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 sent out following the 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

- 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.

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

[www.actionforhealthykids.org/grants](http://www.actionforhealthykids.org/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.
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

Is the primary grant applicant a parent or school/district employee?

A parent or guardian of a student

Does the proposed initiative include a physical activity component, a nutrition component, or both?

Nutrition

Physical Activity

Apply for a Parent Grant – Nutrition Project

Apply for a Parent Grant – Physical Activity Project

Both Physical Activity and Nutrition

Apply for a Game On Grant

A school or district employee

Does the proposed initiative focus on breakfast or physical activity and nutrition?

Breakfast

Apply for a Breakfast Grant
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
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.

www.EveryKidHealthyWeek.org
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/](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](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

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...
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 writing 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, align your account with the school/ies at 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

Create Account

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

Submit

Already Have a login?
Steps to Apply – Home Page
Steps to Apply – My Profile

AFHK School Portal

My Profile

Use this area to update your personal information.

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.

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

Learn • Act • Transform
Steps to Apply – My School

Learn • Act • Transform
Steps to Apply - Grants
Steps to Apply - Grants

**2019-2020 Parent Grants - Physical Activity Project**

*Parents*

**Details**

- **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, NV, OH, OK, PA, RI, SC, SD, TN, TX, VA, VT, WI, WV

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.

- Start an Application for a Single School
- Start an Application for Multiple Schools

*About*

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

Learn • Act • Transform

Grant Application
All questions in all sections are required unless otherwise noted.

2019-2020 Parent Grants – Physical Activity Project
NEIGHBORHOOD SCHOOL

Details

Select a Grant  Select Schools  Review individual school applications

Complete Individual school applications

QUESTIONS

Contact Information  Project Details  Parent and Family Engagement  Budget  Additional Information and Feedback

Section 1: Contact Information

1. Applicant Contact Information
Role (Select one)

--SELECT--
Steps to Apply - Grants
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 compete 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

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

Stay up to date on success stories, health tips, physical activity games, fun recipes, volunteer opportunities and ideas for action!
School Programs ◆ Tools and Resources ◆ Expert Partners
Volunteer Opportunities ◆ School Grants

ActionforHealthyKids.org