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**2019-2020 Action for Health Kids Grants**

**Game On Grant**

**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 - $2,500 grant 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.

These grants are available thanks to University of Wisconsin-Madison Extension. Creating health equity is a guiding priority and core value of the Rock County Healthy Schools Team. The Rock County Healthy Schools Team was created by UW-Madison, Division of Extension in Rock County. They partner with community organizations and individuals and are committed to making Rock County a healthier place to live, work, learn, play and grow. Health equity means everyone has the opportunity to attain their highest level of health. Applications that include health equity and inclusion will be given higher priority.

**Grant Background**

**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 onenutrition initiative. K-12 schools in **Rock County, WI** are eligible to apply for a $1,000 - $2,500 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*.*
* Submit project success story along with photos.

**Section 1: Contact Information**

1. Applicant Contact Information
   * Name
   * Role (Select one)

|  |  |
| --- | --- |
| Parent | School Professional-Teacher |
| Community Member | School Professional-P.E. Teacher |
| Health Professional | School Professional-Nurse/Health Aid |
| Community Based/Nonprofit Organization Staff | School Professional-Food Service |
| Student | School Professional-Higher Ed |
| Government Official/Agency Staff | School Professional-Administrator |
| School Professional-Board Member | School Professional-Other |
|  | None of the Above |

* Phone Number:
* Primary Email:
* Alternate Email:
* Free and Reduced % (if CEP, enter 100):

1. Provide contact information for the following individuals. By providing their names and emails, you are indicating their support for the project.
   * Name of Principal/Administrator
   * Email
   * Name of Physical Education Teacher
   * Email
   * Name of School Building School Nutrition Manager
   * Email

**Section 2: Project Details**

**Physical Activity Initiative:**

1. What is the physical activity initiative you are interested in implementing at your school? (Select one)

* 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 Assessment/Testing
* Walk/Bike to School
* Other (Please specify)

1. Describe the physical activity initiative you wish to see at your school. Include any significant dates for a timeline. (2000 characters)
2. What will be the impact(s) of your physical activity initiative? (Select all that apply)
   * Increase average daily physical activity minutes for students
   * Increase number of students participating in physical activity initiatives
   * Increase amount of time students engage in moderate-to-vigorous physical activity
   * None or other
3. Enter the average number of physical activity minutes per day for the majority of students at your school for each of the following initiatives.

|  |  |
| --- | --- |
| **Physical Education** | |
| * Number of Minutes per Day |  |
| * Number of Days per Week |  |
| * Percentage of Students Participating |  |
| * Percentage of Time Students Engage in Moderate-to-Vigorous Physical Activity |  |
| **Recess** | |
| * Number of Minutes per Day |  |
| * Number of Days per Week |  |
| * Percentage of Students Participating |  |
| * Percentage of Time Students Engage in Moderate-to-Vigorous Physical Activity |  |
| **Classroom Physical Activity Breaks** | |
| * Number of Minutes per Day |  |
| * Number of Days per Week |  |
| * Percentage of Students Participating |  |
| **Before/After School Activities** | |
| * Number of Minutes per Day |  |
| * Number of Days per Week |  |
| * Percentage of Students Participating |  |
| **Walk/Bike to School Activities** | |
| * Number of Minutes per Day |  |
| * Number of Days per Week |  |
| * Percentage of Students Participating |  |

**Nutrition Initiative:**

1. What is the nutrition initiative you are interested in implementing at your school? (Select one)

* 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 (Please specify)

1. Describe the nutrition initiative you wish to see at your school. Include any significant dates for a timeline. (2000 characters)
2. What will be the impact(s) of your nutrition initiative? (Select all that apply)

* Increase knowledge of healthy foods and beverages
* Increase consumption of healthy foods and beverages
* Improve attitudes around healthy foods and beverages
* Improve the school nutrition environment
* None or other

1. Identify the grade levels that receive nutrition education. (Select all that apply)

* K
* 1
* 2
* 3
* 4
* 5
* 6
* 7
* 8
* 9
* 10
* 11
* 12
* Our school doesn’t provide nutrition education

1. Identify the grade levels that utilize a school garden. (Select all that apply)

* K
* 1
* 2
* 3
* 4
* 5
* 6
* 7
* 8
* 9
* 10
* 11
* 12
* Our school does not have a school garden

1. Once the grant term is over, describe how you will ensure that grant efforts and success will be sustained. (1000 characters)
2. Describe other funding your school has received (or applied for) to address nutrition or physical activity. (500 characters)
3. How will your school celebrate [Every Kid Healthy Week](http://www.everykidhealthyweek.org/)? (1000 characters)
4. During a typical school year, how many times does your school health team meet?

* 4 or more times
* 3 times
* 2 times
* 1 time
* 0 times
* Our school does not have a school health team.

1. Which of the following groups are represented on your school health team? (Select all that apply)

* Administrators
* Food Service Staff
* School Health Professionals
* Physical Education Teachers
* Other Teachers
* Students
* Parents/Family Members
* Community Partners
* Our school does not have a school health team
* Other (Please specify)

**Section 3: Budget**

1. How will you use the $1,000 if your project is accepted? Itemize the grant funds below.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **First Semester Request**  **(not to exceed 70% of total)** | **Second Semester Request (not to exceed 30% of total)** | **Justification of Funds**  **(Description of use of funds)** |
| Program equipment and supplies |  |  |  |
| Incentives, gifts, and awards |  |  |  |
| Evaluation |  |  |  |
| Printing and Copying |  |  |  |
| Meeting/Event Costs |  |  |  |
| Every Kid Healthy Week Event Costs |  |  |  |
| Other |  |  |  |
| **Total Amount of School Support** | **700** | **300** |  |

**Section 4: Additional Opportunities**

1. If additional funding becomes available, would your school be willing to host:
   * A healthy snack taste test?
   * An active, family engagement event during the school year?
   * A nutrition or physical activity promotional campaign during the school year?
   * Potential corporate volunteers for a school wellness event?

**Section 5: Other Information**

1. How would you best define your school’s involvement in health and wellness? (Select one)

* We had a program with an active 5-person health team, administrator engagement, family and community engaged, and a balance of physical activity and nutrition programming.
* We had a program with a school health team, administrator support, some family and community engagement, and some physical activity and nutrition programming.
* We had a program with a one or two people organizing efforts, but not a team, and implemented a few physical activity and/or nutrition initiatives.
* We had a program with little effort, minimal support and no physical activity and/or nutrition initiatives.
* Other (Please specify):

1. How involved were you in school-based health and wellness? (Check all that apply)

* I led my School Health Team.
* I served on my School Health Team.
* I led school health-related projects and initiatives.
* I supported health-related projects and initiatives.
* I volunteered for health-related projects and initiatives.
* I promoted physical activity and nutrition in my day to day responsibilities but was not involved in school-level health and wellness.
* I was involved in school health and wellness in a different way not listed.
* Other (Please specify):

1. How did you first hear about the Action for Healthy Kids schools grant opportunity? (Select one)
   * My school previously received a grant from Action for Healthy Kids
   * Action for Healthy Kids’ website
   * Social media
   * AFHK emails/newsletters
   * Action for Healthy Kids Regional Manager/State Coordinator
   * AFHK Parent Ambassador
   * Partner website or communications (e.g., USDA, FRAC, Shape America, Let’s Move, etc.)
   * CSX Employee Referral
   * Saputo Employee Referral
   * Materne GoGo squeeZ Employee Referral
   * Cargill Employee Referral
   * Media (e.g. news article, blog)
   * Other (Please specify)
2. How satisfied are you with the services and resources AFHK has provided during this application process?

* Extremely Satisfied
* Very Satisfied
* Satisfied
* Less Satisfied
* Not at all Satisfied
* Did Not Use

1. How satisfied were you with the grant process (school portal, application instructions) AFHK provided this year?

* Extremely Satisfied
* Very Satisfied
* Satisfied
* Less Satisfied
* Not at all Satisfied
* Did Not Use

**SurveyMonkey Questions**

The following questions ask more detail about your proposed grant project. Action for Healthy Kids (AFHK) is looking for innovative and creative projects that incorporate school health best practices and environmental education techniques. For more information visit [Green and Healthy Schools Wisconsin](https://dpi.wi.gov/environmental-ed/green-healthy-schools).

NOTE: Your school must submit this [survey](https://www.surveymonkey.com/r/MHSRGJQ) and the grant application via the AFHK [School Portal](https://afhkschoolportal.force.com/AFHK_Communities_Login) to be considered for this award.

Questions? Contact your State Coordinator, [Ryan Monroe](mailto:rmonroe@ActionForHealthyKids.org).

1. Applicant Name
2. Applicant Email
3. School Name
4. School District
5. School State
6. What is the environmental education initiative you are interested in implementing at your school? (Select one)
   * Community Involvement
   * Energy
   * Environmental & Sustainability Education
   * Environmental Health (Indoor Air Quality, Chemical Management, Integrated Pest Management)
   * Health & Wellness
   * Recycling and Waste Management
   * School Site (School Grounds & School Forest)
   * Transportation
   * Water
   * Other (Please specify)
7. Is this a new or existing environmental education initiative for your school?
   * New
   * Existing
8. Describe the environmental education initiative you wish to see at your school. Include any significant dates for a timeline. (2000 characters)
9. What will be the impact(s) of your environmental education initiative? Green and Healthy Schools Wisconsin suggests the following: (Select all that apply)
   * Reduce environmental impact and costs;
   * Improve the health and wellness of schools, students, and staff;
   * Provide environmental education, which teaches many disciplines, and is especially good at effectively incorporating STEM, civic skills, and green career pathways.
   * None or other

1. Identify the grade levels that receive environmental education. (Select all that apply)
   * Our school doesn’t provide environmental education
   * K
   * 1
   * 2
   * 3
   * 4
   * 5
   * 6
   * 7
   * 8
   * 9
   * 10
   * 11
   * 12

1. Identify the grade levels that utilize the school site for outdoor or environmental education through school forests, gardens or school grounds for outdoor learning opportunities. School site can be divided into three categories: 1. School Forests –A school forest is land registered through the state community forest program and owned or controlled by a public school and used for environmental education and natural resource management. 2. School Gardens –Used for growing vegetables and fruit, school gardens provide many educational opportunities. Note: Some Farm to School information will be in “Wellness” section as well. 3. School Grounds – Any outdoor area around your school, including playgrounds, can be used for outdoor learning opportunities. (Select all that apply)
   * Our school doesn’t utilize the school site for outdoor or environmental
   * K
   * 1
   * 2
   * 3
   * 4
   * 5
   * 6
   * 7
   * 8
   * 9
   * 10
   * 11
   * 12
2. Once the grant term is over, describe how you will ensure that grant efforts and success around environmental education will be sustained.
3. How will your school celebrate its environmental education success? This could include a formal recognition on Earth Day or general community engagement to share progress.