2020-2021 AFHK School Grants Program

Parents for Healthy Kids

February 19, 2020
Today’s Presenters...

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Action for Healthy Kids

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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 Healthy 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

- **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.

- **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.**

- **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.

- **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

https://www.actionforhealthykids.org/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!
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
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
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 self-management
» 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.

www.EveryKidHealthyWeek.org
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
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](http://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/](http://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
Steps to Apply

» 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!
Steps to Apply

Navigate to the AFHK School Grants website

www.actionforhealthykids.org/grants
Steps to Apply

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
Steps to Apply

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://afhkschoolportal.force.com/AFHK_Communities_Login
Steps to Apply

Portal Home Page

GET STARTED

1. Complete Your Profile
2. Find Your School
3. Assess Your School Health
4. Apply for a Grant
Steps to Apply

My Profile

What can I do here?
Follow these steps:
1. Update your personal information.
2. Add yourself to the wellness team of your school by clicking the "Add or Manage Schools" button.

Are you a district level administrator?
Request district level access to unlock the ability to manage multiple school School Health Index.

NOTE: This is not required to submit a district level grant application.

Add or Manage Schools
Request District Level Access
Steps to Apply

My School

School Affiliations
Connect your profile to schools.

SEARCH SCHOOLS

60607

Search Schools

Results

<table>
<thead>
<tr>
<th>School Name</th>
<th>ZIP code</th>
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<tbody>
<tr>
<td>ANDREW JACKSON LANGUAGE ACAD</td>
<td>60607</td>
</tr>
<tr>
<td>CHICAGO VIRTUAL CHARTER SCHOOL</td>
<td>60607</td>
</tr>
<tr>
<td>GALILEO SCHOLASTIC ACADEMY</td>
<td>60607</td>
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<tr>
<td>MARK T SKINNER WEST ELEM SCH</td>
<td>60607</td>
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</tbody>
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What do I do?

In order to manage your schools, you must first affiliate yourself with your school, multiple schools or district. (Note: If you’re affiliating with a district, search the zip-code of the district office.) If you already see schools listed, you can return to the My Schools button to get started on next steps!

Can’t find your school? Please download this New School form, complete it fully and send it to contactus@actionforhealthkids.org and we’ll add it and email you to let you know it’s now there!
Steps to Apply

Grants

2020-2021 Parent Grants – Physical Activity Project
Action for Healthy Kids is pleased to release its Parent Grants for the 2020-2021 school year.

2020-2021 Game On: $2,500 Grant
Action for Healthy Kids is pleased to release its Game On grant opportunities for the 2020-2021 school year.

2020-2021 Parent Grants – Nutrition Project
Action for Healthy Kids is pleased to release its Parent Grants for the 2020-2021 school year.

2020-2021 Game On: $1,000 Nutrition Grant
Action for Healthy Kids is pleased to release its Game On grant opportunities for the 2020-2021 school year.
Steps to Apply

Grants

Grant Details
Confirm Grant Details here.

2020-2021 Parent Grants – Physical Activity Project

About
Action for Healthy Kids is pleased to release its Parent Grants for the 2020-2021 school year.

2020-2021 Parent Grants – Physical Activity Project

Applicable States: [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]

This grant is for parents or parent groups to implement physical activity initiatives in partnership with a school. Parents/parent groups will be awarded grants starting at $1,000 to help schools implement comprehensive health programming. Funded schools will also receive expertise and people power to help implement a successful project that leads to sustainable change.

Start an Application for a Single School
Steps to Apply

Grants
Steps to Apply

Grants

Grant Application
All questions in all sections are required unless otherwise noted.

2020-2021 Parent Grants – Physical Activity Project
PACE HIGH SCHOOL

Select a Grant  Select Schools  Review individual school applications  Complete individual school applications

QUESTIONS
Contact Information  Project Details  Parent and Family Engagement  Budget  Additional Information

Section 1: Contact Information
Applicant Contact Information

Need help?
Contact us at
contactus@actionforhealthykids.org
We will respond within 24 hours.
Steps to Apply

Submit
Steps to Apply

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
Steps to Apply

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
Steps to Apply

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)
Steps to Apply

General Tips

1. Review and utilize the Application Instructions Guide as you complete 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 Kids 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 Coordinators
» Monthly newsletters
» Resources and materials
» Trainings and events
» Communication and community engagement
## Important Dates

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, April 3, 2020</td>
<td>Applications due</td>
</tr>
<tr>
<td>Monday, May 11, 2020</td>
<td>Award notifications</td>
</tr>
<tr>
<td>Friday, May 29, 2020</td>
<td>School Terms and Conditions due</td>
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<tr>
<td>Friday, September 25, 2020</td>
<td>Pre-School Healthy Survey due</td>
</tr>
<tr>
<td>Friday, December 11, 2020</td>
<td>Midterm Report and 2 photos due</td>
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<tr>
<td>Friday, March 26, 2021</td>
<td>Every Kid Healthy Week Event Survey due</td>
</tr>
<tr>
<td>Friday, May 28, 2021</td>
<td>Final Report, post-School Health Survey and 3 photos due</td>
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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!
ActionForHealthyKids.org
School Programs Ṁ Tools and Resources Ṁ Expert Partners
Volunteer Opportunities Ṁ School Grants
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