

A background image showing the backs of several children with their arms raised in the air, suggesting a group activity or dance. The children are wearing bright, colorful clothing. The background is a dark, textured wall.

# Ready, Set, Action for Healthy Kids!

Friday, November 30<sup>th</sup> 2018

Ashley Green  
Midwestern Regional Manager  
Action for Healthy Kids

Learn • Act • Transform

**ACTION** FOR  
HEALTHY  
KIDS 

# Today's Presenters



**Ashley Green**

Midwestern Regional Manager  
Action for Healthy Kids

# Agenda

- Who We Are: Action for Healthy Kids
- The “Why” Behind the What
  - Why Schools
  - The Learning Connection
- Tools for Schools
  - Game On
  - School Grants for Healthy Kids
  - School Health Portal
  - School Health Index



# Tell us About Yourself!

## What is your role at your school?

- a. Teacher
- b. Principal or other administrator
- c. District Staff Member
- d. Parent or Community Member
- e. Other



# 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 a 1-3 times per year
- d. My school has a team and we meet 4 or more times per year



# Who Are We?

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Action for Healthy Kids® (AFHK) mobilizes school professionals, families and communities across the U.S. to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.



# Who Are We?

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Our goal is to create school communities where children learn how to make healthy choices from the minute they walk in the front door to the minute they leave at the end of the school day.

# Why Schools?

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- Schools reach most children and adolescents.
- Children spend around 1,200 hours per year in school.
- Teachers, school staff and parent volunteers are key role models.
- Curriculum standards for health include nutrition and physical education.
- School teach kids what we value and what is important in our community.





# Why Schools?

**55 MILLION SCHOOL KIDS**

Each one of us can help improve the eating and activity habits of the 55 MILLION school kids in this country and, in the process, improve their health so they can succeed in the classroom.

**GOOD FOOD**

**PHYSICAL ACTIVITY SUPPORTS ACHIEVEMENT**  
Even moderate exercise, like walking, increases brain activity.

**ACTIVE BODIES**

**KIDS WHO EAT WELL LEARN BETTER**  
Students who eat school breakfast have been shown, on average, to attend 1.5 more days of school per year and score 17.5% higher on standardized math tests.

**KIDS EQUIPPED FOR SUCCESS!**  
Kids who attend "healthy" schools have fewer absences, higher academic achievement and self-esteem and are more likely to graduate from high school.

**HEALTHIER PRACTICES CAN INCREASE SCHOOLS' BOTTOM LINES**  
Schools can get a financial boost by offering more nutritious meals & snacks. Students will buy and eat healthier foods and beverages.

**EVERY KID HEALTHY**

Visit [ActionforHealthyKids.org](http://ActionforHealthyKids.org), where you can read *The Learning Connection: What You Need to Know to Ensure Your Kids Are Healthy and Ready to Learn* and in under 1 minute, you can take the *Every Kid Healthy Pledge*. You'll have access to our free programs, volunteer opportunities and school grants.

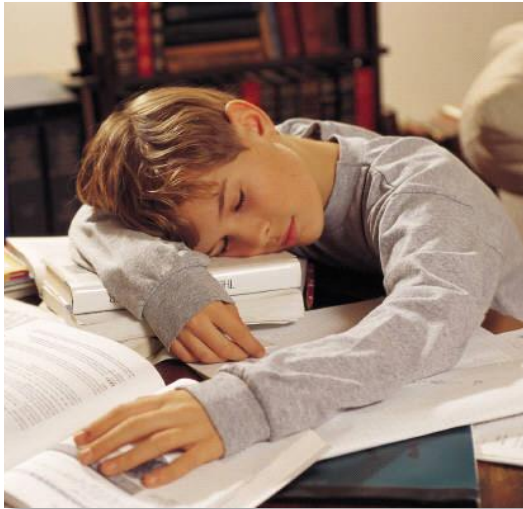
**Action for Healthy Kids®** **Northwestern Mutual Foundation**

## Healthy Kids Learn Better

Good Food + Active Bodies = Kids Equipped for Success

# The Learning Connection

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**Action for Healthy Kids**, "The Role of Sound Nutrition and Physical Activity in Academic Achievement"

Undernourished children tend to have low energy, are often irritable, and have difficulty concentrating.

# The Learning Connection

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They also score lower on vocabulary, reading comprehension and arithmetic tests.

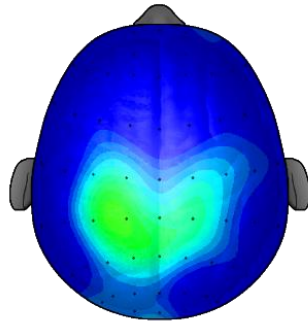
**Action for Healthy Kids**, "The Role of Sound Nutrition and Physical Activity in Academic Achievement"



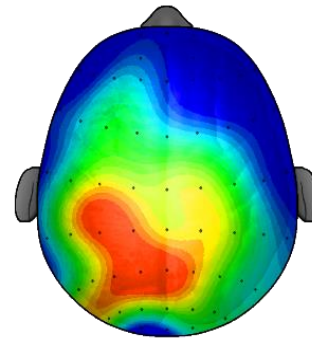
# The Learning Connection

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## Physical Activity Turns on the Brain



After 20 minutes of  
**Sitting Quietly**



After 20 minutes of  
**Walking**

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

# The Learning Connection

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## What Movement Does for the Brain

- Increases learning ability
- Increases attentiveness
- Increases the level of engagement
- Decreases behavioral issues
- Decreases absenteeism



"Move More, Learn More – Physical Activity at the Secondary Level," Colorado Legacy Foundation Webinar, September 12, 2012  
<http://colegacy.org/news/wp-content/uploads/2012/09/Move-More-Learn-More-PA-Presentation.pdf>

# The Learning Connection

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Children scored a full grade level higher in reading comprehension after physical activity than after a period of rest.



UPI, 3/31/09; University of Illinois at Urbana-Champaign release, 3/31/09; Hillman et al., Neuroscience, 3/31/09

# The Learning Connection

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Severely obese kids miss school 4 times as much as healthy weight kids due to illness and social concerns, like bullying.



International Journal of Obesity, Feb 2012

# TOOLS FOR SCHOOLS





# Tools For Schools

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- Game On
- School Grants for Healthy Kids
- School Health Portal
- School Health Index



# Game On

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Game On supports America's schools, their staff, students, and families to incorporate healthy food choices and physical activity into their daily lives and school environment, with the ultimate goal of getting nationally recognized as a health-promoting school.

[www.actionforhealthykids.org/game-on](http://www.actionforhealthykids.org/game-on)

# What is a Health-Promoting School?

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A health promoting school provides a school environment where nutrition, physical education and physical activity supports learning to ensure all students are healthy, active and ready to learn.



# What is a Health-Promoting School?

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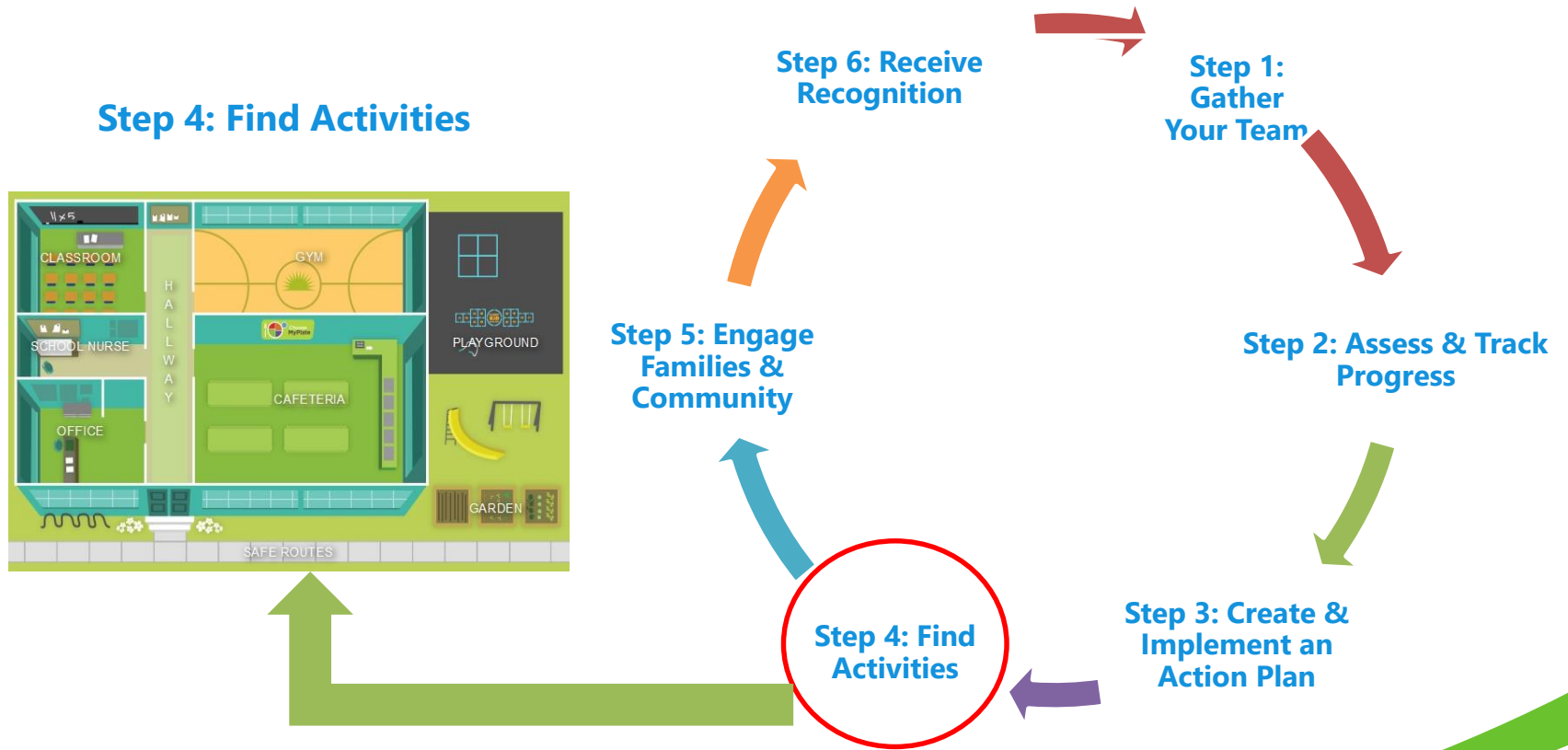
## Staff, Family and Community Engagement

- School Health Team
- School Health Action Plan
- Family Engagement
- Community Engagement
- Staff serve as healthy role models for students

## Programs and Practices

- Health Education
- Physical Education
- Physical activity opportunities before, during and after school (outside of PE)
- Health breakfast and lunch
- Access to healthy foods/beverages wherever food is served, sold or offered

# Game On



# Game On – Eat Better Activities

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Healthy & Active Parties  
Host a Taste Test  
Offer Healthy Snacks  
Healthy Fundraising  
Healthy & Active Non-Food Rewards  
Second Chance Breakfast  
Family Fun Days  
Morning Eat Better Announcements  
School Garden  
Nutrition Promotion  
Smart Snacks Standards  
Grab n Go Breakfast  
Breakfast in the Classroom  
Nutrition Education  
Health & Wellness Fair

Step 4: Find Activities - <http://www.actionforhealthykids.org/game-on/find-challenges>

# Game On – Move More Activities

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Playground Circuit Challenges

Recess Before Lunch

Brain Breaks, Instant Recess & Energizers

Outdoor Active Recess

Recess at Home

Active Indoor Recess

Active Learning Opportunities

Fitness Classes

Songs & Stories with Movement

Walking School Bus

Bike Racks

Get Your Groove On

Walking Programs

Open Gym

Activity Clubs

Step 4: Find Activities - <http://www.actionforhealthykids.org/game-on/find-challenges>

# Tell us About Yourself!

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

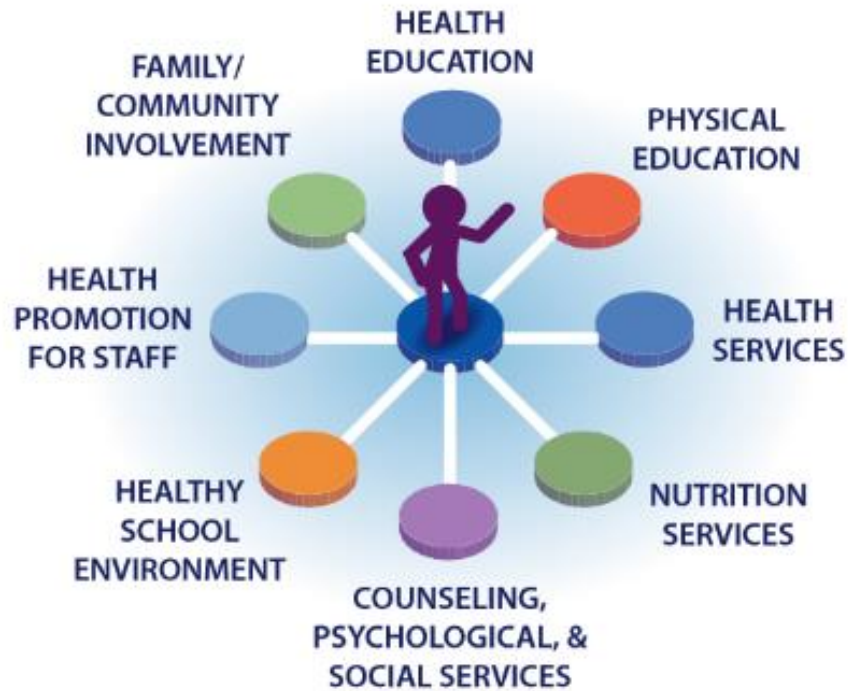
- a. Yes! We completed the SHI this school year.
- b. Yes, but we haven't submitted the SHI yet this school year.
- c. No, we've never completed the School Health Index.
- d. I'm not sure.





# School Health Index

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# School Grants for Healthy Kids

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AFHK has grants for School Breakfast,  
Nutrition and Physical Activity

## Grant Writing Tips:

- Stay focused and specific
- Use data to support your project
- Clearly identify partnerships
- Articulate how the program will sustain post-grant



[www.ActionforHealthyKids.org/grants](http://www.ActionforHealthyKids.org/grants)

# School Health Portal

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## Create a free login to:

- Apply for a grant
- Complete the School Health Index
- Create a School Health Action Plan
- Set up registration for an event or meeting



### Welcome to the Action for Healthy Kids School Portal.

We have recently updated our technology to give you a one-stop shop for School Grants for Healthy Kids, programs, the School Health Index and more. We are excited to offer this service to you! Create an account, connect to your school, then implement programs!

GET STARTED

1. Complete Your Profile

2. Find Your School

3. Assess Your  
School Health

4. Apply  
for a Grant

# GET INVOLVED



# Get Involved

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- Team Healthy Kids
- Parents for Healthy Kids
- Volunteering
- Workshops



# Team Healthy Kids

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## Run, walk or bike on behalf of Team Healthy Kids!

- Join an event - Chicago Marathon, NYC Marathon, NYC Half Marathon, etc.
- Host your own Team Healthy Kids fundraiser like a local 5K, or at your local Pilates, Yoga, or Spin Studio!



*“I share Team Healthy Kids' vision and passion for helping kids achieve their own personal goals and healthy lifestyles.”*

— Angela Gillis, WeBeatFat.com

# Parents for Healthy Kids

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*Parents* **for**  
**Healthy** *Kids*

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Action for Healthy Kids • National PTA  
Sponsored by ALDI

[www.ParentsforHealthyKids.org](http://www.ParentsforHealthyKids.org)

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**ACTION** FOR  
HEALTHY  
KIDS 

# Volunteering

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## Volunteer at your local school:

- Plan or volunteer at an Every Kid Healthy Week event
- Create or join a School Health Team
- Nominate a Healthy School Hero
- And more! Get creative!



<http://www.actionforhealthykids.org/support-healthy-kids/volunteer-for-healthy-kids>



# Workshops

- In-person workshops
  - School Health Teams
  - Wellness Policies
  - Game On
  - Parents for Healthy Kids
- Monthly webinars



<http://www.actionforhealthykids.org/events>

# Benefits of Becoming Health-Promoting

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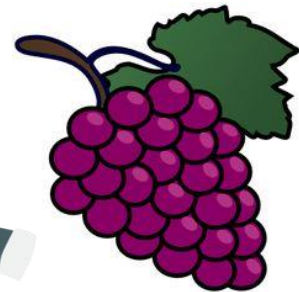
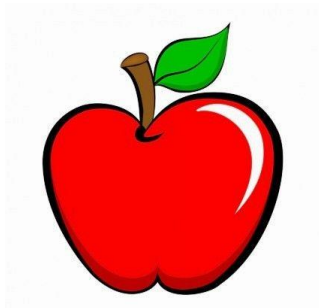


- Enhance sustainability of your initiatives
- Build school spirit and create positive publicity
- Increase support and momentum around school wellness initiatives
- Support the Learning Connection
- Be a leader in the efforts to end childhood obesity

# How To Become Health-Promoting

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How do I know if my school is health-promoting?



Take the School Health Index!

# Follow us on Social Media

 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](http://www.actionforhealthykids.org)

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



## Healthy and Fun Snack Ideas



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## Healthy Treats for Kids



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# Thank You!

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Thank you for helping to make every kid  
**healthy, active and ready to learn!**

Ashley Green  
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