



2020-2021 Building Healthy Communities Elementary School Application

General School Information: Section 1 - School Profile

Thank you for your interest in applying to the Building Healthy Communities program. Building Healthy communities is a comprehensive school wide health program. Above you will see our wheel of programming that highlights the six components that Building Healthy Communities is comprised of.

* 1. Has your school applied for a Building Healthy Communities program in the past?

- Yes, Building Healthy Communities Elementary School Program
- Yes, Step Up For Wellness K-12 School Program
- Yes, Project Healthy Schools Middle School Program
- Unsure if my school has applied before
- No
- If Yes - In What Years?

* 2. Has your school received ANY of the above Building Healthy Communities Elementary School programs in a previous year?

Yes, Elementary School Program -- STOP you are not eligible to apply

Yes, Step Up for Wellness-- STOP you are not eligible to apply

Yes, Project Healthy Schools -- STOP you are not eligible to apply

No, none of the programs

Unsure

If Yes, what years?

3. Did a past or current BHC school principal or staff member refer you to the BHC Program?

Name of the person that referred you:

Email address of the person that referred you:

Past BHC School that referred you:

Role of that person at their school:

* 4. Complete name of your SCHOOL

* 5. What school district is your school located within?

* 6. What is your complete school address?

Street Address:

City:

County:

ZIP Code:

7. What is your school website address?

8. What social media outlets does your school use? Check all that apply

- Facebook
- Twitter
- Instagram
- Other

* 9. School location: (select one)

- Urban
- Suburban
- Rural

* 10. School type: (select one)

- Private
- Public noncharter
- Public charter

* 11. Total enrollment? (Please be as accurate as possible)

* 12. Current grades within the school building (check all grades that apply).

- Pre K
- Kindergarten
- 1st Grade
- 2nd Grade
- 3rd Grade
- 4th Grade
- 5th Grade
- 6th Grade
- 7th Grade
- 8th Grade
- Other (please specify)

* 13. Total K-5 enrollment? (Please be as accurate as possible)

* 14. How many classrooms per grade are there?

Kindergarten

1st Grade

2nd Grade

3rd Grade

4th Grade

5th Grade

* 15. Percent of students eligible to receive free or reduced-priced meals:

* 16. Student racial demographics:

% African American/Black:

% Hispanic/Latino:

% Arab American:

% Asian/Pacific Islander:

% Caucasian/White:

% American Indian/Native American:

% More than one race:

% Other:



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General School Information: Section 2 - Applicant

* 17. Name of person completing this application:

First Name:

Last Name:

* 18. Applicant's position or relationship to the school:

- Principal
- PE Teacher
- Classroom Teacher
- Superintendent
- Counselor
- Parent
- Other (please specify)

* 19. Best daytime phone (school year):

* 20. Applicant's email address:

* 21. Has the Principal approved this application submission?

Yes

No-- STOP, please get Principal approval before applying for this grant for your school.



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General School Information: Section 3 - Nutrition and Physical Activity Programing

This section covers potential nutrition education and/or physical activity programs which MAY already exist in your school. Please fill this out as accurately as possible.

22. Does your school participate in any of the following physical activity or healthy eating programs?

The Fruit and Vegetable Program (Michigan Department. of Education)

Team Nutrition (Michigan Department. of Education)

PE-Nut (by Michigan Nutrition Network)

Fuel Up to Play 60 (United Dairy Industry of Michigan)

Physical Activity and Healthy Eating Before/After School (Michigan Department. of Community Health)

Describe any other physical activity or healthy eating program(s) you are participating in:



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Program Components: Component 1 - Principal Engagement

For school-based health initiatives to be successful, school principals must be fully engaged. The Principal Engagement component requires:
Sending school personnel to BHC Orientation.
Reading the "Healthy Announcements" daily.
Prominently displaying the Building Healthy Communities banner and posters.
Sending home newsletters and other parent communications.
Assist your school in completing the HSAT.
Supporting teachers, staff and students, as well as the assigned Healthy School Coordinator in implementing BHC.

* 23. Principal's name:

First Name

Last Name

* 24. Principal's email address:

School Email:

Alternate Email:

* 25. Principal's best daytime phone

School Year

Summer

* 26. What date do you report back to school for the 2020-2021 school year?

27. Which orientation date would your school be available to attend?

- Tuesday August 25, 2020
- Thursday August 27, 2020
- Wednesday September 2, 2020

28. What time of day works best for your school?

- Morning
- Afternoon

29. What geographic area works best for your school?

- Grand Rapids
- Detroit
- Lansing



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Program Components: Component 2 - Classroom education on healthy eating and physical activity

Academic classrooms provide an ideal location to promote healthy eating and physical activity, and connect healthy living education with families. Classroom teachers will:

- **Work with their Building Healthy Communities Coordinator to ensure that the 8 healthy eating lessons are taught. The Coordinator and classroom teacher will alternate teaching the monthly lessons.**
- **Conduct short physical activity breaks during school days to boost students' brain activity.**
- **Share healthy living resources and tip sheets with parents through email, class newsletters and take-home materials.**

* 30. Preferred method for Healthy School Coordinator to schedule lessons in classroom (Check all that appeal to you):

- Contact classroom teachers individually
- Administrative staff will schedule
- Lead teacher by grade will schedule
- Google Document or other electronic system
- Other (please specify)



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Program Components: Component 3 - Quality Physical Education

Quality physical education lays the foundation for a lifetime of physical activity. The Exemplary Physical Education Curriculum or EPEC is an award-winning, evidence-based curriculum that reinforces healthy eating concepts. The curriculum is used by teachers throughout Michigan and across the U.S. Physical educators will:

- **Participate in one EPEC professional development workshop**
- **Receive the curriculum and all equipment necessary to implement EPEC**
- **Implement EPEC at all grade levels**
- **Be provided with regular check ins with your assigned Building Healthy Communities Coordinator.**

* 31. Does your school have a certified PE teacher

- Yes
- No
- Unsure

32. If No, who teaches PE?

* 33. Please list the names of all PE teachers at your school.

PE Teacher 1 Name:

Email:

PE Teacher 2 Name:

Email:

* 34. Are the PE teachers actively using EPEC?

Yes

No

PE Teacher One:

PE Teacher Two:

* 35. Have the PE Teachers completed EPEC training?

Yes

No

PE Teacher One

PE Teacher Two

If Yes, What Year?



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Program Components: Component 5 - Student Leadership Team

Getting students engaged in the school transformation process is an excellent way to help schools make and sustain change. Students build leadership skills and schools improve their environments and policies through being a part of the Student Leadership Team. The United Dairy Industry of Michigan provides support during the implementation of this component. Schools will:

- ***Choose an adult who will be a program advisor(s) to help guide students in leading the school in a Health Initiative.***
- ***Recruit a team of 8-12 students (grades 3 through 5) to meet monthly and complete the below 4 steps during the school year:***
 - 1.) Complete the school wellness assessment with your student leaders***
 - 2.) Choose an area of need to focus your school Health Initiative within.***
 - 3.) Complete the Health Initiative.***
 - 4.) Complete the schools post assessment.***

* 36. Who will be the Student Leadership Team Advisor(s)

SLT Advisor #1 Name:

SLT Advisor #1 Email:

SLT Advisor #2 Name

SLT Advisor #2 Email:

* 37. SLT Advisors position at the school (check all that apply)

- Principal
- PE Teacher
- Classroom Teacher
- Superintendant
- Counselor
- Parent
- Other (please specify)

* 38. Does your school already have a leadership team which meets regularly? (student council, safeties, etc.)

- Yes
- No
- Unsure
- If yes, please describe:

* 39. Would your school be able to host 1-2 meetings per month for the Student Leadership Team?

- Yes
- No
- Unsure



After-school programs can significantly increase students' physical activity and healthy eating behaviors to achieve national activity and eating guidelines. Schools will either initiate a new weekly after-school program or enhance the activity offerings in existing programs. Programs will receive support to integrate a five-step formula which includes:

- 1. A healthy snack and nutrition education***
- 2. A walking or running session***
- 3. Record keeping and goal setting***
- 4. A fun and active game***
- 5. A review of the "Healthy Daily Announcements"***

Each school must identify an adult club leader, referred to as an HKC Advisor, to implement the club. A \$750.00 stipend will be provided to the Advisor at the end of the year and Meijer Gift Cards will be provided for snack purchases.

* 40. Describe in detail any physical activity, sport or recreation programs currently offered to students before or after school.

* 41. Who will be the Healthy Kids Club Advisor(s)

HKC Advisor #1 Name:

HKC Advisor #1 Email:

HKC Advisor #2 Name

HKC Advisor #2 Email:

* 42. HKC Advisors position at the school (check all that apply)

- Principal
- PE Teacher
- Classroom Teacher
- Superintendant
- Counselor
- Parent
- Other (please specify)

43. What would be the best time for your school to host a 1 hour per week **before or after school** physical activity club session (totaling 30 sessions throughout the school year)?



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Program Evaluation

Evaluation is critical to understanding the success of this program. It measures changes to the school environment and its effect on students physical activity and healthy eating. Schools are required to participate in program evaluation, which will include:

- 1. Monthly implementation of school staff reporting for those taking on the HKC and SLT Advisor roles.***
- 2. School, staff and students completing short questionnaires at the end of the year.***
- 3. School staff participating in discussions with their Healthy School Coordinator.***

* 44. I have read and agree to program evaluation.

Yes

No

45. I have Principal support & Approval

Yes

No

Unsure

46. By checking agree below your school agrees to participate within the six-component, healthy school transformation model created within the Building Healthy Communities (BHC) grant program. During your schools year of health transformation your school will complete the HSAT and release the feedback report for Wayne State University program evaluation. Your school will support and allow open communication efforts of the Wayne State University Building Healthy Communities coordinator among school staff.

Agree