

ACTION FOR
HEALTHY
KIDS 



Program Service Menu

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This menu reflects our commitment to providing high-quality, tailored services that leverage our extensive expertise in improving the health and wellness of children through school, district, and community interventions. The menu is organized by our program pillars aligned to different components of the Whole School, Whole Community, Whole Child (WSCC) model. Each service is designed to meet the unique needs of our clients, ensuring impactful and actionable results.

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Healthy Kids. Better World.

At the heart of Action for Healthy Kids (AFHK) and RMC Health lies a resolute commitment to nurturing a healthier and equitable future for all children. We believe in a world where every child, regardless of their background, has access to optimal nutrition and physical activity, safe and supportive environments, and nurturing adult-child relationships. Through evidence-based practices grounded in the Whole School, Whole Community, Whole Child (WSCC) model, we support school and district partners nationwide by enacting systematic changes that influence the lives and futures of millions of K-12 students each year. Join us in our mission to foster learning environments that support child health and well-being by taking action for healthy kids.

Our Impact



20 million children reached through initiatives, grant funding, educator and parent trainings, and online resources.



1 million new students eating breakfast and **50 million** new school-provided breakfasts provided through nutrition grants.



55,000 schools served by our grants, technical support, and framework for creating healthier school environments.



150,000 volunteers and health champions supporting Action for Healthy Kids initiatives.



60,300 direct contact hours of technical assistance provided to district partners in the 2023.



1 billion physical activity minutes added to the school day through physical education, recess, and classroom movement breaks.

Our Expertise

Our programmatic approach centers on empowering schools and communities through supportive resources, trainings, and tools to build the knowledge, capacity, and skills of adults, rather than designing or implementing curricula or direct interventions with children. Our program model focuses on six content-specific program pillars aligned to components of the Whole School, Whole Community, Whole Child model, with each pillar targeting a key aspect of supporting holistic child health. While individual pillar frameworks are utilized to guide a specific area of programming, our model is designed as a whole child, holistic approach that recognizes the interconnectedness of various aspects of a child's well-being, all of which are crucial for their academic success and overall development.

Our Program Pillars



School Health Infrastructure

Optimizing school- and district- level infrastructure related to health and wellness initiatives in alignment with the WSCC model.



Social Emotional Learning

Promoting positive youth mental health through social emotional learning opportunities in and beyond the classroom.



Nutrition

Improving school nutrition environments through increased access to healthy meals and nutrition education.



Risk Behavior Prevention

Addressing youth risk behaviors such as substance use through evidence-based prevention and intervention programs.



Physical Activity

Supporting the development of holistic physical activity programs to promote an active school environment.



Health Education

Preparing educators to integrate an inclusive and skills-based approach to comprehensive health education.

A District-Level Approach

We understand that every school district faces different needs, challenges, and limitations when it comes to supporting is designed to address those diverse needs through a blended approach that extends our ability to serve a broader number of schools and districts, especially in historically under-resourced communities. Each tier represents a different level of intensity and depth of support, ranging from universally accessible resources down to wrap-around, intensive supports across multiple contant areas. Districts may move in and out of tiers depending on needs, funding, and capacity. Contact us to learn more about how you can partner with us across our tiered model.

Our Tiered Model

Our Tiered Approach was developed to provide universal and targeted supports to scale our impact nationwide. No matter your school or district's needs, we have programs, resources, or services to support your health and wellness efforts.

National Network of Universal Supports

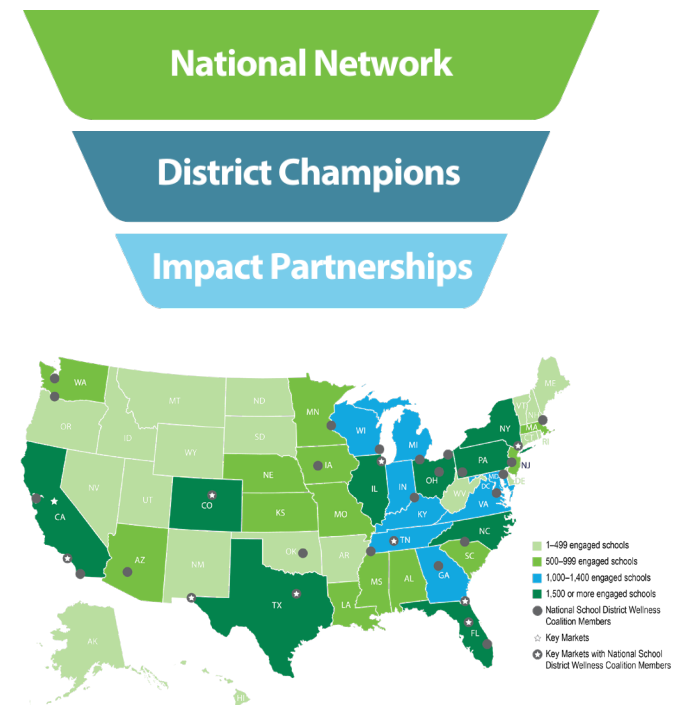
Our National Network of districts, schools, and partners encompasses our broadest-reaching efforts to share resources, build knowledge, and support best practices. Resources available in Tier One are free and universally accessible through our website and National School District Wellness Coalition.

District Champions Tapping into Targeted Supports

Our programming for District Champions offers more targeted interventions for schools and districts, including contractual services, grant-funding opportunities, and more in-depth tools and resources. Resources available in Tier Two may be funded through grants or fee-for-service contracts.

District Impact Partnerships for Intensive Supports

Our Impact Partnerships represent our deepest investment in schools and districts, including the layering of program strategies and services to provide individualized, intensive, wrap-around support. Resources available in Tier Three may be funded through grants or fee-for-service contracts.



School Health Operations

We offer a comprehensive suite of supports designed to strengthen district infrastructure through development and implementation of policies, programs, and practices that create healthy learning environments for all youth. The National School District Wellness Coalition (NSDWC) is dedicated to helping school districts inform, coordinate, enhance, and measure the development and implementation of equitable Whole School, Whole Community, Whole Child (WSCC) model related practices and policies.



School District Infrastructure Support

Action for Healthy Kids offers a comprehensive suite of supports designed to strengthen district infrastructure through development and implementation of policies, programs, and practices that create healthy learning environments for all youth. Services are targeted to district leadership and staff charged with facilitating district strategies and activities that promote student and staff health, reinforce healthful behaviors, promote health equity, and reduce health disparities. Key facets of our district infrastructure programming include:

Service Offerings

District Impact Partnerships	Intensive and customized wrap-around services that build district infrastructure and advances whole child health, including providing individualized technical assistance, conducting comprehensive needs assessments, reviewing district policies, creating action plans, and facilitating on-going training, coaching, and technical assistance aligned with district priorities to build the capacity of district and school leaders.
Trainings, Workshops, and Presentations	Facilitation of professional development events delivered in-person, virtually, or on-demand to increase district leader's knowledge, skills, and capacity to implement best practices for supporting whole-child health.
Communities of Practice	Promoting peer learning, problem-solving, and networking across districts through Communities of Practice and other formalized national forums such as the National School District Wellness Coalition.
Technical Assistance	Personalized, in-person or virtual guidance and coaching for policy, practice, and funding implementation.
Policy Review, Reports, and Recommendations	Conducting District Wellness Policy Reviews, drafting policy review reports, and providing recommendations for improvement to ensure district policies are aligned with best practices and are effectively implemented.
District Health Advisory Council Support	Supporting the establishment and maintenance of District Health Advisory Councils (DHACs) to foster ongoing collaboration and engagement in health initiatives across key stakeholders.
Assessment Tool Support	Supporting completion of a variety of district health assessment tools, including the WellSAT 3.0, School Health Index (SHI), Comprehensive School Physical Activity Program (CSPAP), Youth Risk Behavior Survey (YRBS), Healthy Eating and Physical Activity Standards 2.0 (HEPA), and Health Education Curriculum Analysis Tool (HECAT).
Resource and Program Development	Development and provision of resources and programming to support schools and districts with health and wellness initiative implementation efforts.



Example





Begin establishing a District Impact Partnership through a combination of grant funding and in-kind contributions. Implementation begins with establishing a District Health Advisory Council (DHAC) and conducting a district-wide needs assessment. We would support the analysis and review of relevant district health and wellness policies and data. Using the results of this data collection and analysis process, the DHAC would then be led through a prioritization exercise followed by action planning aligned to the district's top priorities. Support to implement the action plan would be provided through on-going training, technical assistance, resource dissemination and grant funding. Strategic planning and success-story support would be provided to support long-term sustainability of these efforts.

Trainings, Workshops, and Presentations

Unlocking the School Health Index

The School Health Index (SHI) is an important tool to both evaluate your school's current health programs and plan how to improve them. In this session, participants will learn how the SHI can benefit your school and how to complete the SHI online through the school health portal, access your scores, and determine priorities. Participants will walk away ready to complete the School Health Index to support identifying changes that can be made to support school health and wellness efforts.





Workshop Objectives

-  Describe the relationship between Whole School, Whole Community, Whole Child (WSSC) model and the School Health Index
-  Describe the importance and benefits of utilizing the School Health Index
-  Define the value of the School Health Index and how to leverage it to set goals, identify strengths and opportunities, and track and assess progress
-  Complete the School Health Index on the AFHK School portal

School Health Advisory Councils 101

A School Health Advisory Council (SHAC) supports health and wellness initiatives throughout the district and serves as a link between the district, state and community agencies, school board, parents, and district and school staff. In this session, attendees will learn what a SHAC is, what laws govern SHACs, who should be members, and where to find important resources. Attendees will walk away with an understanding of how to build a SHAC and why these councils are key to coordinating health and wellness priorities across a district.

Workshop Objectives

-  Discuss what mandates a School Health Advisory Council is responsible for and key policies guiding SHACs
-  Locate state- and district-specific resources related to School Health Advisor Councils
-  Discuss the relationship between a School Health Advisory Council and the Whole School, Whole Community, Whole Child model
-  Access key resources to help develop and improve your School Health Advisory Council



Options

In-Person	2 Hours over 1 Day
Virtual	2 Hours over 1 Day
On-Demand	In Development



Options

In-Person	1 Hour over 1 Day
Virtual	1 Hour over 1 Day
On-Demand	In Development

Trainings, Workshops, and Presentations

District Wellness Policy Review 101

Assessing, reviewing, and improving your district's wellness policies are critical steps in ensuring all students have the opportunity to learn and grow in a healthy school environment. This training will focus on district-level policy, the legislation that regulates it, and tools available to review and improve your district's policies. Attendees will also walk away with strategies for initiating and maintaining relationships with leaders in the education field.

Training Objectives



Describe the requirements of the Healthy, Hunger-Free Kids Act as it relates to Local Wellness Policies.



Utilize the requirements of the Healthy, Hunger-Free Kids Act to review Local Wellness Policies.



Access and utilize the WellSAT 3.0 to score Local Wellness Policies.

Options

In-Person	4 Hours over 1 Day
Virtual	4 Hours over 1 Day
On-Demand	In Development

Creating Direction: Establishing Your Health and Wellness Teams

Crafting effective vision and mission statements is more than just a task – it's the compass guiding a healthier future for your school or district. This training is designed to empower and equip your wellness team with the direction needed to drive impactful change in alignment with your health and wellness priorities. During this interactive training, participants will collaborate to create impactful vision and mission statements for their school- or district-level health and wellness team that are closely aligned with identified health and wellness priorities. Participants will also identify and develop targeted messages to effectively recruit new members representative of your educational community through the lens of the WSCC model.

Training Objectives



Craft a vision statement for your wellness team, aligned with school or district priorities.



Craft a mission statement for your wellness team to support the vision statement.



Identify health and wellness team members representative of the WSCC Model.



Develop targeted messaging to recruit new members for the team.

Options




In-Person	3 Hours over 1 Day
Virtual	3 Hours over 1 Day
On-Demand	In Development

Trainings, Workshops, and Presentations

Charting the Course: Crafting Data Driven School Health Improvement or District Wellness Plans

Successful health and wellness teams are based on a foundation of a strong vision, mission, and data-driven priorities that guide the work. Once a team establishes their vision and mission, they need to continue the momentum by identifying and selecting priority issues. During this training, participants will review state and local data to determine health and wellness priorities for their team. They will then complete an annual action plan to implement top priorities using SMART objectives and action steps.





Training Objectives

-  Analyze relevant state and local school health data using a data inquiry process.
-  Select health and wellness priority areas to inform action planning.
-  Write an action plan that includes SMART objectives and action steps.

Moving Health and Wellness Teams Forward: Sustainability Through Strategic Planning

Enduring success for health and wellness teams doesn't happen by accident - it takes a clear blueprint that turns priorities into actionable strategic plans. Designed to help health and wellness teams sustain their work, each team will determine their wellness priority areas aligned to their vision and mission followed by drafting multi-year strategic plans. The training will provide participants with the knowledge, tools and resources to make data-driven decisions for health and wellness priorities using district and school level academic data and survey results from local data collection efforts. The training will also provide work time for participants to turn their priorities into SMART objectives with strategic plans to impact student health and academic achievement. Learning will be aligned to the Whole School, Whole Community, Whole Child model.

Training Objectives

-  Analyze student and school academic and health data.
-  Select multi-year district health and wellness priorities.
-  Write district health and wellness SMART goals.
-  Draft a multi-year district wellness strategic plan to sustain health and wellness efforts.



Options

In-Person	3 Hours over 1 Day
Virtual	3 Hours over 1 Day
On-Demand	In Development



Options

In-Person	3 Hours over 1 Day
Virtual	3 Hours over 1 Day
On-Demand	In Development

Trainings, Workshops, and Presentations

Introduction to the Whole School, Whole Community, Whole Child (WSCC) Model: From Framework to Practical Application

The practical application of The Whole School, Whole Community, Whole Child (WSCC) model can support school communities to promote health and wellness. In this interactive workshop, K-12 classroom teachers will have the opportunity to learn, create, and share classroom-level activities aligned with components of the WSCC model. Participants will identify how each of the 10 components of the WSCC model can support school wellness. Participants will also gain practical knowledge and skills to integrate the WSCC model into their lesson plans and align school policies, processes, and practices, in order to promote school- or district-wide health and wellness priorities.

Workshop Objectives



Summarize how the WSCC model supports positive health outcomes and academic success of all students.



List examples of classroom activities aligned to components of the WSCC model as well as identified school or district health priorities.



Create a classroom-level activity aligned to at least one component of the WSCC model.

Options

In-Person	2 Hours over 1 Day
Virtual	2 Hours over 1 Day
On-Demand	In Development



Options

In-Person	4 Hours over 1 Day
Virtual	4 Hours over 1 Day
On-Demand	In Development

Destination Success: The Art of Crafting an Inspired Success Story

Too often, the impactful work of health and wellness efforts goes unnoticed. Why? Because without success stories, only a small group of individuals know the true impact of the policies, programs, and practices wellness champions have worked so hard to implement. Your success depends on a variety of stakeholders, and your program data plays a critical role in convincing them of the value of your program. Learning to share your success can change the narrative by enabling wellness champions to engage with key stakeholders and widely broadcast your impacts. In this training, participants will learn how to join data with powerful storytelling to deepen and expand stakeholder support. Move beyond standard progress reporting to match your storytelling strategy with your audiences and their motivations, enhancing your ability to secure needed resources, partnerships, and engagement.

Training Objectives



Describe the six steps of an effective success story.



Draft a success story using the success story template.







Determine next steps to finalize your success story.

Communities of Practice

National School District Wellness Coalition (NSDWC)

The National School District Wellness Coalition (NSDWC) is a **free** community of practice designed to help school districts improve health and wellness policies and practices through the Whole School, Whole Community, Whole Child (WSCC) framework. Membership offers district leaders access to peer networking, resource sharing, and practical support to ensure students and staff are healthy, safe, engaged, supported, and challenged. Join more than 60 member districts in over 25 states as they celebrate successes, overcome challenges, and advance district-wide health initiatives.




Membership Benefits

-  Free monthly learning community webinars to enhance knowledge and share resources.
-  Access to trainings, technical assistance, resources, and district wellness policy support.
-  Annual in-person and virtual convenings, including opportunities to collaborate with leaders from school districts nationwide.
-  Peer networking with other passionate district leaders, fostering a collaborative approach to driving a national agenda for Whole Child health.

Virtual Problems of Practice (VPoP)

Even the most comprehensive health and wellness action plans can hit unexpected roadblocks - whether it's difficulties engaging key stakeholders, navigating policy constraints, or finding affordable solutions to promote student and staff well-being. When challenges arise, it's important to rethink the problem and explore innovative, community-focused solutions in a collaborative environment like a Virtual Problems of Practice series. Designed to support district wellness teams overcome specific hurdles, each interactive session guides participants through a problem-solving protocol to address a pressing problem by exploring actionable solutions through brainstorming, discussion, and expert facilitation. Participants will gain fresh insights, practical strategies, and deepen skills empowering them to drive meaningful progress in alignment with the Whole School, Whole Community, Whole Child model.

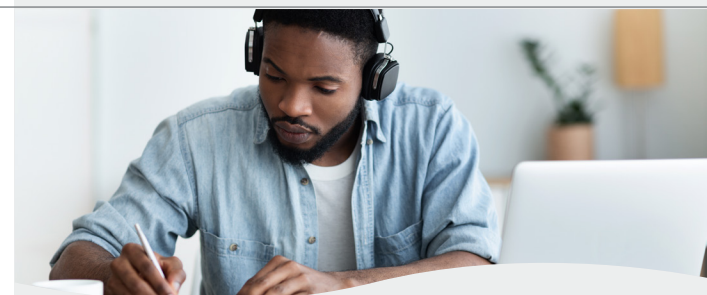
Problems of Practice Objectives

-  Convene to address a specific problem of practice.
-  Identify and refine the problem of practice.
-  Goal-set and action plan to address the problem of practice.



Details

In-Person	Annual in-person convenings
Virtual	Monthly 1 Hour Webinars
Membership	Membership is free. Visit bit.ly/JoinNSDWC to join the NSDWC



Options

Virtual	2 Hours per VPoP meeting; recommendation of 2-4 meetings per year.
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Resource and Program Development

Action for Healthy Kids Online Resource Library

Discover the comprehensive Action for Healthy Kids Online Resource Library, designed to empower schools, families, and communities in promoting healthy habits among children and youth. This resource hub offers a diverse collection of engaging activities, lesson plans, and materials focused on nutrition, physical activity, and overall well-being. All resources are available for free, with many being downloadable for easy sharing and implementation, along with offerings in both English and Spanish.

The resource library provides practical tools to enhance health education and encourage active lifestyles for a variety of audiences, from educators seeking interactive classroom activities to district leaders looking to implement innovative health programs. Each resource aligns with Whole School, Whole Community, Whole Child (WSCC) practices, ensuring that initiatives are effective and impactful.

Visit the AFHK Online Resource Library today to access a wealth of resources that foster healthier learning environments for children. Explore resources at bit.ly/AFHKResourceLibrary.

Resource Library Topics



Activity Plans:

Fun and interactive physical activities suitable for various age groups to integrate into school curricula.



Curriculum Guides:

Resources to assist educators in incorporating health and wellness topics into their lesson plans.



Nutrition Resources:

Educational materials on healthy eating, meal planning, and strategies to promote nutritious choices among students.



Community Engagement:

Tools and strategies for engaging families and communities in supporting healthy habits.



Wellness Strategies:

Best practices for implementing effective wellness programs that foster a healthy school environment.



Professional Development:

Training materials and opportunities for educators and school staff to enhance their skills in health promotion.



Toolkits:

Step-by-step guides to help schools implement specific health initiatives, tailored to their unique needs.

Resource and Program Development

Every Kid Healthy Week

Every Kid Healthy Week is an annual celebration by Action for Healthy Kids that highlights health and wellness achievements across school districts and schools. Taking place during the last week of April, this nationwide observance provides an opportunity for districts and schools to showcase their commitment to creating healthier learning environments and engaging their communities. Participation in Every Kid Healthy Week is free and offers schools and districts an opportunity to celebrate their efforts in promoting student and staff well-being. Join thousands of schools and districts nationwide in this impactful movement!

How Schools and Districts Can Get Involved



Coordinate District-Wide Events: Encourage schools and districts to facilitate and participate in activities like family fitness nights, healthy cooking workshops, or school garden projects. Get guidance and support from Action for Healthy Kid's library of free planning resources.



Utilize Free Resources: Access comprehensive toolkits, event planning guides, and promotional materials to help schools plan and promote their activities.



Foster Community Engagement: Collaborate with families, community organizations, and local businesses to support and enhance district-wide or school-specific wellness efforts.

Key Benefits for Districts and Schools



Showcase district-wide and school-level health and wellness initiatives to families and communities.



Increase engagement with parents and local partners in support of whole-child health.

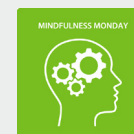


Inspire sustainable health practices across the district and within individual schools.

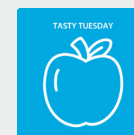


Every Kid Healthy Week Schedule

Occurs annually during the last full week of April.



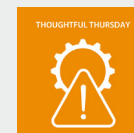
Mindfulness Monday
Social-Emotional Health



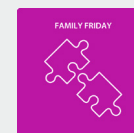
Tasty Tuesday
Nutrition Education



Wellness Wednesday
Physical Activity



Thoughtful Thursday
Risk Prevention and Education



Family Friday
Family Engagement

Program Design

Action for Healthy Kids' integrated program model focuses on five content-specific program pillars: nutrition, physical activity, risk behavior and tobacco prevention, youth mental health and social-emotional learning (SEL), and health education. We offer a variety of services under each pillar targeting key aspects of holistic child health. While individual pillar frameworks are utilized to guide a specific area of programming, our model is designed using whole-child approach that recognizes the interconnectedness of various aspects of a child's well-being, all of which are crucial for their academic success and overall development.



Nutrition

Action for Healthy Kids' Nutrition program pillar focuses on security, access, and education to promote healthy eating behaviors and improve nutrition services, programs, and environments in schools and districts. We aim to improve children's health by increasing the demand and access to nutritious food for students and schools through student, family, and community engagement, while also building the capacity of nutrition champions to provide comprehensive nutrition education and promotion, refine nutrition policies and practices, and the integration of culturally responsive school meal programming.

Service Offerings	
Trainings, Workshops, and Presentations	Facilitation of professional development events delivered in-person, virtually, or on-demand to increase school nutrition professionals' knowledge, skills, and capacity to support a comprehensive approach to nutrition education and improved food access.
Communities of Practice	Promoting peer learning, problem-solving, and networking related to school nutrition through customized Communities of Practices.
Technical Assistance	Personalized, in-person or virtual guidance and coaching for nutrition policy and practices, nutrition curriculum, capacity building, and funding implementation.
Resource Development	Development of resources such as fact sheets, policy checklists, and other guiding documents or individualized resources to support nutrition education and programming in schools and districts.
Evaluation and Data Analysis	Our research and evaluation team can provide current nutrition program evaluation through needs assessments, analysis, and reporting services.
Grant Opportunities	Action for Healthy Kids entered into a cooperative agreement with the US Department of Agriculture to provide millions of dollars in grants through the Healthy Meals Incentives (HMI) Initiative.
Recognition Awards	To celebrate and promote School Food Authorities that have made significant improvements to the nutritional quality of their school meals are encouraged to apply for Healthy Meals Incentives Recognition Awards, receiving national and local recognition, awardee toolkits, and travel stipends to attend a national Healthy Meals Summit.



Example

North Crawford School District in Soldier Grove, WI, has made impressive strides in improving school meals with support from the USDA and Action for Healthy Kids' Healthy Meals Incentives grant and wrap-around services. Their efforts to reduce added sugars in breakfast, phase out processed foods, and prioritize scratch-made meals have earned them the Breakfast Trailblazer Award. Through grant funds, hands-on training for their nutrition team, and individualized technical assistance to revamp their menus, North Crawford has created a culture of wellness that will enhance student health and foster sustainable practices for years to come.

Healthy Meals Incentives Recognition Awards

Recognition Award Benefits

-  Complimentary registration and travel stipend to attend an exclusive national Healthy Meals Summit in Las Vegas, NV.
-  Recognition on the US Department of Agriculture, Action for Healthy Kids, and Healthy Meals Incentives websites.
-  National and local recognition and media opportunities, including opportunities to be featured on AFHK's Cafeteria Chronicles newsletter.
-  Opportunity to network with other Healthy Meal Incentives awardees.
-  Access to an awardee toolkit with promotional resources.

How to Apply

School Food Authorities can apply for the recognition awards at afhk.my.site.com.

View award criteria at bit.ly/HMIAwards.

Applications are reviewed on a rolling basis through **June 30, 2025**.

About the Recognition Awards

Action for Healthy Kids' Nutrition pillar is dedicated to enhancing food security and education by increasing access to healthy meals and engaging communities. As part of a cooperative agreement to develop and implement the USDA Food and Nutrition Service's Healthy Meals Incentives (HMI) Initiative, Action for Healthy Kids is recognizing and celebrating School Food Authorities (SFA) who have made operational changes to improve the nutritional quality of their school meals, as well as SFAs who engage students and families in nutrition education and in the planning and preparation of nutritious school meals. This recognition not only brings visibility to nutrition programming efforts, but also provides a platform to share best practices and network with other awardees. SFAs can apply for the recognition awards at afhk.my.site.com. Applications are reviewed on a rolling basis through June 30, 2025.

Award Criteria

SFAs are eligible to apply for the Recognition Awards if they participate in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) in the contiguous United States, Hawaii, Alaska, District of Columbia, Puerto Rico, Guam, or the United States Virgin Islands. There are two categories of Recognition Awards.

The **Trailblazer Award Series** highlights SFAs paving the path with gradual changes in school menus to be consistent with the 2020-2025 Dietary Guidelines for Americans, specifically for reducing sodium in school lunch and added sugars in school breakfast. The **Innovation Award Series** highlights unique and innovative approaches not traditionally used in schools, as well as achievements SFAs are making to engage students and families to offer nutritious meals. These SFAs are working toward exceeding the school nutrition standards.



Breakfast Trailblazer



Innovative School Lunch Makeover



Small and/or Rural SFA Breakfast Trailblazer



Innovation in the Cultural Diversity of School Meals



Lunch Trailblazer



Innovation in the Preparation of School Meals



Small and/or Rural SFA Lunch Trailblazer



Innovation in Nutrition Education

Trainings, Workshops, and Presentations

Recipe for a Successful Taste Test Event

Want to make healthy food choices more appealing to students? Taste-test events are a great way to introduce nutritious options, but their success depends on smart planning and promotion. In this workshop, you'll learn best practices for hosting taste-test events, from effective marketing and merchandising to gathering valuable student feedback. Participants will also collaborate in small groups to brainstorm event strategies using real-world district scenarios. Walk away ready to engage students and promote lasting healthier food choices in schools.

Workshop Objectives

- ▲ Identify best practices for hosting a taste-test event.
- ▲ Describe how to collect student feedback on taste-testing events.
- ▲ Identify marketing and merchandising techniques to promote healthier food and beverage choices.
- ▲ Brainstorm marketing strategies, ideas for hosting a taste test, and evaluating a taste test in a small group using a district scenario.

Cooking Up an Effective Grant Proposal

Writing a strong grant proposal is key to sustaining and expanding the important work you do as a nutrition hub for students, families, and school staff. In this workshop, you'll learn essential grant writing tips and get hands-on practice drafting responses to common grant questions to support nutrition programming. Participants will also explore strategies for identifying funding opportunities and preparing projects for success. By the end of this workshop, you'll be ready to draft compelling proposals, collaborate with funders, and effectively manage your grant awards to support comprehensive nutrition programming.

Workshop Objectives

- ▲ Prepare a nutrition project for grant writing.
- ▲ Identify grants and funding opportunities to support your nutrition programming.
- ▲ Draft a grant proposal.
- ▲ Understand the significance of collaborating with agencies and funders and planning to manage the grant award.



Options

In-Person	in-Development
Virtual	1.5 Hours over 1 Day
On-Demand	In Development



Options

In-Person	1 Hour over 1 Day
Virtual	1 Hour over 1 Day
On-Demand	In Development

Trainings, Workshops, and Presentations

Strategic Planning 101: Drafting School Nutrition Program Vision and Mission Statements

A clear vision and mission are essential for driving the success of your school nutrition program. In this workshop, you'll learn the importance of these guiding statements and how they support strategic planning. Attendees will explore the key differences between vision and mission statements and gain practical strategies for leading their nutrition program teams through activities to draft impactful statements. By the end of the workshop, you'll be prepared to create strong, purpose-driven statements that align your team and propel your program forward.

Workshop Objectives

- ▲ Describe why vision and mission statements are important for strategic planning.
- ▲ Identify differences between vision and mission statements.
- ▲ Outline how to conduct activities with your nutrition program team to draft vision and mission statements.

Options

In-Person	In Development
Virtual	In Development
On-Demand	Approx. 1-1.5 Hours



Options

In-Person	In Development
Virtual	In Development
On-Demand	Approx. 1-1.5 Hours

Strategic Planning 102: Using Data to Select Nutrition Program Priorities

Choosing the right priorities for your Nutrition Program is critical to creating a successful 5-year strategic plan. In this workshop, you'll learn how to leverage local data to inform those key decisions. From identifying reliable data sources to guiding your team through structured activities, this session will provide you with the tools to select up to three priority areas for your program's strategic plan. By the end of this workshop, you'll be prepared to make data-driven decisions that align with your goals and set your school nutrition program up for long-term success.

Workshop Objectives

- ▲ Describe why it is important to use data to support selecting Nutrition Program priorities for the 5-year strategic plan.
- ▲ Identify different data sources your School Food Authority can use to support selecting up to three nutrition program priorities.
- ▲ Outline how to conduct activities with nutrition program team to select Nutrition Program priorities.

Trainings, Workshops, and Presentations

Strategic Planning 103: Drafting SMART objectives for the Nutrition Program Strategic Plan

Clear and actionable objectives are the foundation of a successful strategic plan. In this workshop, you'll learn how to draft up to three SMART objectives that align with your previously identified priority areas for your nutrition program's 5-year strategic plan. Participants will explore the key differences between goals and objectives and understand the components of a SMART objective. You'll also collaborate with peers and receive guidance on how to lead your team through the process of drafting meaningful objectives. Walk away ready to create focused, measurable objectives that drive your program's success.

Workshop Objectives

- ▲ Identify the differences between goals and objectives.
- ▲ Describe the components of a SMART Objective.
- ▲ Outline how to conduct activities with your nutrition program team to draft SMART objectives for your nutrition program's strategic plan.

Technical Assistance Bundles

We offer Technical Assistance (TA) opportunities aligned to nutrition services to achieve desired outcomes based on your needs and priorities. When making a determination about the TA bundle most appropriate for your needs, consider the goals and outcomes you'd like to see. We offer three standard TA bundles that range from 10 to 100 hours to address short-, intermediate-, and long-term outcomes. TA can be divided evenly by month or used on an ad-hoc basis (e.g., whenever support is needed) to implement evidence-based, culturally responsive strategies.

Technical Assistance Activity Examples

The following list, while comprehensive, is not exhaustive. Activities may include, but are not limited to:

- ▲ Strategic planning for nutrition programs, including mission and vision drafting, SMART goal-setting, finance and grant writing support, and sustainability planning.
- ▲ Reviewing and providing recommendations for nutrition-related school or district policies.
- ▲ Establishing and sustaining scratch cooking and school gardens.
- ▲ Supporting and reviewing nutrition and food education efforts.
- ▲ Food-specific coaching to inspire food curiosity and exploration, such as conducting student taste-tests.
- ▲ Family, student, community engagement in nutrition programs.



Options

In-Person	in-Development
Virtual	1.5 Hours over 1 Day
On-Demand	In Development



Options

Short-Term Support	10 to 25 Hours of virtual TA provided over 1-3 months
Intermediate-Term Support	25-50 Hours of virtual TA provided over 3-6 months
Long-Term Support	50 to 100 hours of virtual TA provided over 6-12 months

Physical Activity

Action for Healthy Kids' Physical Activity program pillar utilizes a comprehensive approach to physical activity, physical education, and active play, supporting programs that foster active school cultures and increase opportunities for active play and physical activity for youth. Through training, communities of practice, and individualized technical assistance, we aim to increase the capacity of schools to implement culturally responsive physical activity opportunities before, during, and after the school day to ensure all children receive the recommended 60 minutes of moderate-to-vigorous physical activity daily.

Service Offerings

Trainings, Workshops, and Presentations	Facilitation of professional development events delivered in-person, virtually, or on-demand to increase district leader's knowledge, skills, and capacity to implement best practices for supporting whole-child health.
Communities of Practice	Promoting peer learning, problem-solving, and networking across districts through Communities of Practice and other formalized national forums such as the National School District Wellness Coalition.
Technical Assistance	Personalized, in-person or virtual guidance and coaching for policy, practice, and funding implementation.
Resource and Program Development	Development and provision of resources and programming to support schools and districts with health and wellness initiative implementation efforts.



Example

With over 50 million students enrolled in grades K-12 nationally, schools are critical settings to promote physical education and physical activity (PE/PA). National guidelines recommend that elementary and secondary school-age youth participate in at least 60 minutes of physical activity daily. Research demonstrates that physically active students have better health and educational outcomes; furthermore, engaging students in physical activity can also improve school climate.

Trainings, Workshops, and Presentations

Active Schools 101: Evidence-Based Strategies for Physical Education and Physical Activity

Physical activity (PA) plays a crucial role in the overall well-being of children and adolescents, but how can schools ensure they're providing the best opportunities for students to stay active? In this workshop, you'll explore evidence-based strategies for quality PE and PA programs before, during, and after the school day. Participants will examine the benefits of PA, reflect on diversity and inclusion issues, and assess current school policies to identify areas for improvement. Walk away with actionable strategies to create more inclusive and impactful physical activity programs in your school.

Training Objectives

- ▲ Recognize and summarize the physical, cognitive, social, and emotional benefits of physical activity for children and adolescents.
- ▲ Critically reflect on issues of diversity, equity, and inclusion within the context of school physical activity promotion.
- ▲ Dissect and examine the elements of a quality physical education.
- ▲ Analyze and appraise strategies for physical activity before, during, and after the school day.
- ▲ Assess school physical activity policies and practices to identify areas of strength and needed improvement.

Active Schools 102: Effective Leadership for Active Schools

Creating an active school culture doesn't happen by chance. Building comprehensive programming to support youth physical activity requires effective leadership and a holistic approach. In this training, you'll explore the nine essential elements of an active school culture, understand the significance of a diverse, well-rounded team, and discover how staff wellness plays a key role. Participants will learn how to lead, plan, implement, and evaluate comprehensive physical activity initiatives through a systematic process, reflecting on current programming using a data-driven approach. Walk away prepared to lead, develop, and enhance your school's physical activity programs.

Training Objectives

- ▲ Define the nine essential elements of an active school culture.
- ▲ Recognize the importance of having a diverse active school committee/team.
- ▲ Explain how staff wellness contributes to an active school culture.
- ▲ Engage in a systematic process of planning, implementation, and evaluation of/for school physical activity programming.
- ▲ Critically reflect on the efficacy of current physical activity programming using a data-driven approach.



Options

In-Person	In Development
Virtual	In Development
On-Demand	Approx. 6 hours to complete



Options

In-Person	In Development
Virtual	In Development
On-Demand	Approx. 6 hours to complete

Trainings, Workshops, and Presentations

Active Schools 103: Support Systems for an Active School Culture

Sustaining an active school environment requires more than just PE and PA programs - it requires comprehensive systems of support, including family and community engagement, advocacy efforts, and more. In this training, participants will learn how to enhance their school's PA programs through family and community engagement, policy advocacy, and targeted professional development. Participants will explore strategies to involve families and design advocacy materials to promote an active school culture. Participants will analyze key policies and professional development needed to sustain a whole-school approach to PA promotion. Walk away with practical strategies to build a more active, engaged school culture.

Training Objectives

- ▲ Recognize the importance of involving families and the community in school physical activity programming.
- ▲ Analyze policy related to school-based physical activity promotion.
- ▲ Design advocacy materials that could be used for building an active school culture.
- ▲ Reflect on aspects of professional development and training that contribute to establishing a whole-school approach to physical activity promotion.



Options

In-Person	In Development
Virtual	In Development
On-Demand	Approx. 6 hours to complete



Options

Short-Term Support	10 to 25 Hours of virtual TA provided over 1-3 months
Intermediate-Term Support	25-50 Hours of virtual TA provided over 3-6 months
Long-Term Support	50 to 100 hours of virtual TA provided over 6-12 months

Technical Assistance Bundles

We offer Technical Assistance (TA) opportunities aligned to physical activity programming to achieve desired outcomes based on your needs and priorities. When making a determination about the TA bundle most appropriate for your needs, consider the goals and outcomes you'd like to see. We offer three standard TA bundles that range from 10 to 100 hours to address short-, intermediate-, and long-term outcomes. TA can be divided evenly by month or used on an ad-hoc basis (e.g., whenever support is needed) to implement evidence-based, culturally responsive strategies.

Technical Assistance Activity Examples

The following list, while comprehensive, is not exhaustive. Activities may include, but are not limited to:

- ▲ Strategic planning for physical activity programs before, during, and after the school day.
- ▲ Reviewing and providing recommendations for physical activity-related school or district policies.
- ▲ Guidance on implementing Comprehensive School Physical Activity Programs (CSPAP).
- ▲ Strategies for involving school staff, families, and the community in school-based PA initiatives.
- ▲ Supporting diversity, equity, and inclusion in school physical activity programming.

Resource and Program Development

Active Schools: Promoting a Culture of Physical Activity






Active Schools is a free program and national movement dedicated to ensuring every student has access to 60 minutes of daily physical activity in a supportive school culture. Through evidence-based strategies, innovative tools, and collaborative resources, Active Schools empowers educators, families, and communities to make active living a priority.

Become an Active Schools Champion

Since its inception, Active Schools has registered over 50,000 Champions and impacted more than 20 million students, driving healthier outcomes through increased physical activity. Being an Active Schools Champion means joining this national network of parents, schools, and partner organizations who are changing the way we prioritize physical activity in schools. It means making connections. It means accessing valuable resources. It means creating healthy habits in kids that last a lifetime.

It's free. There's no obligation. There's no downside. But there is a big upside: you are adding your voice to the cause – and making a difference. Sign up to be an Active Schools Champion for your community by visiting activeschoolsus.org.

Access Active Schools Resources for Schools, Districts, and Educators:

-  **Online Professional Development:** Access three courses offering 18 hours of continuing education credit each, in partnership with the University of Northern Colorado.
-  **Activity Resources:** Utilize the Active Schools Menu of Evidence-Based Practices, foundational documents, and downloadable tools to create and sustain an active school culture.
-  **Campaigns and Events:** Engage in nationwide initiatives like Active Classrooms Month (February), Play All May (May), and Family PE Week (October) to encourage movement and family engagement.
-  **National Summit:** Join a vibrant community of Champions and attend the annual in-person Active Schools National Summit, a platform for sharing best practices, networking, and collaboration.
-  **Monthly Newsletter:** Stay updated with timely announcements, resources, and opportunities.



Active Schools Recognition Awards



School Recognition

We believe schools should be recognized for the immense effort that goes into creating active environments where movement is woven into daily culture. As such, schools can apply for an Active Schools Recognition Award by implementing evidence-based practices and attaining benchmarks across the core elements of an Active School.

Applications are reviewed three times per year (Aug, Dec, and May) and should include all practices implemented up to each submission date.



Program Endorsement

Many organizations maintain programs that support and contribute to an active school culture. Active Schools invites organizations with programming that aligns with the Active Schools Guiding Framework to apply for an Active Schools Program Endorsement. Endorsed programs are featured on the Menus of Evidence-Based Practices and in other channels of communication.

Youth Mental Health & Social Emotional Learning

Action for Healthy Kids' Youth Mental Health & Social Emotional Learning program pillar addresses youth mental health and social emotional learning (SEL) by improving and maximizing protective factors integral to a child's well-being. With a focus on promoting resilience among children and adolescents, our programming provides resources for families, schools, and communities to build youths' skills, foster supporting relationships, and promote positive environments for youth.

Service Offerings

Trainings, Workshops, and Presentations	Facilitation of professional development events delivered in-person, virtually, or on-demand to increase school staff knowledge, skills, and capacity to implement best practices for supporting youth mental health and strengthening social-emotional learning opportunities.
Technical Assistance	Personalized, in-person or virtual guidance and coaching to build capacity of school and district staff around social-emotional health best practices and strategies.
Resource and Program Development	Development of resources such as fact sheets, policy checklists, and other guiding documents or individualized resources to support youth mental health programming and social-emotional learning opportunities in schools and districts.
Evaluation and Data Analysis	Our research and evaluation team can provide SEL and mental health program evaluation through needs assessments, community research, data analysis, and reporting services.



Example

Confident Connections is a collection of resources developed by Action for Healthy Kids in partnership with the CDC Foundation. The collaboration was designed to empower families by providing opportunities for parents to voice their concerns about youth mental health, learn about key findings related to youth mental health, and provide insight into the development and dissemination of parent resources. Parents and caregivers were engaged in this process during two nationwide surveys, a series of caregiver focus groups, and a Parent Advisory Board.

Trainings, Workshops, and Presentations

Applying Principles of Trauma-Informed Care to Nutrition Programming

This workshop is designed to provide a foundational understanding of the connection between trauma, toxic stress and nutrition and food-related behavior, with an emphasis on exploring how nutrition programs are protective factors for student mental health and overall wellbeing. In this training, participant will explore how to apply best practices in trauma-informed nutrition directly to interactions with students and to programming. Appropriate for professionals providing meals directly to students and for those in supervisory positions, attendees will walk away prepared to utilize best practices for implementing trauma-informed nutrition programming.

Training Objectives

- ▲ Explore how nutrition and nutrition programs can serve as protective factors against the negative health impacts of student trauma and toxic stress.
- ▲ Identify strategies to create, maintain, and strengthen trauma-informed environments and nutrition programming.
- ▲ Practice strategies to create, maintain, and strengthen trauma-informed environments and nutrition programming.

Technical Assistance Bundles

We offer Technical Assistance (TA) opportunities aligned to supporting youth mental health and social-emotional learning to achieve desired outcomes based on your needs and priorities. When making a determination about the TA bundle most appropriate for your needs, consider the goals and outcomes you'd like to see. We offer three standard TA bundles that range from 10 to 100 hours to address short-, intermediate-, and long-term outcomes. TA can be divided evenly by month or used on an ad-hoc basis (e.g., whenever support is needed) to implement evidence-based, culturally responsive strategies.

Technical Assistance Activity Examples

The following list, while comprehensive, is not exhaustive. Activities may include, but are not limited to:

- ▲ Strategies for integrating SEL curriculum into daily instruction across all grade levels.
- ▲ Support for building trauma-informed classrooms and school environments.
- ▲ Practical tools and for educators to support students with mental health challenges in an inclusive classroom environment.
- ▲ Strategies for promoting both student and staff mental health and well-being.
- ▲ Strategies for involving families in supporting youth mental health and social-emotional development at home and in the community.



Options

In-Person	In Development
Virtual	1 Hour over 1 Day
On-Demand	In Development



Options

Short-Term Support	10 to 25 Hours of virtual TA provided over 1-3 months
Intermediate-Term Support	25-50 Hours of virtual TA provided over 3-6 months
Long-Term Support	50 to 100 hours of virtual TA provided over 6-12 months

Resource and Program Development

Confident Connections: Empowering Families to Support Mental Health

[Confident Connections](#) is a free collection of resources developed by Action for Healthy Kids in partnership with the CDC Foundation. The collaboration was designed to empower families by providing opportunities for parents to voice their concerns about youth mental health, learn about key findings related to youth mental health, and provide insight into the development and dissemination of parent resources. Parents and caregivers were engaged in this process during two nationwide surveys, a series of caregiver focus groups, and a Parent Advisory Board. From this critical input from families across the country, Confident Connections provides families with tools and resources to build strong, supportive relationships with their children, fostering mental well-being through authentic engagement and understanding.

About Confident Connections

Confident Connections offers more than 30 resources, all free and accessible, to help parents, caregivers, and educators create confident and meaningful connections with youth in grades K-12. These resources align with Whole School, Whole Community, Whole Child (WSCC) practices, ensuring comprehensive support for student well-being. Confident Connections was developed in response to two nationwide surveys and a series of caregiver focus groups. Read more about the surveys and focus group findings at bit.ly/CCParentSurveyFindings.




To make resources as accessible, practical, and specific as possible, the Confident Connections resources have been organized into the following categories:

Say: Strategies for engaging your children in meaningful conversations.

Do: Activities to connect with your children in authentic and meaningful ways.

Learn: Information to deepen your understanding of youth mental health.

Free Resources for Families and Schools:

-  **Family Learning Sessions:** Downloadable presentations and facilitator guides designed for family engagement sessions, empowering parents to support youth mental health effectively.
-  **Interactive Activities:** Resources like family BINGO cards and conversation prompts to encourage meaningful connections between parents and children.
-  **Educational Materials:** Informational guides to deepen families' understanding of youth mental health challenges and strategies for support.



National Parent Survey Findings



65% of surveyed parents and caregivers indicated they worry a little bit, some, or a lot about their child struggling with their mental health.



Fewer than 1-in-5 surveyed parents and caregivers report that schools provide training for parents to better understand and support their child's mental health.

The most common barrier to students accessing mental health-related resources is that youth believe they're fine and feel how they are supposed to feel.



Youth Risk Behavior Prevention

Action for Healthy Kids' Risk Behavior Prevention program pillar utilizes both prevention and intervention efforts as well as strategic policy frameworks to support districts, schools, and communities to address youth risk behaviors. With a focus on substance use, we guide districts through review, revision, and strengthening of school protocols and district policies, selection and implementation of evidence-based practices and programs to mitigate risk factors and strengthen protective factors, along with implementation support in disciplinary interventions, with a focus on designing equitable and restorative discipline policies.

Service Offerings	
Trainings, Workshops, and Presentations	Facilitation of professional development events delivered in-person, virtually, or on-demand to increase district leader's knowledge, skills, and capacity to implement best practices for supporting whole-child health.
Communities of Practice	Promoting peer learning, problem-solving, and networking across districts through Communities of Practice and other formalized national forums such as the National School District Wellness Coalition.
Technical Assistance	Personalized technical assistance for substance use policy review, best practices for prevention efforts, and support for evidence-based interventions.
Resource and Program Development	Development of resources such as fact sheets, policy checklists, and other guiding documents or individualized resources to support youth risk behavior prevention programming in schools and districts.
School and Classroom Products	Implementation of Second Chance, an educational, web-based alternative-to-suspension program for youth caught violating tobacco laws or policies in schools or the community.



Example

Schools and districts across the nation are revising their youth substance use disciplinary responses to support educational and restorative practices for youth caught in the cycle of addiction. 75% percent of students who complete the Second Chance program report that they will not use a vape product in the next year, 84% of students report feeling definitely or probably prepared to resist using tobacco products moving forward. Administrators report that as a result of implementing Second Chance, "we have lowered suspension rates for tobacco referrals. We have also cut down on second offenses".

Trainings, Workshops, and Presentations

Tobacco Free Schools Partnerships & Priorities: Understanding School Systems, Identifying Priorities, and Preparing for Conversations

Successful collaboration based on aligned priorities is key to creating and maintaining a tobacco and nicotine-free environment in schools. This training focuses on understanding the priorities of district and school leaders to grantees can “speak education’s language” in order to advance partnerships and tobacco-free schools policy efforts.

Training Objectives

- ▲ Describe school systems and where school and public health priorities intersect.
- ▲ Describe your schools’ priorities and the resources you can offer connected to these priorities.
- ▲ Identify questions you can ask and individuals you can follow-up with to advance shared priorities.

Tobacco Free Schools Policy 101: Effective Partnerships & Policies

Strong Tobacco-Free Schools (TFS) policy is essential for advancing both TFS initiatives and health equity. This training will provide you with a comprehensive understanding of TFS Law and the process by which school districts develop their TFS policies. You’ll have the opportunity to review your own district’s TFS policy using the updated TFS Policy Checklist and collaborate with colleagues on next steps for partnering with schools and districts to strengthen TFS policies.

Training Objectives

- ▲ Describe the essential components of effective tobacco prevention for schools.
- ▲ Use the requirements of state-specific Tobacco Free Schools Law and best practices to review district policies.
- ▲ Create a plan to engage with districts/schools around strengthening their TFS policy.



Options

In-Person	4 Hours over 1 Day
Virtual	4 Hours over 1 Day
On-Demand	In Development



Options

In-Person	4 Hours over 1 Day
Virtual	4 Hours over 1 Day
On-Demand	In Development

Technical Assistance

We offer Technical Assistance (TA) opportunities aligned to physical activity programming to achieve desired outcomes based on your needs and priorities. When making a determination about the TA bundle most appropriate for your needs, consider the goals and outcomes you'd like to see. We offer three standard TA bundles that range from 10 to 100 hours to address short-, intermediate-, and long-term outcomes. TA can be divided evenly by month or used on an ad-hoc basis (e.g., whenever support is needed) to implement evidence-based, culturally responsive strategies.

Technical Assistance Activity Examples

The following list, while comprehensive, is not exhaustive. Activities may include, but are not limited to:

- ▲ Reviewing, revising, strengthening, and making recommendations to implement evidence-based Tobacco-Free Schools Policies, practices, programs, and services.
- ▲ Establishing and maintaining the sustainable implementation of current best practices for substance use policy violations, with a specific focus on health equity and non-punitive approaches.
- ▲ Developing or connecting the school to external cessation/quit supports and educational resources.
- ▲ Developing effective outreach and implementation plans to increase family and caregiver engagement.
- ▲ Supporting the development and strengthening of partnerships with local community health organizations, including local public health agencies.

Second Chance: Online Alternative-to-Suspension

The Risk Behavior Prevention pillar is dedicated to addressing youth risk behaviors through comprehensive prevention strategies and policy support. A key offering in this area is [Second Chance](#), an educational tool designed to address the health risks associated with tobacco and e-cigarette use among youth. This web-based, interactive, and self-directed program serves as an alternative to suspension for middle and high school students who have violated tobacco policies at school or laws in the community, including use of electronic nicotine products or nicotine mints.

The program is highly interactive, using games, videos, self-reflection, and quizzes to help youth better understand and evaluate their relationship with tobacco and nicotine products. Second Chance covers topics such as the health risks of tobacco, refusal skills, and tobacco industry tactics, and typically takes students between two and three hours to complete. Schools, districts, and juvenile justice centers in more than 16 states implement Second Chance as a non-punitive response to tobacco violations. To learn more about Second Chance, email secondchance@rmc.org or [visit bit.ly/SecondChanceInquiry](https://bit.ly/SecondChanceInquiry).

Options

Short-Term Support	10 to 25 Hours of virtual TA provided over 1-3 months
Intermediate-Term Support	25-50 Hours of virtual TA provided over 3-6 months
Long-Term Support	50 to 100 hours of virtual TA provided over 6-12 months

Annual Subscription Pricing

Individual Site	\$1,500 per site
2-5 Sites	\$1,275 per site
6-10 Sites	\$1,200 per site
11+ Sites	\$1,125 per site

Health Education

Action for Healthy Kids' Health Education program pillar provides educators with training, strategies, and tools to effectively deliver skills-based health education, ensuring students receive comprehensive health information and develop health skills that contribute to the application of functional health knowledge for improved lifelong health. Our trainings, workshops, technical assistance, and classroom products focus on research-based strategies that encourage students to maintain healthy behaviors, change unhealthy behaviors, and delay the onset of risky behaviors.

Service Offerings

Trainings, Workshops, and Presentations	Facilitation of professional development events delivered in-person, virtually, or on-demand to increase health educators' knowledge, skills, and capacity to implement best practices for supporting the development of student health skills.
Communities of Practice	Promoting peer learning, problem-solving, and skill development for health educators through Communities of Practice.
Technical Assistance	Personalized, in-person or virtual targeted technical assistance opportunities to support the successful integration of Skills-Based Health Education into existing curriculum and classrooms.
School and Classroom Products	Provide supplementary classroom resources to support K-12 educators with implementing skills-based health education.



Example

Our Skills-Based Health Education trainings and products provides educators with a framework for incorporating the Health Skills into their classroom curriculum. Educators who attend trainings and utilize supplementary classroom resources report increases in student engagement in active, skill-building learning. One participant stated that "rather than just teaching, I have students sharing in groups, asking questions to their peers, role playing, and completing other activities to reinforce lesson focus."

Trainings, Workshops, and Presentations

Introduction to Skills Based Health Education: Daily Lesson Planning, Mastery, and Assessment

Maintain healthy behaviors, change unhealthy behaviors, and delay the onset of risky behaviors for all students. Research shows that to reach these goals, health teachers need to specifically teach health skills. Teachers will first have an opportunity to explore the National Health Standards to better understand the role that health skills play in comprehensive health education. Teachers will then learn how to supplement current unit and lesson plans with explicit health skill instruction. Teachers will leave the training with a foundational knowledge of skills-based Health Education, lesson plans that focus on student skill development, criteria of what student mastery should look like, and performance-based assessments that can be used in their classroom.

Training Objectives

- ▲ Explain the characteristics of effective health education, and summarize components of health skills outlined in the National Health Education Standards.
- ▲ Utilize the Health Skills Progression Model to guide learning activities and teacher planning.
- ▲ Develop mini-unit to teach the introduction, reinforcement, and mastery of health skills.



Options

In-Person	7.5 Hours over 1 Day
Virtual	7.5 Hours over 2 Days
On-Demand	In Development

Foundations of Skills-Based Health Education

Maintain healthy behaviors, change unhealthy behaviors, and delay the onset of risky behaviors for all students. Research shows that to reach these goals, health teachers need to specifically teach health skills. This interactive workshop will introduce the role that health skills play in comprehensive health education. Teachers will leave the workshop with a foundational knowledge of skills-based Health Education for student skill development that can be used in their classroom.

Workshop Objectives

- ▲ Explain the characteristics of skills-based health education.
- ▲ Identify the functional health information students need to know in order to acquire health-enhancing skills.
- ▲ Summarize components of health skills outlined in the National Health Education Standards.



Options

In-Person	4 Hours over 1 Day
Virtual	4 Hours over 1 Day
On-Demand	In Development

Trainings, Workshops, and Presentations

Practice, Practice, Practice: The Road to Students Mastering Health

Practice makes perfect. When it comes to skills-based health education, practice is the hinge that connects instruction and mastery. Providing real-life, engaging practice opportunities in the health education classroom is vital to ensuring that students develop their health literacy. In this training, participants will first learn the characteristics of effective practice opportunities and why practice is important to learning health skills. Then, participants will learn strategies for incorporating practice opportunities in their classroom and will create plans for their use in their own instruction.

Training Objectives

- ▲ Explain the purpose of effective practice opportunities in skills-based health education.
- ▲ Apply best practices that facilitate student practice of Health Skills.
- ▲ Design engaging practice opportunities for Health Skills.

Options

In-Person	8 Hours over 1 Day
Virtual	9 Hours over 6 Days
On-Demand	In Development



Options

In-Person	8 Hours over 1 Day
Virtual	9 Hours over 6 Days
On-Demand	In Development

Building Safety and Belonging in Health Education

In the health education space, students are often asked to reflect on their own health practices and explore potentially sensitive topics. In order to develop student knowledge of health skills and concepts, teachers must first create a space where students feel safe and empowered to be themselves. In this training, participants will begin by understanding the role their own identities, along with student identities, play in creating safe and inclusive health education communities. The remainder of the training will be devoted to learning and applying teaching strategies grounded in culturally responsive and trauma-informed research. This hands-on training will give participants an opportunity to learn these teaching strategies and practice applying them through scenarios, interactive activities, and discussion.

Training Objectives

- ▲ Define safety and inclusion.
- ▲ Create a personal vision statement for safe and inclusive community.
- ▲ Utilize teaching practices to foster safe and inclusive community in health education.

Trainings, Workshops, and Presentations

The Joy of Assessment: Empowering Students and Teachers Through Mastery

Go beyond paper and pencil tests. Health skills require assessments that are intentionally designed to measure a student's understanding and abilities. This training will help shift the use of assessments solely as accountability tools to building the understanding that assessments are an opportunity for both the teacher and student to share in the joy of learning a new skill or concept. Participants will leave with a menu of assessment options that go beyond multiple choice and short-answer responses. Participants will also leave with creative ways to collect and track student data to show growth and inform instructional next steps.

Training Objectives

- ▲ Summarize the benefits to both teachers and students of measuring mastery.
- ▲ Create valid and reliable assessments aligned to National Health Education Standards.
- ▲ Utilize best practices for data collection to show student growth.
- ▲ Analyze student data to determine instructional next steps.



Options

In-Person	8 Hours over 1 Day
Virtual	6 Hours over 4 Days
On-Demand	In Development

Deep Dive in the National Health Education Standards

Creating connected relationships. Making responsible decisions. Combatting disinformation. Advocating for academic and mental health supports. The National Health Education Standards (NHES) outline 7 health skills that promote health and well-being including developing health literacy for students. In this highly interactive, 8-part virtual series, participants will explore each of the health skills and identify teaching strategies they can use to integrate the health skills into their instruction. Although, not required it is recommended that the series is best suited for those who have a foundational knowledge of skills-based health education.

Training Objectives

- ▲ Identify the functional health information students need to know in order to acquire health-enhancing skills.
- ▲ Explain how each of the health skill standards in the NHES connects to health literacy.
- ▲ Engage in activities to include instruction around the health skill standards of the NHES.



Options

In-Person	7.5 Hours over 1 Day
Virtual	12 Hours over 8 Days
On-Demand	In Development

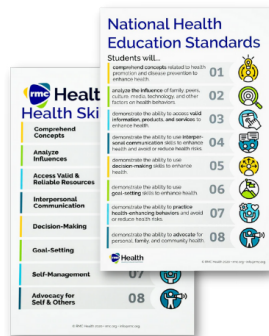
School and Classroom Products

Skills-Based Health Education Classroom Materials

RMC Health's Skills-Based Health Education Products are designed to support educators in implementing effective, standards-aligned health education across PreK–12 settings. Developed in collaboration with local and national health educators, these resources focus on the seven key health skills outlined in the National Health Education Standards (NHES).

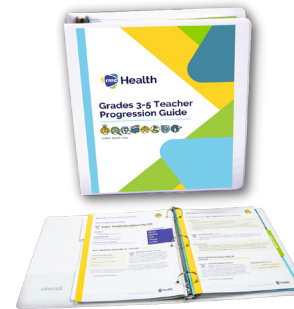
Broken down by grade level (PreK-2, 3-5, 6-8, 9-12), these materials offer inclusive, age-appropriate, classroom products for a variety of learning styles. While not a curriculum, these supplementary materials provide educators at every grade level the critical tools, resources, and information needed to teach skills-based health education with functional knowledge that will equip students to lead healthy and thriving lives. Products can be purchased online using a credit card at rmc.org/shop. To request a quote for bulk purchases or to use a Purchase Order, please submit an inquiry to info@rmc.org.

Available Products



NHES and Health Skills Posters

This set of classroom posters provides visual reference and engaging iconography aligned to each Health Skill and National Health Education Standard. One poster set includes two 11"x17" classroom posters. The first poster provides a list of the Health Skills and corresponding icons, while the second poster highlights the National Health Education Standards with their descriptions.



Teacher Progression Guide

Teacher Progression guides provide educators with a clear framework for incorporating the Health Skills into any classroom curriculum. This must-have binder is grade span-specific and organized by health skill. Each section includes a Skill Overview, a breakdown of the Sub-Steps, Suggested Teaching Progressions, Suggested Learning Activities, Teaching Tips, Assessment Ideas, and Sentence Stems for Health Literacy.



Student Cue Cards

Perfect for kinesthetic learners, Student Cue Cards are a valuable hands-on tool for reinforcement of the Health Skills. Each grade span set contains multiple double-sided 4"x6" cue cards with engaging icons along with the Skill Steps and Sub-Steps, Sentence Stems, and Valuable Vocabulary. Cards are organized in a small plastic storage case and indexed by skill. Tabs identify the skill, accompanying standard, and rationale.



Health Skills Progression Posters

An excellent visual reference to hang in the classroom, one grade span poster set includes 11 double-sided 11"x17" posters for each Health Skill. Side one shows the Sub-Step Progression of the Health Skills, while side two shows the accompanying language of health literacy.

Contact Us

Interested in exploring a partnership with Action for Healthy Kids and RMC Health to cultivate the systems and teams you need to succeed at your health and wellness efforts? Our team is eager to understand the unique health and wellness challenges and priorities facing your educational community. We look forward to working with you to identify opportunities to strategically partner with your team or organization to improve the health and wellness of the educational community you serve. Contact a member of our team to schedule a partnership inquiry call today.



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