



**2020-2021 Action for Healthy Kids School Grants  
Parents for Healthy Kids – Physical Activity Project  
Application for Funds – Deadline Friday, May 1, 2020**

Please refer to the [Parent for Healthy Kids – Physical Activity Project application instructions](#) for an outline on the steps to submitting an application and a more detailed description of the application requirements.

**Section 1: Contact Information**

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1. Applicant Contact Information

- Name:
- Role (Select one)

Parent	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-Board Member	School Professional-Other
	None of the Above

- Phone Number:
- Primary Email:
- Alternate Email:

2. School Level Co-Lead

- Name:
- Role (Select one)

Parent	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-Board Member	School Professional-Other
	None of the Above

- Phone Number:
- Primary Email:
- Free and Reduced % (if CEP, enter 100):

3. School-Level Parent Organization (Select one)

- My school has no active parent group
- PTA
- PTO
- Other parent group (Please specify)

## Section 2: Project Details

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### Physical Activity Initiative:

4. What is the physical activity project you are interested in implementing at your school? Please describe in detail. (2000 characters)

5. What is the physical activity strategy you expect to incorporate into your project throughout the year? (select one)

- Outdoor and/or Indoor Active Recess
- Play Space Refurbishing
- Classroom Physical Activity
- Before and/or After-School Programming, including Walk/Bike to School

6. What will be the impact(s) of your physical activity initiative? (Select all that apply)

- 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
- None or other

7. How do you anticipate your proposed physical activity project will lead to the impacts selected above? (2000 characters)

8. Please select at least one of the following impacts as a result of your school's proposed physical activity programming: (Please [click here](#) to learn more about SEL impacts through physical activity)

- 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

9. Working with school staff, enter the average number of physical activity minutes received per day for the majority of students at your school for each of the following initiatives.

<b>Physical Education</b>	
• 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	
<b>Recess</b>	
• 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	
<b>Classroom Physical Activity Breaks</b>	
• Number of Minutes per Day	
• Number of Days per Week	
• Percentage of Students Participating	
<b>Before/After School Activities</b>	

• Number of Minutes per Day	
• Number of Days per Week	
• Percentage of Students Participating	
<b>Walk/Bike to School Activities</b>	
• Number of Minutes per Day	
• Number of Days per Week	
• Percentage of Students Participating	

10. Are students provided at least 20 minutes of recess during each school day? Do teachers or recess monitors encourage students to be active?

- 3 = Yes, recess is provided for at least 20 minutes each day, **and** teachers or recess monitors encourage students to be active.
- 2 = Recess is provided for at least 20 minutes each day, **but** teachers or recess monitors do not encourage students to be active.
- 1 = Recess is provided each day but for less than 20 minutes, **or** it is provided on some days but not on all days.
- 0 = Recess is **not** provided on any day.

11. Does your school promote or support walking and bicycling to and/or from school in the following ways?

- ✓ Designation of safe or preferred routes to school
  - ✓ Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week
  - ✓ Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
  - ✓ Instruction on walking/bicycling safety provided to students
  - ✓ Promotion of safe routes program to students, staff and parents via newsletters, websites, local newspaper
  - ✓ Crossing guards
  - ✓ Crosswalks on streets leading to schools
  - ✓ Walking school buses
  - ✓ Documentation of number of children walking and or biking to and from school
  - ✓ Creation and distribution of maps of school environment (sidewalks, crosswalks, roads, pathways, bike racks, etc.)
- 3 = Yes, our school promotes or supports walking and bicycling to school in **six or more** of these ways.
  - 2 = Our school promotes or supports walking and bicycling to school in **three to five** of these ways.
  - 1 = Our school promotes or supports walking and bicycling to school in **one to two** of these ways.
  - 0 = Our school does **not** promote or support walking and bicycling to school.

12. Does your school offer opportunities for all students to participate in physical activity before and after school, through organized physical activities (such as physical activity clubs, intramural sports, before school physical activity)?

- 3 = Yes, both before and after school.
- 2 = We offer before school or after school, but not both.
- 1 = We do not offer opportunities for students to participate in physical activity before or after school, but there are plans to initiate it.
- 0 = No, we do not offer opportunities for students to participate in physical activity before or after school, and there are no plans to initiate it.

13. Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?

- 3 = Yes, on all days during a typical school week.
- 2 = On most days during a typical school week.
- 1 = On some days during a typical school week.
- 0 = No, we do not provide students with opportunities to participate in physical activity breaks in classrooms.

14. Does the school ensure that spaces and facilities for physical activity meet or exceed recommended safety standards for design, installation, and maintenance, in the following ways?

- ✓ Regular inspection and repair of indoor and outdoor playing surfaces, including those on playgrounds and sports fields
- ✓ Regular inspection and repair of physical activity equipment such as balls, jump ropes, nets, cardiovascular machines, weights, and weight lifting machines
- ✓ Padded goal posts and gym walls
- ✓ Breakaway bases for baseball and softball
- ✓ Securely anchored portable soccer goals that are stored in a locked facility when not in use
- ✓ Bleachers that minimize the risk for falls
- ✓ Slip-resistant surfaces near swimming pool use
- ✓ Pools designed, constructed, and retrofitted to eliminate entrapment use

NOTE: Please disregard any standard that is not relevant for your campus.

- 3 = Yes, all these safety standards are met.
- 2 = All these safety standards are met, **but** at times the school has temporary lapses in one of them.
- 1 = One of these safety standards is not met, **or** at times the school has temporary lapses in more than one of them.
- 0 = More than one of these safety standards is not met, **or** there are no spaces or facilities for physical activity.

15. Please include any significant dates for a timeline of your project. (2000 characters)

16. Once the grant term is over, describe how you will ensure that the grant efforts and success will be sustained. (1000 characters)

### **Section 3: Parent & Family Engagement**

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17. Identify how parents at your school will be engaged in the grant project. (Select all that apply)

- Educational opportunities
- Family or student events
- Every Kid Healthy Week
- Project meetings
- Project planning
- Project implementation
- Project evaluation
- Project promotion around the school community
- Other (Please specify)

18. Describe how you'll engage parents in your project to participate in the activities above. (Limit 1000)

19. Identify how school staff will be engaged in the grant project. (Select all that apply)

- Educational opportunities
- Family or student events
- Every Kid Healthy Week
- Project meetings
- Project planning
- Project implementation
- Project evaluation
- Project promotion around the school community
- Other (Please specify)

20. Are you willing to host an [Every Kid Healthy Week](#) in April 2021? (250 characters)

21. Would you like additional information and resources to help plan an Every Kid Healthy event?

- Yes
- No

22. Does your school communicate with all parents and families about school health activities and programs in a culturally- and linguistically-appropriate way, using a variety of communication methods?

- 3 = Yes, **all** families are communicated with in a culturally- and linguistically-appropriate way using a variety of communication methods.
- 2 = **All** families are communicated with using a variety of communication methods, **but** not in a culturally- and linguistically-appropriate way.
- 1 = Our school only uses very **few** methods to communicate about health-related activities or programs.
- 0 = Our school does **not** communicate with families in these ways, or families receive communications solely about academic subjects **but** not about health-related activities or programs.

23. Do parents and families have opportunities to be involved in school decision making for health and safety policies and programs?

- 3 = Yes, families have opportunities to be involved in **all** school decision-making processes for health and safety policies and programs.
- 2 = Families have opportunities to be involved in **most** school decision-making processes for health and safety policies and programs.
- 1 = Families have opportunities to be involved in **some** school decision-making processes for health and safety policies and programs.
- 0 = No, families do **not** have opportunities to be involved in school decision-making processes for health and safety policies and programs.

24. Does your school or district have a formal process to recruit, train, and involve parents and family members as volunteers to support school health and safety programs?

- 3 = Yes, our school or district has a formal process to recruit, train, and involve family members to support school health and safety programs.
- 2 = Our school or district has an informal process to recruit, train and involve family members to support school health and safety programs.
- 1 = Our school or district does **not** recruit or train family members **but** involves family members, when needed, to support school health and safety programs.
- 0 = No, our school or district does **not** recruit, train, or involve family members to support school health and safety programs.

25. Have all school staff received professional development on strategies for parent and family engagement in school health in the past two years?

- 3 = Yes, **all** school staff have received professional development on strategies for family engagement.
- 2 = **Most** school staff have received professional development on strategies for family engagement.
- 1 = **Some** school staff have received professional development on strategies for family engagement.
- 0 = **No** school staff have received professional development on strategies for family engagement.

#### **Section 4: Budget**

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26. How will you use the \$1,000 if your project is accepted? Please itemize the grant funds in the space provided below. (2000 characters)

#### **Section 5: Additional Information**

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27. 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 does not have a school health team.

28. 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/Family Members
- Community Partners
- Our school does not have a school health team
- Other (Please specify)

29. How would you best define your school's involvement in health and wellness?

- We had a program with an active 5-person health team, administrator engagement, family and community engaged, and a balance of physical activity and nutrition programming.
- We had a program with a school health team, administrator support, some family and community engagement, and some physical activity and nutrition programming.
- We had a program with a one or two people organizing efforts, but not a team, and implemented a few physical activity and/or nutrition initiatives.
- We had a program with little effort, minimal support and no physical activity and/or nutrition initiatives.
- Other (Please specify)

30. How would you define your involvement in school-based health and wellness? (Check all that apply)

- I promote healthy choices for myself or my family at home
- I volunteer at school health events or helped out when asked

- I organize health-related events or led school health initiatives
- I serve on a School Health Team
- I lead the school health team
- I am not involved at all in school health and wellness.

## **Section 6: Feedback**

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31. How did you first hear about the School Grants for Healthy Kids 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 Regional Manager/State Coordinator
- Action for Healthy Kids Parent Ambassador
- Partner website or communications (USDA, FRAC, Shape America, Let's Move, etc.)
- PTA website or communications
- ALDI Employee Referral
- Media (e.g. news article, blog)
- Other (Please specify)

Please proceed to the [AFHK School Portal](#) to submit your application online. Questions? Please contact your [AFHK State Coordinator](#) or email [ContactUs@ActionforHealthyKids.org](mailto:ContactUs@ActionforHealthyKids.org).