

General School Information: Section 1 - School Profile

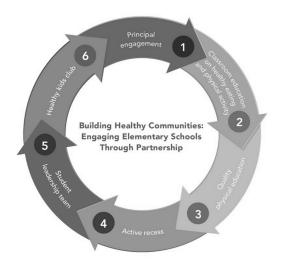
Thank you for your interest in applying to the Building Healthy Communities program. Building Healthy communities is a comprehensive school wide health program. Above you will see our wheel of programming that highlights the six components that Building Healthy Communities is comprised of.

1. H	as your school applied for a Building Healthy Communities program i	n 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 red a previous year?	ceived ANY of the above Building Healthy Communities Elementary S	chool programs in
	ool Program STOP you are not eligible to apply	
Yes, Step Up for Wellr	ness STOP you are not eligible to apply	
Yes, Project Healthy S	Schools STOP you are not eligible to apply	
No, none of the progra		
Unsure		
If Yes, what years?		
3. Did a past or currer Name of the person that referred you: Email address of the person that referred you:	nt BHC school principal or staff member refer you to the BHC Program	1?
Past BHC School that referred you:		
Role of that person at their school:		
* 4. Complete name of y	your SCHOOL	
* 5. What school district	t is your school located within?	
* 6. What is your compl	ete school address?	
Street Address:		
City:		
County:		
ZIP Code:		
7. What is your school	I website address?	
1		

8. V	What social media outlets does your school use? Check all that apply
	Facebook
	Twitter
	Instagram
	Other
9. 5	School location: (select one)
	Urban
	Suburban
	Rural
10.	School type: (select one)
\bigcirc	Private
\bigcirc	Public noncharter
\bigcirc	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)

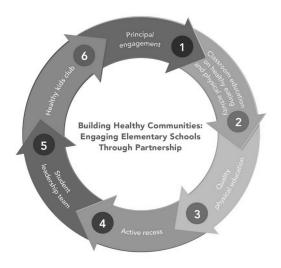
13. Total K-5 enrollme	ent? (Please be as accurate as possible)	
1/1 How many classre	ooms per grade are there?	
Kindergarten	Johns per grade are there:	
Kindergarten		
1st Grade		
2nd Grade		
3rd Grade		
4th Grade		
5th Grade		
15. Percent of studen	ts eligible to receive free or reduced-priced me	eals:
16. Student racial der	nographics:	
% African American/Black:		
% Hispanic/Latino:		
% Arab American:		
% Asian/Pacific Islander:		
707 CHAINT GOING ISIAITAGI.		
% Caucasian/White:		
% American Indian/Native	American:	
% More than one race:		
% Other:		



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
Superintendant
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.
Building Healthy Communities: Engaging Elementary Schools Through Partnership
2020-2021 Building Healthy Communities Elementary School Application
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:



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 a	ddress:
School Email:	
Alternate Email:	
* 25. Principal's best da	ytime phone
School Year	
Summer	
School Email: Alternate Email: * 25. Principal's best da	

* 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



2020-2021 Building Healthy Communities Elementary School Application

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.

). Preferred method for Healthy School Coordinator to schedule lessons in classroom (Check all that appeal you):
Contact classroom teachers individually
Administrative staff will schedule
Lead teacher by grade will schedule
Google Document or other electronic system
Other (please specify)



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	s PE?	
* 22 Diagon lint the man	or a fall DE tarabara at visus ashaal	
* 33. Please list the hai	mes of all PE teachers at your school.	
PE Teacher 1 Name:		
Email:		
PE Teacher 2 Name:		
Email:		
* 34. Are the PE teacher	ers actively using EPEC?	
	Yes	No
PE Teacher One:		
PE Teacher Two:		
* 35. Have the PE Teac	thers completed EPEC training?	
	Yes	No
PE Teacher One		
PE Teacher Two		
If Yes, What Year?		



Program Components: Component 5 - Student Leadership Team

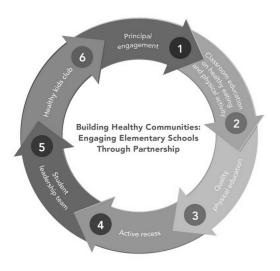
Getting students engaged in the school transformation process is an excellent way to help schools make and sustain change. Students build leadership skills and schools improve their environments and policies through being a part of the Student Leadership Team. The <u>United Dairy Industry of Michigan</u> 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?
-	V
	Yes
	No No
0	



Program Components: Component 6 - Healthy Kids Club

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 activi	ty, sport or recre	eation programs	s currently offered	to students before or
after school.					
* 41. Who will be the Ho	ealthy Kids Club Ad	dvisor(s)			_
HKC Advisor #1 Name:					
HKC Advisor #1 Email:					
HKC Advisor #2 Name					
HKC Advisor #2 Email:					

42. HRC 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 physica	
activity club session (totaling 30 sessions throughout the school year)?	



2020-2021 Building Healthy Communities Elementary School Application

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	