

# Welcome!

The session will begin shortly.

While we're waiting, take action with one (or more) of the steps below!

**Assess Your School: Take our 3-minute School Health Survey**

[www.actionforhealthykids.org/school-health-survey/](http://www.actionforhealthykids.org/school-health-survey/)

**Stay Informed: Sign up for our Newsletters**

<https://www.actionforhealthykids.org/news-sign-up/>

**Get Involved: Find upcoming learning sessions and events**

<https://www.actionforhealthykids.org/events/>



MARCH 10, 2021

# Celebrating Together: Every Kid Healthy Week 2021

**ACTION** FOR  
HEALTHY  
KIDS 

# Meet the Team



Sean Wade

Director of Family-School Partnerships  
Action for Healthy Kids



Ali Armacost

Program and Field Coordinator  
Action for Healthy Kids

# Learning Objectives

After today's session, participants will...

- » Understand the history and importance of Every Kid Healthy Week
- » Learn how to register your Every Kid Healthy Week Events and how to participate in our national virtual events.
- » Walk away with strategies and resources to celebrate Every Kid Healthy Week at home and at school.

# Logistics

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A few notes to make sure you have a smooth user experience!

- » Listen in with your telephone or computer speakers
- » Everyone is muted
- » This session is being recorded
- » Breaks are scheduled, but step away as needed.
- » Ask questions
- » Stay engaged and participate

All materials and session recording will be shared in follow up within 2 business days.

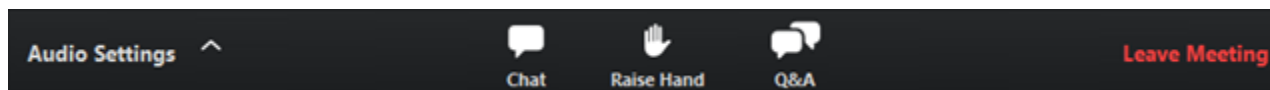
# Chat vs Q&A

## Chat

- Use this space for introductions and to respond to prompts/ice breakers from the facilitator.
- During the session, we'll also share resources via the chat box.

## » Q&A

- Use this space to ask questions regarding the content, with technology issues, etc.
- We'll do our best to answer questions at a scheduled time during the session. If not, a compiled list of common questions and answers will be shared in follow up.



# Agenda

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AFHK Overview

EKHW Overview

Event Ideas

Resources and Support

Engaging Parents & Caregivers

Keys to Success

Connect with Us



# Tell Us About Yourself

What is your role?

- a. School staff
- b. District staff
- c. Parent
- d. Community member
- e. Other





# Tell Us About Yourself

Has your school ever hosted an Every Kid Healthy Week Event?

- a. Yes, just once
- b. Yes, we've hosted multiple EKHW events
- c. No, we've never hosted an EKHW event
- d. I'm not sure



# Action for Healthy Kids Overview

Who We Are, What We Do, and How We Work

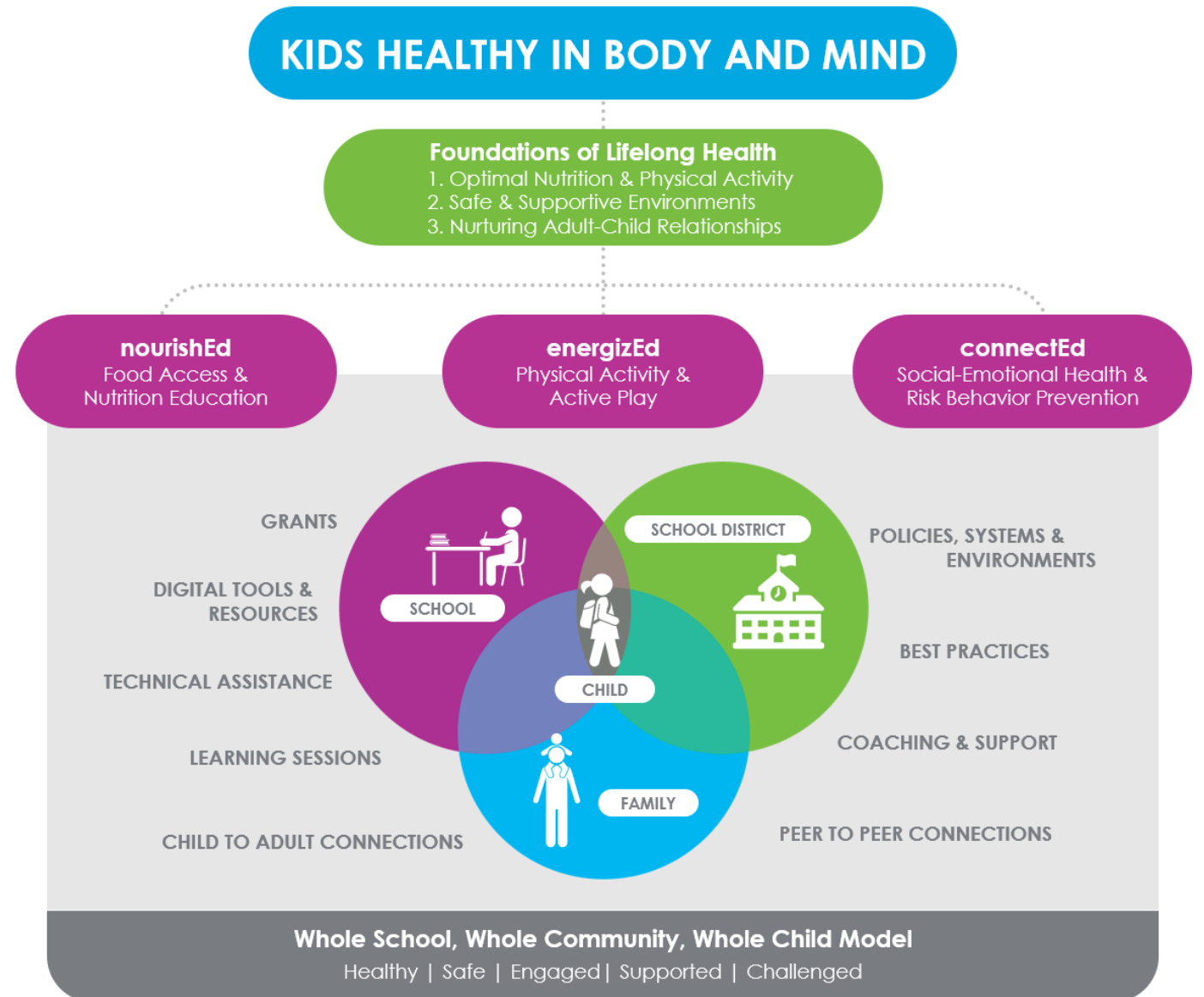
# Who We Are

Action for Healthy Kids is a national nonprofit organization committed to the belief that healthy kids create a better world. We pursue this vision by mobilizing family-school partnerships to address the child health crisis and prepare kids to be healthy in body and mind.



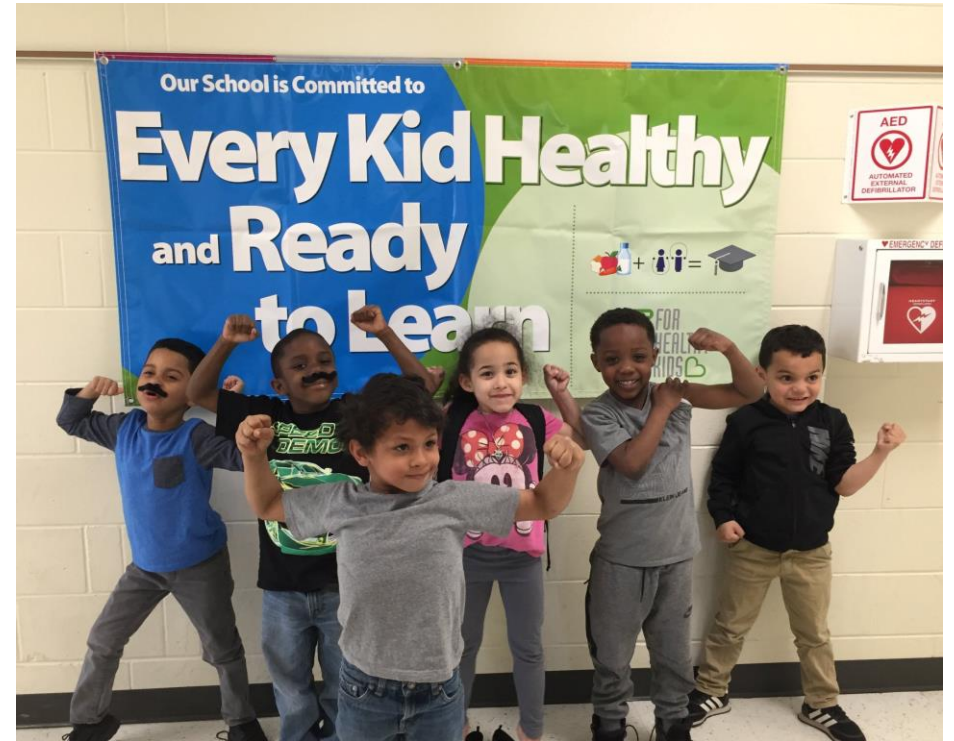
# What We Do

We collaborate with families, schools and school districts to support three key areas of child health.








# Every Kid Healthy Week: April 26-30, 2021

- Approved by Congress and recognized as an official National Health Observance during the 4th week of April
- All schools are invited to participate in Every Kid Healthy Week by hosting a family-friendly health-promoting event each spring



# EVERY KID HEALTHY WEEK

## 2021 SCHEDULE

<b>APRIL 26</b> MINDFUL MONDAY	<b>APRIL 27</b> TASTY TUESDAY	<b>APRIL 28</b> WELLNESS WEDNESDAY	<b>APRIL 29</b> THOUGHTFUL THURSDAY	<b>APRIL 30</b> FITNESS FRIDAY
• • • • • CHILD HEALTH FOCUS • • • • •				
Social Emotional Health 	Nutrition and Food Access 	Self-care Strategies 	Connectedness, Relationship Skills, Social Awareness 	Physical Activity and Active play 

# Mindfulness Monday- Event Ideas

April 26<sup>th</sup>, 2021

## At Home

- » Practice mindful movement and/or meditation as a family.
- » Start the week with the yoga pose downward dog to release stress and energize the body for the day.
- » Make mealtime screen-free to allow everyone to talk and enjoy their food.

## At School

- » Take a mindful breathing break to reset between lessons.
- » Explore imagination through play-based yoga.
- » Practice journaling with students to offer a space for reflection or digging deep into what's important.



# Tasty Tuesday- Event Ideas

April 27<sup>th</sup>, 2021

## At Home

- » Host a family taste test to try new fruits, vegetables, and other healthy snacks.
- » Plan a virtual cooking night for families and staff using accessible and affordable ingredients.
- » Plant a family garden – it can be outdoors or inside, as small or large as you have space for.

## At School

- » Host a class-wide taste test while sharing the historical and cultural background of new foods.
- » Invite farmers to visit your school for an outdoor family-school farmer's market.
- » Plant a school garden – it's a great way to get parents involved and teach students where their food comes from.





# Wellness Wednesday – Event Ideas

April 28<sup>th</sup>, 2021

## At Home

- » Create a family self-care plan.
- » Brainstorm ways as an adult that you can be a healthy role model for your kids.
- » Set healthy goals with your kids – let them take the lead on what's important to them, then help guide them.

## At School

- » Enlist students (and parent volunteers!) to help create a calm-down corner.
- » Take learning outside – Green space boosts mood and attention span, so explore nature around your school, in whatever form it takes.
- » Build in brain breaks with movement to show students how to take a step back and set healthy intentions.



# Thoughtful Thursday- Event Ideas

April 29<sup>th</sup>, 2021

## At Home

- » Help your kids talk through their feelings. Don't forget to talk through yours with someone, too. It's been a rough year.
- » Encourage kids to perform small acts of kindness to build empathy.
- » Ask kids to name three things they're thankful for – positive emotions can boost immune systems.

## At School

- » Explore empathy with circle time .
- » Use a class art project to talk through feelings.
- » Try the “[Caves, Campfires, and Watering Holes](#)” technique to create learning spaces that inspire.



# Fitness Friday- Event Ideas

April 30<sup>th</sup>, 2021

## At Home

- » Take a family walk – through the neighborhood, at the park, on the beach or in the woods – use it as a chance to move and connect with each other!
- » Use common household objects for fitness fun, like milk jugs, laundry detergent or canned goods as DIY weights.
- » Have a family dance off to end the week on a high note!

## At School

- » Host an outdoor, school-wide Field Day with different physical activity stations.
- » Organize a walk or bike to school day. If that's a challenge, engage the community to create safe routes to school.
- » Try a new activity like [African Hopscotch!](#)





## Most Importantly...

Creativity and adaptability are keys to success! Every Kid Healthy Week looks different for everyone, and that is OK.

# Tell Us About... Challenges

What are the challenges that have held your school back from getting started with an event or what challenges are you running into with your events now?

Use the Q&A button in your navigation menu below to share your answers



# EKH Week 2021 Resources

[www.EveryKidHealthyWeek.org](http://www.EveryKidHealthyWeek.org)

**Every Kid Healthy Week (April 26-30, 2021)**

**EVERY KID HEALTHY WEEK 2021 SCHEDULE**

APRIL 26	APRIL 27	APRIL 28	APRIL 29	APRIL 30
Brain Health	Nutrition and Food Access	Connectedness, Relationship Skills, Social Awareness	Self-care Strategies	Physical Activity and Active Play

**Child Health Focus:** Brain Health, Nutrition and Food Access, Connectedness, Relationship Skills, Social Awareness, Self-care Strategies, Physical Activity and Active Play.

**Every Kid Healthy Week: What is it?**

Every Kid Healthy Week is an annual observance created in 2013 to celebrate school health and wellness achievements. Recognized on the calendar of National Health Observances and observed the last full week of April each year, each day of the week shines a spotlight on the generations across and families are taking to improve the health and wellness of their kids and the link between nutrition, physical activity, mental health and learning - because healthy kids are better prepared to learn and thrive!

**Anyone can get involved with Every Kid Healthy Week events!** Schools are invited to host a live or virtual event (or multiple) during Every Kid Healthy Week, and families and community members can participate by joining events or by doing activities at home.

**Take action during Every Kid Healthy Week.**

Anyone (students, parents/caregivers/families, educators, school administrators, community members, businesses) can take action during Every Kid Healthy Week by following the Every Kid Healthy Week daily themes or building your own activities based on your needs or interests.

**Register to participate as we can assist with ideas and activities via the link** and as they we can share ideas with you! We also recommend following us on Instagram, Facebook, and Twitter (links below) to get easy ideas and virtual activities celebrating each day's theme.

**Show us your Every Kid Healthy Week!**

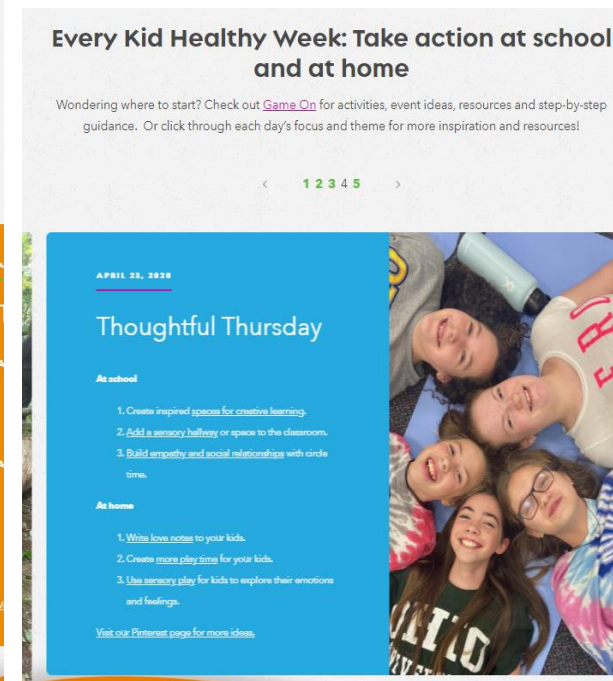
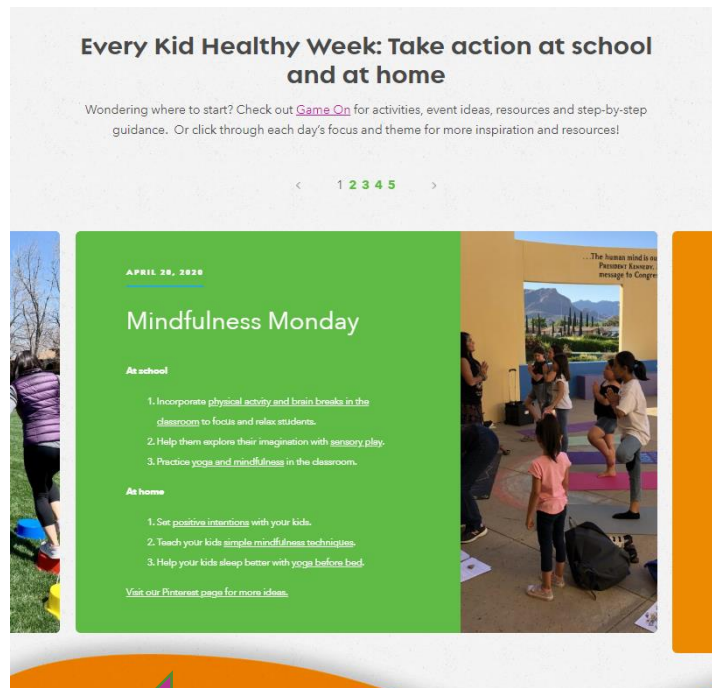
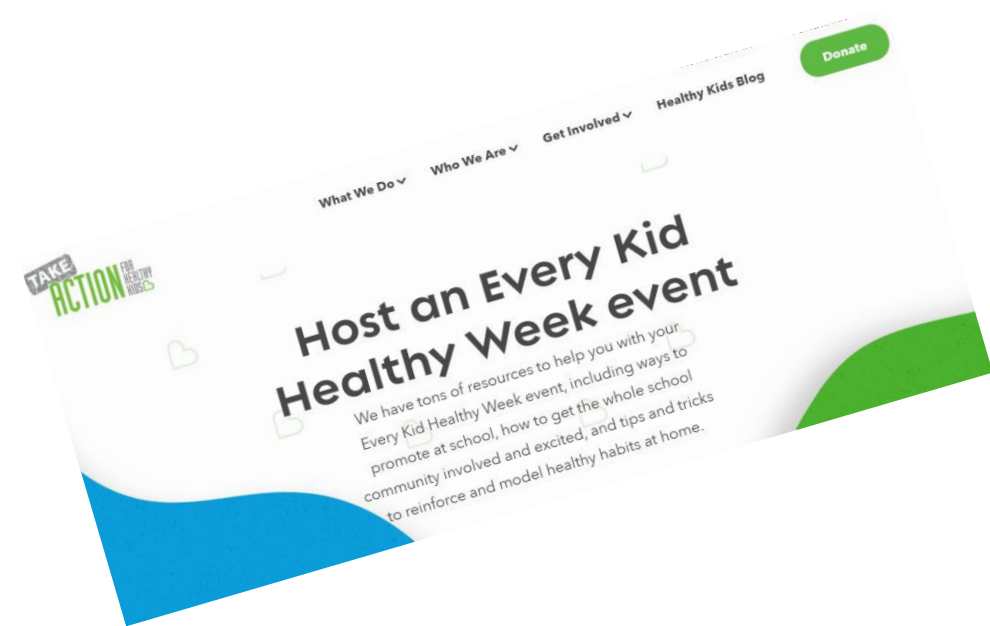
- Follow us on social media: [Facebook](#) | [Twitter](#) | [Instagram](#)
- Post photos and videos from your events and activities on social media using the hashtag #EveryKidHealthyWeek and #TakeAction4HealthyKids
- Tag us @EveryKidHealthyKids on Instagram, @EveryKidHealthyKids on Facebook, or @EKHkids on Twitter so we can see and share whatever everyone is doing!

Overview

LINK TO RESOURCES



# EKH Week 2021 Resources



SCROLL THROUGH IDEAS FOR EACH DAY:  
FOR HOME AND SCHOOL

# EKH Week 2021 Resources

## VISIT OUR EKH WEEK

## WEBPAGE:

Toolkit Resources,  
Overview Docs, Flyer  
Templates

*\*Keep checking back as materials are added*

## Tips & resources for a successful event

Use these resources to plan your Every Kid Healthy Week events and activities, communicate about your event, and engage passionate volunteers from the local community who can offer expertise and extra hands to help you successfully implement.

- [Every Kid Healthy Week toolkit](#) - Updated coming soon!
- [How to Register Your School Event](#) - Use the School Health Portal to register your event.
- [Every Kid Healthy Week Overview](#) - Help inform your colleagues and community.
- [Event flyer](#) - Enlist parents and volunteers.
- [Planning Timeline and Checklist](#) - Updated coming soon!
- Media Alert Template coming soon! Follow [these instructions](#) for sending out a media alert about your event.

Everyone is encouraged to join the celebration online by sharing photos of their events and actions on social media using #EveryKidHealthyWeek and #takeaction4healthykids.



# EKH Week 2021 Resources

## [VISIT THE RESOURCE LIBRARY](https://www.actionforhealthykids.org/game-on-activity-library/)

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



NEWS SIGN UP

FUNDRAISE

ESPAÑOL



What We Do ▾

Who We Are ▾

Take Action ▾

Healthy Kids Blog

Donate

Filters

Clear

Location ▾

Target Population ▾

Topic ▾

SEL Skills ▾

Category ▾

Spanish ▾

Apply

## AFHK Resource Library

150 results

1 2 ... 13 >

### Eating Meals as a Family

Connect with family members over a shared meal.

[READ MORE](#)

### Pack a Backyard Picnic

Take your next meal or snack break outdoors with a backyard picnic.

[READ MORE](#)

### Healthy Snacking at Home

Fuel up with healthy snacks at home and on-the-go.

[READ MORE](#)

### Backyard Camping

Plan a summer adventure while still staying close to home and bring nature to you.

### Outdoor Exploration Activities

Step into the wild! Create space to explore the outdoors or bring nature closer to you.

### Nutrition Based Physical Activity Games

Pair nutrition education with these fun and active games for better learning!

# Registering Your Event

- Schools can use the AFHK School Portal to register their events and recruit volunteers

→ [actionforhealthykids.org/every-kid-healthy-week-resources/](https://actionforhealthykids.org/every-kid-healthy-week-resources/)

## Take action

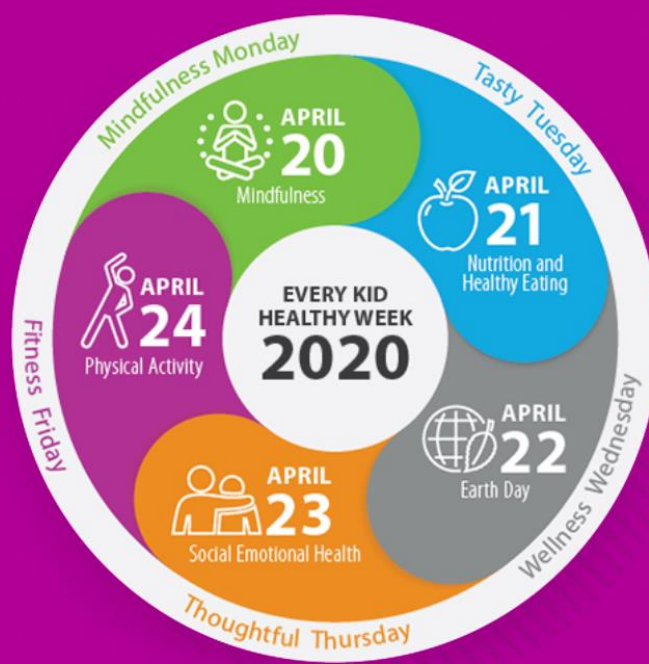
**At School**

Every Kid Healthy Week events should promote and reinforce healthy habits, good nutrition, emotional health and physical activity.

**At Home**

Help celebrate Every Kid Healthy Week by promoting wellness, good nutrition, and physical activity with your own family - healthy habits start at home.

[REGISTER YOUR EVENT](#)  
*(View instructions)*



The graphic is a circular infographic for 'EVERY KID HEALTHY WEEK 2020'. It is divided into five colored segments, each representing a day of the week with a specific theme and date: April 20 (Mindfulness Monday), April 21 (Nutrition and Healthy Eating Tasty Tuesday), April 22 (Earth Day Wellness Wednesday), April 23 (Social Emotional Health Thoughtful Thursday), and April 24 (Physical Activity Fitness Friday). Each segment includes a small icon related to the theme.

# Registering Your Event



## 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

swade@actionforhealthykids.org

Password

.....

Remember Me?

[Forgot Password?](#)

Register

Login



# Registering Your Event

The screenshot shows the AFHK School Portal interface. The top navigation bar includes the AFHK School Portal logo and a LOGOUT button. The left sidebar contains navigation links: Home, My Profile, My School, Grants, School Health Index, Events, and Help. A green arrow points to the 'Events' link. The main content area features four summary cards: '150 K SCHOOLS WITH AFHK PROGRAMS', '\$ 1.3 M TOTAL GRANTS GIVEN IN 16-17 SY', '3962 TOTAL GRANT APPLICATIONS SUBMITTED BY SCHOOLS', and '1713 SHI MODULES COMPLETED'. Below these is a 'GET STARTED' section with a welcome message and a list of four steps: 1. Complete Your Profile, 2. Find Your School, 3. Assess Your School Health, and 4. Apply for a Grant. A help section at the bottom left of the sidebar provides contact information: 'Need help? Contact support at support@actionforhealthykids.org. We will respond within 24 hours.'

# Registering Your Event

AFHK School Portal

LOGOUT

My Events

There are no events yet  
Use the buttons below to request or search for an event

Request An Event Search for An Event

Event Name	Event Type	School	Status	Need Volunteers?	Date
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Need help?  
Contact support at  
[support@actionforhealthykids.org](mailto:support@actionforhealthykids.org).  
We will respond within 24 hours.

# Registering Your Event

AFHK School Portal

Logout

## Event Request

Event Request

**EVENT REQUEST**

School: --SELECT--

Event Name \*

Event Type \*  
School Health Team Event  
School Health Team Event  
EKH Week Event  
Special Event/Program/Activity

Start Date

End Date

Start Time: HH : mm AM

EndTime: HH : mm AM

Need help?  
Contact support at [support@actionforhealthykids.org](mailto:support@actionforhealthykids.org).  
We will respond within 24 hours.

# Registering Your Event

The screenshot shows a web browser window with the URL [https://afhkschoolportal.force.com/Event\\_Request\\_Form](https://afhkschoolportal.force.com/Event_Request_Form). The page title is "AFHK School Portal" and there is a "LOGOUT" link in the top right corner. A dark blue sidebar on the left contains navigation links: Home, My Profile, My School, Grants, School Health Index, Events, and Help. At the bottom of the sidebar, it says "Need help? Contact support at [support@actionforhealthykids.org](mailto:support@actionforhealthykids.org). We will respond within 24 hours."

The main content area is titled "EKH Event Detail" and contains the following form fields:

- Primary Contact \***: A text input field.
- Primary Contact Email \***: A text input field.
- What type of Every Kid Healthy event will you host?\***: A dropdown menu with "Health Fair" selected.
- What are the number of expected attendees in the following categories:\***: A section with two sub-fields:
  - Students\***: A text input field.
  - Parents/Family Members\***: A text input field.

# Engaging Parents, Caregivers & Families

Why engage parents, families and the school community:

- Celebrate all the great work you've done with their support this year!
- Build momentum for next year
- Allows you to do more with fewer resources, or bring more resources in





# Engaging Parents, Caregivers & Families

## Dr. Joyce Epstein's 6 Types of Parent Involvement

- Parenting/Information Sharing
- Two-Way Communication
- Volunteering
- Learning at Home
- Decision Making
- Collaborating with Community



# Engaging Parents, Caregivers & Families

How else can you engage your school community?

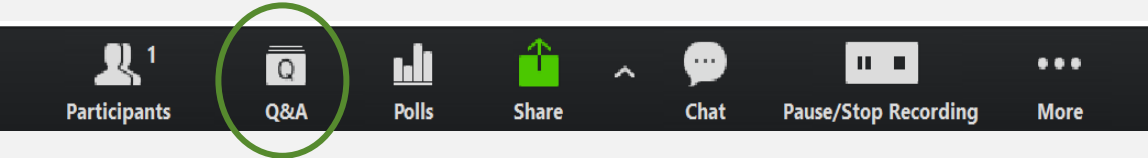
- Ask parents to host a healthy taste test
- Involve the whole family with a Walk or Bike-To-School event
- Invite community volunteer for a fitness class or a local farmer to discuss nutrition and locally grown options
- Host a Family Health Fair



# Tell Us About... Engaging Your School Community

How are you planning to engage parents, families, and your school community in your EKH Week event?

Use the Q&A button in your navigation menu below to share your answers.



# EKH Week: Keys to Success

- Commitment from Administration
- Enthusiastic Committee
  - You can't do it yourself
- Organization/Planning
- Communication
- Parents, caregivers and volunteers
  - Stations, Help with check-in, etc.



# EKH Week: Keys to Success

- Share your success stories, photos and videos
- Invite local officials to your events
- Tag us **@act4healthykids** on Instagram, **@ActionforHealthyKids** on Facebook, or **@act4hlthykids** on Twitter so we can see—and share—whatever everyone is doing!



# Connect with Us!

Join in conversation discover fun activities and healthy recipes, learn of ways to get involved and take action!



**@Action for Healthy Kids**



**@act4healthykids**



**@Act4HlthyKids**



**@act4healthykids**



**@Action for Healthy Kids**



**@action-for-healthy-kids**



# Next Steps

- Check out [EveryKidHealthyWeek.org](https://www.everykidhealthyweek.org) for resources, tools, and support
- Register Your Event on the School Portal!
- Any questions?





# We are here to support you!

Connect with your Grant Coordinator for questions and support. Not sure who that is? Reach out to [contactus@actionforhealthykids.org](mailto:contactus@actionforhealthykids.org) and we'll connect you!



# Questions?

Name: Sean Wade

Email: [swade@actionforhealthykids.org](mailto:swade@actionforhealthykids.org)

Name: Ali Armacost

Email: [aarmacost@actionforhealthykids.org](mailto:aarmacost@actionforhealthykids.org)



**Every kid healthy, active and ready to learn**

**[actionforhealthykids.org](http://actionforhealthykids.org) • 600 W. Van Buren St., Suite 720, Chicago, IL 60607 • 1.800.416.5136**

# Let Us Know!

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Open the camera on your mobile device to scan the QR code on the screen.

Complete this survey to help us continuously improve our learning sessions.

Time: 10 minutes or less

