How Healthy is Your School?

While we’re waiting to begin the webinar, take a minute to tell us how healthy your school is!

2. Follow the prompts to complete the survey.
3. Check your email for your results and for resources to help your school continue to do great work.
Using What You Have: How Small Programs Can Have Large Impacts
Today’s Presenters

Ellen Dillon
Senior Field Manager
Action for Healthy Kids

Ashley Green
Program Manager
Action for Healthy Kids
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

» Action for Healthy Kids Overview
» Why Health and Well being
» Getting Started
» Low Cost High Impact
» School Perspective: Michelle Auld from Brooklyn Center Community Schools, MN
» Q&A
Who Are We?

Action for Healthy Kids’ (AFHK) 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.
Tell Us About Yourself

What is your role?

a. School staff
b. District staff
c. Parent
d. Community member
e. Other
Tell Us About Yourself

What is your primary objective for participating in this webinar?

a. Gain strategies for getting started with health and wellbeing without a lot of funding
b. Learn Ideas or examples of low cost activities to try in my school.
c. Hear other schools’ experiences.
d. Other
Tell Us About Your School…

What is the free and reduced % of your school?

a. 75%-100%
b. 50%-75%
c. 25%-50%
d. 0-25%
e. I am not connected to a school.
Tell Us About… Barriers

What are the barriers that have held your school back from starting or enhancing your wellness programs?

Use the Q&A button in your navigation menu below to share your answers.
Why health and well being?

WHOLE

» SCHOOL

» COMMUNITY

» CHILD
Whole Child

The health of a child is multi-dimensional.
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

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

Game On Activity Library

Filters

School Health Topic
Location
Role
Grade Level

Clear
Apply

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.
Why Take the School Health Index?

» Develop relationships with key staff
» Determine your schools strengths and weaknesses
» Define foals 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...Assessments

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.
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.
New to health and well being?

Start with a quick snapshot…

Take the School Health Survey. In just 3 minutes you can find out if your school is on the right track to become a healthy school that helps students thrive by addressing the needs of the whole child.

https://www.actionforhealthykids.org/school-health-survey/
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

116 results

Filters

School Health Topic
Location
Role
Grade Level

Apply

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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
Example of Low Cost/No Cost Activities

» Incorporate more physical activity into the school day by integrating simple movement activities into lesson plans or scheduling classroom physical activity breaks.
  • [Game On: Active Learning Opportunities](#)
  • [Game On: Classroom Physical Activity Breaks](#)
  • [Game On: Yoga and Mindfulness](#)
Example of Low Cost/No Cost Activities

» Engage families and community partners to organize a Walk or Bike to school program. Starting small is okay! Start with a single event or once a month and work to build awareness, support and participation.

  • Game On: Walking Programs
  • Game On: Walk to School
  • Game On: Bike to School
Example of Low Cost/No Cost Activities

» Take your School Health Team to the next level. Organize a Student Wellness Team or create a Physical Activity Leaders (PAL) Club to engage students and enhance youth development.
  • Game On: Student Wellness Team
  • Game On: Physical Activity Leaders (PAL) Club

» Partner with a local grocer or work with your schools food services staff to host a healthy taste test.
  • Game On: Host a Taste Test
Tell Us
About...Activities
Has your school implemented any of the following low/no cost activities...

a. Brain breaks
b. Mindfulness/yoga/meditation
c. Walking/running clubs
d. Taste tests
e. Healthy class parties
f. Gratitude boards for staff/student shout outs/thank yous
Welcome!

Michelle Auld
District Wellness Coordinator
Brooklyn Center Community Schools,
MN
Making health and well being a priority

Brooklyn Center Community Schools

» Located in Minneapolis, MN
» Urban location
» Small district
  • 3 schools and 3,000 students
» Full service community school district
» Free and reduce -84%
Make Change with No Funding?

Yes, it’s possible!

• Passionate champions
• Investment of time not $
• Engage teachers and staff and then they take it into their classrooms
Getting Started: Small Steps Lead to Big Gains

Tips and Tricks

» Review needs of school
» Create a plan
» Work with partners:
  • AFHK
  • Fuel up to Play 60
  • Community Partners
  • Extension
Grants to Support Work

Getting started

DO’s
» Start with smaller grants
» Use wins and successes to grow
» Be strategic
» Make sure student and staff health and well being efforts align

DON’Ts
» Shift goals and plans to chase funding
» Bite off more than you can chew...Larger grants are great, but they also require more time. Make sure you have the capacity to implement
Tell Us About… What Else You Need?
What other resources or tools does your school need to get started?

Using What You Have: How Small Programs Can Have Large Impacts

Use the Q&A button in your navigation menu below to share your answers.
Save the Date

Action for Healthy Kids grants launch on February 3.

Check our website for more details.

https://www.actionforhealthykids.org/school-grants-support/
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!
Connect to Your School

It is super helpful for us to know not just the people interested in our resources but the schools using them, too.

Connect to your school(s)

https://actionforhealthykids.secure.force.com/affiliation/#affiliation
Questions?

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