2020-2021 AFHK School Grants Program
Game On
February 20, 2020
Today’s Presenters...

Grace Perry
Program Manager
Action for Healthy Kids

All 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
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. 

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.1

Physical activity is positively associated with students’ cognitive functioning2 which includes ability to pay attention, memory, and IQ test scores.

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

Participation in breakfast programs is associated with:
- Increased grades
- and test scores
- Reduced absenteeism
- Improved cognitive function
- Memory and attention improvements

High-quality diets (and increases in micronutrients) improve cognition and the ability to perform well during short-term memory tests.3 Children with increased cholesterol intake had poor performance on short-term memory and cognition testing.4

A 20-minute walk demonstrates a brain that is activated and primed to learn5

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!
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
- $2500- Nutrition only (2)

**Parents for Healthy Kids Grants**
- $1,000 – Nutrition only
- $1,000 – Physical Activity only

[www.actionforhealthykids.org/grants](http://www.actionforhealthykids.org/grants)
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/
Accessing Game On

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

"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
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 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
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.”

» “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.”
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

School grants for healthy kids
Providing schools the resources for students to eat better, stay physically active and be better prepared to learn.

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

Welcome to the AFHK School Portal!

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

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’ll be able to assess your school with the AFHK school health version of the CDC’s School Health Index (SHI). After completing the SHI, a custom action plan will be generated for your school to help you meet your school’s health goals and take steps toward achieving healthy school goals. Your school’s SHI will be used to determine your school’s potential to apply to the CDC’s Healthier Schools Challenge. This portal will allow you to apply for all AFHK grant opportunities and manage grant reporting requirements. You will want to bookmark this page, as you will refer to it 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.
Steps to Apply

My Profile

What can I do here?
Follow these steps:
1. Update your personal information.
2. Add your school by the address of your school by selecting the "Add or Manage Schools" button.

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

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

Request District Level Access
Steps to Apply

My School

School Affiliations
Connect your profile to schools.

SEARCH SCHOOLS

Results

School Name | ZIP code
-- | ---
ANDREW JACKSON LANGUAGE ACADEMY | 60607
CHICAGO VIRTUAL CHARTER SCHOOL | 60607
GALLELO SCHOLASTIC ACADEMY | 60607
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 by the zip code of the district office. If you already see schools listed, you can return to the My Schools button to add schools or make changes.

Can't find your school? Please download the New School form, complete it fully and send it to contact@action2educatekch.org and we'll add it and email you to let you know it's now there!
## Steps to Apply

<table>
<thead>
<tr>
<th>Grants</th>
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| **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 excited to award grants 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 excited to award grants for the 2020-2021 school year. |
Steps to Apply Grants

Grant Details
Confirm Grant Details here.

2020-2021 Game On: $2,500 Grant

About
Action for Health by Kids is pleased to release its Game On grant opportunities for the 2020-2021 school year.

DETAILED

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, MS, MO, MT, NC, ND, NE, NH, NJ, NM, NV, NY, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WV, WI

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

Grant Application
Select school for this grant:

WELCOME

Start a new Grant

SELECT:

HAMILTON ELEMENTARY SCHOOL
Steps to Apply

Grants

Section 1: Contact Information

Applicant Contact Information

Role (Select One):
- Community Based/Nonprofit Organization Staff
- Other: [ ]

Select Grant

Select Schools

Review individual school applications

Complete individual school applications
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 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)
Steps to Apply

General Tips

1. 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 Coordinators
» Monthly newsletters
» Resources and materials
» Trainings and events
» Communication and community engagement
## Important Dates

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<th>Deadline</th>
<th>Description</th>
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<tr>
<td>Friday, April 3, 2020</td>
<td>Applications due</td>
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<tr>
<td>Monday, May 11, 2020</td>
<td>Award notifications</td>
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<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 Health Index Due</td>
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<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>
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<tr>
<td>Friday, May 28, 2021</td>
<td>Final Report, Post- School Health Index 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!