



# Game On:

Your One-Stop Shop for School Health

September 26, 2018

# Today's Presenters



**Kristina Shelton**

Field Manager

Action for Healthy Kids



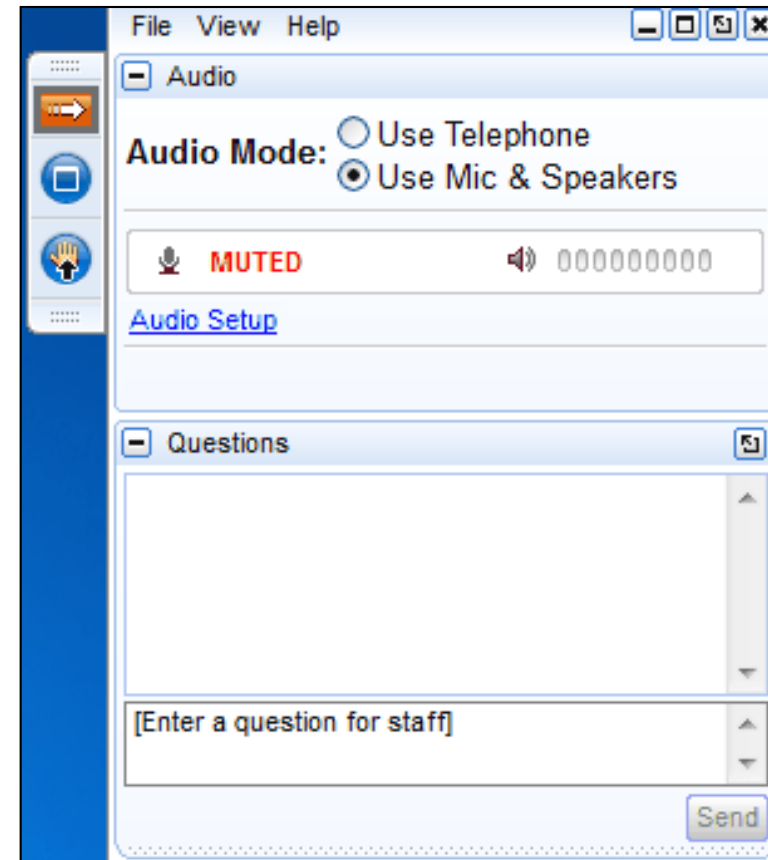
**Brean Witmer**

Eastern 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

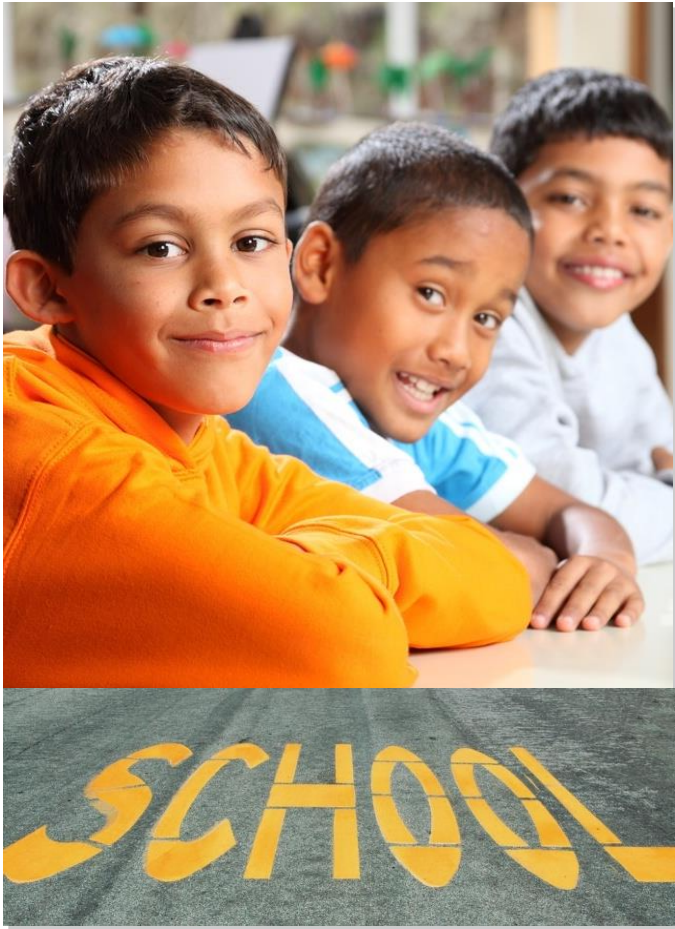


# Agenda

- Who We Are: Action for Healthy Kids
- What is Game On?
  - Step 1: Gather Your Team
  - Step 2: Assess & Track Progress
  - Step 3: Create & Implement an Action Plan
  - Step 4: Find Eat Better & Move More Activities
  - Step 5: Engage Families & Community
  - Step 6: Receive Recognition
- Additional Action for Healthy Kids Resources



# Who Are We?



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

We work to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.

# Tell Us About Yourself!

## What is your role at your school?

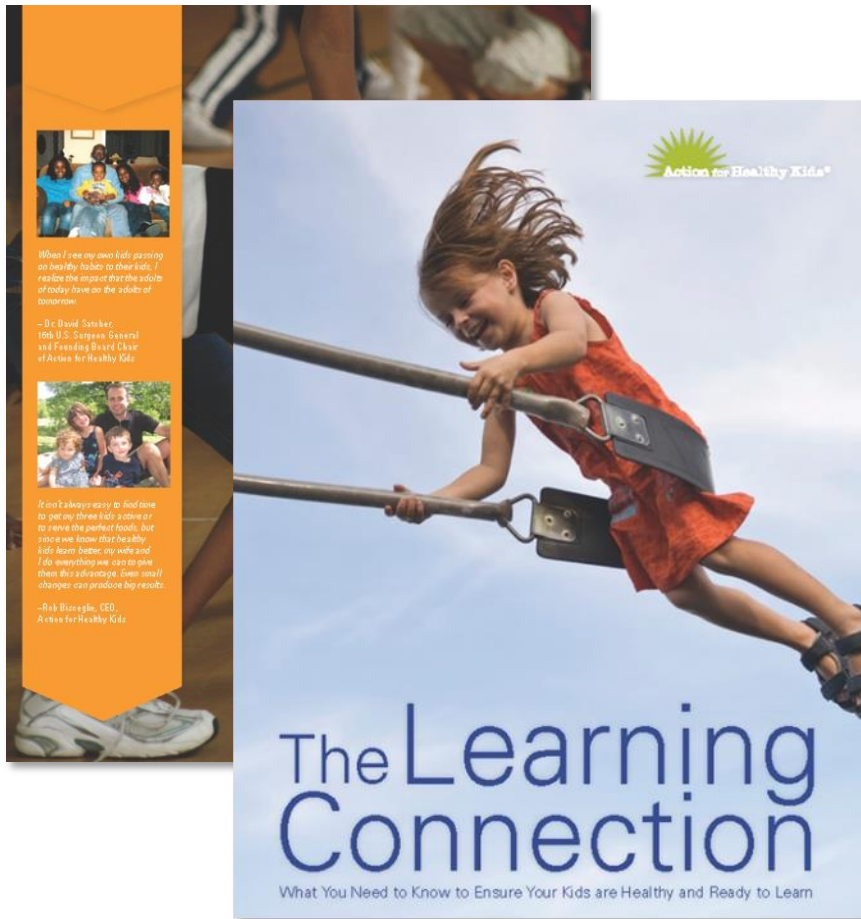
- a. Teacher
- b. Principal or other administrator
- c. District Staff Member
- d. Parent or Community Member
- e. Other



# The Learning Connection

Integrating health and wellness into schools gives students the opportunity for an academic advantage – what AFHK calls The Learning Connection.

- Physical activity has a positive impact on academic achievement. It leads to more focused classroom behavior and improved test scores.
- Participation in breakfast programs are associated with increased grades specifically math and arithmetic scores.
- There is a positive association between healthy dietary consumption and mental processes including cognition.



# 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 helping your school become health-promoting.

<http://www.actionforhealthykids.org/game-on>



# What is a Health-Promoting School?

A health promoting school provides a school environment where nutrition, physical education and physical activity supports learning to ensure all students are healthy, active and ready to learn.



# What is a Health-Promoting School?

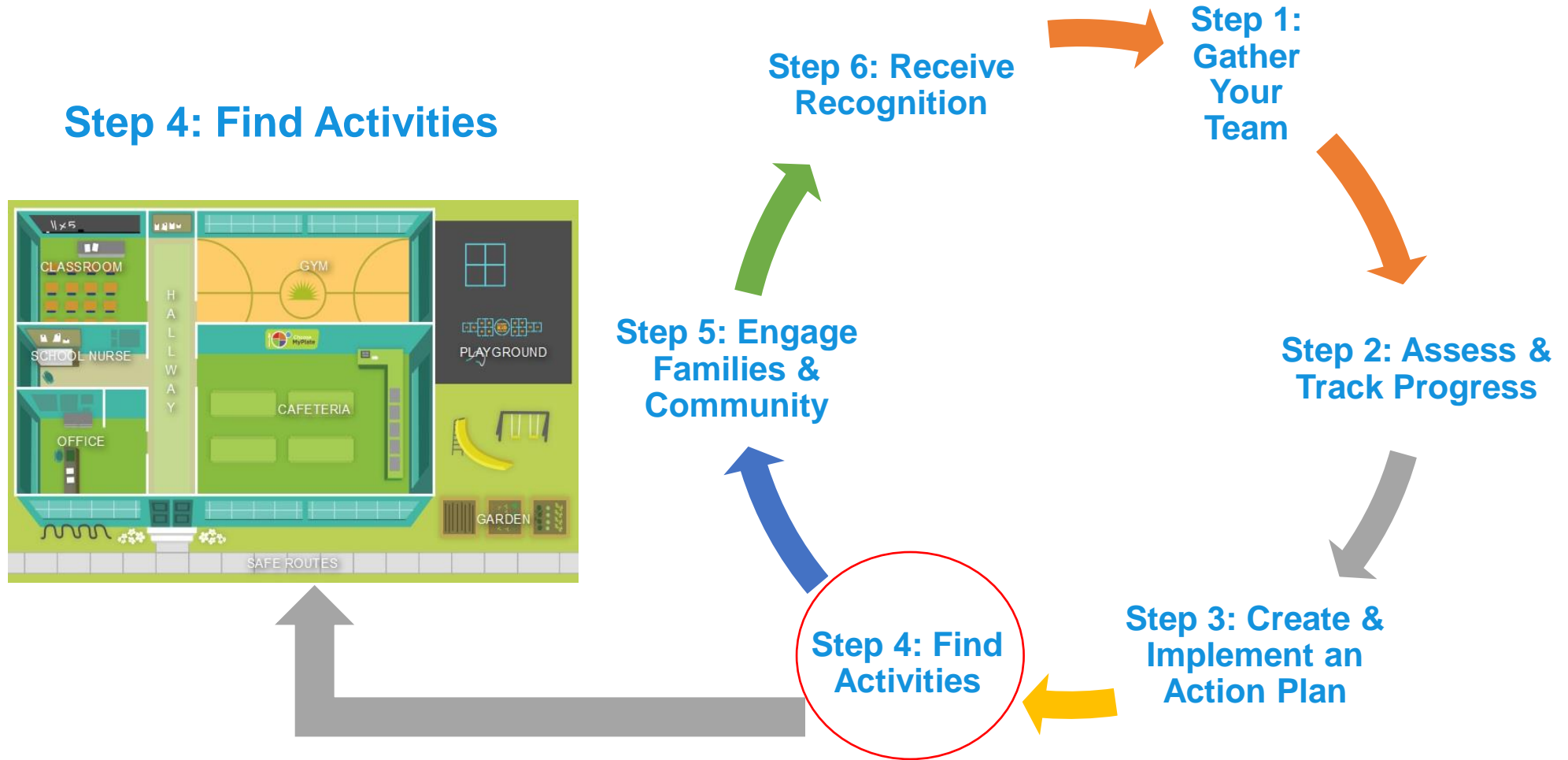
## Staff, Family and Community Engagement

- School Health Team
- School Health Action Plan
- Family Engagement
- Community Engagement
- Staff serve as healthy role models for students

## Programs and Practices

- Health Education
- Physical Education
- Physical activity opportunities before, during and after school (outside of PE)
- Health breakfast and lunch
- Access to healthy foods/beverages wherever food is served, sold or offered

# Game On



# Accessing Game On

- Navigate to [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- Click on the **Tools for Schools** tab
- Click on **Game On Program**

The screenshot displays the website's navigation bar with tabs for 'What We Do', 'Tools for Schools', 'Events', 'In Your State', 'Get Involved', and 'Partner with Us'. The 'Tools for Schools' tab is selected. Below the navigation bar, the breadcrumb trail reads 'Home > Tools for Schools > Game On Program'. The main content area features the 'Game On' title and a descriptive paragraph: 'Game On supports America's schools in creating healthier school environments for students, staff and the communities they serve. This no-cost online guide provides all the information and resources you need to host a successful school wellness program in your school with the ultimate goal of getting your school nationally recognized as a health-promoting school through the United States Department of Agriculture, Food and Nutrition Service's HealthierUS School Challenge: Smarter Lunchrooms (HUSC:SL) recognition program.' Below this text is a green button labeled 'GAME ON ACTIVITY OF THE MONTH'. To the right, a vertical list of six steps is shown, with the first three steps circled in red: 'Step 1: Gather Your Team', 'Step 2: Assess & Track Progress', and 'Step 3: Create & Implement an Action Plan'. The remaining steps are 'Step 4: Find Activities', 'Step 5: Engage Families & Communities', and 'Step 6: Receive Recognition'. The 'ACTION FOR HEALTHY KIDS' logo is visible in the bottom left corner of the page.

# Steps of 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



# Let's do it together!

“There is no limit to what we can achieve when we combine with the right people. Together we can really make a difference in the health of our nation’s children.”

**Dr. David Satcher, MD, PhD**

16th U.S. Surgeon General, Action for Healthy Kids  
Founding Chair



# What Do School Health Teams Do?



- Implement district health and wellness policies
- Identify health concerns
- Develop a vision and goals
- Lead projects or programs that promote health
- Raise funds to support programs
- Measure the impact of programs
- Promote and celebrating successful health initiatives

**Health-Promoting School Best Practice: Meet at least quarterly as a School Health Team**

# Tell Us About Yourself!

## What does your school health team look like?

- a. My school doesn't have a team
- b. My school has a team on paper, but we don't meet
- c. My school has a team and we meet a 1-3 times per year
- d. My school has a team and we meet 4 or more times per year





# Step 1: Gather Your Team

## During the 2017-18 school year:

- 35% of our Game On schools met at least 4 times per year
- 83% of our Game On schools had an administrator on their school health team



# Step 1: Gather Your Team

## How can Game On: Step 1 help?

- Steps to building a strong School Health
- Strategies to make the case for school wellness
- Tips for recruiting team members, including suggested roles for each team member
- Tips for hosting effective meetings and developing a clear vision



# Step 1: Gather Your Team



- Develop an elevator pitch
- Identify champions to help you lead the team
- Get the principal's approval and buy-in

# Step 1: Gather Your Team

- Invite teachers, school staff, parents and community members
- Include key players/influencers in the school
- Invite student input and participation
- Connect with your district



# Tips for Successful Meetings

- Plan regular meetings at convenient times.
- Create a welcoming environment at every meeting.
- Provide opportunities for conversation and interaction.
- Follow a focused agenda. Have a parking lot to table issues.
- Note key decisions and summarize next steps
- Accomplish as much as possible with e-mails and phone calls.
- Consider forming subcommittees to work on different projects.



# Steps of 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



# School Health Index (SHI)



# Why Take the School Health Index?

- Develop relationships with key staff.
- Determine your school's strengths and weaknesses.
- Define goals that suit your school's needs.
- Justify your decision to make changes.
- Document starting points to show progress over time.
- Develop an action plan for improving school health.





# Complete Your SHI Annually

Complete your School Health Index assessment annually so you can measure your progress over time.



# Tell Us About Yourself!

## Has your school ever completed the School Health Index (SHI)?

- a. Yes! We completed the SHI this school year.
- b. Yes, but we haven't submitted the SHI yet this school year.
- c. No, we've never completed the School Health Index.
- d. I'm not sure.



# School Health Index (SHI)

## During the 2017-18 school year:

- Most schools were:
  - Implementing recess (77%)
  - Meeting school nutrition standards for Smart Snacks (70%)
  - Communicating with families about health and wellness initiatives (70%)



# School Health Index (SHI)

## During the 2017-18 school year:

- Most schools did not:
  - Implement farm-to-school activities (25%)
  - Implement individual physical activity and fitness plans for students (27%)
  - Model healthy eating and physical activity (29%)



# Step 2: Assess & Track Progress

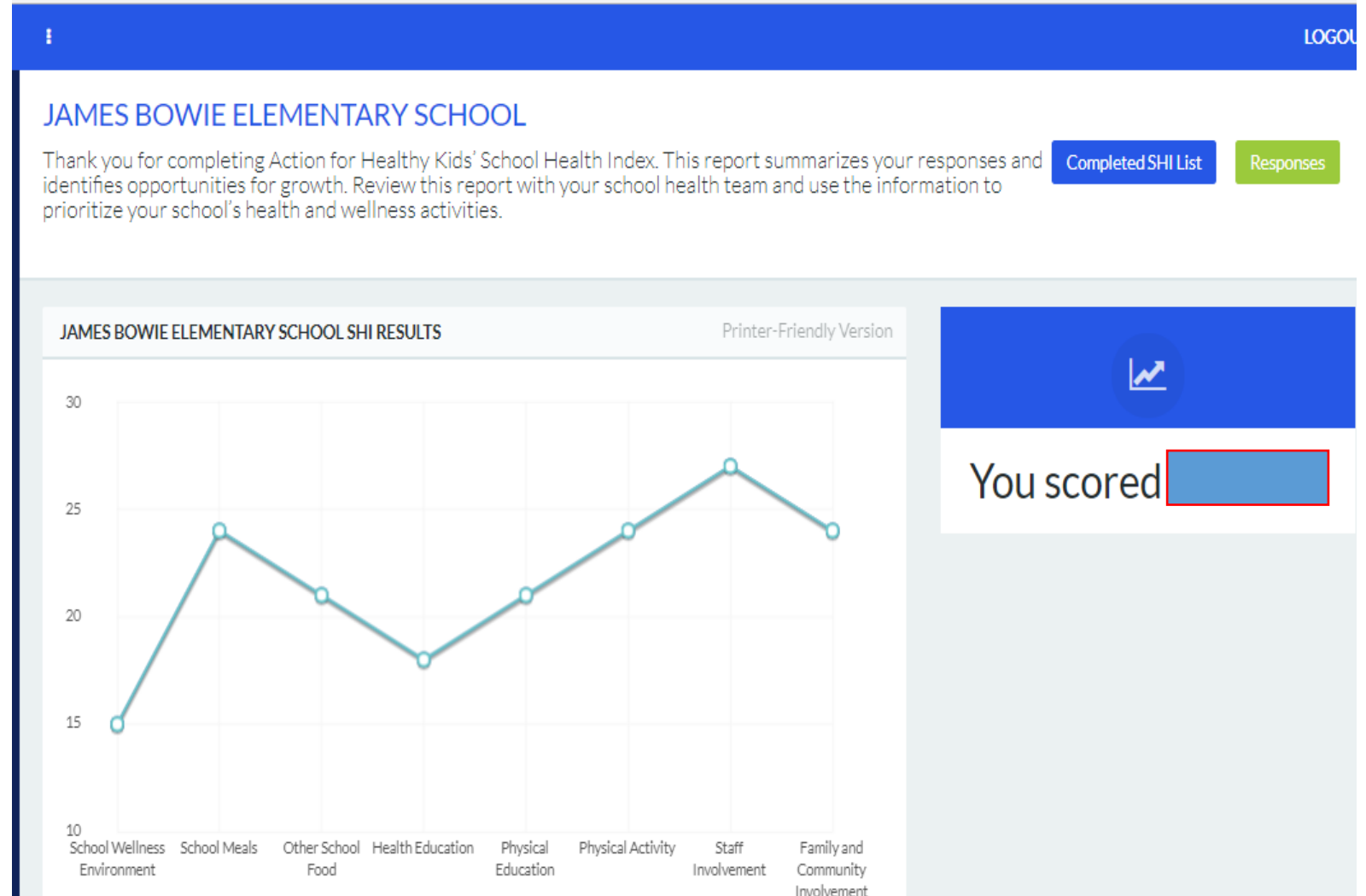
## How can Game On: Step 2 help?

- Outlines why it's helpful to complete an assessment
- Links to AFHK's School Portal, where you can complete AFHK's modified School Health Index
- Provides a step-by-step guide for how to complete the AFHK's online School Health Index

The screenshot displays the 'School Health Index' assessment interface. At the top, there is a blue header with the text 'School Health Index' and a 'LOG' button. Below the header, a welcome message states: 'Welcome to the Action for Healthy Kids School Health Index. Questions are organized by the categories you see at the top of your screen. To complete the assessment:'. This is followed by three numbered instructions: 1. Read each question and select the most appropriate response. 2. ALL questions are required. 3. When ready, click Submit. A progress indicator on the right shows '0%' completion. The main content area is titled 'School Wellness Environment' and contains a question: '1. School health oversight. Currently, does someone at your school oversee or coordinate school health programs and activities?'. The question is followed by a legend: '3 = Yes' and '0 = No'. Navigation buttons include 'Find Unanswered Questions', 'Save', 'Back', and 'Next'.

# Step 2: Assess & Track Progress

When you complete AFHK's School Health Index, you get a report summarizing your results.



# Why Create an Action Plan?



- Team camaraderie
- Group brainstorming
- Clear communication
- Timeline

# Step 3: Create & Implement an Action Plan

## How can Game On: Step 3 help?

- Outlines why it's helpful to complete an action plan
- Provides suggestions on how to use AFHK's School Health Index to develop your action plan
- Links to a list of National Health Observances to help you plan activities/initiatives around key national initiatives





# Steps of 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



# Step 4: Find Activities



Select a room on the school blueprint to find nutrition and physical activity activities for every aspect of the school building.

# Why Host Eat Better & Move More Activities?



- Supports classroom lessons
- Encourages consumption of healthy foods and regular physical activity
- Contributes to good health
- Promotes the right messages
- Creates excitement about nutrition and physical activity
- Supports the Learning Connection!

“Healthy Celebrations.” Connecticut State Department of Education, May, 2005.

& “Alternatives to Food Rewards.” Connecticut State Department of Education, May 2005 (Revised November 2011)

# Step 4: Find Activities

## How can Game On: Step 4 help?

- Provides more than 80 Eat Better and Move More activity ideas!
- Organize by school room for easy searching
- Activities include:
  - Overview
  - Take Action
  - Tips
  - Engaging Volunteers
  - Additional Resources



# Eat Better Activity Examples

- 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>

# Move More Activity Examples

Playground Circuit Challenges

Recess Before Lunch

Brain Breaks, Instant Recess & Energizers

Outdoor Active Recess

Recess at Home

Active Learning Opportunities

Active Indoor Recess

Fitness Classes

Songs & Stories with Movement

Walking School Bus

Bike Racks

Get Your Groove On

Walking Programs

Open Gym

Activity Clubs

Step 4: Find Activities - <http://www.actionforhealthykids.org/game-on/find-challenges>

# Steps of Game On

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# Benefits of Engaging Volunteers

## Benefits of Engaging Volunteers:

- Volunteers can offer new perspectives
- Volunteers can make a lasting impact & contribution through their knowledge base and support
- Volunteers can provide an extra helping hand or a needed, valuable skill set

*Who in your network has skills or interests that complement your needs? Brainstorm ways to engage parents, community members, organizations or businesses as volunteers.*





# Step 5: Engage Families and Community

## Parent, family and community volunteers can...

- Serve as mentors, coaching assistants, monitors, chaperones and tutors for school health activities
- Lead lunch-time walks, weekend games and after-school exercise programs
- Help with playground makeovers, school gardens and farm-to-school programs
- Write health-related grants for the school
- Organize volunteer activities and recognition events
- Share expertise and experiences in staff meetings or at professional development events



# Step 5: Engage Families and Community

## How can Game On: Step 5 help?

- Strategies for engaging parents in school wellness initiatives, including Parents for Healthy Kids
- Tips for engaging community organizations and members
- Resources to host an Every Kid Healthy Week event



# Every Kid Healthy™ Week

- Annual celebration of schools' wellness achievements
- Effort to create nationwide momentum
- Recognized on the National Health Observances calendar
- Takes place last week of April each year
- In 2018, schools in 44 states across the country hosted more than 1,650 events and engaged over 675,000 students, parents, staff members, and volunteers.



Register your event :

[ActionforHealthyKids.org/every-kid-healthy-week](https://ActionforHealthyKids.org/every-kid-healthy-week)

# Steps of 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*



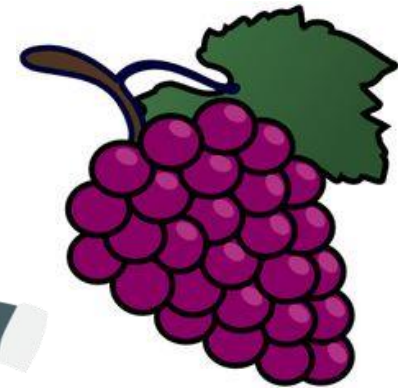
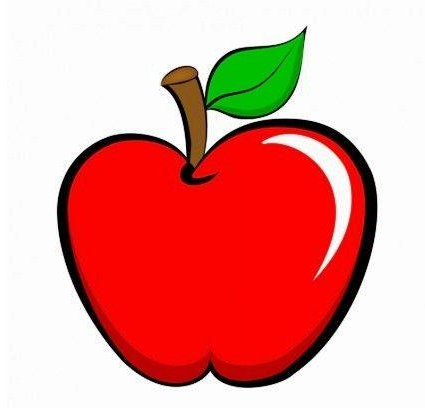
# Benefits of Becoming Health-Promoting



- Enhance sustainability of your initiatives
- Build school spirit and create positive publicity
- Increase support and momentum around school wellness initiatives
- Support the Learning Connection
- Be a leader in the efforts to end childhood obesity

# How To Become Health-Promoting

How do I know if my school is health-promoting?



Take the School Health Index!

# Step 6: Receive Recognition

## How can Game On: Step 6 help?

- Outlines what a health-promoting school is, what the benefits are and how to become one!



# Additional AFHK Resources

- AFHK State Coordinators and Regional Managers
  - <http://www.actionforhealthykids.org/about-us/our-team/state-coordinators>
- School Grant for Healthy Kids
  - Applications open February 2019!
  - <http://www.actionforhealthykids.org/tools-for-schools/apply-for-grants>





# 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



Edit

## Healthy Treats for Kids



Edit



# Questions?

**Questions? Let us know!**  
[GameOn@ActionforHealthyKids.org](mailto:GameOn@ActionforHealthyKids.org)





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

[www.ActionforHealthyKids.org](http://www.ActionforHealthyKids.org)