



2020-2021 AFHK School Grants Program

Game On

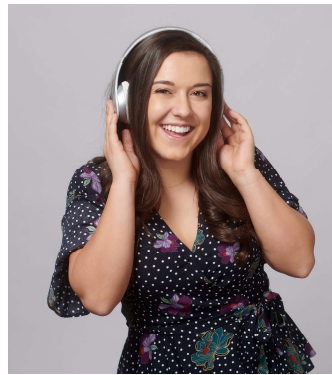
February 20, 2020



Today's Presenters...



Grace Perry
Program Manager
Action for Healthy Kids

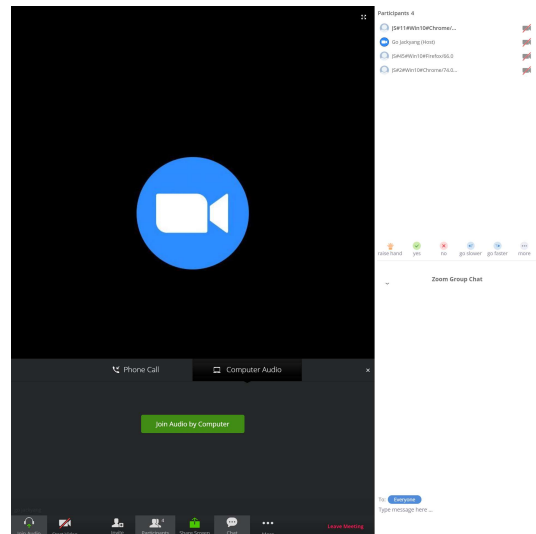


Ali Armacost
Program and Field Coordinator
Action for Healthy Kids



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 Game On?
- » 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



ACTION FOR HEALTHY KIDS



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.

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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.²



Physical activity is **positively associated** with students' **cognitive functioning**¹ which includes ability to pay attention, memory, and IQ test scores.

Eating school breakfast positively affects student attendance, which leads to high academic achievement.³

Children who ate school breakfast increased their math grades by

+0.3 points

based on a 4.0 scale.³

Participation in breakfast programs is associated with:

- Increased grades and test scores
- Reduced absenteeism
- Improved cognitive function
- Memory and attention improvement¹



High quality diets (and increases in micronutrients⁵) **improve cognition** and the ability to perform well during short-term memory tests.⁵

Children with **increased cholesterol intake** had **poor performance** on short-term memory and cognition testing.⁶



A 20-minute walk demonstrates a brain that is activated and primed to learn.⁴



after 20 minutes of sitting quietly



after 20 minutes of walking



Participation in PE class is associated with **better grades, test scores, and classroom behavior**.¹

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<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!



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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



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2020 – 2021 AFHK School Grants Program

Game On Grants

- » \$1,000 – Nutrition only
- » \$1,000 – Physical Activity only
- » \$2,500 – Nutrition AND Physical Activity
- » \$2500- Nutrition only (2)



Parents for Healthy Kids Grants

- » \$1,000 – Nutrition only
- » \$1,000 – Physical Activity only

www.actionforhealthykids.org/grants

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Grant Impacts

“The Action for Healthy Kids Grant has truly been a game changer for us. I was able to introduce the students to new games such as Omnikin Ball as well as more structured fitness stations. I was also able to purchase new basketballs and soft volleyballs.” – *Physical Education Teacher, funded school, IL*



What is Game On?

Game On supports America's schools, their staff, students, and families to incorporate healthy food choices and physical activity into their daily lives and school environment, with the ultimate goal of getting nationally recognized as a health-promoting school.

<https://www.actionforhealthykids.org/game-on-program/>

Learn • Act • Transform

ACTION
FOR
HEALTHY
KIDS 

Accessing Game On

- Navigate to actionforhealthykids.org/
- Click on the **What We Do** tab and then **Game On Program**

The screenshot displays the Action for Healthy Kids website. The navigation menu at the top includes 'What We Do' (circled in red), 'Who We Are', 'Get Involved', and 'Healthy Kids Blog'. There are also links for 'NEWS SIGN UP', 'FUNDRAISE', and a 'Donate' button. The main content area features the heading 'Get your Game On' with a subheading: 'A flexible, free online framework to help schools create healthier learning environments for students, staff, and communities.' Below this are two buttons: 'Get started' and 'Explore activities'. The footer contains the text 'Learn • Act • Transform' and the Action for Healthy Kids logo.

Game On Grants

- » **\$1,000 – Nutrition only**
- » **\$1,000 – Physical Activity only**
- » **\$2,500 – Nutrition AND Physical Activity**
- » **\$2,500- Nutrition Only (2 components)**
 - Application opens at the end of the month

- Eligible States: ALL
- PreK-12 Schools Eligible
- 1st step in the application process:
 - School Health Survey
 - <https://www.actionforhealthykids.org/school-health-survey/>



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KIDS 



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



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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



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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



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What Our Schools Are Saying

The classroom teachers really appreciate the equipment that we were able to purchase through the grant. They have noticed that the students have been more active during recess. As a result, there have been less discipline problems during recess and the students are better able to focus in the classroom afterwards.

PE Teacher ,Funded School, FL



Projects and Strategies

Nutrition Strategies

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



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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



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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



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What Our Schools Are Saying

" The garden built with the grant offered a great hands-on educational experience for our second graders! Students planted vegetables and took care of them as they grew. They harvested the crops and made a delicious salad with the produce. It tied in well to our science curriculum, and students had a great time learning where their food comes from. The garden offers opportunities to connect to curriculum in other grades, and we're excited it is now a part of our school."

Teacher, Funded School, NC



Grant Deliverables – All Grants

- » 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



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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



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This Photo

27
CC BY-ND

Reporting Deliverables – All Projects

- » Submit Terms & Conditions to accept grant
- » Complete the start-of-year School Health Index (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 School Health Index (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

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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 recess:



2 out of 3 kids today are inactive.



Only 6 states require physical education in every grade.

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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.”
- » “Every class will do a monthly taste test and physical activity breaks 3-5 times per week.”
- » “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 Fitness Nights for students and parents.”

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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

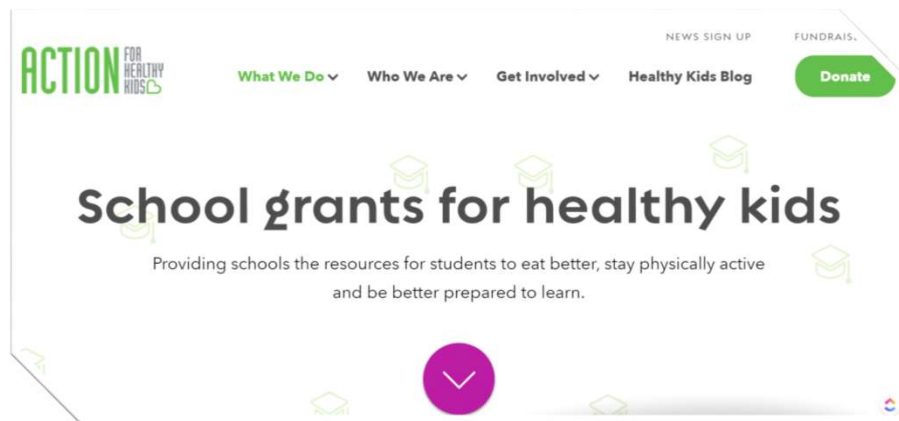
- » “Our school will host a Family Fitness Night.”
 - Physical activity initiative isn't ongoing

Steps to Apply

- » Complete the School Health Survey
- » 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

ACTION FOR
HEALTHY
KIDS 

Welcome to the
**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

Steps to Apply

Portal Home Page

AFHK School Portal

LOGOUT

- Home
- My Profile**
- My School
- Grants
- School Health Index
- Help

Need help?
Contact support at
support@actionforhealthykids.org
We will respond within 24 hours.

150 K SCHOOLS WITH AFHK PROGRAMS	\$ 1.4 M TOTAL GRANTS GIVEN IN 15-16 SY	4168 TOTAL GRANT APPLICATIONS SUBMITTED BY SCHOOLS	235 SHI MODULES COMPLETED
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GET STARTED

Welcome to the AFHK School Portal!

This portal is your hub for all things related to your school's health and wellness programs. Once you affiliate with your school(s), you are able to assess your school with the AFHK modified version of the CDC 2014 School Health Index (SHI). When you use the AFHK SHI you will gain access to customized resources from AFHK and our partners, based on your SHI results. After completing the SHI, a custom action plan will be generated for your school to help your school track progress and take steps towards specific healthy school goals, and to check how ready your school is to apply to the USDA's HealthierUS Schools Challenge. This portal will also allow you access to apply for all AFHK grant opportunities and manage grant reporting requirements. You will want to bookmark this page, so you can return frequently as you work to ensure every kid is healthy and ready to learn in your school.

Got questions? We've got answers. Check out the information in the help tab

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

Steps to Apply

My Profile

AFHK School Portal

LOGOUT

Home

My Profile

My School

Grants

School Health Index

Help

Need help?
Contact support at
support@actionforhealthkids.org
We will respond within 24 hours.

My Profile

Use this area to update your personal information.

Personal Home Address

Information

First Name Heidi

Last Name Milby

Email

Alternate Email

Professional Title

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

Add or Manage Schools

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.

Request District Level Access

Steps to Apply

My School

AFHK School Portal LOGOUT

Home
My Profile
My School
Grants
School Health Index
Events
Help

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

School Affiliations

Connect your profile to schools.

SEARCH SCHOOLS

60607 Search Schools

Results

School Name	ZIP code
<input type="checkbox"/> ANDREW JACKSON LANGUAGE ACAD	60607
<input type="checkbox"/> CHICAGO VIRTUAL CHARTER SCHOOL	60607
<input type="checkbox"/> GALILEO SCHOLASTIC ACADEMY	60607
<input type="checkbox"/> MARK T SKINNER WEST ELEM SCH	60607

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@actionforhealthykids.org and we'll add it and email you to let you know it's now there!

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Steps to Apply

Grants

The screenshot displays the AFHK School Portal interface. At the top, there is a green header with the text "AFHK School Portal" on the left and "LOGOUT" on the right. A dark blue sidebar on the left contains a navigation menu with the following items: Home, My Profile, My School, Grants, School Health Index, Events, and Help. Below the menu, there is a "Need help?" section with the text "Contact us at contactus@actionforhealthykids.org. We will respond within 24 hours."

The main content area features four grant announcements arranged in a 2x2 grid:

- 2020-2021 Parent Grants – Physical Activity Project**: Action for Healthy Kids is pleased to release its Parent Grants for the 2020-2021 school year. This card includes a white checkmark icon in the bottom right corner.
- 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. This card features a photograph of children in a school hallway.
- 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. This card also features a photograph of children in a school hallway.

Steps to Apply

Grants


AFHK School Portal LOG

- Home
- My Profile
- My School
- Grants
- School Health Index
- Events
- Help

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

Grant Details

Confirm Grant Details here.



2020-2021 Game On: \$2,500 Grant

DETAILS

2020-2021 Game On: \$2,500 Grant

Applicable States: [AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, MT, NC, ND, NE, NH, NJ, NM, NV, NY, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VI, VT, WA, WI, WV, WY]

Schools will be awarded a \$2,500 grant to support physical activity and nutrition initiatives that help provide a learning environment where students are healthy, active and ready to learn. Funded schools will also receive expertise and support to help implement a successful project that leads to sustainable change.

[Start an Application for a Single School](#)

Note: The district grant feature is not available for this grant.

Steps to Apply

Grants

The screenshot shows the 'AFHK School Portal' interface. At the top, there is a green navigation bar with 'AFHK School Portal' on the left and 'LOGOUT' on the right. A dark blue sidebar on the left contains navigation links: Home, My Profile, My School, Grants, School Health Index, and Help. The main content area is titled 'Grant Application' and includes the instruction 'Select school for this grant.' Below this, there is a 'WELCOME' message and a 'Start a new Grant' section. This section features a dropdown menu with the text '--SELECT--' and a green 'GO' button. The dropdown menu is open, showing the option 'HAMILTON ELEMENTARY SCHOOL'. At the bottom left of the sidebar, there is a help section: 'Need help? Contact support at support@actforhealthykids.org. We will respond within 24 hours.'

Steps to Apply

Grants

AFHK School Portal

2020-2021 Game On: \$2,500 Grant
PACE HIGH SCHOOL

Details

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

QUESTIONS

Contact Information Project Details Budget Other Information

Section 1: Contact Information

Applicant Contact Information

Role (Select one)

Community Based / Nonprofit Organization Staff

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

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Steps to Apply

Submit

AFHK School Portal | LOGOUT

- Home
- My Profile
- My Schools
- Grants
- School Health Index
- Events
- Help

Need help?
Contact support at
support@electionforhealthykids.org.
We will respond within 24 hours.

Other: Personal Involvement (optional)
500 character max

21. How did you first hear about the School Grants for Healthy Kids grant opportunity? (Select one)
--SELECT--

Other: How Did You Hear (optional)
500 character max

22. How satisfied are you with the services and resources AFHK has provided during this application process?
--SELECT--

23. How satisfied were you with the grant process (school portal, application instructions) AFHK provided this year?
--SELECT--

Previous Section

Save Your Progress Submit Application

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



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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



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Steps to Apply

Summary & Tips - Budget

1. Funds don't need to be split equally between your Nutrition initiative and your PA initiative
2. Funds can't be used for staffing
3. Sustainability is key
4. Dispersed in 2 payments – 65% and 35%
5. Include details for additional funding received/needed for your project(s)



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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 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!



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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



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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 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

ACTION FOR HEALTHY KIDS

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!

The collage features several social media elements: a Facebook post from Action for Healthy Kids dated December 14, 2019, titled "12 Days of Fitness" with a link to www.actionforhealthykids.org; a YouTube video thumbnail showing a young girl sitting on a box in a field; two Pinterest boards, one titled "Healthy and Fun Snack Ideas" with 72 pins and another titled "Healthy Treats for Kids" with 38 pins. Each board includes a grid of small images and an "Edit" button.





ActionForHealthyKids.org

School Programs ♦ Tools and Resources ♦ Expert Partners
Volunteer Opportunities ♦ School Grants