



**2020-2021 Action for Healthy Kids School Grants Program
Parents for Healthy Kids– Physical Activity Project
Instructions and Checklist
Application for Funds due Friday, April 3, 2020**

Action for Healthy Kids is pleased to release its *Parents for Healthy Kids Grants – Physical Activity Project* for the 2020-2021 school year. These grants are for parents or parent groups to implement physical activity initiatives. Schools or certified parent organizations will be awarded grants starting at \$1,000 to help schools complete physical activity initiatives and move closer to implementing comprehensive health programming. Funded schools will also receive expertise and people power to help implement a successful project that leads to sustainable change.

Steps to Apply

1. Register and participate in the *2020-2021 Parents for Healthy Kids Grants* webinar. In this webinar, you'll learn about specific grant details and eligibility requirements and also receive helpful tips for applying. This webinar will be archived for those unable to attend the live session.
 - **Webinar Title:** 2020-2021 Action for Healthy Kids Grant Webinar - Parents for Healthy Kids
 - **Date:** Wednesday, February 19, 2020
 - **Time:** 3:00 PM (ET), 2:00 PM (CT), 1:00 PM (MT), 12:00 PM (PT)
 - **Register here:**
https://actionforhealthykids.zoom.us/webinar/register/WN_8o6Rxh2xTvO1WcgfuwGC2g
2. 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.
3. 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)

School Portal Guide (for School Portal instructions, use Sections 1-3):

- <https://www.actionforhealthykids.org/wp-content/uploads/2019/06/Instructions-for-Completing-the-SHI.pdf>

Important Dates and Project Deliverables

| Deadline | Description |
|------------------------------|---|
| Wednesday, February 19, 2020 | <i>Apply for a 2020-2021 Parents for Healthy Kids Grant</i> webinar |
| Friday, April 3, 2020 | Applications due |
| Monday, May 11, 2020 | Award notifications |

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| Friday, May 29, 2020 | School Terms and Conditions due |
| Friday, September 25, 2020 | Pre-School Health Survey due |
| Friday, December 11, 2020 | Midterm Report and 2 photos due |
| Friday, March 26, 2021 | Every Kid Healthy Week Event Survey due |
| Friday, May 28, 2021 | Final Report and 3 photos due; post-School Health Survey due |

Parents for Healthy Kids Grants

What is Parents for Healthy Kids?

Parents for Healthy Kids is a national initiative created for parents, by parents, offering resources to help parents and caregivers become effective change agents in school and student health. The initiative includes online resources, recipes and tips for health behaviors at home, school grants and online and in-person trainings. For more information, visit <https://www.actionforhealthykids.org/parents-for-healthy-kids/>.

Parents for Healthy Kids Grants for Physical Activity Projects

Parents for Healthy Kids (PFHK) Grants provide funding for parents and parent groups to lead school-based physical activity or nutrition initiatives. Applications for a Physical Activity Project Grant must include at least one of the physical activity initiatives listed below and must include a parent leader. PreK-12 schools in the following states are eligible for a grant starting at \$1,000: AL, AR, CA, CT, DC, DE, FL, GA, IA, IL, IN, KS, KY, MA, MD, MI, MN, MO, MS, NC, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, TX, VA, VT, WI, WV.

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 increase:
 - 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 **and/or**
 - Percentage of time students engage in moderate-to-vigorous physical activity

| Physical Activity Initiatives |
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| ● Outdoor and/or Indoor Active Recess |
| ● Play Space Refurbishing |
| ● Classroom Physical Activity |
| ● Before and/or After-School Programming, including Walk/Bike to School |

- Advance at least one of the following impacts as a result of your school's proposed physical activity programming ([click here](#) to learn more about SEL impacts and physical activity):

- Increase in student self-awareness
- Increase in student self-management
- Increase in student social awareness
- Increase in student relationship skills
- Increase in student responsible decision making
- Work toward implementing comprehensive school health programming.
- Provide information to students and parents on the importance of physical activity and nutrition.
- Complete the Action for Healthy Kids three minute School Health Survey online at the beginning of the school year and again at the end of the school year
- 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 2021.

Schools within 20 miles of an Aldi store may be given priority. Schools with greater than 50% of students eligible for free/reduced priced meals may also 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

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| ✓ | Question | Applicant Contact Information *The primary grant contact for <i>all</i> grant requirements including the midterm and final report as well as the School Health Index. |
| | 1 | <ul style="list-style-type: none"> ● 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. ● Alternate Email - We will use this email address if we are unable to reach you with your primary email address. |
| ✓ | Question | School Level Co-Lead *An individual at the school level who directly supports and assists with project implementation and grant requirements. |
| | 2 | <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. ● Free and Reduced Percentage – If CEP, enter 100. Include a number only (omit the %) |
| | 3 | <ul style="list-style-type: none"> ● School-Level Parent Organization - Select one from the given list. |

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| | | <ul style="list-style-type: none"> • Other parent group? Please specify. |
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Section 2: Project Details

| ✓ | Question | Physical Activity Initiative |
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| | 4 | <ul style="list-style-type: none"> • What is the physical activity initiative you are interested in implementing at your school? Please describe in detail. (2000 character limit) |
| | 5 | <ul style="list-style-type: none"> • What is the physical activity strategy you expect to incorporate you're your project throughout the year? Select one from the given list. |
| | 6 | <ul style="list-style-type: none"> • What will be the impact(s) of your physical activity initiative? Select all that apply. ➤ <i>One of the grant deliverables is to implement at least one physical activity initiative to increase:</i> <ol style="list-style-type: none"> 1. <i>Physical activity minutes</i> 2. <i>Participation in physical activity initiatives <u>and/or</u></i> 3. <i>Moderate-to-vigorous physical activity levels (moderate-to-vigorous is a term designed to explain how hard your body is working when doing a particular activity. It includes physical activities performed at an intensity rate which produces increases in breathing and/or heart rate.)</i> ➤ <i>Initiative(s) must also increase student awareness of physical activity and improve student attitudes around physical activity.</i> |
| | 7 | <ul style="list-style-type: none"> • How do you anticipate your proposed physical activity project will lead to the impacts selected above? (2000 characters) |
| | 8 | <ul style="list-style-type: none"> • Please select at least one of the following impacts as a result of your school's proposed physical activity programming. (Please click here to learn more about SEL impacts through physical activity). Select from the given list. |
| | 9 | <ul style="list-style-type: none"> • Working with school staff, enter the average number of physical activity minutes received per day for the majority of students at your school for each of the following initiatives. ➤ <i>Ask your school co-lead to help you answer this question. 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> |
| | | <p><i>For questions 10-14, work with your school co-lead to ensure you provide accurate information.</i></p> |

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| | 10 | <ul style="list-style-type: none"> • Are students provided at least 20 minutes of recess during each school day? Do teachers or recess monitors encourage students to be active? Select the best option from the given list. ➤ <i>NOTE: Recess should complement physical education class, not substitute for it.</i> |
| | 11 | <ul style="list-style-type: none"> • Does your school promote or support walking and bicycling to and/or from school in the following ways? <ul style="list-style-type: none"> ✓ Designation of safe or preferred routes to school ✓ Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week ✓ Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area) ✓ Instruction on walking/bicycling safety provided to students ✓ Promotion of safe routes program to students, staff and parents via newsletters, websites, local newspaper ✓ Crossing guards ✓ Crosswalks on streets leading to schools ✓ Walking school buses ✓ Documentation of number of children walking and or biking to and from school ✓ Creation and distribution of maps of school environment (sidewalks, crosswalks, roads, pathways, bike racks, etc.) <p>Select the best option from the given list.</p> |
| | 12 | <ul style="list-style-type: none"> • Does your school offer opportunities for all students to participate in physical activity before and after school, through organized physical activities (such as physical activity clubs, intramural sports, before school physical activity)? Select the best option from the given list. |
| | 13 | <ul style="list-style-type: none"> • Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods? Select the best option from the given list. ➤ <i>Physical activity breaks (e.g., brain breaks, energizers, classroom activity breaks, etc.) are actual breaks that occur in the academic classroom, allowing students to take a mental and physical break from current academic tasks. These breaks can occur at any time during the school day, last from 5–30 minutes, and occur all at one time or several times during the school day.</i> |
| | 14 | <ul style="list-style-type: none"> • Does the school ensure that spaces and facilities for physical activity meet or exceed recommended safety standards for design, installation, and maintenance, in the following ways? <ul style="list-style-type: none"> ✓ Regular inspection and repair of indoor and outdoor playing surfaces, including those on playgrounds and sports fields ✓ Regular inspection and repair of physical activity equipment such as balls, jump ropes, nets, cardiovascular machines, weights, and weight lifting machines ✓ Padded goal posts and gym walls ✓ Breakaway bases for baseball and softball |

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| | | <ul style="list-style-type: none"> ✓ Securely anchored portable soccer goals that are stored in a locked facility when not in use ✓ Bleachers that minimize the risk for falls ✓ Slip-resistant surfaces near swimming pool use ✓ Pools designed, constructed, and retrofitted to eliminate entrapment use <p>NOTE: Please disregard any standard that is not relevant for your campus.</p> <p>Select the best option from the given list.</p> |
| | 15 | <ul style="list-style-type: none"> • Please include any significant dates for a timeline of your project. (2000 characters) |
| | 16 | <ul style="list-style-type: none"> • Once the grant term is over, describe how you will ensure that grant efforts and success will be sustained. (1000 characters) |

Section 3: Parent & Family Engagement

| ✓ | Question | Parent & Family Engagement |
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| | 17 | <ul style="list-style-type: none"> • Identify how <u>parents</u> at your school will be engaged in the grant project. (Select all that apply) |
| | 18 | <ul style="list-style-type: none"> • Describe how you'll engage parents in your project to participate in the activities above. (Limit 1000) ➤ <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, and that includes parent and family engagement in your proposed initiative. Include a brief description of how you intend to make sure parents and families are involved.</i> |
| | 19 | <ul style="list-style-type: none"> • Identify how school <u>staff</u> will be engaged in the grant project. (Select all that apply) |
| | 20 | <ul style="list-style-type: none"> • Are you willing to host an Every Kid Healthy Week in April 2021? (250 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 26-30, 2021. 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 2021 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> |
| | 21 | <ul style="list-style-type: none"> • Would you like additional information and resources to help plan an Every Kid Healthy event? Select yes or no. |
| | | <i>For questions 22-25, work with your school co-lead to ensure you provide accurate information.</i> |
| | 22 | <ul style="list-style-type: none"> • Does your school communicate with all parents and families about school health activities and programs in a culturally- and linguistically- |

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| | | appropriate way, using a variety of communication methods? Select the best option from the given list. |
| | 23 | <ul style="list-style-type: none"> Do parents and families have opportunities to be involved in <u>school decision making</u> for health and safety policies and programs? Select the best option from the given list. |
| | 24 | <ul style="list-style-type: none"> Does your school or district have a formal process to recruit, train, and involve parents and family members as <u>volunteers</u> to support school health and safety programs? Select the best option from the given list. |
| | 25 | <ul style="list-style-type: none"> Have all school staff received professional development on strategies for parent and family engagement in school health in the past two years? Select the best option from the given list. Select the best option from the given list. |

Section 4: Budget

| ✓ | Question | Budget |
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| | 26 | <ul style="list-style-type: none"> How will you use the \$1,000 if your project is accepted? Please itemize the grant funds below. (2000 characters) <ul style="list-style-type: none"> Awarded schools will receive 70% of funds with the 1st installment check in August 2020. The remaining 30% of funds will be awarded in January 2021 (after the submission of the Midterm Report and the pre-School Health Survey). |

Section 5: Additional Information

| ✓ | Question | Additional Information |
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| | 27 | <ul style="list-style-type: none"> During a typical school year, how many times does your school health team meet? Select from the given list. |
| | 28 | <ul style="list-style-type: none"> Which of the following groups are represented on your school health team? Select all that apply. |
| | 29 | <ul style="list-style-type: none"> How would you best define your school's involvement in health and wellness? Select one. |
| | 30 | <ul style="list-style-type: none"> How would you define your involvement in school-based health and wellness? Check all that apply. |

Section 6: Feedback

| ✓ | Question | Feedback |
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| | 31 | <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. |
| <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> | | |