

2020-2021 AFHK School Grants Program

# Parents for Healthy Kids

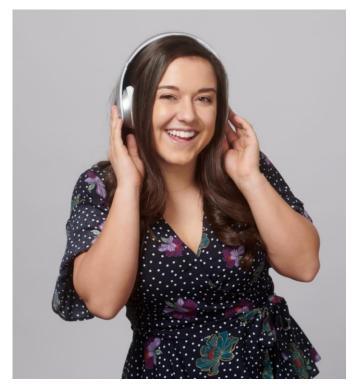
February 19, 2020



# Today's Presenters...



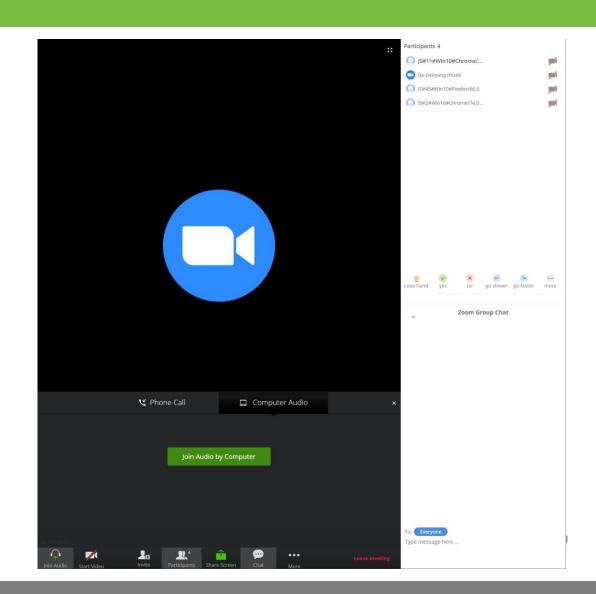
Brean Witmer
Program Manager
Action for Healthy Kids



Ali Armacost
Program and Field Coordinator
Action for Healthy Kids

### Webinar Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



## Today's Agenda

- » Who is Action for Healthy Kids?
- » 2020-2021 AFHK School Grants
- » What is Parents for Heathy Kids?
- » 2020-2021 Grant Opportunities
- » Project Ideas
- » Steps to Apply
- » Tips for Applying and Technical Assistance
- » Important Deadlines
- » Questions/Answers



### AFHK's Vision

Every Kid is

Healthy, Active

and Ready to

Learn













### Who Are We?

Our goal is to create school communities where children learn how to make healthy choices from the minute they walk in the front door to the minute they leave at the end of the school day.

# Why Schools?

- » Schools reach most children and adolescents.
- » Children spend around 1,200 hours per year in school.
- » Teachers, school staff and parent volunteers are key role models.
- » Curriculum standards for health include nutrition and physical education.
- » School teach kids what we value and what is important in our community.



# The Learning Connection



### Tell Us About Yourself

How would you describe yourself?

- A. I am a school teacher/staff member
- B. I am a school district staff member
- C. I am a parent or caregiver
- D. I am a community member or work for a community organization
- E. Other!





### Tell Us More!

Has your school
ever applied for an
Action for Healthy
Kids Grant?

- A. Yes, we've applied for a Game On grant
- B. Yes, we've applied for a Parents for Healthy Kids grant
- C. Yes, we've applied for a different AFHK grant
- D. No, we've never applied for an Action for Healthy Kids grant
- E. I'm not sure!



## 2020 – 2021 AFHK School Grants Program

#### Our School Grants...

- » Awards starting at \$1,000
- » Provided to:
  - PreK-12 schools
  - PTO, PTA and other parent groups
  - School Health Teams
  - No CBOs or 501c3 organizations



### 2020 – 2021 AFHK School Grants Program

#### **Game On Grants**

- » \$1,000 Nutrition only
- » \$1,000 Physical Activity only
- » \$2,500 Nutrition AND Physical Activity

### Parents for Healthy Kids Grants

- » \$1,000 Nutrition only
- » \$1,000 Physical Activity only
- » Within 20 miles of an ALDI Store







www.actionforhealthykids.org/grants

### Grant Impacts

"It is great to incorporate health and wellness during the school day. It is just as important as reading and math and is a major part of our kids lives. I love being able to watch my kids learn more about themselves and staying healthy and be a part of the journey with them."

- Teacher, 18-19 PFHK Grant Recipient, Palm Beach, FL













# Grant Strategies

Nutrition and Physical Activity Projects

## Projects and Strategies

#### Physical Activity Strategies

- » Outdoor and/or Indoor Active Recess
- » Play Space Refurbishing
- » Classroom Physical Activity
- » Before/After-School Programming





## Projects and Strategies

#### Physical Activity Project Ideas

- » Indoor recess carts
- » Kinesthetic learning labs
- » Fitness and yoga rooms
- » Monthly family fitness nights
- » Running or walking clubs
- » New or refurbished play spaces
- » Stability balls or wobble chairs





### Grant Goals

#### Physical Activity Goals

Implement a physical activity project to increase 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 and/or
- » Percentage of time students engage in moderate-to-vigorous physical activity





### What Our Schools Are Saying

"The AFHK grant process gave our school community an opportunity to come together and discuss our goals around nurturing healthy kids. As a result, the school and children gained needed gym/playground equipment and parents developed a better sense of opportunities/challenges."

- Parent/PTA Chair, 18-19 Grantee



## Projects and Strategies

#### Nutrition Strategies

- » School Gardens
- » Healthy Fundraisers
- » Classroom Celebrations
- » Classroom Rewards
- » Healthy Food Taste Testing
- » Healthy Cooking Classes
- » School Store
- » Water Access





# Projects and Strategies

#### Nutrition Project Ideas

- » Rethink Your Drink
- » Healthy food taste tests
- » School gardens
- » Healthy fundraising and celebrations
- » Non-food rewards and healthy incentive programs
- » Promoting water and increasing water access
- » Cooking classes and recipe contests





### Grant Goals

#### **Nutrition Goals**

Implement a nutrition project to increase/improve at least one of the following:

- » Increase in student participation in nutrition initiatives
- » Increase in schools providing access to healthy foods/beverages wherever food is served, sold, or shared on campus



### What Our Schools Are Saying

"I love that the community and parents come together to let kids taste new foods. My child won't try anything new at home but if she's with her friends she is much more willing to."

- Parent, 18-19 PFHK Grantee



### Grant Deliverables – All Projects

- » Provide information to students and parents on the importance of physical activity and nutrition
- » Engage parents and families in school health efforts
- » Work towards implementing comprehensive health programming
- » Host an Every Kid Healthy Week event during April 2021





### Grant Deliverables – All Projects

Positively impact student social emotional learning (SEL) by achieving at least one of the following through your project(s):

- » Increase in student self-awareness
- » Increase in student selfmanagement
- » Increase in student social awareness
- » Increase in student relationship skills
- » Increase in student responsible decision making





### Reporting Deliverables – All Projects

- » Submit Terms & Conditions to accept grant
- » Complete the start-of-year 3-minute School Health Survey (due September 25, 2020)
- » Complete a midterm report and submit photos (due December 11, 2020)
- » Host an Every Kid Healthy Week event (April 2021)
- » Complete a final report and submit photos (due May 28, 2021)
- » Complete the end-of-year 3-minute School Health Survey (due May 28, 2021)





# Every Kid Healthy Week 2021

All awarded schools must also join the AFHK celebration during Every Kid Healthy Week by hosting a family-friendly, health-promoting event during April 2021.

### Active Schools

- » Funded schools will be automatically enrolled as an Active Schools Champion and join the growing ranks of people who are promoting health in the next generation
- » Active Schools Champions receive a monthly resource bulletin with free resources, grant opportunities, training, and programs and special offers from our partner organizations
- » Via a quarterly newsletter, champions are the first to hear about special campaigns, events, research and new resources
- » Funded schools will have the opportunity to opt-out of this automatic enrollment

#### Did You Know...

Our Kids Are Moving Less





Only 20% of school districts require daily rece

2 out of 3 kids today are inactive.



Only 6 states require physical education in every grade.



### Best Practices and Great Ideas

#### Parents for Healthy Kids

- » Inspirational stories and videos from parent leaders
- » Hot topics such as recess, snack time and fundraising
- » Toolkits to learn ideas, tips, healthy recipes and more
- » www.parentsforhealthykids.org

#### Game On

- » Free online guide provides all the information and resources you need to host a successful school wellness program
- » Over 100 Eat Better and Move More activity challenges and activities for every aspect of your school building
- » www.actionforhealthykids.org/ game-on-program/



# Yay! What We **ARE** Looking For

- "Our school is building a walking trail and hosting quarterly health fairs along the trail to promote healthy eating and encourage families to use the trail."
- "A school garden will be installed and every class will do a monthly taste test of the fresh fruits, vegetables and herbs grown in the garden."
- "Our school will do daily morning announcements about healthy eating and have weekly trivia and raffles about the information shared. We will also host monthly Family Health Nights for students and parents."

# Nay! What We **ARE NOT** Looking For

- » "Our school will start a running club for 1st grade students."
  - Initiative doesn't include the majority of the student body

- "Our school will host a taste test during our Every Kid Healthy Week event."
  - Nutrition initiative isn't ongoing

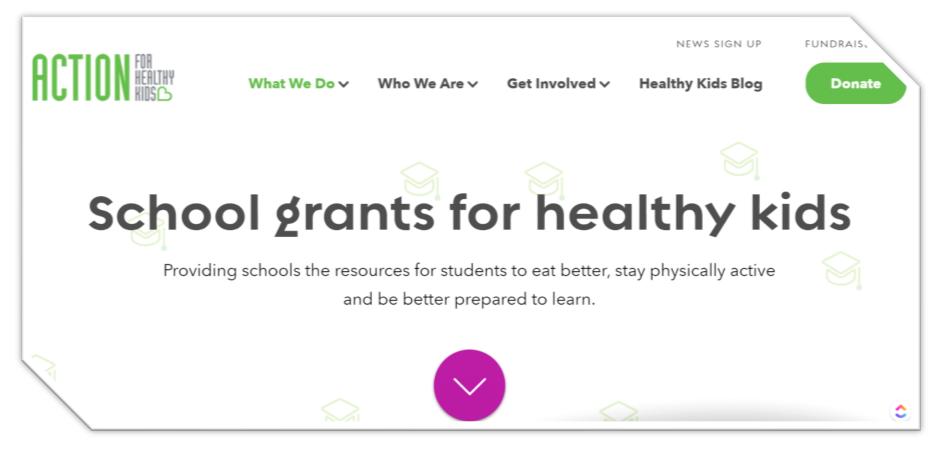
- "Our school will host a Family Fitness Night."
  - Physical activity initiative isn't ongoing



- » Complete the paper application with your team
- » Check your character counts (not word count), as many open-ended responses have character limits
- » Write the application as if the person reviewing it knew nothing about your school or project
- » Consider having an external reviewer read the application
- » Submit the grant application in the online portal
  - No paper applications accepted!



Navigate to the AFHK School Grants website



www.actionforhealthykids.org/grants



#### Review application resources

### **General Grant Resources** Step-by-step guide on how to complete a grant application. **AFHK School Grants Frequently Asked Questions** Learn more about the AFHK school support services for grantees. Find out how AFHK nutrition grants help promote the social emotional learning (SEL) of students. Find out how AFHK physical activity grants help promote the social emotional learning (SEL) of students. **Read More Below for How To Apply!**



www.actionforhealthykids.org/grants

Scroll down and click the purple "Apply Now!" button to automatically be brought to the School Portal, our application platform

Login or create an account if you're new!

https://afhkschoolpo rtal.force.com/AFHK\_ Communities\_Login

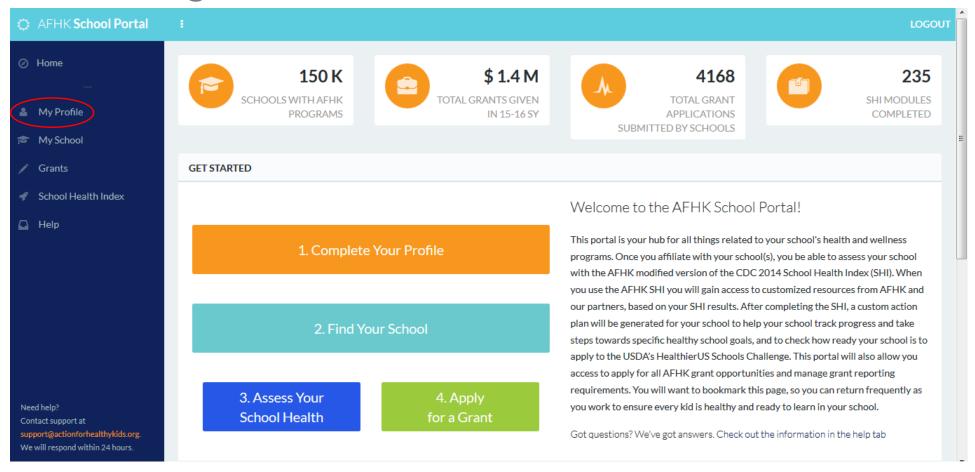


Action for Healthy Kids
School Portal.

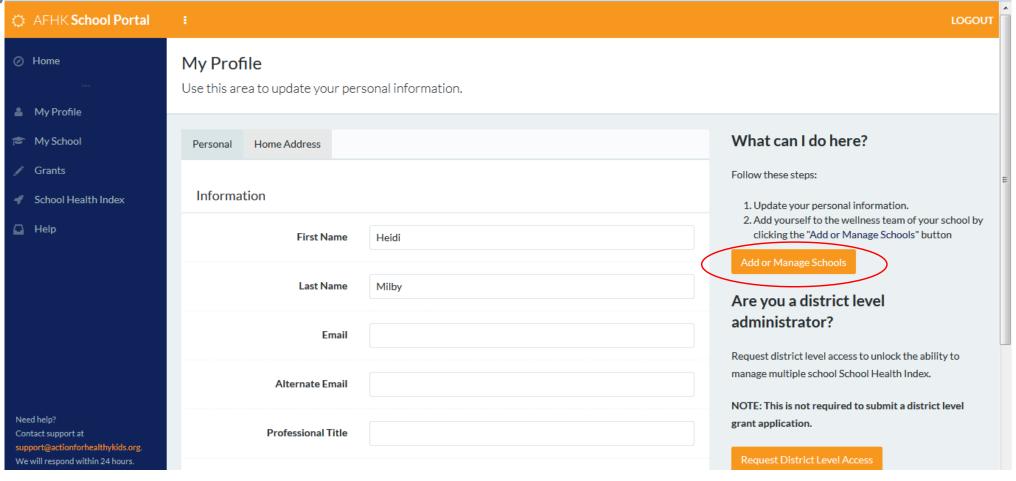
The School Portal is your one-stop shop for school grants, the School Health Index, events and volunteer management, and more. Create an account, connect to your school, then implement programs!

Username	
Password	
Remember Me?	Forgot Password?
Register	Login

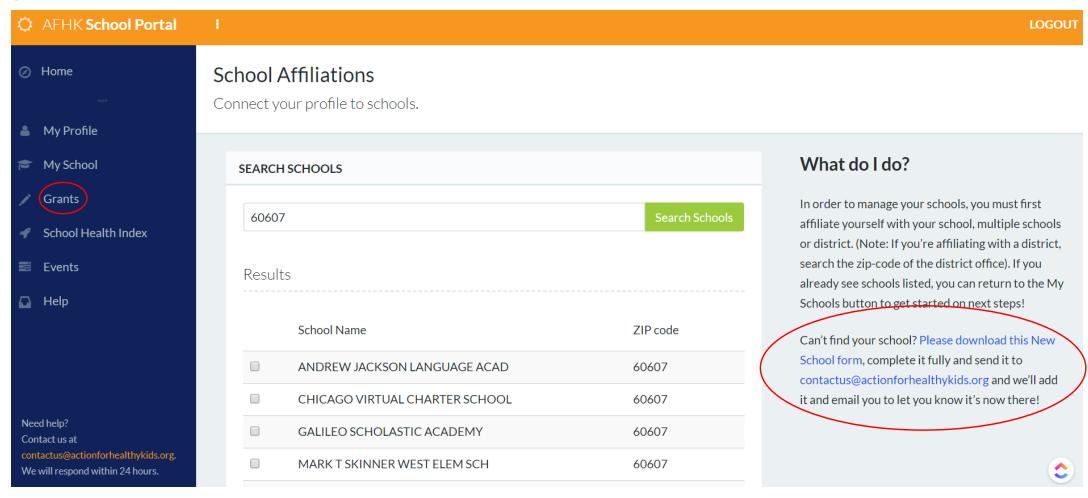
#### Portal Home Page



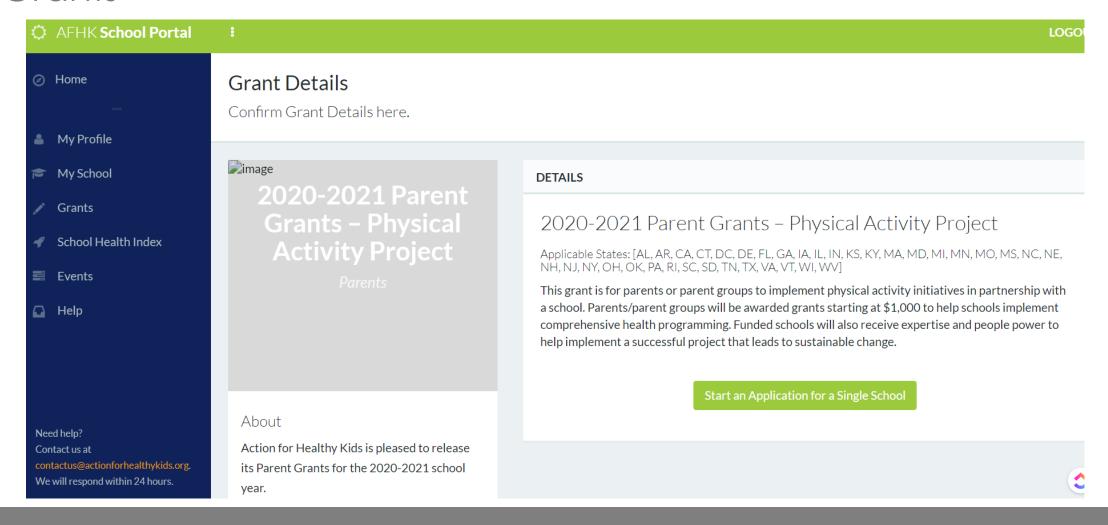
My Profile

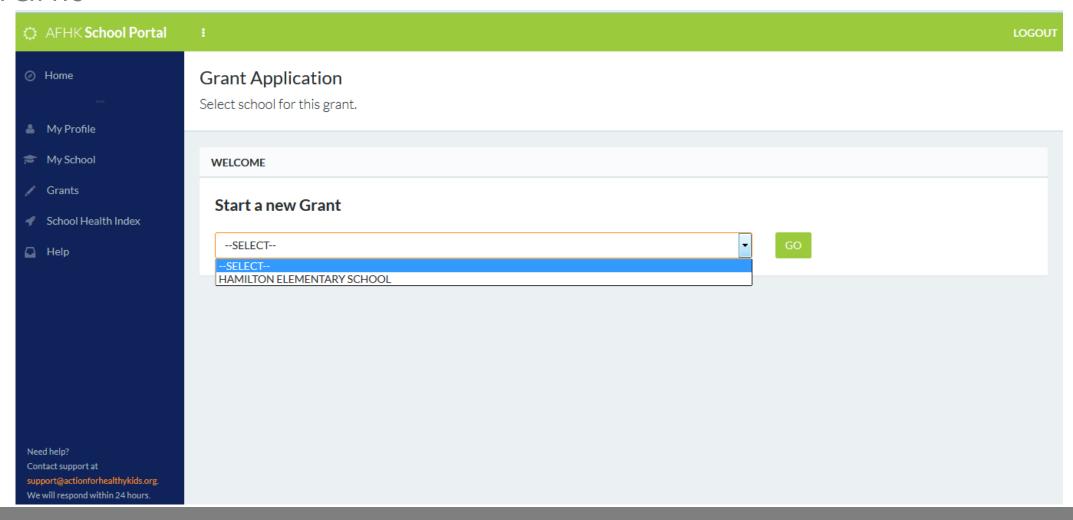


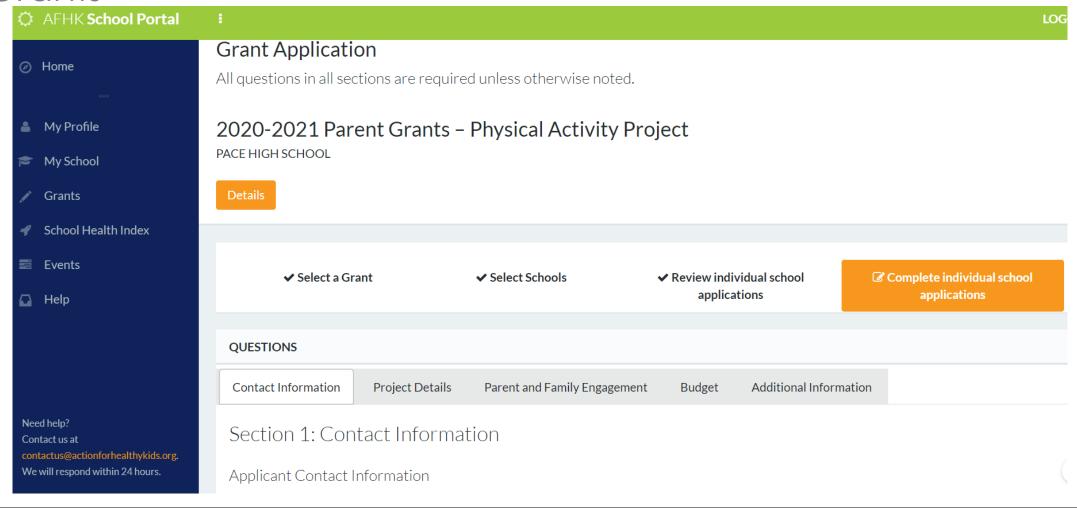
#### My School



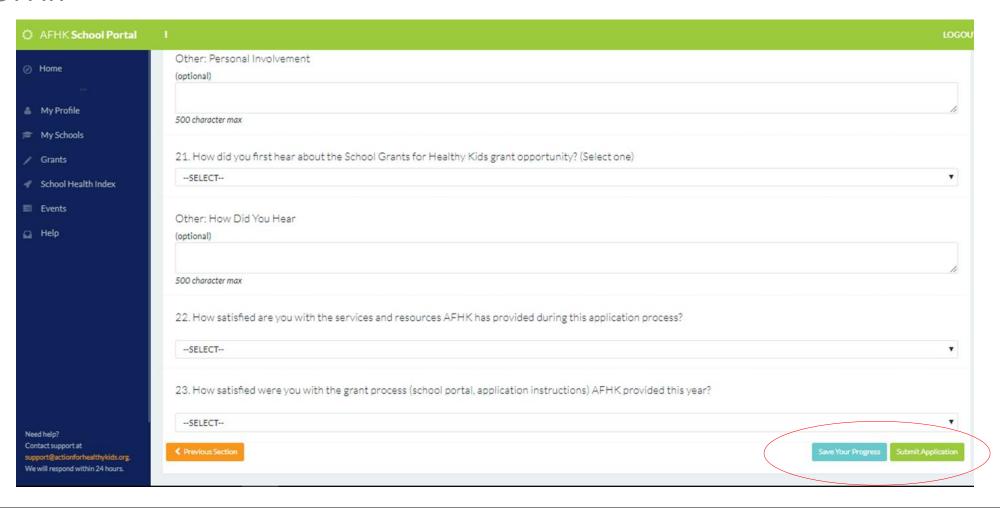








#### Submit



#### Summary & Tips

- 1. LOGIN to the AFHK School Portal if you have a username/password or REGISTER to create one
- 2. Set up your portal profile using the MY PROFILE tab
- 3. Affiliate yourself with your schools(s) using the MY SCHOOL TAB
- 4. Click on GRANTS to see what grants are available
- 5. Choose the grant you want and begin entering your application





#### Summary & Tips

- 1. Use the most up to date version of internet browsers: Google Chrome and Firefox
- 2. Save often!
- 3. Move through the application by clicking on tabs at the top
- 4. Complete all required responses before submitting, while paying attention to character count
- 5. If there are errors when you submit, you'll see an ERROR box at the top of the portal Address the error and re-submit until all errors have been fixed





#### Summary & Tips - Budget

- 1. Funds can't be used for staffing
- 2. Sustainability is key
- 3. Dispersed in 2 payments 65% and 35%
- 4. Include details for additional funding received/needed for your project(s)





#### General Tips

- Review and utilize the Application Instructions Guide as you compete the grant application
- 2. Make sure your project descriptions clearly describe what your school plans to do.
- 3. Schools can apply for both a Game On grant and a Parents for Healthy Kid grant.
- 4. Schools cannot apply for two Parents for Healthy Kids grants or two Game On grants.
- 5. Get creative We LOVE seeing innovative and unique projects!





#### AFHK Technical Assistance

#### Applications and Beyond

- » Assistance with your application
- » Game On!
- » Content-specific webinars
- » Targeted support from State Coordinate
- » Monthly newsletters
- » Resources and materials
- » Trainings and events
- » Communication and community engagement





# Important Dates

Deadline	Description
Friday, April 3, 2020	Applications due
Monday, May 11, 2020	Award notifications
Friday, May 29, 2020	School Terms and Conditions due
Friday, September 25, 2020	Pre-School Healthy 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, post-School Health Survey and 3 photos due

#### Contact Us

#### We're Here to Help!

- » State Coordinators
- » We will send out the contact list following the live session.

You can also contact us at: ContactUs@ActionforHealthyKids.org



### Questions?

Let's review any questions that may have come in!



# 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!





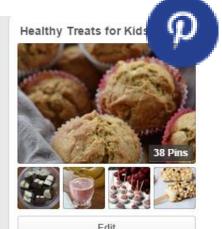




www.actionforhealthykids.org



Edit

















# ActionForHealthyKids.org

School Programs 🔷 Tools and Resources 🔷 Expert Partners

Volunteer Opportunities 🔷 School Grants

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