



**2020-2021 Action for Healthy Kids
\$2500 - \$5000 Game On: Social Emotional Health Grant
Priority: Communities Serving Military Families
Application for Funds – Due Friday, April 3, 2020**

Grant Background

The goal of *Game On: Social Emotional Health Grants* is to support schools in implementing school-based programs and practices that explore the mind-body connection between physical and emotional health and help to develop resiliency in students. Schools will implement strategies and best practices that support social and emotional well-being, while bringing families and schools together to build the capacity of both groups and implement changes that improve the school community culture with health-promoting policies and practices. Awarded schools will receive \$2,500 - \$5,000, technical assistance and individualized support from an Action for Healthy Kids State Coordinator, and access to tools, resources and professional development. **Grant applications are due by Friday, April 3, 2020.**

What is Social Emotional Health and Well-Being?



Social and emotional learning (SEL) is a continuous learning process that plays a role in every aspect of a healthy, happy life. It is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions (CASEL, 2019). There are five competencies that are an outcome of social emotional learning. These include:

- **Self-Awareness:** a child’s understanding of their strengths, limitations and desire for improvement.
- **Self-Management:** a child’s success in controlling their emotions and behaviors and successfully manage new or challenging situations.
- **Social Awareness:** a child’s capacity to interact with, understand and respect others, recognize their impact on another person, and use cooperation and tolerance.
- **Relationships Skills:** a child’s ability to develop and maintain positive, health connections with others.
- **Responsible Decision Making:** a child’s approach to problem solving that incorporates learned experiences and ability to access responsibility for their own actions.

Social emotional health and well-being is the broad concept that encompasses a child’s ability to further develop and apply these competencies to situations within the context of their community,

cultural background and own experiences. Social emotional well-being supports the mind-body connection and explores the connection social emotional learning, physical activity and nutrition. Click to learn more about the connections between SEL and [nutrition](#) and [physical activity](#).

What is Game On?

Game On is a no-cost online guide providing all the information and resources you need to host a successful wellness program in your school with the ultimate goal of implementing comprehensive health programming. Game On is flexible and adaptable to help you improve student health while also meeting your school's needs, wherever your school is in the process. For more information, visit <https://www.actionforhealthykids.org/game-on-program/>.

Game On aligns with the following components of the Whole School, Whole Community, Whole Child (WSCC) model: health education, physical education & physical activity, community involvement, family engagement, and nutrition environment and services. The WSCC model is an evidenced-based model that focuses its attention on the child, emphasizes a school-wide approach and acknowledges learning, health and the school as being a part and reflection of the local community.

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.

Grant Eligibility and Steps to Apply

Pre-K-12 schools serving military families are eligible to apply. Schools serving students with 75% or more of students eligible for free/reduced-priced meals and/or located in CA, FL, IL, MD, and NC may receive priority. Multiple schools in one district applying for the same or similar projects are encouraged. Award decisions will be based on need, building enrollment, number of students from military families being served, potential impact, project creativity and innovation, and a school's ability to mobilize students, staff and families around student wellness initiatives.

Steps to Apply

1. Watch the pre-recorded [2020-2021 Action for Healthy Kids Game On: Social Emotional Health Grant](#) informational webinar.
2. Complete the [3-minute Action for Healthy Kids School Health Survey](#) to see where your school is at on its journey to become a healthy school that helps students thrive by addressing the needs of the whole child. *For applications to be considered, this step must be completed.*
3. 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.

4. 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:

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

Important Dates and Project Deliverables

Deadline	Description
Prior to application	<i>Watch 2020-2021 Action for Healthy Kids Game On: Social Emotional Health Grant recording</i>
Prior to application	<i>Complete 3-minute School Health Survey</i>
Friday, April 3, 2020	Applications due
Wednesday, May 13, 2020	Award notifications
Friday, May 29, 2020	School Terms and Conditions due
Friday, September 25, 2020	Pre-School Health Index 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 Index and 3 photos due

Grant Requirements

Awarded schools are required to:

- **Implement a project that addresses at least one of the following social and emotional health strategies:**
 - **Safe and Supportive Learning Environments:** Encourage cooperative behavior through the creation of supportive learning environments that provide guidance and set limits with preventative strategies that promote student autonomy in managing their own feelings and behavioral responses.
 - Projects could include but are not limited to:
 - Creation of a [sensory hallway](#) or meditation path in school garden.
 - Creation of a social emotional learning or [creative expression lab](#)
 - Classroom modifications that support self-management such as flexible seating and [creative learning environments](#) or [cafeteria modifications](#) to promote social interaction, mindful eating or goal setting around trying new healthy foods.
 - **Experiential Learning Opportunities:** Implementation of an SEL curriculum or strategies that supports development and application of social emotional skills, behavior modeling and self-selected activities.
 - Projects could include but are not limited to:
 - [Mindfulness](#) or stress management [practices](#) in the classroom or other school spaces (cafeteria, gymnasium, playground, etc.)

- [Healthy cooking classes](#) that explore cultural understanding and social awareness or [healthy taste tests](#) that promotes responsible decision making or the way healthy foods impact our physical and emotional health.
 - Play based learning ([unstructured free time](#) or [play](#))
 - Implementation of a CASEL approved evidence-based SEL curriculum (Please click here to access CASEL's program guides for more information on curriculum components, pricing and more: Preschool and Elementary: [Program Descriptions](#) | [Program Guide](#) | Middle and High School: [Program Descriptions](#) | [Program Guide](#))
- **Engages parents and families in the designing, leading and support of the grant project through the following:**
 - Activation of a representative school health team that meets regularly throughout the school year to support the improvement of the school health environment
 - An increase in family leadership opportunities within the school community through one of the following:
 - An increase in parent/family participation on school health team
 - An increase in opportunities for parents/families to provide input on development and implementation of the project
 - Provide information to families on the importance social emotional health, healthy eating and physical activity
 - An increase in family and community support and involvement in school wellness initiatives

Awarded schools are also required to:

- Activate a representative school health team, inclusive of parent/family leadership, that meets regularly throughout the school year to support the improvement of the school health environment;
- Work with AFHK State Coordinator to complete detail project plan when awarded;
- Participate in professional development learning opportunity, with support from Action for Healthy Kids, to increase social emotional competence;
- Share updates, photos, videos and anecdotes from staff, parents/families and students about your grant project at least once per month;
- Join the celebration during *Every Kid Healthy Week™* by hosting a family-friendly health promoting event in April 2021;
- Participate in and work with Action for Healthy Kids to coordinate grant evaluation activities such as: the School Health Index, midterm and final reporting, surveys, interviews, focus groups and direct observation with school staff, parents/families, community members and students.

Section 1: Contact and School Information

Please complete the following questions on the Action for Healthy Kids [School Portal](#).

1. Applicant Contact Information
 - Role (Highlight one)

Parent/Family Member	School Professional-Teacher
Community Member	School Professional-P.E. Teacher
Health Professional	School Professional-Nurse/Health Aid
Community Based/Nonprofit Organization Staff	School Professional-Food Service
Student	School Professional-Higher Ed
Government Official/Agency Staff	School Professional-Administrator
School Professional-Other	School Professional-Board Member

- Phone Number:
- Primary Email:
- Alternate Email (where we can reach you during the summer):
- Free and Reduced % (if CEP, enter 100%):

2. Provide contact information for the following school health team members, indicating their buy-in and full support for the proposed project. ***Please note that a school and parent/family lead are required for this grant application. The parent/family lead should be a member of the community who does not currently serve as a member of the school staff.***

- Name of Principal/Administrator:
- Email:

- Name of Physical Education Teacher
- Email:

- Name of School Building School Nutrition Manager:
- Email:

- Name of Parent/Family Lead (if not applicant):
- Email:

Section 2: Current Programming Information

3. Describe any current work your school is doing around social emotional learning. Include initiatives that support staff and student's social emotional health (2000 characters):
4. How many minutes per week on average do students receive nutrition education? (3 characters).
5. How many grade levels utilize the school garden at your school (through garden workdays, lessons in the garden, garden taste tests, etc.)? For example, if 3rd, 5th, and 7th participate in the school garden, that would be 3 grades. (Select one)

- | | |
|-----|------|
| • 1 | • 6 |
| • 2 | • 7 |
| • 3 | • 8 |
| • 4 | • 9 |
| • 5 | • 10 |

- 11
- 12
- 13

- More than 13
- Our school does not have a school garden

6. Physical Activity Minutes: Enter the average number of physical activity minutes per day for the majority of students at your school for each of the following initiatives. *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 throughout the school year. If your school does block scheduling or you are unsure how to calculate average minutes, please contact your [AFHK State Coordinator](#).*

Physical Education	
• Number of Minutes per Day	
• Number of Days per Week	
• Percentage of Students Participating	
• Percentage of Time Students Engage in Moderate-to-Vigorous Physical Activity	
Recess	
• Number of Minutes per Day	
• Number of Days per Week	
• Percentage of Students Participating	
• Percentage of Time Students Engage in Moderate-to-Vigorous Physical Activity	
Classroom Physical Activity Breaks	
• Number of Minutes per Day	
• Number of Days per Week	
• Percentage of Students Participating	
Before/After School Activities*	
• Number of Minutes per Day	
• Number of Days per Week	
• Percentage of Students Participating	
Walk/Bike to School Activities	
• Number of Minutes per Day	
• Number of Days per Week	
• Percentage of Students Participating	

**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.*

Section 3: Project Details

7. In what ways has your school engaged parents and families and the designing of this project? Additionally, how will your school partner with parents and families to lead and support implementation and sustainability of the proposed project to support physical activity, nutrition and social emotional health at school and at home? (2000 characters):

8. Every Kid Healthy Week™ takes place the last week of April each year (April 20-24, 2020). Describe a new or existing event that your school will host during Every Kid Healthy Week™ to help celebrate healthy kids with your school community. (2000 characters):

Overview

9. Please indicate the primary focus area(s) of your project. See descriptions and project ideas on page (Select at least one)
- Safe and Supportive Learning Environments
 - Experiential Learning
10. Please describe the details of the project you plan to implement as it relates to the area(s) selected above. (2000 characters)

Social Emotional Learning Impacts

11. What will be the impact(s) of your social emotional health strategy initiative (Select all that apply)
- 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
12. How do you anticipate your proposed project will lead to the chosen social emotional learning impact(s)? (2000 characters):

Physical Activity and Nutrition Impacts

13. What physical activity strategy will your school implement? (Please click here to learn more about [social emotional health impacts through physical activity](#) initiatives)
- Outdoor Active Recess
 - Indoor Active Recess
 - Play Space and Gymnasium Refurbishing
 - Physical Education Equipment
 - Brain Breaks/Classroom Physical Activity
 - Before-School Programming
 - After-School Programming
 - Fitness Assessment/Testing
 - Walk/Bike to School
 - None, our social emotional health initiative will accomplish the physical activity impacts
14. Please describe your physical activity initiative. (2000 characters)
15. Please select at least one of the following physical activity impacts as a result of your school's proposed programming.
- Increase average daily physical activity minutes for students
 - Increase number of students participating in physical activity initiatives
 - Increase amount of time students engage in moderate-to-vigorous physical activity

16. How do you anticipate your proposed project will lead to the chosen physical activity impact(s)? (2000 characters):

17. What nutrition strategy will your school implement? (Please click here to learn more about [social emotional health impacts through nutrition](#) initiatives)

- Nutrition Education
- School Gardens
- Salad Bars
- Smarter Lunchrooms
- Healthy Fundraisers
- Classroom Celebrations
- Classroom Rewards
- Healthy Food Taste Tests
- Healthy Cooking Classes
- Water Access
- Healthy Snacking (including school store, vending and a la carte)
- None, our social emotional health initiative will accomplish the nutrition impacts

18. Please describe your nutrition initiative. (2000 characters)

19. Please select at least one of the following nutrition impacts as a result of your school's proposed programming.

- Increase student participation in nutrition education.
- Increase access to healthy foods/beverages wherever food is served, sold, or shared on campus.

20. How do you anticipate your proposed project will lead to the chosen nutrition impact(s)? (2000 characters):

Section 4: Budget

21. Please itemize below how you plan to use the grant funds. Be specific. Grant funds may not be used for staffing or administrative costs.

Awarded schools will receive 70% of funds with the 1st installment check in August/September 2020. The remaining 30% of funds will be awarded in January/February 2021 after the submission of the Midterm Report. Schools must comply with all grant requirements in order to receive the funds.

Note: Though schools will receive between \$2,500 and \$5,000, you must submit a proposed budget of \$5,000. (2000 characters):

Section 5: Other

22. Please indicate any significant dates for a timeline of your project. (2000 characters):

23. Once the grant term is over, describe how you will ensure that grant efforts and success will be sustained. (1000 characters):
24. Describe any other funding your school has received (or applied for) to address physical activity, nutrition or social emotional learning. (500 characters):
25. School Health Teams: During a typical school year, how many times does your school health team meet?
- 4 or more times
 - 3 times
 - 2 times
 - 1 time
 - 0 times
 - Our school did not have a school health team
26. Which of the following groups are represented on your school health team? (Select all that apply)
- Administrators
 - Food Service Staff
 - School Health Professionals
 - Physical Education Teachers
 - Other Teachers
 - Students
 - Parents and family members
 - Community partners
 - Our school does not have a school health team
 - Other (Please specify):
27. How did you first hear about the Action for Healthy Kids schools grant opportunity? (Select one)
- My school previously received a grant from Action for Healthy Kids
 - Action for Healthy Kids' website
 - Social media
 - AFHK emails/newsletters
 - Action for Healthy Kids State Coordinator
 - AFHK Parent Ambassador
 - Partner website or communications (e.g., USDA, FRAC, Shape America, Active Schools, etc.)
 - CSX Employee Referral
 - Other Employee Referral (Please specify)
 - Media (e.g. news article, blog)
 - Other (Please specify)
28. Every school has "success stories" to share as they celebrate progress made toward creating healthy and active school communities. Share a story about a school wellness initiative you are most proud of having implemented in your school. (2000 characters):

Please proceed to the [Action for Healthy Kids School Portal](#) to submit your application online. Questions? Please contact your [State Coordinator](#) or email contactus@ActionforHealthyKids.org.