1305 School Health and Wellness Targeted Schools Year 3 Sub-Grant Application

Welcome to year three of the School Health and Wellness Grant! In order to apply for sub-grants this year, you must**:**

* **Attend School Health and Wellness Workshop, Fall 2015**: mileage and sub-pay provided
* **School Health Index**: complete it OR review/evaluate last years, create and/or update plans
* **School Wellness Policy Review**: submit wellness policy and policy assessment tool
* **Fall Evaluation:** answer the three questions included with this application.

Please select at least one sub-grant nutrition strategy **AND** one sub-grant physical activity strategy from the tables below. There is enough funding for each school to select two options in nutrition and two options in physical education/activity. **You may select more than 2 options in nutrition and more than 2 options in physical education/activity** , however, awards will depend on availability of funds (i.e. if some school only selects 1 nutrition goal and 1 physical activity goal, the extra funds set aside for the school could be awarded to schools wanting to accomplish more than 2 goals in nutrition and 2 goals in physical education/activity).

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| **Select *one* or *two* nutrition strategy/strategies** | **Performance Measure 1:** | **Performance Measure 2:** |
| Nutrition Option #1  **Standards for competitive foods**  Goals:   * Not sell less healthy foods and beverages (soda pop or fruit drinks, sport drinks, baked goods, salty snacks, candy) * Offer fruits or non-fried vegetables when foods or beverages are offered at school celebrations | Complete an assessment of any current district or school building rules or criteria either written or verbal regarding 1) fundraising and foods and beverages sold on school grounds (outside of school hours) and 2) school celebrations and foods and beverages provided for birthdays and classroom parties.  Develop an action plan for eliminating less healthy foods and beverages for fund raising and improving access to healthy foods and beverages for celebrations.  Send documented assessment and action plan for performance payment.  Possible considerations for fundraising:   * Use healthy foods, physical activity events, or nonfood items for fundraising activities. Consider selling items such as produce, wrapping paper, candles, or student artwork. * Organize events that engage students, families, and the community. Basketball or golf tournaments, bicycle rides, walk-a-thons, dance-a-thons, car washes, or auctions are healthy fundraising alternatives.   Possible considerations for school celebrations:   * Encourage parents to provide healthy foods and beverages for birthday and classroom parties if food is served. Send a note to parents suggesting healthier options, such as fruits, vegetables, or whole grain snacks. * Consider nonfood celebrations such as guest speakers, an extra recess period, or class games. | Update school building policy/policies for all competitive foods available during and outside of the school day. Send draft of updated policy and date when the policy will be reviewed by the wellness committee for inclusion in the school wellness policy.  Send policy documentation and success story for performance measure #2 payment. |
| Nutrition Option #2  **Advertising and promotion**  Goal: Prohibit advertising and promotion of less nutritious foods and beverages on school property. | Complete attached Food and Beverage Marketing Survey  Develop action plan for working towards prohibiting advertising and promotion of less nutritious foods and beverages on school property.  Send completed survey and action plan for performance payment. | Adopt and implement policy/policies that prohibit all forms of advertising and promotion (e.g., contests and coupons) of less nutritious foods and beverages on school property. Send draft of updated policy and date when the policy will be reviewed by the wellness committee for inclusion in the school wellness policy.  Send policy documentation and success story for performance measure #2 payment. |
| Nutrition Option #3  **Access to drinking water**  Goal: Increase access to drinking water. | Complete School Drinking Water Needs Assessment Checklist and Planning Questions included in the *Increasing Access to Drinking Water in Schools* document found at the link below <http://www.cdc.gov/healthyyouth/npao/pdf/Water_Access_in_Schools.pdf>  Develop action plan for improving access to drinking water.  Send completed survey and action plan for performance measure #1 payment.  Possible considerations for water access:   * Allow students to visit the water fountain throughout the school day and to carry water bottles in class. * Send a note to parents that students will be allowed to bring water bottles to your class, though not mandatory. If bottles are filled at home, ask parents to use only plain water. * Inform school maintenance staff if water fountains are not clean or are not functioning properly. | Adopt and implement policy/policies that allow students to have access to drinking water. Send draft of updated policy and date when the policy will be reviewed by the wellness committee for inclusion in the school wellness policy.  Send policy documentation and success story for performance measure #2 payment.  (Delta Dental will provide free refillable water bottles to all students) |
| Nutrition Option #4  **Healthy foods and beverages**  Goals:   * Increase the promotion of healthy foods and beverages. * Allow students to purchase fruits and vegetables from vending machines, at the school store, canteen/concession stand, snack bar, as a la carte items. | Complete attached Food and Beverage Marketing Survey  Develop action plan for increasing the promotion of healthy foods and beverages.  Send completed survey and action plan for performance payment.  Possible action steps:   * Price nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages * Provide information to students or families on the nutrition, caloric, and sodium content of foods available * Place fruits and vegetables near the cafeteria cashier, where they are easy to access * Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Adopt and implement policy/policies to increase the promotion of healthy foods and beverages. Send draft of updated policy and date when the policy will be reviewed by the wellness committee for inclusion in the school wellness policy.  Send policy documentation and success story for performance measure #2 payment. |
| Physical Activity Option #1  **CSPAP targeting physical education**  Goal:   |  | | --- | | * Establish, implement and/or evaluate CSPAP targeting physical education. | | Using your Comprehensive School Physical Activity Plan complete the CSPAP Policy Continuum.  <https://c.ymcdn.com/sites/www.chronicdisease.org/resource/resmgr/school_health/cspap_policy_continuum_final.pdf>  Determine one category for Physical Education where you can make progress on the continuum (more stars).   * Teachers * Amount, Frequency, and Intensity * Curriculum * Student Assessment * Class Size * Waivers/Exemptions   Send copy of your CSPAP and completed CSPAP policy continuum indicating which you are planning to make progress. | Implement changes in your school so that you score higher for physical education on the policy continuum.  Send policy documentation and success story for performance measure #2 payment. |
| Physical Activity Option #2  **CSPAP targeting physical education**  Goal:   * Establish, implement and/or evaluate CSPAP targeting physical activity during, before or after the school day. | Using your Comprehensive School Physical Activity Plan complete the CSPAP Policy Continuum.  <https://c.ymcdn.com/sites/www.chronicdisease.org/resource/resmgr/school_health/cspap_policy_continuum_final.pdf>  Determine one category from the following where you can make progress on the continuum (more stars).   * Amount of Physical Activity (outside of Physical Education) * Classroom-Based Physical Activity * Physical Activity Breaks * Safe Facilities and Equipment * Extracurricular Sports, Clubs and Activities * Active Transport to School * Access to School Grounds/Facilities * Before and After School Programs * Interscholastic Sports * Staff Wellness * Withholding Physical Activity/Physical Activity as Punishment * Professional Development for Staff * Joint or Shared-Use Agreements   Send copy of your CSPAP and completed CSPAP policy continuum indicating which you are planning to make progress. | Implement changes in your school so that you score higher for Physical Activity During the School Day, Physical Activity Before and After School, Staff Involvement or Family and Community Involvement on the policy continuum.  Send policy documentation and success story for performance measure #2 payment. |