KY, MA, MD, MI, MN, MO, MS, NC, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, TX, VA, VT, WI, WV

Priority areas:

- Within 15 miles of ALDI store
- <https://aldi.us/stores/>



Parent Grant Strategies

Physical Activity Project

- Outdoor and/or Indoor Active Recess
- Play Space Refurbishing
- Classroom Physical Activity
- Before and/or After-School Programming, including Walk/Bike to School



Physical Activity Project Ideas

- Indoor recess carts
- Kinesthetic learning labs
- Fitness and yoga rooms
- Monthly family fitness nights
- Running or walking clubs
- New or refurbished play spaces
- Stability balls or wobble chairs



What Our Schools Are Saying

"I feel like it is a good way to start something big. I am actively involved in walking to school and in the morning walking club. This gives me more exercise each day and I like getting the rewards from the grant." *Grant L., 5th Grade Student, Byrnedale Elementary School, OH*



Parent Grant Goals – Physical Activity

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



Parent Grant Strategies

Nutrition Project:

- School Gardens
- Healthy Fundraisers
- Classroom Celebrations
- Classroom Rewards
- Healthy Food Taste Testing
- Healthy Cooking Classes
- School Store
- Water Access



Nutrition Project Ideas

- Rethink Your Drink
- Healthy food taste tests
- School gardens
- Healthy fundraising & celebrations
- Non-food rewards and healthy incentive programs
- Promoting water and increasing water access
- Cooking classes and recipe contests



What Our Schools Are Saying

"My children and I have really enjoyed the Garden Club that began after our school received the AFHK grant! We've learned about different types of squash and pumpkins, and were able to sample cooked squash and pumpkins seeds. I found the recycling part to be very informative as we learned about making our own compost for our gardens, and what we can and can't recycle."

Gina Turner, Grant Wood Elementary Parent, Grant Wood Elementary School, IA

Parent Grant Goals – Nutrition Project

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



Parent Grant Deliverables – All Projects

- Provide information to students and parents on the importance of physical activity and nutrition
- Engage parents and families in school health efforts
- Work toward becoming a health-promoting school
- Host an Every Kid Healthy™ Week event during April 2020



Reporting Deliverables

- Submit Terms & Conditions to accept 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)

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

New this year: an exciting benefit from our partners at [Active Schools](#):

- Funded schools will automatically be enrolled as an Active Schools Champion.
- Active Schools Champions receive access to free resources, programs, services (e.g., webinars) and special events, as well as a monthly e-newsletter with information about physical education and physical activity grants.
- Champions are the first to hear about special events like Take Your Parent to PE Week (last week of September) and other promotions, contests, and opportunities.
- Funded schools will have the opportunity to opt-out of this automatic enrollment.

Best Practices and Great Ideas

Parents for Healthy Kids

- Inspirational stories and videos from parent leaders
- Hot topics such as recess, snack time and fundraising
- Community forum to exchange ideas, tips and get advice
- <https://parentsforhealthykids.org/>

Game On

- Free online guide provides all the information and resources you need to host a successful school wellness program
- Over 80 Eat Better & Move More activity challenges and activities for every aspect of your school building
- <http://www.actionforhealthykids.org/tools-for-schools/game-on>

Yay!! What We Are Looking For

- “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.”

Nay! What We Are Not Looking For

“Our school will start a running club for 1st grade students.”

- **Initiative doesn't include the majority of the student body**

“Our school will host a taste test during our Every Kid Healthy Week event.”

- **Nutrition initiative isn't ongoing**

“Our school will host a Family Fitness Night.”

- **Physical activity initiative isn't ongoing**

Steps to Apply

- Complete the paper application with your School Level Co-Lead and School Health Team
- Check your character counts (not word count)
- 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 Parents for Healthy Kids website



How Healthy is Your School?

[Apply for a School Grant!](#)

The Learning Connection

Apply for a School Grant

School grants—made for you

OK, so you're ready to make change happen at school! Despite wanting to do what's best for students' health, many schools lack the necessary resources to

For More on Grants & Other Resources...

[Sign up for our emails](#) to get regular updates about future grant opportunities and other ways to get

Steps to Apply

Scroll down to Step 4 under 'How to Apply' - Log in or create an account on the [Action for Healthy Kids school portal](#)

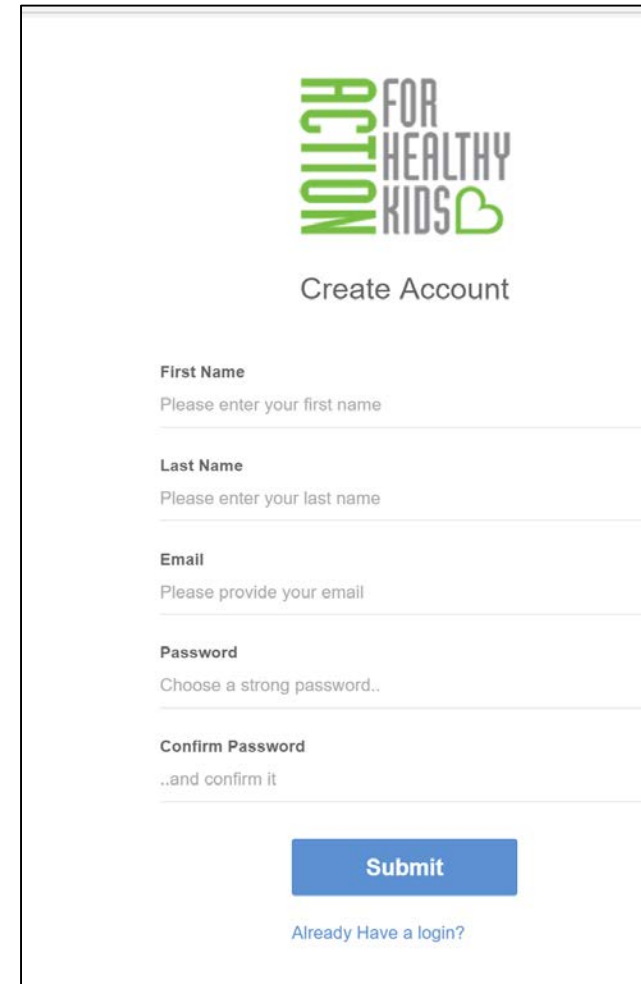


How to Apply

1. Review the paper application and application instructions above.
2. [Register for the grant webinar](#) to learn about specific grant details and eligibility requirements and receive helpful tips for applying.
3. We recommend you complete a paper application with your school health team prior to submitting your application online. Once the paper application is complete, it will take ~30 minutes to submit online. (No school health team? [Learn how to start one](#) or contact schoolgrants@actionforhealthykids.org for support.)
4. Log in or create an account on the [Action for Healthy Kids school portal](#).
Applications must be submitted online.
5. Once there, connect your account with the school(s) for which you are applying. To do this, click on My Profile, then the Add or Manage Schools button.
6. Click on Grants, and select the parent-led grant. Then, complete your application!

Steps to Apply

Log in or Create an Account



The screenshot shows a web form titled "Create Account" for "ACTION FOR HEALTHY KIDS". The form includes the following fields and labels:

- First Name**: Please enter your first name
- Last Name**: Please enter your last name
- Email**: Please provide your email
- Password**: Choose a strong password..
- Confirm Password**: ..and confirm it

At the bottom of the form is a blue "Submit" button and a link that says "Already Have a login?".

Steps to Apply – Home Page

AFHK School Portal

LOGOUT

Home

My Profile

My School

Grants

School Health Index

Help

Need help?
Contact support at
support@actionforhealthykids.org
We will respond within 24 hours.

150 K
SCHOOLS WITH AFHK
PROGRAMS

\$ 1.4 M
TOTAL GRANTS GIVEN
IN 15-16 SY

4168
TOTAL GRANT
APPLICATIONS
SUBMITTED BY SCHOOLS

235
SHI MODULES
COMPLETED

GET STARTED

Welcome to the AFHK School Portal!

This portal is your hub for all things related to your school's health and wellness programs. Once you affiliate with your school(s), you are able to assess your school with the AFHK modified version of the CDC 2014 School Health Index (SHI). When you use the AFHK SHI you will gain access to customized resources from AFHK and our partners, based on your SHI results. After completing the SHI, a custom action plan will be generated for your school to help your school track progress and take steps towards specific healthy school goals, and to check how ready your school is to apply to the USDA's HealthierUS Schools Challenge. This portal will also allow you access to apply for all AFHK grant opportunities and manage grant reporting requirements. You will want to bookmark this page, so you can return frequently as you work to ensure every kid is healthy and ready to learn in your school.

Got questions? We've got answers. Check out the information in the help tab

1. Complete Your Profile

2. Find Your School

3. Assess Your School Health

4. Apply for a Grant

Steps to Apply – My Profile

AFHK School Portal LOGOUT

Home
My Profile
My School
Grants
School Health Index
Help

Need help?
Contact support at
support@actionforhealthykids.org
We will respond within 24 hours.

My Profile

Use this area to update your personal information.

Personal Home Address

Information

First Name	Heidi
Last Name	Milby
Email	
Alternate Email	
Professional Title	

What can I do here?

Follow these steps:

1. Update your personal information.
2. Add yourself to the wellness team of your school by clicking the "Add or Manage Schools" button

Add or Manage Schools

Are you a district level administrator?

Request district level access to unlock the ability to manage multiple school School Health Index.

NOTE: This is not required to submit a district level grant application.

Request District Level Access

Steps to Apply – My School

AFHK School Portal

LOGOUT

Home

My Profile

My School

Grants

School Health Index

Help

Need help?
Contact support at
support@actionforhealthykids.org

School Affiliations

Connect your profile to schools.

SEARCH SCHOOLS

60607

Results

School Name	ZIP code
<input type="checkbox"/> ANDREW JACKSON LANGUAGE ACAD	60607-03317
<input type="checkbox"/> CHICAGO VIRTUAL CHARTER SCHOOL	60607-02628
<input type="checkbox"/> GALILEO ELEM MATH & SCI ACAD	60607-04237
<input type="checkbox"/> Shattuck Test School	60607
<input type="checkbox"/> SKINNER WEST SCHOOL	60607-02591
<input type="checkbox"/> STEM MAGNET ACADEMY	60607-04614

What do I do?

In order to manage your schools, you must first affiliate yourself with your school, multiple schools or district. (Note: If you're affiliating with a district, search the zip-code of the district office). If you already see schools listed, you can return to the My Schools button to get started on next steps!

Can't find your school? Please download this New School form, complete it fully and send it to schoolgrants@actionforhealthykids.org and we'll add it and email you to let you know it's now there!

Steps to Apply - Grants

The screenshot displays the AFHK School Portal interface. At the top, the header includes the AFHK logo, the text "AFHK School Portal", and a "LOGOUT" button. A dark blue sidebar on the left contains navigation links: Home, My Profile, My Schools, Grants, School Health Index, Events, and Help. The main content area features a "Show Submitted Grants" button and four grant opportunity cards. Each card includes a title, a descriptive paragraph, and a background image. The cards are: 1) "2019-2020 Game On Grant" with a photo of children playing; 2) "2019-2020 Parent Grants - Physical Activity Project" with a photo of children looking at a globe; 3) "2019-2020 Parent Grants - Nutrition Project" with a photo of a child holding a bunch of vegetables; and 4) "2019-2020 School Breakfast Start Up Grant" with a photo of children in a classroom.

AFHK School Portal

LOGOUT

Home

My Profile

My Schools

Grants

School Health Index

Events

Help

Show Submitted Grants

2019-2020 Game On Grant
Action for Healthy Kids is pleased to release its Game On grant opportunities for the 2019-2020 school year.

2019-2020 Parent Grants - Physical Activity Project
Action for Healthy Kids is pleased to release its Parent Grants for the 2019-2020 school year.

2019-2020 Parent Grants - Nutrition Project
Action for Healthy Kids is pleased to release its Parent Grants for the 2019-2020 school year.

2019-2020 School Breakfast Start Up Grant
AFHK School Breakfast Start Up Grants.

Steps to Apply - Grants

The screenshot shows the AFHK School Portal interface. At the top, there is a green header with the text 'AFHK School Portal' on the left and 'LOGOUT' on the right. A dark blue sidebar on the left contains navigation links: Home, My Profile, My Schools, Grants, School Health Index, Events, and Help. The main content area is titled 'Grant Details' with the subtitle 'Confirm Grant Details here.' Below this, there is a large image of children in a gymnasium with the text '2019-2020 Parent Grants - Physical Activity Project' overlaid. To the right of the image is a 'DETAILS' section containing the following text: '2019-2020 Parent Grants - Physical Activity Project', 'Applicable States: [AL, AR, CA, CT, DC, DE, FL, GA, IA, IL, IN, KS, KY, MA, MD, MI, MN, MO, MS, NC, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, TX, VA, VT, WI, WV]', and 'This grant is for parents or parent groups to implement physical activity initiatives. Schools will be awarded up to \$1,000 in grant funding to help schools become health-promoting. Funded schools will also receive expertise and people power to help implement a successful project that leads to sustainable change.' At the bottom of the details section are two green buttons: 'Start an Application for a Single School' and 'Start an Application for Multiple Schools'. Below the image, there is an 'About' section with the text: 'Action for Healthy Kids is pleased to release its Parent Grants for the 2019-2020 school year.'

Steps to Apply - Grants

The screenshot shows the AFHK School Portal interface. At the top, there is a green header with the text "AFHK School Portal" on the left and "LOGOUT" on the right. A dark blue sidebar on the left contains navigation links: Home, My Profile, My School, Grants, School Health Index, and Help. The main content area is titled "Grant Application" and includes the instruction "Select school for this grant." Below this, there is a "WELCOME" section and a "Start a new Grant" section. In the "Start a new Grant" section, there is a dropdown menu with "--SELECT--" selected, and a green "GO" button. The dropdown menu is open, showing "--SELECT--" and "HAMILTON ELEMENTARY SCHOOL". At the bottom left of the sidebar, there is a "Need help?" section with contact information: "Contact support at support@actionforhealthykids.org. We will respond within 24 hours."

Steps to Apply - Grants

The screenshot shows the AFHK School Portal interface. At the top, there is a green header with the logo and 'AFHK School Portal' on the left, and a 'LOGOUT' link on the right. A dark blue sidebar on the left contains navigation links: Home, My Profile, My Schools, Grants, School Health Index, Events, and Help. The main content area is titled 'Grant Application' and includes the text 'All questions in all sections are required unless otherwise noted.' Below this is the title '2019-2020 Parent Grants – Physical Activity Project' and 'NEIGHBORHOOD SCHOOL'. An orange 'Details' button is visible. A progress bar below the title shows four steps: 'Select a Grant', 'Select Schools', 'Review individual school applications', and 'Complete individual school applications' (which is highlighted in orange). Underneath is a 'QUESTIONS' section with tabs for 'Contact Information', 'Project Details', 'Parent and Family Engagement', 'Budget', and 'Additional Information and Feedback'. The 'Contact Information' tab is active, showing 'Section 1: Contact Information' and '1. Applicant Contact Information'. A dropdown menu for 'Role (Select one)' is currently set to '--SELECT--'.

Steps to Apply - Grants

AFHK School Portal LOGOUT

2018-2019 Parents for Healthy Kids Grant
PAWNEE ELEMENTARY SCHOOL

[Details](#)

✓ Select a Grant ✓ Select Schools ✓ Review individual school applications **Complete individual school applications**

Grant Submitted! ×

Your grant has been successfully submitted. Thank you for completing your School Grants for Healthy Kids application. Schools will be notified in approximately 6 weeks after the close of the grant cycle. Please check the Action for Healthy Kids website for additional details. To complete applications for other schools, please return to the AFHK School Portal Home page.

Please Verify That Your Responses Have Been Saved by Clicking Here!
[Click here to submit more applications!](#)

QUESTIONS

Contact Information Project Details Budget Additional Information Feedback

Need help?
Contact support at support@actionforhealthykids.org.
We will respond within 24 hours.

Steps to Apply – Review

- 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
- 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

- All schools must submit a budget of \$1,000
- 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 (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
- Fill in N/A for description for any field with \$0

General Tips

- Review and utilize the **Application Instructions Guide** as you complete the grant application – it includes an application checklist.
- Check out our grant **FAQ** document for additional help.
- Schools can apply for multiple grants (e.g. a Breakfast grant and a Game On grant or a Game On and a Parent grant)
- Schools cannot apply for both types of Parent grant.
- Get creative, unique and innovative!

AFHK Support

- Assistance with your application
- Content-specific webinars
- Parents for Healthy Kids website and newsletters
- 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
Friday, December 13, 2019	Midterm Report, pre-School Health Index 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

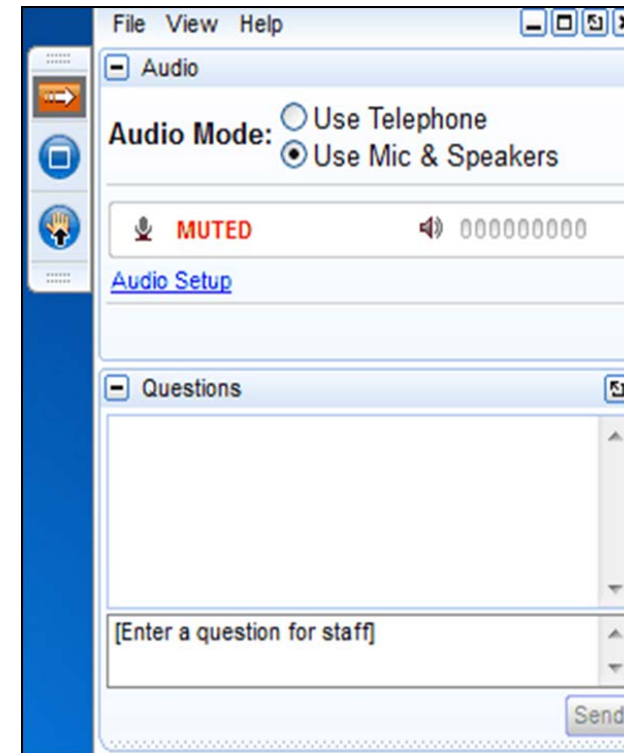
Contact Us

- 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

 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



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

ActionforHealthyKids.org

Learn • Act • Transform

ACTION FOR
HEALTHY
KIDS 