



ACTION FOR
HEALTHY
KIDS 

Your One-Stop Shop for School Health

Game On

September 24, 2019

Today's Presenters



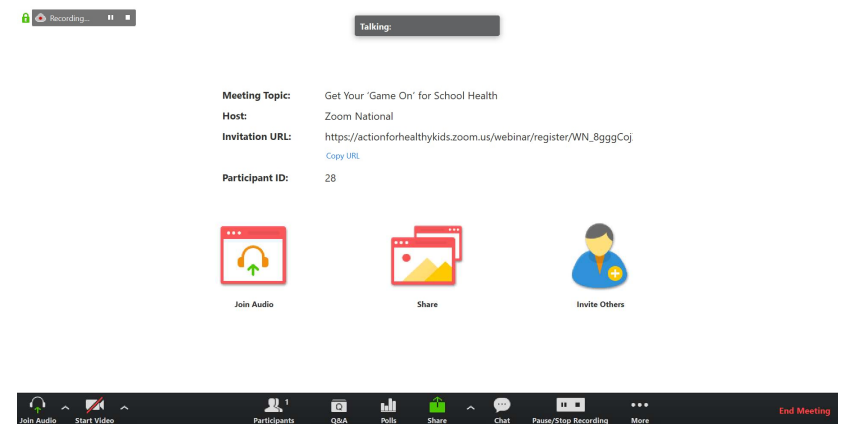
Grace Perry
Program Manager
Action for Healthy Kids



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Program Manager
Action for Healthy Kids

Logistics

- » Listen in with your telephone or computer speakers
- » Everyone is muted
- » Submit questions in the question box
- » This call is being recorded
- » Link to recording and handouts will be sent out following the call



Agenda

- » Who We Are: Action for Healthy Kids
- » What is Game On?
 - Step 1: Gather Your Team
 - Step 2: Assess and Track Progress
 - Step 3: Create and Implement an Action Plan
 - Step 4: Find Activities
 - Step 5: Engage Families and Community
 - Step 6: Celebrate Success
- » Additional Action for Healthy Kids Resources

Get your Game On

A flexible, free online framework to help schools create healthier learning environments for students, staff, and communities.

[Get started](#)

[Explore activities](#)

Who Are We?

AFHK's vision is a world in which every kid is healthy, active and ready to learn. We work to mobilize school professionals, families and communities to take actions that lead to healthier schools where kids thrive.



Whole School, Whole Community, Whole Child

The WSCC model emphasizes a school-wide approach and acknowledges learning, health, and the school as a part and reflection of the local community.



Tell Us About Yourself

What is your role at the school?

- a. Teacher
- b. Principal or other administrator
- c. District staff member
- d. Parent or community member
- e. Other



The Learning Connection



1 in 3 U.S. children are overweight or obese.
Overweight kindergartners had significantly lower math/reading scores than those at a healthy weight.²

Eating school breakfast positively affects student attendance, which leads to high academic achievement.³

Children who ate school breakfast increased their math grades by **+0.3 points** based on a 4.0 scale.³

Participation in breakfast programs is associated with:


- Increased grades and test scores
- Reduced absenteeism
- Improved cognitive function
- Memory and attention improvement¹



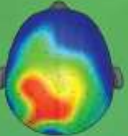
High quality diets (and increases in micronutrients¹) improve cognition and the ability to perform well during short-term memory tests.⁵

Children with increased cholesterol intake had **poor performance** on short-term memory and cognition testing.⁶

A 20-minute walk demonstrates a brain that is activated and primed to learn.⁴




after 20 minutes of sitting quietly



after 20 minutes of walking



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



Physical activity is **positively associated** with students' **cognitive functioning**¹ which includes ability to pay attention, memory, and IQ test scores.



Game On

Action for Healthy Kids free school health guide, including hundreds of healthy activities, walks you through the six key steps to building a healthier learning environment.

Game On



Step 1: gather your team

Step 2: assess & track progress

Step 3: create & implement an action plan

Step 4: find activities

Step 5: engage families & communities

Step 6: celebrate success

Game On Activity Library

116 results 1 2 ... 10 >

Filters [Clear](#)

School Health Topic

Location

Role

Grade Level

[Apply](#)

How to Read Nutrition Facts Labels

Help kids make better choices by simplifying the information on nutrition labels to teach them to identify key nutrients that are common in healthy foods.

[READ MORE](#)

Sensory Play

Help kids get in touch with their senses by facilitating sensory play using interesting materials to create tactile and visual experiences.

[READ MORE](#)

Easy, On-the-Go Play Activities

Turn travel time—whether on foot or in the car—into playtime using these fun, imaginative activities!

[READ MORE](#)



Accessing Game On

The screenshot shows the website's navigation menu with the following items: **What We Do** (with an upward arrow), **Who We Are** (with a downward arrow), **Get Involved** (with a downward arrow), **Healthy Kids Blog**, and a **Donate** button. The **Game On Program** link under 'Get Involved' is circled in green. Below the navigation is a purple overlay menu with a close button (X) in the top right corner. The overlay contains the following items:

- What We Do** >: We help create healthier schools by bringing all the members of a school community together and equipping them with the tools and resources they need to make change happen.
- Game On Program** >: Our free school health guide, including hundreds of healthy activities, walks you through the six key steps to building a healthier learning environment.
- School Grants & Support** >: Our school grants expand health and wellness opportunities for schools where we can have the greatest impact.
- School Breakfast** >: Build a better breakfast program at your school.
- Parents for Healthy Kids** >: Our extensive resources help parents create better health at school and at home.
- Collective Impact** >: Together with Active Schools and other powerful organizations, we create sustainable change for kids.
- Success Stories** >: Our network of champions and their stories.

Step 1

Gather Your Team

Tell Us About Yourself

What does your school health team look like?

- a. My school doesn't have a team
- b. My school has a team on paper, but we don't meet
- c. My school has a team and we meet 1-3 times per year
- d. My school has a team and we meet 4 or more times per year



Gather Your Team

During the 2018-2019 school year...

- » 44% of our Game On schools met at least 4 times per year
- » 81% of our Game On schools had an administrator on their school health team.

Gather Your Team

- » Develop an elevator pitch
- » Identify champions to help you lead the team
- » Get the principal's approval and buy-in

School health teams come in a variety of shapes, sizes, and names (such as school health councils or wellness committees). But they all have a common goal: to rally forces to make schools healthier places for students..

Gather Your Team

- » Invite teachers, school staff, parents and community members
- » Include key players/influencers in the school
- » Invite student input and participation
- » Connect with your district



Tips for Successful Meetings

- » Plan regular meetings at convenient times.
- » Create a welcoming environment at every meeting.
- » Provide opportunities for conversation and interaction.
- » Follow a focused agenda. Have a parking lot to table issues.
- » Note key decisions and summarize next steps
- » Accomplish as much as possible with e-mails and phone calls.
- » Consider forming subcommittees to work on different projects.



Step 1: Gather Your Team

- Steps to building a strong School Health
- Strategies to make the case for school wellness
- Tips for recruiting team members, including suggested roles for each team member
- Tips for hosting effective meetings and developing a clear vision



Step 2 and 3

Assess and Track Your Progress &
Create and Implement an Action Plan

School Health Index (SHI)



Why Take the School Health Index?

- » Develop relationships with key staff
- » Determine your schools strengths and weaknesses
- » Define foals that suit your schools needs
- » Justify your decision to make changes
- » Document starting points to show progress over time
- » Develop an Action Plan for improving school health



Complete your School Health Index assessment annually so you can measure your progress over time.

Tell Us About Yourself

Has your school ever completed the School Health Index (SHI)?

- a. Yes! We completed the SHI this school year.
- b. Yes, but we haven't submitted the SHI yet this school year.
- c. No, we've never completed the School Health Index.
- d. I'm not sure.



School Health Index (SHI)

During the 2018-2019 school year...

» Most schools were:

- Availability of physical activity break in class
- Before/After school physical activity available to students,
- Schools participating in farm to school activities

» Most schools did not:

- Have a local school wellness policy
- Fundraising efforts meet Smart Snack standards
- Schools with a positive school climate

Step 2: Assess and Track Progress

- Outlines why it's helpful to complete an assessment
- Links to AFHK's School Portal, where you can complete AFHKs modified School Health Index
- Provides a step-by-step guide for how to complete AFHKs online School Health Index

The screenshot shows the 'School Health Index' assessment interface. At the top, there is a blue navigation bar with a 'LOG' button. Below the navigation bar, the title 'School Health Index' is displayed. A welcome message states: 'Welcome to the Action for Healthy Kids School Health Index. Questions are organized by the categories you see at the top of your screen. To complete the assessment:'. Three numbered instructions follow: 1. Read each question and select the most appropriate response. 2. ALL questions are required. 3. When ready, click Submit. A progress indicator on the right shows '0%' complete. The main content area is titled 'School Wellness Environment' and contains a question about school health oversight. The question is: '1. School health oversight. Currently, does someone at your school oversee or coordinate school health programs and activities?'. The response options are '3 = Yes' and '0 = No'. Navigation buttons include 'Find Unanswered Questions', 'Save', 'Back', and 'Next'.

School Health Index

Welcome to the Action for Healthy Kids School Health Index. Questions are organized by the categories you see at the top of your screen. To complete the assessment:

1. Read each question and select the most appropriate response. Navigate the assessment by clicking Next/Back or by clicking the categories at the top of the screen.
2. ALL questions are required. When you have answered all questions, your completion percentage will show 100% and the Save button will change to a Submit button.
 - Note: Unanswered questions are outlined in red until you have selected a response.
 - Note: Questions filled by the district level users are outlined in orange and read-only.
3. When ready, click Submit. Submitted surveys cannot be modified.

School Wellness Environment

The following questions address the School Wellness Environment. Questions focus on the infrastructure necessary to promote school and student health.

1. School health oversight

Currently, does someone at your school oversee or coordinate school health programs and activities?

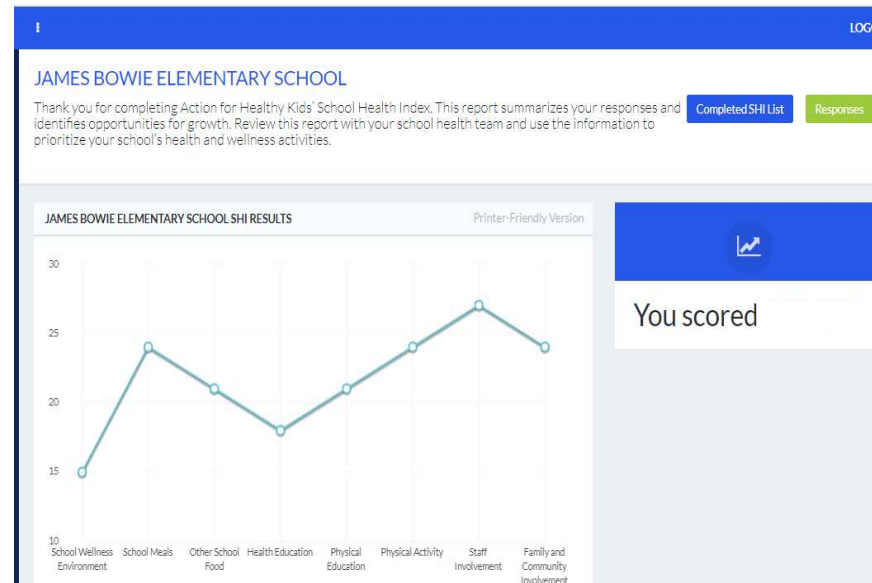
3 = Yes
0 = No

Find Unanswered Questions

Save Back Next

0% Complete

Assess and Track Progress



When you complete AFHKs School Health Index, you get a report summarizing your results.

Why create an Action Plan?

- » Team camaraderie
 - The process of developing an action plan together will make everyone feel more invested.
- » Group brainstorming
 - Each member of your team brings different skills to the table; your plans will almost certainly be better-thought-out when everyone creates them together.
- » Clear communication
 - A plan will help everyone to understand the project goals; know what he/she is expected to do; and by when. It helps when delegating specific activities so that one person doesn't feel like they have to do it all themselves. This eliminates confusion and potential conflicts.

Step 3: Create and Implement an Action Plan

- Outlines why it's helpful to complete an action plan
- Provides suggestions on how to use AFHK's School Health Index to develop your action plan
- Links to a list of National Health Observances to help you plan activities/initiatives around key national initiatives



Step 4

Find Activities

Find Activities

The screenshot displays the 'Game On Activity Library' interface. On the left, a 'Filters' sidebar includes a 'Clear' link and four filter categories: 'School Health Topic', 'Location', 'Role', and 'Grade Level', each with a dropdown arrow. An 'Apply' button is located at the bottom of the filter sidebar. The main content area is titled 'Game On Activity Library' and shows '116 results'. A pagination control at the top right indicates page 2 of 10. Three activity cards are visible, each with a title, a brief description, and a 'READ MORE' link.

Filters [Clear](#)

School Health Topic ▾

Location ▾

Role ▾

Grade Level ▾

Apply

Game On Activity Library

116 results

1 2 ... 10 >

How to Read Nutrition Facts Labels

Help kids make better choices by simplifying the information on nutrition labels to teach them to identify key nutrients that are common in healthy foods.

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[READ MORE](#)

Step 4: Find Activities

- Provides more than 100 activities, aligned with supporting the whole child
- Organized by filters for easy searching
- Activities include tips for engaging volunteers, additional resources and more



Step 5

Engage Families & Community

Benefits of Engaging Volunteers

- » Volunteers can offer new perspectives
- » Volunteers can make a lasting impact & contribution through their knowledge base and support
- » Volunteers can provide an extra helping hand or a needed, valuable skill set

Who in your network has skills or interests that complement your needs? Brainstorm ways to engage parents, community members or businesses as volunteers.

Engaging Families & Community

Parent, family and community volunteers can...

- » Serve as mentors, coaching assistants, monitors, chaperones and tutors for school health activities
- » Lead lunch time walks, weekend games and after school exercise programs
- » Help with playground makeovers, school gardens and farm to school programs
- » Write health related grants for the school
- » Organize volunteer activities and recognition events
- » Share expertise and experiences in staff meetings or at professional development events



Every Kid Healthy™ Week

- » Annual celebration of schools' wellness achievements
- » Effort to create nationwide momentum
- » Recognized on the National Health Observances calendar
- » Takes place last week of April each year
- » In 2019, schools in 41 states across the country hosted more than 1,000 events and engaged over 139,000 students, parents, staff members, and volunteers



Register your event at
actionforhealthykids.org/every-kid-healthy-week

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Step 5: Engage Families & Community

- Strategies for engaging parents in school wellness initiatives, including Parents for Healthy Kids
- Tips for engaging community organizations and members
- Resources to host an Every Kid Healthy Week event



Step 6

Celebrate Success

Celebrate Success

- » Revisit your School Health Index results and take a moment to update your assessment.
- » Work with your School Health Team to create a plan for celebrating and sharing these improvements. Celebrate wins, no matter how big or small!
- » Share your success through social media, newsletters to parents, or local press
- » Plan for next year! Explore how you can not only sustain your work but enhance it.

Step 6: Celebrate Success

- Build school spirit and create positive publicity
- Increase support and momentum around school wellness initiatives
- Be a leader in the efforts to end childhood obesity



Additional AFHK Resources

- » Contact Us
 - <https://www.actionforhealthykids.org/contact/>
- » Healthy Kids Blog
 - <https://www.actionforhealthykids.org/blog/>
- » Action for Healthy Kids Grants
 - <https://www.actionforhealthykids.org/school-grants-support/>
- » Newsletter Sign Up
 - <https://www.actionforhealthykids.org/news-sign-up>

Follow Us for More Resources

Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!

 Action for Healthy Kids shared a link.
Posted by Jacqueline Periman (9) · December 14 ·

Spice up your classroom and play the Game Ont 12 Days of Fitness Challenge. #SmilesAllAround



12 Days of Fitness
www.actionforhealthykids.org



Healthy and Fun Snack Ideas



72 Pins



Edit

Healthy Treats for Kids



38 Pins



Edit



ACTION FOR HEALTHY KIDS 

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Every kid healthy, active and ready to learn

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