



**2022-2023 Action for Healthy Kids (AFHK)
School Grant Opportunity
Application due May 20, 2022**

Overview

Action for Healthy Kids (AFHK) is pleased to release its school grant opportunities for the 2022-2023 school year. Schools will be awarded a \$1,000 grant to support food access and nutrition education (NourishEd), physical activity and active play (EnergizEd), or social-emotional health and risk behavior prevention (ConnectEd). In addition to grant funds, awarded schools also receive expertise and support from AFHK staff to implement a successful project that leads to sustainable change.

Action for Healthy Kids functions with [Family-School partnerships](#) at the center of our work because we know that childhood healthy habits and lifestyles, academic achievement and educational equity are driven by the adults and environments in which our children are raised. [Family-School partnerships](#) bring together school staff and parents/caregivers to identify challenges to family engagement and specific child health needs, then collaborate to develop, implement, and evaluate effective and equitable solutions. **Awarded schools are expected to engage parents/caregivers in the planning, implementation and evaluation of the grant funded project**, including seeking parent/caregiver input during the application process, providing opportunities for ongoing parent/caregiver feedback and involvement, sharing information with parents/caregivers about the status of the work, and ultimately creating a culture where proactive parent/caregiver engagement is the norm.

The following grants are available:

- \$1000 *EnergizEd* Grant
- \$1000 *NourishEd* Grant
- \$1000 *ConnectEd* Grant

School Eligibility

Schools with greater than 74.5% of students eligible for free/reduced priced meals that are located in and around specific geographic locations will receive priority:

- El Paso, TX
- Las Cruces, NM

Some grant types have grade level restrictions:

- *EnergizEd* and *NourishEd* grants will be provided to schools serving one or more of the following grade levels: PK, K, 1, 2, 3, 4, 5, 6, 7, 8. Schools that do not serve one or more of these grade levels are not eligible for these grants (e.g. high schools are not eligible).
- *ConnectEd* grants will be provided to schools serving one or more of the following grade levels: PK, K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12.

Award decisions are also based on building enrollment, project type, potential impact and reach, and a school's ability to mobilize parents and students around whole child initiatives.

Program Details

What is *EnergizEd*?

AFHK's *EnergizEd*: Physical Activity and Active Play program builds the capacity of PK-8 schools to implement physical activity opportunities during the school day (outside of physical education) to ensure children receive the recommended 60 minutes of physical activity daily.

Schools awarded with \$1,000 *EnergizEd* grants will:

- Implement at least one during-school physical activity initiative (outside of physical education):

Physical Activity Initiatives
• Classroom Physical Activity
• Sensory/Active Hallways
• Recess
• Other

- Provide information to students and families on the importance of physical activity and its connection to social-emotional health.
- Send at least one school representative to attend a virtual learning session on Family-School Partnerships to build the foundation for schools and families working together to improve student health and well-being.
- Establish or maintain a 5-member school health team that is representative of your school and the families or community you serve, and includes key members such as administrators, classroom teachers, physical education teachers, food service staff, parents/caregivers, school health professionals, community members and students.
 - Ensure at least one parent/caregiver is a member of your team.
- Complete AFHK's School Health Index in AFHK's [Grant Portal](#) by September 30, 2022.
- Submit 2 photos or videos at midterm (December 2022) and 3 photos or videos at final (by May 26, 2023) via AFHK's [Digital Asset Management System](#).
- Join the celebration during *Every Kid Healthy Week* by hosting a family-friendly health-promoting in-person or virtual event during or around *Every Kid Healthy Week 2023*, April 24-28. Submit your event plans by April 1, 2023 in AFHK's [Grant Portal](#).
- Submit final report by May 26, 2023 to share project results.

Expected *EnergizEd* Program Outcomes:

- Increase at least one of the following for students:
 - Physical activity minutes (to at least 30 minutes during school outside of physical education);
 - Percentage of students participating in physical activity during school; and/or
 - Percentage of time students engage in moderate-to-vigorous physical activity during school.
- As a result of making the connection between physical activity and social-emotional learning, improve at least one of the following for students:
 - Student self-awareness;
 - Student self-management;
 - Student social awareness;
 - Student relationship skills; and/or

- Student responsible decision making.
- Increase implementation of comprehensive school physical activity best practices, including engaging parents/caregivers at various levels (e.g. leadership roles, volunteer opportunities, information sharing).

What is *NourishEd*?

AFHK's *NourishEd*: Food Access and Nutrition Education program increases the demand for healthy food among students and schools through nutrition education and promotion.

Schools awarded with \$1,000 *NourishEd* grants will:

- Implement an evidence-based nutrition education classroom curriculum in grades PK-8.
- Implement at least one experiential learning initiative to expand nutrition education outside of the classroom curriculum.
- Provide information to students and parents on the importance of nutrition and its connection to social-emotional health.
- Send at least one school representative to attend a virtual learning session on Family-School Partnerships to build the foundation for schools and families working together to improve student health and well-being.
- Establish or maintain a 5-member school health team that is representative of your school and the families or community you serve, and includes key members such as administrators, classroom teachers, physical education teacher, food service staff, parents/caregivers, school health professionals, community members and students.
 - Ensure at least one parent/caregiver is a member of your team.
- Complete AFHK's School Health Index in AFHK's [Grant Portal](#) by September 30, 2022.
- Submit 2 photos or videos at midterm (December 2022) and 3 photos or videos at final (by May 26, 2023) via AFHK's [Digital Asset Management System](#).
- Join the celebration during *Every Kid Healthy Week* by hosting a family-friendly health-promoting in-person or virtual event during or around *Every Kid Healthy Week 2023*, April 24-28. Submit your event plans by April 1, 2023 in AFHK's [Grant Portal](#).
- Submit final report by May 26, 2023 to share project results.

Expected *NourishEd* Program Outcomes:

- Increase at least one of the following for students:
 - Nutrition education minutes; and/or
 - Percentage of students participating in nutrition education and promotion programming initiatives.
- Increase student knowledge, attitudes and behaviors related to healthy eating.
- Improve student self-awareness, self-management, social awareness, relationship skills and/or responsible decision making as a result of making the connection between nutrition and social-emotional learning.
- Increase implementation of comprehensive nutrition education and promotion best practices, including engaging parents/caregivers at various levels (e.g. leadership roles, volunteer opportunities, information sharing).

What is *ConnectEd*?

AFHK's *ConnectEd*: Social-emotional Health and Risk Behavior Prevention programming improves and maximizes the protective factors integral to a child's health and wellbeing to promote resilience among children and adolescents, help promote social and emotional competence, and minimize risk behaviors.

Schools awarded with \$1,000 *ConnectEd* grants will:

- Implement at least one experiential learning initiative that demonstrates mindful awareness practices (MAPs) and/or restorative practices to promote the application of self-awareness, self-management, responsible decision-making, social awareness and/or relationship skills:

<i>ConnectEd</i> Initiatives
• Mindfulness/sensory-based projects/programs
• Play-based learning projects/programs
• Service-learning projects/programs
• Peer-leadership/support projects/programs

- Provide information to students and parents/caregivers on the importance of social-emotional health and its connection to physical activity and nutrition.
- Send at least one school representative to attend a virtual learning session on Family-School Partnerships to build the foundation for schools and families working together to improve student health and well-being.
- Establish or maintain a 5-member school health team that is representative of your school and the families or community you serve, and includes key members such as administrators, classroom teachers, physical education teacher, food service staff, parents/caregivers, school health professionals, community members and students.
 - Ensure at least one parent/caregiver is a member of your team.
- Complete AFHK's School Health Index in AFHK's [Grant Portal](#) by September 30, 2022.
- Submit 2 photos or videos at midterm (December 2022) and 3 photos or videos at final (by May 26, 2023) via AFHK's [Digital Asset Management System](#).
- Join the celebration during *Every Kid Healthy Week* by hosting a family-friendly health-promoting in-person or virtual event during or around *Every Kid Healthy Week* 2023, April 24-28. Submit your event plans by April 1, 2023 in AFHK's [Grant Portal](#).
- Submit final report by May 26, 2023 to share project results.

Expected *ConnectEd* Program Outcomes:

- Increase student participation in age-appropriate social-emotional health activities and programming.
- Improve at least one of the following:
 - Student self-awareness;
 - Student self-management;
 - Student social awareness;
 - Student relationship skills; and/or
 - Student responsible decision making.
- Increase implementation of comprehensive social-emotional health and risk behavior prevention best practices, including engaging parents/caregivers at various levels (e.g. leadership roles, volunteer opportunities, information sharing).

Active Schools

AFHK partners with [Active Schools](#) to support schools in providing regular physical activity for students. School health team members at funded schools (regardless of grant type) 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. Champions are the first to hear about special events like Take Your Parent to PE Week (last week of September), Active Classrooms Month (January/February), and other promotions, contests, and opportunities. School Health Team members will have the opportunity to opt-out of this automatic enrollment.

Steps to Apply

1. Action for Healthy Kids recommends that schools complete the application with their School Health Team to gather feedback and buy-in. On average, the application takes less than 60 minutes to complete. Your designated AFHK State Coordinator, [Michelle Smith](#), is available to help you navigate the application process.
2. Schools applying are expected to seek out and incorporate parent/caregiver input on the design and development of projects during the application process.
3. Proceed to AFHK's [District/School Portal](#) to submit your application electronically. Applications must be submitted online via AFHK's School Portal. Paper applications will not be accepted.

District/School Portal: https://afhkschoolportal.force.com/AFHK_Communities_Login

Important Dates

Deadline	Description
May 20, 2022	Applications due (to be completed in the District/School Portal)
June 10, 2022	Schools notified of application status (awarded, declined) via email
July 15, 2022	Signed Terms & Conditions due, including submission of school health team contacts (to be completed in the District/School Portal)
September 30, 2022	Beginning-of-year School Health Index (SHI) assessment (to be completed in the District/School Portal)
December 2022	Two photos or videos for work completed between July and December 2022 (to be completed via AFHK's Digital Assessment Management System)
April 1, 2023	Every Kid Healthy Week event survey (tell us about the event you are hosting to celebrating your healthy school initiatives) (to be completed in the District/School Portal)
May 26, 2023	Final report to summarize work completed between July 2022 and May 2023. Three photos or videos for work completed between July 2022 and May 2023 (to be completed via AFHK's Digital Assessment Management System)

Please proceed to the [Action for Healthy Kids School/District Portal](#) to submit your application online. Contact Michelle Smith, msmith@actionforhealthykids.org, with questions or support in completing your application.