



Engaging Volunteers through Game On Activities

Wellness Wednesday Webinar Series

March 8, 2017

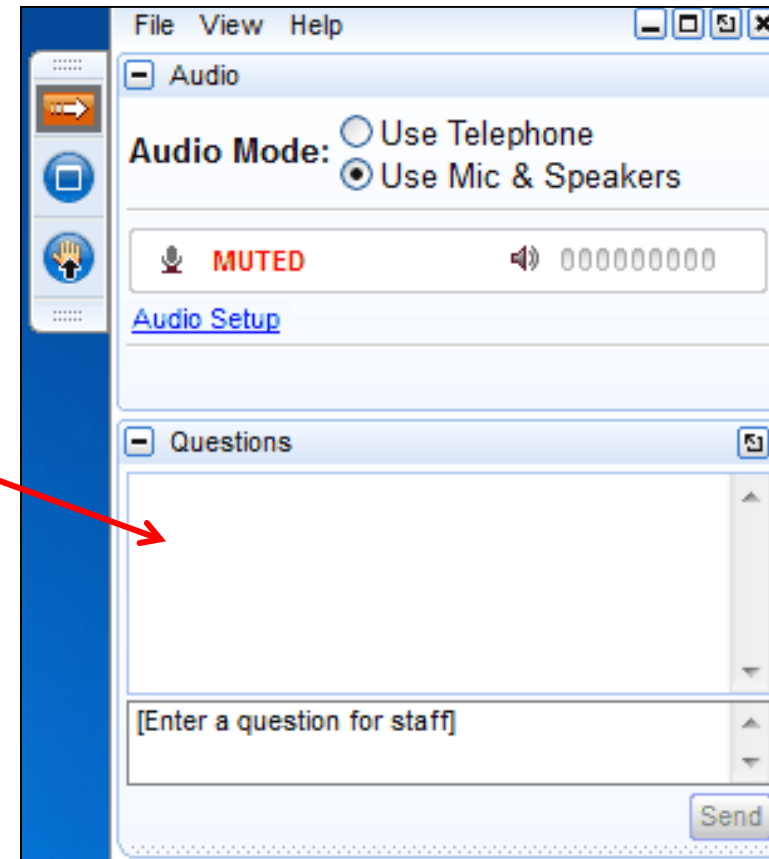
Today's Presenter



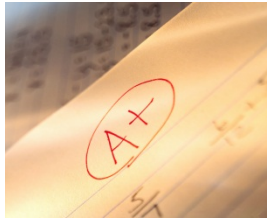
Sean Wade
Manager of Volunteer Initiatives
Action for Healthy Kids

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



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 to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.

Why Schools?

55 MILLION SCHOOL KIDS

Each one of us can help improve the eating and activity habits of the 55 MILLION school kids in this country and, in the process, improve their health so they can succeed in the classroom.

GOOD FOOD
+
ACTIVE BODIES
=
KIDS EQUIPPED FOR SUCCESS!

Kids who attend "healthy" schools have fewer absences, higher academic achievement and self-esteem and are more likely to graduate from high school.

PHYSICAL ACTIVITY SUPPORTS ACHIEVEMENT
Even moderate exercise, like walking, increases brain activity.

KIDS WHO EAT WELL, LEARN BETTER
Students who eat school breakfast have been shown, on average, to attend 1.5 more days of school per year and score 17.5% higher on standardized math tests.

HEALTHIER PRACTICES CAN INCREASE SCHOOLS' BOTTOM LINES
Schools can get a financial boost by offering more nutritious meals & snacks. Students will buy and eat healthier foods and beverages.

EVERY KID HEALTHY

Visit ActionforHealthyKids.org, where you can read *The Learning Connection: What You Need to Know to Ensure Your Kids Are Healthy and Ready to Learn* and in under 1 minute, you can take the *Every Kid Healthy Pledge*. You'll have access to our free programs, volunteer opportunities and school grants.

Healthy Kids Learn Better

Good Food + Active Bodies = Kids Equipped for Success

Game On – Step 4: Find Activities



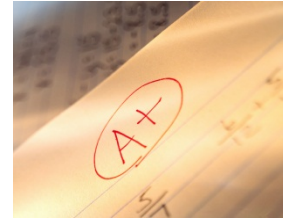
- Step 1: Gather Your Team
- Step 2: Assess & Track Progress
- Step 3: Create & Implement an Action Plan
- **Step 4: Find Activities**
- **Step 5: Engage Families & Community**
- Step 6: Receive Recognition

www.actionforhealthykids.org/game-on

Agenda

Today's Objectives

- LEARN – How can parents, families and community members be a part of our school's wellness programs?
- ACT – How can my school engage volunteers through Game On activities?
- TRANSFORM – Build on your success and empower volunteers to be more involved



Why Engage Volunteers?

Successful Volunteer Engagement can...

- Help schools do more to meet critical needs with limited resources
- Lead to new connections
- Increase access to new resources
- Get more parents and community members involved



How To Engage Volunteers

Four Strategies for Engagement

- Create a vision and develop a plan to maximize volunteer engagement.
- Create a welcoming environment.
- Educate and inform your community about school wellness issues and opportunities.
- Build trust and share responsibility with community members to take action.



Families & Community Members

Different motivations & strategies

- Why parents and families get involved
- Why community partners get involved
- Different outreach methods
- Different opportunities



Game On Activities

An Introduction for Volunteers to Wellness Efforts

School Blueprint for Health, Fun and Success!

Select a room on the school blueprint to find nutrition and physical activity challenges for every aspect of your school building. Whether you are part of the school staff, a parent or community member, you can make a difference! See [here](#) for a full list of Game On Activities.



Step 3: Create & Implement an Action Plan

Step 4: Find Activities

Classroom Activities
Nurses' Office Activities
Office Activities
Hallway Activities
At Home Activities
Gymnasium Activities
Cafeteria Activities
On the Playground Activities
School Garden Activities
Safe Route Activities

Step 5: Engage Families & Communities

Step 6: Receive Recognition

- Nutrition and physical activity-focused ideas for around the school
- Each has ideas for engaging volunteers specific to that activity
- Can be simple or more involved, or you can create your own!

Resources Available

www.actionforhealthykids.org/support-healthy-kids/volunteer-for-healthy-kids

School Events Planning Resources

Properly planned and implemented school and community events can be highly effective for spreading messages about the importance of health and wellness. Use the resources below to help plan, promote and recruit volunteers to assist with your activities.

- Schools hosting events can access the AFHK Events and Volunteer Management Tool within the school portal Events tab to add events, register attendees, recruit volunteers and manage events specific to their school's needs and network. Login to the school portal below to get started.

AFHK SCHOOL PORTAL

- [School Portal Event Registration](#) Step by step instructions for how to add an event in the school portal Events tab
- [AFHK Eventbrite Event Management Quick Start Guide](#): Step by step instructions for how to manage your registered school event
- [School Events Planning Guide](#): Designed to provide schools, parents, community members and volunteers with information, tips and resources to help organize, manage and implement successful health and wellness based events.

everykidhealthyweek.org

Home > What We Do > Every Kid Healthy Week

Fifth Annual Every Kid Healthy™ Week: April 24-28, 2017



Every Kid Healthy™ Week is an annual observance created to celebrate school health and wellness achievements and recognized on the calendar of National Health Observances. Observed the last week of April each year, this special week shines a spotlight on the great efforts our school partners are making to improve the health and wellness of their students and the link between nutrition, physical activity and learning – because healthy kids are better prepared to learn! Anyone can get involved and be a part of the celebration to help support sound nutrition, regular physical activity and health-promoting programs in schools. Schools are invited to host an event during Every Kid Healthy Week or any time in April. Consider making your field day or other school-wide event health focused. Keep reading to learn how to host an event!

How it Can Work

Host a Healthy St. Patrick's Day

Host a Healthy St. Patrick's Day

Host a Healthy St. Patrick's Day

Is your school celebrating St. Patrick's Day this year? Celebrate the occasion with healthy and active habits! Try our fun food art ideas and ways to live "green" by spending less time in front of a screen.

Over the Rainbow

Ingredients:

- A handful of fresh raspberries
- One clementine, peeled and segmented
- One pineapple ring, sliced into small triangles
- One kiwi, peeled and sliced
- A handful of fresh blueberries
- A handful of red grapes, sliced in half
- One portion of a low-sugar cereal to serve as your pot of gold



Engage Volunteers

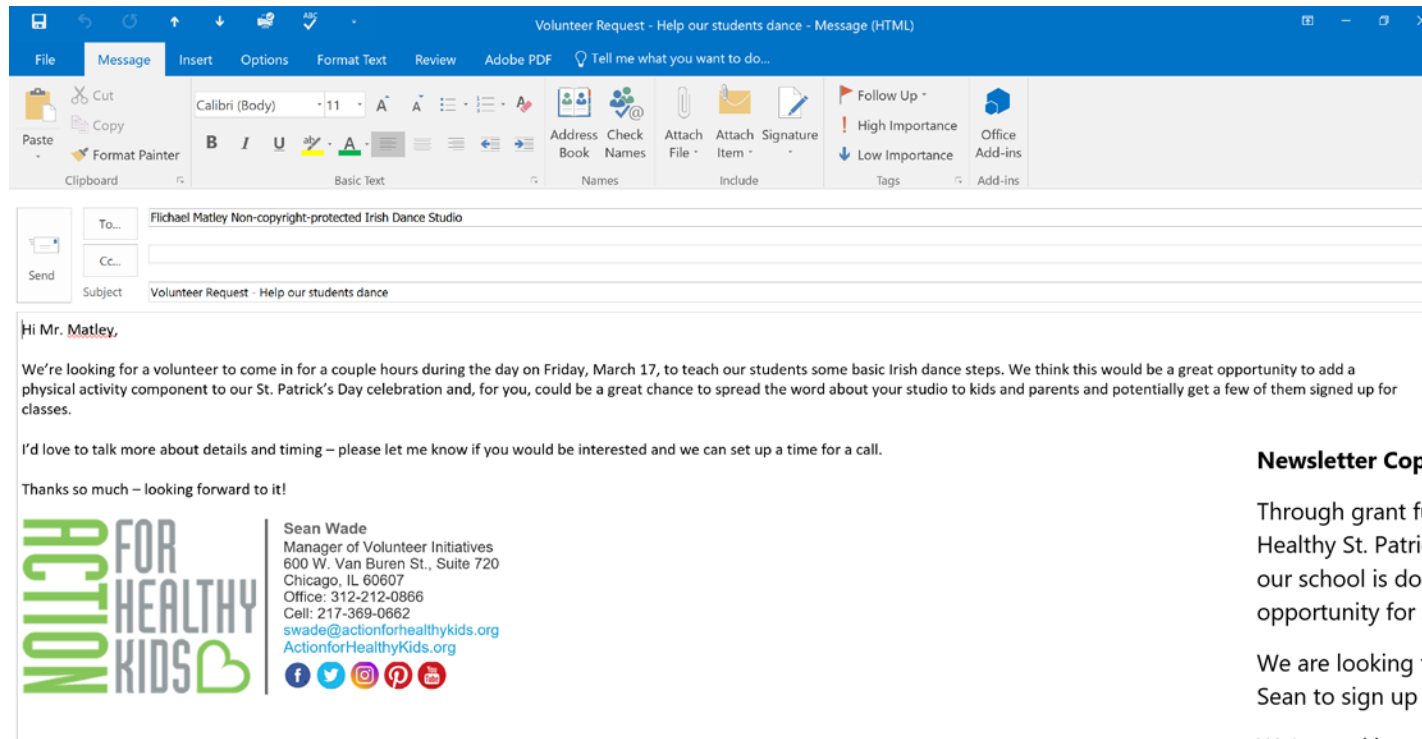
Set your activity up to be even more successful by working with volunteers! As volunteers, parents can offer new perspectives and make a lasting impact through their knowledge and support. Community members can serve as volunteers and provide an extra helping hand or a needed, valuable skill set. Who in your network has skills or interests that complement your needs? Use the suggestions below or brainstorm your own ways to engage individuals, organizations or businesses as volunteers to help your kids stay active and healthy. Reach out to potential volunteers through your newsletter, website and social media platforms, or email and call parents who you know might be interested. Just make sure to have a clear (and hopefully compelling!) description of their role and what you're asking them to help with.

- Ask parents to help make other green snacks to bring in.
- Invite a local chef to host a Green Foods Taste Test with a variety of green foods that students may not know.
- Reach out to a local dance company and ask an instructor to volunteer to come in and lead an Irish dance.

Is your school celebrating St. Patrick's Day this year? Celebrate the occasion with healthy and active habits! Try our fun food art ideas and ways to live "green" by spending less time in front of a screen.

How it Can Work

Host a Healthy St. Patrick's Day



The screenshot shows an email client window titled "Volunteer Request - Help our students dance - Message (HTML)". The email content is as follows:

To: Michael Matley Non-copyright-protected Irish Dance Studio

Subject: Volunteer Request - Help our students dance



Hi Mr. Matley,

We're looking for a volunteer to come in for a couple hours during the day on Friday, March 17, to teach our students some basic Irish dance steps. We think this would be a great opportunity to add a physical activity component to our St. Patrick's Day celebration and, for you, could be a great chance to spread the word about your studio to kids and parents and potentially get a few of them signed up for classes.

I'd love to talk more about details and timing – please let me know if you would be interested and we can set up a time for a call.

Thanks so much – looking forward to it!

Sean Wade
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ActionforHealthyKids.org

Newsletter Copy:

Through grant funding from Action for Healthy Kids (AFHK), our school is thrilled to host a Healthy St. Patrick's Day on Friday, March 17. This event shines a spotlight on the great efforts our school is doing to improve the health and wellness of our students, and provides an opportunity for schools like ours to celebrate our contributions to student health and wellness.

We are looking for parents to join us and bring in their favorite healthy, GREEN snacks! Contact Sean to sign up and with any questions.

We're working to put our students on a healthier path by hosting this wellness event. We're also taking the [Every Kid Healthy Pledge](#) to get great information and free resources to create a healthier school environment for our kids. [You can take the Pledge too!](#)

We hope to see you at our event!

How it Can Work

Healthy St. Patrick's Day – Post-Event

- Survey
- Thank you
- Nominate for Healthy School Hero!

Every Kid Healthy Deluxe Event Survey

Name (Optional) _____

What about the event do you think was successful?

What about the event do you think could be improved?

What was your favorite aspect of the event?

What was your least favorite aspect of the event?

On a scale of 1-10, how likely are you to attend a similar event in the future?

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, how likely are you to invite a friend or family member who wasn't with you this time to a similar event in the future?

1 2 3 4 5 6 7 8 9 10

Anything else you'd like to share about the event?

Add anything here that might be specific to your event (i.e. questions about activities held or healthy snacks served)

Sustainability

Build on Success

- Ask volunteers to be leaders
 - Leading the next event
 - Recruiting their friends/family
- Invite to join your Wellness Team
- Build into the school culture



Questions?



Action for Healthy Kids
Gameon@actionforhealthykid.org

Follow AFHK 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

