

How Healthy is Your School?

While we're waiting to begin the webinar, take a minute to tell us how healthy your school is!

1. Go to <https://www.actionforhealthykids.org/school-health-survey/>.
2. Follow the prompts to complete the survey.
3. Check your email for your results and for resources to help your school continue to do great work.



ACTION FOR
HEALTHY
KIDS 

Using What You Have: How Small Programs
Can Have Large Impacts

Today's Presenters



Ellen Dillon

Senior Field Manager
Action for Healthy Kids

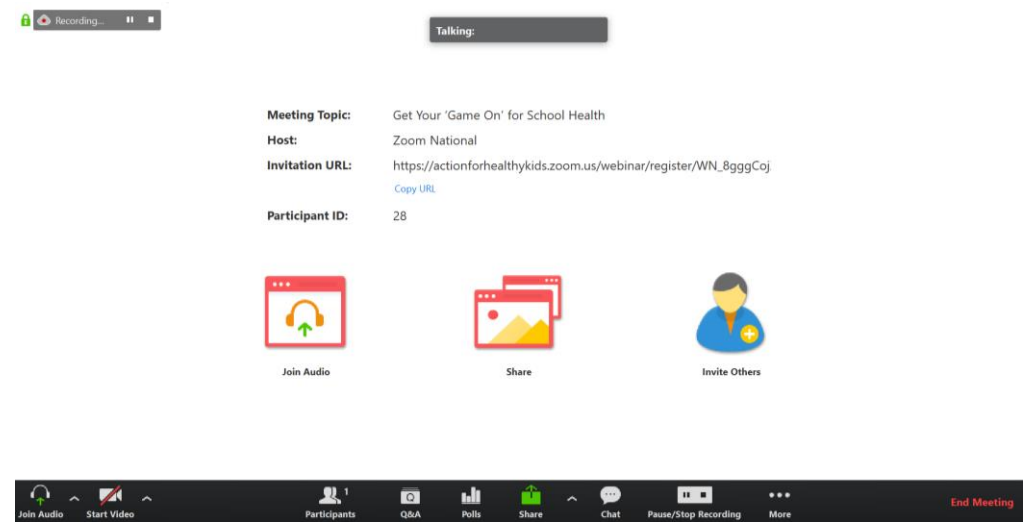


Ashley Green

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

- » Action for Healthy Kids Overview
- » Why Health and Well being
- » Getting Started
- » Low Cost High Impact
- » School Perspective: Michelle Auld from Brooklyn Center Community Schools, MN
- » Q&A

Who Are We?

Action for Healthy Kids' (AFHK) 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.



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 improvement!¹



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




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



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

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

Tell Us About Yourself

What is your role?

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



Tell Us About Yourself

What is your primary objective for participating in this webinar?

- a. Gain strategies for getting started with health and wellbeing without a lot of funding
- b. Learn Ideas or examples of low cost activities to try in my school.
- c. Hear other schools' experiences.
- d. Other



Tell Us About Your School...

What is the free and reduced % of your school?

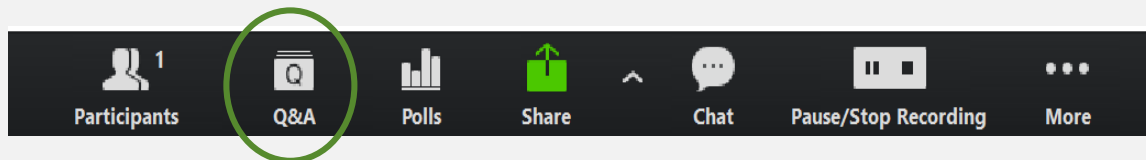
- a. 75%-100%
- b. 50%-75%
- c. 25%-50%
- d. 0-25%
- e. I am not connected to a school.



Tell Us About... Barriers

What are the barriers that have held your school back from starting or enhancing your wellness programs?

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



Why health and well being?



WHOLE

» SCHOOL

» COMMUNITY

» CHILD

Whole Child

The health of a child is multi-dimensional.





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

A screenshot of the "Game On Activity Library" web interface. On the left, there is a "Filters" section with a "Clear" link. Below the filters are four dropdown menus: "School Health Topic", "Location", "Role", and "Grade Level". At the bottom of the filters is a dark grey "Apply" button. The main content area is titled "Game On Activity Library" and shows "116 results". There is a pagination control showing "1 2 ... 10 >". Three activity cards are displayed in a row, each with a green background and white text. The first card is titled "How to Read Nutrition Facts Labels" and describes helping kids understand nutrition labels. The second card is titled "Sensory Play" and describes using interesting materials for tactile and visual experiences. The third card is titled "Easy, On-the-Go Play Activities" and describes using travel time for fun activities. Each card has a "READ MORE" link at the bottom.



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...Assessments

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.



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 the text 'LOC' on the right. Below the 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%' completion. The main content area is titled 'School Wellness Environment' and contains a question about school health oversight. Navigation buttons for 'Find Unanswered Questions', 'Save', 'Back', and 'Next' are visible.

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 School Meals Other School Food Health Education Physical Education Physical >

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?

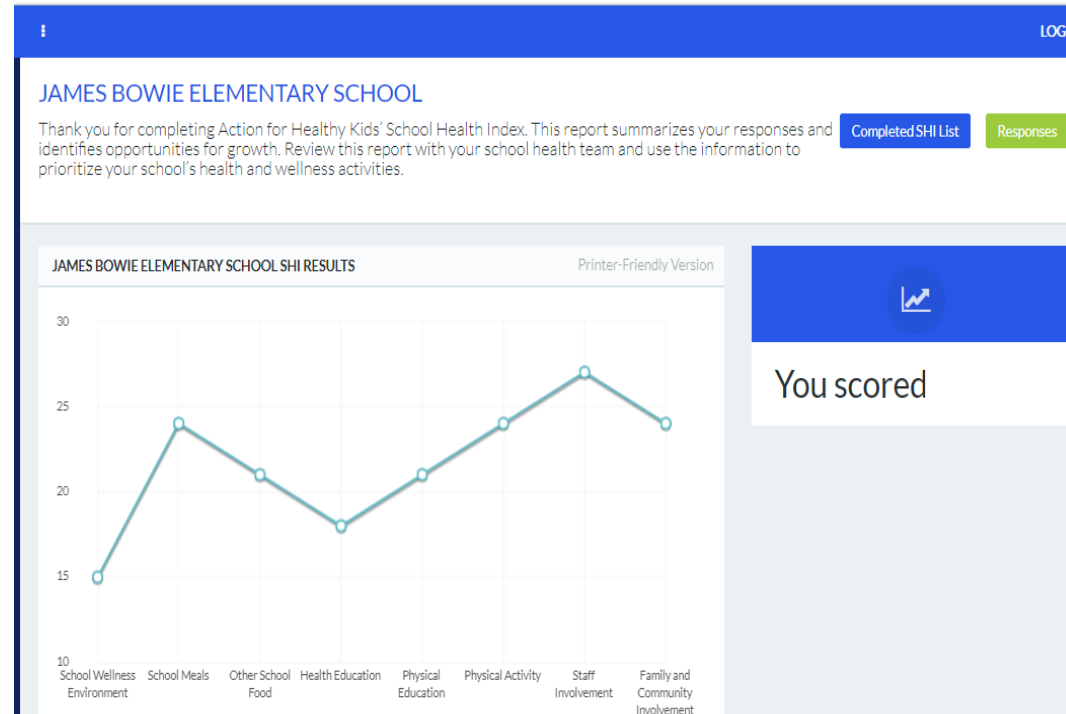
3 = Yes
0 = No

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.

New to health and well being?

Start with a quick snapshot...

Take the School Health Survey. In just 3 minutes you can find out if your school is on the right track to become a healthy school that helps students thrive by addressing the needs of the whole child.

<https://www.actionforhealthykids.org/school-health-survey/>

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

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.

[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](#)

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



Example of Low Cost/No Cost Activities

- » Incorporate more physical activity into the school day by integrating simple movement activities into lesson plans or scheduling classroom physical activity breaks.
- [Game On: Active Learning Opportunities](#)
 - [Game On: Classroom Physical Activity Breaks](#)
 - [Game On: Yoga and Mindfulness](#)



Example of Low Cost/No Cost Activities

» Engage families and community partners to organize a Walk or Bike to school program. Starting small is okay! Start with a single event or once a month and work to build awareness, support and participation.

- [Game On: Walking Programs](#)
- [Game On: Walk to School](#)
- [Game On: Bike to School](#)



Example of Low Cost/No Cost Activities

- » Take your School Health Team to the next level. Organize a Student Wellness Team or create a Physical Activity Leaders (PAL) Club to engage students and enhance youth development.
 - [Game On: Student Wellness Team](#)
 - [Game On: Physical Activity Leaders \(PAL\) Club](#)
- » Partner with a local grocer or work with your schools food services staff to host a healthy taste test.
 - [Game On: Host a Taste Test](#)



Tell Us About...Activities

Has your school implemented any of the following low/no coast activities...

- a. Brain breaks
- b. Mindfulness/yoga/meditation
- c. Walking/running clubs
- d. Taste tests
- e. Healthy class parties
- f. Gratitude boards for staff/student shout outs/thank yous



Welcome!

Michelle Auld

District Wellness Coordinator

Brooklyn Center Community
Schools,

MN



Making health and well being a priority

Brooklyn Center Community Schools

- » Located in Minneapolis, MN
- » Urban location
- » Small district
 - 3 schools and 3,000 students
- » Full service community school district
- » Free and reduce -84%



Make Change with No Funding?

Yes, it's possible!

- Passionate champions
- Investment of time not \$
- Engage teachers and staff and then they take it into to their classrooms



Getting Started: Small Steps Lead to Big Gains

Tips and Tricks

- » Review needs of school
- » Create a plan
- » Work with partners:
 - AFHK
 - Fuel up to Play 60
 - Community Partners
 - Extension



Grants to Support Work

Getting started

DO's

- » Start with smaller grants
- » Use wins and successes to grow
- » Be strategic
- » Make sure student and staff health and well being efforts align

DON'Ts

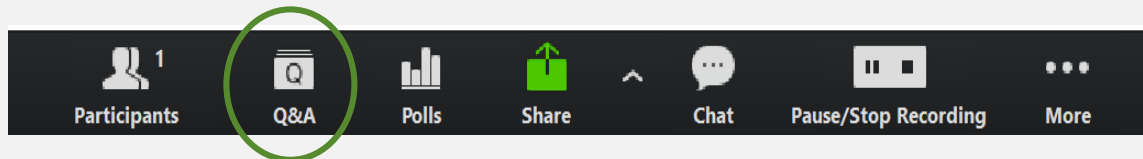
- » Shift goals and plans to chase funding
- » Bite off more than you can chew...Larger grants are great, but they also require more time. Make sure you have the capacity to implement

Tell Us About... What Else You Need?

What other resources or tools does your school need to get started?

Using What You Have: How Small Programs Can Have Large Impacts

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



Save the Date

Action for Healthy Kids grants launch on February 3.

Check our website for more details.

<https://www.actionforhealthykids.org/school-grants-support/>



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 [?] · December 14



Spice up your classroom and play the Game On! 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



Connect to Your School

It is super helpful for us to know not just the people interested in our resources but the schools using them, too.

Connect to your school(s)

<https://actionforhealthykids.secure.force.com/affiliation/#affiliation>

Questions?

Contact Info:

Name: Ellen Dillon

Phone: 410.707.9038

Email: edillon@actionforhealthykids.org

Name: Ashley Green

Phone: 312.753.3292

Email: agreen@actionforhealthykids.org



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actionforhealthykids.org • 600 W. Van Buren St., Suite 720, Chicago, IL 60607 • 1.800.416.5136