



**2019-2020 School Grants for Healthy Kids
Game On Grant
Instructions and Checklist
Application for Funds due Friday, September 13, 2019**

Action for Healthy Kids is pleased to release its *Game On* grant opportunities for the 2019-2020 school year. Schools will be awarded a \$1,000 grant or more to support physical activity and nutrition initiatives that help schools become health-promoting. 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. Funded schools will also receive expertise and support to help implement a successful project that leads to sustainable change.

Steps to Apply

1. Action for Healthy Kids recommends that schools complete the paper application, using the following grant application instructions and checklist, with their School Health Team in order to organize the proposal in a thoughtful manner, check spelling and ensure accurate character count. On average, the application takes less than 60 minutes to complete.
2. Proceed to the online [School Portal](#) to submit your official application by copying and pasting your responses. Applications must be submitted online via AFHK's School Portal. Paper applications will not be accepted.

School Portal:

- [https://afhkschoolportal.force.com/AFHK Communities Login](https://afhkschoolportal.force.com/AFHK_Communities_Login)

Important Dates and Project Deliverables

Deadline	Description
Friday, September 13, 2019	Applications due
Monday, September 23, 2019	Award notifications
Friday, October 4, 2019	School Terms and Conditions and pre-School Health Index due
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

Game On Grant

What is Game On?

Game On is a no-cost online guide providing all the information and resources you need to host a successful wellness program in your school with the ultimate goal of helping your school become health-promoting. Game On is flexible and adaptable to help you improve student health while also meeting your school's needs, wherever your school is in the process. For more information, visit

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

Game On aligns with the following components of the Whole School, Whole Community, Whole Child (WSCC) model: health education, physical education & physical activity, community involvement, family engagement, and nutrition environment and services. The WSCC model is an evidenced-based model that focuses its attention on the child, emphasizes a school-wide approach and acknowledges learning, health and the school as being a part and reflection of the local community.

Game On Grants

Game On grants provide funding for schools to implement physical activity and nutrition initiatives. Applications must include at least one physical activity initiative *and* at least one nutrition initiative. K-12 schools in **Madison and Onondaga counties in New York and Rock County, WI** are eligible to apply for a \$1,000 grant.

Active Schools

Funded schools will automatically be enrolled as an Active Schools Champion. Active Schools Champions receive monthly e-newsletters with information about physical education and physical activity grants as well as free resources, programs, services (e.g., webinars) and special events. Only Active Schools Champions and schools are eligible for some grants, and for others, they receive preference. 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.

Awarded schools will:

- Implement at least one physical activity initiative (see list below) to advance at least one of the following:
 - 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
 - Percentage of time students engage in moderate-to-vigorous physical activity

Physical Activity Initiatives
• 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 Initiatives
• Other

- Implement at least one nutrition initiative (see list below) to advance at least one of the following:
 - Knowledge of healthy foods and beverages
 - Consumption of healthy foods and beverages
 - Attitudes around healthy foods and beverages

- School nutrition environment

Nutrition Initiatives
• 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

- Work toward becoming a health-promoting school.
- Provide information to students and parents on the importance of physical activity and nutrition.
- Complete AFHK’s School Health Index at the beginning and end of the grant cycle.
- Submit midterm and final reports, with photographs, to show project updates and results.
- Join the celebration during *Every Kid Healthy Week* by hosting a family-friendly health-promoting event during April 2020.

Schools with greater than 50% of students eligible for free/reduced priced meals may receive priority. All schools, however, are strongly encouraged to apply. Award decisions are based on building enrollment, project type, potential impact and a school’s ability to mobilize parents and students around school wellness initiatives.

Application Checklist

The following checklist provides clarification on application questions. Using this list, check off each point to ensure you submit a complete application. Action for Healthy Kids recommends that schools complete the paper application first, but applications must be submitted online via the [School Portal](#) to be considered for funding.

Section 1: Contact Information

✓	Question	Applicant Contact Information
	1	*The primary grant contact for <i>all</i> grant requirements including the midterm and final report, as well as the School Health Index. <ul style="list-style-type: none"> • Name • Role - Select one from the given list. • Phone Number • Primary Email - We will use email for all communications. Please ensure there are no typos in your address. • Alternative Email - We will use this email address if we are unable to reach you with your primary email address.

		<ul style="list-style-type: none"> Free and Reduced Percentage – If CEP, enter 100. Include a number only (omit the %).
✓	Question	Provide the contact information for the following individuals. *By providing their names and emails, you are indicating their support for the project.
	2	➤ Name of Principal/Administrator
		<ul style="list-style-type: none"> Email
		<ul style="list-style-type: none"> Name of Physical Education Teacher
		<ul style="list-style-type: none"> Email
		<ul style="list-style-type: none"> Name of School Building School Nutrition Manager
		<ul style="list-style-type: none"> Email

Section 2: Project Details

✓	Question	Physical Activity Initiative
	3	➤ What is the physical activity initiative you are interested in implementing at your school? Select one from the given list. If your initiative can not be classified within a strategy on the list, please select other and specify.
	4	➤ Describe the physical activity initiative you wish to see at your school. Include any significant dates for a timeline. (2000 characters) ➤ <i>Action for Healthy Kids is looking for utilization of best practices that lead to the greatest impact on policy, systems and environmental changes and thus, on student health and academic achievement. Include your tentative project timeline. Tell us what you hope to accomplish in each month of the grant term (August 2019 through June 2020).</i>
	5	➤ What will be the impact(s) of your physical activity initiative? Select all that apply.
	6	➤ Enter the average number of physical activity minutes per day for the majority of students at your school for each of the following initiatives. ➤ <i>Consult your PE teacher, recess supervisor and before/after school program supervisor to ensure you provide accurate data. AFHK will use this information to calculate baseline physical activity minutes and to measure your school's progress against grant deliverables throughout the school year.</i> ➤ <i>For before/after school activities, only include activities that are focused on physical activity, are non-competitive and are open to all students. For example, school sports with try-outs or after-school tutoring programs should not be included here.</i> ➤ <i>If your school does block scheduling or you are unsure how to calculate average minutes, please contact your AFHK State Coordinator or email Contactus@ActionforHealthyKids.org.</i>
✓	Question	Nutrition Initiative
	7	➤ What is the nutrition initiative you are interested in implementing at your school? Select one from the given list.
	8	➤ Describe the nutrition initiative you wish to see at your school. Include any significant dates for a timeline. (2000 characters) ➤ <i>Action for Healthy Kids is looking for utilization of best practices that lead to the greatest impact on policy, systems, and environmental changes and</i>

		<i>thus, on student health and academic achievement. Include your tentative project timeline. Tell us what you hope to accomplish in each month of the grant term (August 2019 through June 2020).</i>
	9	➤ What will be the impact(s) of your nutrition initiative? Select all that apply.
	10	➤ Identify the grade levels that receive nutrition education. Select all grade levels that apply. ➤ <i>Consult with school staff ensure you provide accurate information.</i>
	11	➤ Identify the grade levels that utilize the school garden (through garden workdays, lessons in the garden, garden taste tests, etc.). Select all grade levels that apply. ➤ <i>Consult with school staff to ensure you provide accurate information.</i>
	12	➤ Once the grant term is over, describe how you will ensure that grant efforts and success will be sustained. (1000 characters)
	13	➤ Describe other funding your school has received (or applied for) to address nutrition or physical activity. (500 characters)
	14	➤ How will your school celebrate Every Kid Healthy Week ? (1000 characters) ➤ <i>There's no doubt your school is doing amazing things to help ensure your students are healthy learners. Let's celebrate those successes! Every Kid Healthy Week is April 20-24, 2020. As part of this grant, schools are asked to host an Every Kid Healthy Week event. Describe a new or existing type of event your school can host during the month of April 2020 to help celebrate healthy kids with your school community. Activity ideas may include: Taste tests with students and families, playground refurbishing projects, cafeteria makeovers, guest chefs/fitness instructors, family fun activities, etc.</i>
	15	➤ During a typical school year, how many times does your school health team meet?
	16	➤ Which of the following groups are represented on your school health team? Select all that apply.

Section 3: Budget

✓	Question	Budget
	17	➤ How will you use the \$1,000 if your project is accepted? Itemize the grant funds below. ➤ <i>Please itemize in the chart how you plan to use the grant funds to achieve the objective(s) of your physical activity and nutrition initiative. Be specific. Include a response for all items (e.g. for items with 0 dollars allocated, note N/A in the justification section). Grant funds may not be used for staffing or administrative costs.</i> ➤ <i>Awarded schools will receive 70% of funds with the 1st installment check in August 2019. The remaining 30% of funds will be awarded in January 2020 (after the submission of the Midterm Report and pre-School Health Index).</i> ➤ <i>You must submit a proposed budget of \$1,000.</i>

Section 4: Additional Opportunities

✓	Question	Additional Opportunities
		Sometimes funders approach Action for Healthy Kids with additional, exciting ways to improve school and student health. Should these funding opportunities become available, please indicate if your school would be willing to complete additional deliverables. Note: An unwillingness to do additional deliverables will not impact the decision to fund your grant.
	18	<ul style="list-style-type: none"> • If additional funding becomes available would your school be willing to host: <ul style="list-style-type: none"> ➤ A healthy snack taste test? ➤ An active family engagement event during the school year (such as a family fitness night, family workout class, etc.)? ➤ A nutrition or physical activity promotional campaign during the school year? For example, campaign themes may include <i>60 minutes of physical activity each day, Rethink Your drink, Reduce screen time, etc.</i> ➤ Potential corporate volunteers for a school wellness event? <i>Action for Healthy Kids works with our partner corporations to offer volunteer events for their employees to support school wellness programming. Events can range from a taste test or school garden workday to a large-scale cafeteria or playground beautification project.</i>

Section 5: Additional Information

✓	Question	Additional Information
	19	<ul style="list-style-type: none"> • How would you best define your school’s involvement in health and wellness? (Select one)
	20	<ul style="list-style-type: none"> • How involved were you in school-based health and wellness? (Check all that apply)
	21	<ul style="list-style-type: none"> • How did you <u>first</u> hear about the School Grants for Healthy Kids grant opportunity? Select one from the given list.
For the following questions, use the given scale:		
Extremely Satisfied Very Satisfied Satisfied Less Satisfied Not at All Satisfied Did not Use		
	22	<ul style="list-style-type: none"> ➤ How satisfied are you with the services and resources AFHK has provided during this application process?
	23	<ul style="list-style-type: none"> ➤ How satisfied were you with the grant process (school portal, application instructions) AFHK provided this year?
<p>Please proceed to the Action for Healthy Kids School Portal to submit your application online. Questions? Please contact your AFHK State Coordinator or email Contactus@ActionforHealthyKids.org.</p>		