Your One-Stop Shop for School Health

Game On

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Today’s Presenters

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Logistics

» Listen in with your telephone or computer speakers
» Everyone is muted
» Submit questions in the question box
» 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 and Track Progress
  • Step 3: Create and Implement an Action Plan
  • Step 4: Find Activities
  • Step 5: Engage Families and Community
  • Step 6: Celebrate Success

» Additional Action for Healthy Kids Resources

Get your Game On

A flexible, free online framework to help schools create healthier learning environments for students, staff, and communities.
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 healthier schools where kids thrive.
Whole School, Whole Community, Whole Child

The WSCC model emphasizes a school-wide approach and acknowledges learning, health, and the school as a part and reflection of the local community.
Tell Us About Yourself

What is your role at the school?

a. Teacher
b. Principal or other administrator
c. District staff member
d. Parent or community member
e. Other
1 in 3 U.S. children are overweight or obese. Overweight kindergartners had significantly lower math/reading scores than those at a healthy weight.

Eating school breakfast positively affects student attendance, which leads to high academic achievement. Children who ate school breakfast increased their math grades by +0.3 points based on a 4.0 scale.

Participation in breakfast programs is associated with:
- Increased grades and test scores
- Reduced absenteeism
- Improved cognitive function
- Memory and attention improvement

High quality diets (and increases in micronutrients) improve cognition and the ability to perform well during short-term memory tests. Children with increased cholesterol intake had poor performance on short-term memory and cognition testing.

Physical activity is positively associated with students' cognitive functioning, which includes ability to pay attention, memory, and IQ test scores.

Participation in PE class is associated with better grades, test scores, and classroom behavior.

A 20-minute walk demonstrates a brain that is activated and primed to learn. After 20 minutes of sitting quietly, after 20 minutes of walking, actions take place.
Game On

Action for Healthy Kids free school health guide, including hundreds of healthy activities, walks you through the six key steps to building a healthier learning environment.
Game On Activity Library

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116 results

How to Read Nutrition Facts Labels
Help kids make better choices by simplifying the information on nutrition labels to teach them to identify key nutrients that are common in healthy foods.

Sensory Play
Help kids get in touch with their senses by facilitating sensory play using interesting materials to create tactile and visual experiences.

Easy, On-the-Go Play Activities
Turn travel time—whether on foot or in the car—into playtime using these fun, imaginative 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 & communities
Step 6: celebrate success
Step 1

Gather Your 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 1-3 times per year
d. My school has a team and we meet 4 or more times per year
Gather Your Team

During the 2018-2019 school year...

» 44% of our Game On schools met at least 4 times per year

» 81% of our Game On schools had an administrator on their school health team.
Gather Your Team

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

School health teams come in a variety of shapes, sizes, and names (such as school health councils or wellness committees). But they all have a common goal: to rally forces to make schools healthier places for students.
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.
Step 1: Gather Your Team

• 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 2 and 3

Assess and Track Your Progress & Create and Implement an Action Plan
School Health Index (SHI)
Why Take the School Health Index?

- Develop relationships with key staff
- Determine your schools strengths and weaknesses
- Define goals that suit your schools 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 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 2018-2019 school year...

» Most schools were:
  • Availability of physical activity break in class
  • Before/After school physical activity available to students,
  • Schools participating in farm to school activities

» Most schools did not:
  • Have a local school wellness policy
  • Fundraising efforts meet Smart Snack standards
  • Schools with a positive school climate
Step 2: Assess and Track Progress

• 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 AFHK's online School Health Index
Assess and Track Progress

When you complete AFHKs School Health Index, you get a report summarizing your results.
Why create an Action Plan?

» Team camaraderie
  • The process of developing an action plan together will make everyone feel more invested.

» Group brainstorming
  • Each member of your team brings different skills to the table; your plans will almost certainly be better-thought-out when everyone creates them together.

» Clear communication
  • A plan will help everyone to understand the project goals; know what he/she is expected to do; and by when. It helps when delegating specific activities so that one person doesn’t feel like they have to do it all themselves. This eliminates confusion and potential conflicts.
Step 3: Create and Implement an Action Plan

• 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
Step 4

Find Activities
Find Activities

Game On Activity Library

Filters

School Health Topic
Location
Role
Grade Level

Apply

116 results

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READ MORE
READ MORE
READ MORE
Step 4: Find Activities

• Provides more than 100 activities, aligned with supporting the whole child

• Organized by filters for easy searching

• Activities include tips for engaging volunteers, additional resources and more
Step 5

Engage Families & Community
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 or businesses as volunteers.
Engaging Families & 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
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 2019, schools in 41 states across the country hosted more than 1,000 events and engaged over 139,000 students, parents, staff members, and volunteers

Register your event at actionforhealthykids.org/every-kid-healthy-week
Step 5: Engage Families & Community

• 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
Step 6

Celebrate Success
Celebrate Success

» Revisit your School Health Index results and take a moment to update your assessment.

» Work with your School Health Team to create a plan for celebrating and sharing these improvements. Celebrate wins, no matter how big or small!

» Share your success through social media, newsletters to parents, or local press

» Plan for next year! Explore how you can not only sustain your work but enhance it.
Step 6: Celebrate Success

- Build school spirit and create positive publicity
- Increase support and momentum around school wellness initiatives
- Be a leader in the efforts to end childhood obesity
Additional AFHK Resources

» Contact Us
  • https://www.actionforhealthykids.org/contact/

» Healthy Kids Blog
  • https://www.actionforhealthykids.org/blog/

» Action for Healthy Kids Grants
  • https://www.actionforhealthykids.org/school-grants-support/

» Newsletter Sign Up
  • https://www.actionforhealthykids.org/news-sign-up
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!
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