

Building Healthy Communities

Engaging Elementary Schools Through Partnership



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Frequently Asked Questions
2019—2020

What do you mean by “public or private elementary school” in the eligibility criteria?

- Eligible schools include, but aren't limited to, public, private, charter, parochial, tribal and alternative schools as well as schools that serve children with special needs.
- They must also serve some or all students in kindergarten through fifth grade.
- They must have a physical building as there isn't a way to facilitate the program through a web-based school structure.

Our school includes kindergarten through eighth grade. Can we apply for this grant?

The BHC Elementary School program targets students in kindergarten through fifth grade. Schools that also include sixth, seventh and eighth grades may apply, but the focus of the program will be on grades K-5.

Why can't schools that already received a grant apply again?

It's our goal to involve as many schools as possible. Schools, therefore, that have already had any Building Healthy Communities program aren't eligible to receive this award again. The program is sustainable so previously participating schools already have the resources, equipment and training to continue with implementation. Schools that applied but haven't received the Building Healthy Communities grant are invited to apply again.

What's the time commitment for each of our school leaders?

School leaders will work to transform their school environment into a healthier place to eat and be active. Each role will vary based on the component, but leaders should plan to be working on Building Healthy Communities weekly:

- **Principals:** Approximately 30 minutes per week (reading morning announcements)
- **Classroom teachers:** One to two hours per month (working with coordinator to schedule one lesson per month; incorporating healthy conversations and physical activity breaks into daily or weekly instruction)
- **Physical education teachers:** Daily (engaging students in physical education using Exemplary Physical Education Curriculum, or EPEC)
- **Active recess advisers:** Daily (engaging students in active play and ensuring the equipment is used daily)
- **Student leadership team adviser:** One to two hours per week (One to two meetings per month working with students to create a healthy school culture)
- **Healthy Kids Club adviser:** One to two hours per week (providing an after-school environment that supports healthy eating and increases physical activity)

Some of our teachers will change schools or grades next year. Should we still fill out the classroom section of the application?

Yes. We realize that changes in staffing may occur between now and next September. Fill out the chart based on your knowledge at this time.

Our school hasn't been involved in wellness programs or grants yet. Are we less likely to be selected?

No. Our goal is to include a variety of schools related to experience with wellness programs and grants.

What are the criteria for award selection?

School selection is based on several components including level of school commitment for implementing all components of the program and sustaining in future years, identification of staff members, support from school administration and a complete application.

How will we know if our school is selected?

We'll send email messages notifying all applicants and their school principals and wellness champions of our decision by June 14, 2019.

Will our school be responsible for any reporting requirements related to this award?

No. School leaders will be asked for brief program updates, but any formal reporting will be done by your Building Healthy Communities school coordinator.

What role does the Building Healthy Communities Healthy School coordinator serve?

The coordinator helps facilitate each component of the Building Healthy Communities program. Specifically, he or she will support the principal in promoting the message of eating healthy and being physically active; teach short lessons in classrooms; assist the physical education teacher in using EPEC; assist adult advisers in using the active recess cart; support the student leadership team adviser; and help the Healthy Kids Club meet its goals.

When do we meet our Healthy School coordinator?

School staff will meet their Healthy School coordinator at the BHC kick-offs.

What supplies are included in the program?

Each year the BHC Elementary School program provides materials and supplies to implement each component: Each year is subject to change, but a tentative list could include:

- **Principals:** BHC banner and posters, program guides and other resources
- **Classroom teachers:** Access to all BHC lessons, MyPlate poster and other classroom material
- **PE teacher:** EPEC curriculum and training and physical education equipment
- **Active recess advisers:** Recess cart, recess equipment and BHC Program Guide
- **Student leadership team adviser:** BHC Program Guide, FUTP60 resources
- **Healthy Kids Club adviser:** BHC Program Guide Meijer gift cards, Best New Games book

- **Program Guide:** Includes daily morning announcements for principals, newsletter and website articles promoting healthy eating and physical activity, eight USDA-supported nutrition lessons with Healthy Homework & Parent Tip Sheets and a section on physical activity breaks.

What sort of equipment will we receive for our PE classes?

Each year BHC Elementary School program provides a select amount for each school. Each year is subject to change, but a tentative list could include:

Introductory Sport Ball Pack

- Rainbow® SofTex™
 - Volleyballs, official size, set of 6
 - Soccer balls, size 4, set of 6
 - Footballs, size 3,
- Rainbow® DuraBall™
 - Basketballs, size 6, set of 6
 - Volleyballs, official size, set of 6
 - Soccer balls, size 5, set of 6
 - Footballs, size 4, set of 6
- VersaBag™
 - Mesh storage bags, 2 each
 - Mesh bag, 1 each



Recess Pack

- Deluscious™
 - Footballs, size 3, 2 each
 - Foam soccer balls, size 4, 2 each
 - Orange cones, 6 inches high, 4 each
- Spiral Foam football, size 3, 1 each
- Performer™
 - Rubber soccer balls, size 4, 2 each
 - Rubber basketballs, size 5, 2 each
 - Rubber basketball, size 6, 1 each
- Utility balls, 8.5-inch diameter, set of 7: 6 red, 1 yellow
- Playground balls, 8.5-inch diameter, set of 3: 1 red, 2 yellow
- Jump ropes
 - 7 feet long, set of 6
 - 8 feet long, set of 6
 - 16 feet long, set of 6
 - Twirl 'n' Jump, 1 each
- UltraGrip™ foam bat, 24 inches long, 1 each
- AirRanger™ plastic discs, 9-inch diameter, set of 12



What's included on the recess cart?

Each year BHC Elementary School program provides a select amount for each school. Each year is subject to change, but a tentative list could include:

Magnus™ Carry-All Carts with Baskets

- All-terrain, 43 inches long by 29 inches wide by 44.5 inches high, 36 pounds
- Extra basket, 21.5 inches long by 17 inches wide by 12 inches high, 3 pounds

Deluxe Recess Pack

- UltraPlay™
 - Basketballs, set of 4, 2 each: size 5 and 6
 - Soccer balls, size 4, 2 each
- Rainbow®
 - Spiral foam football, color varies, 1 each
 - Utility balls, 8.5 inch diameter, set of 2, 1 each: red, yellow
 - Twirl 'n' Jump, set of 12
- AirMaster™ discs, set of 24
- Deluscious™
 - Foam soccer balls, size 4, 2 each
 - Foam footballs, size 3, 2 each
- Gopher playground balls, 8.5 inch diameter, set of 2, 1 each: red, yellow
- UltraGrip™
 - Foam baseball bat, blue, set of 2, 1 each: 24 and 29 inches long
- Premiere throw-down bases, orange, set of 4
- Orange vinyl cones, 6 inches high, set of 6
- EZ turn segmented jump ropes
 - Set of 18, 6 each: 7, 8 and 16 feet long
- VersaBag™
 - Mesh storage bag, 1 each
- AHS™
 - Playground Activities Cards, Series Two, set of 22



How do we submit our application?

The application is an electronic submission.

Find it here: https://www.surveymonkey.com/r/2019_2020_BHC

Tips for creating a competitive application:

- Before filling out the application, provide your team with copies of the Request for Applications with enough time to review it thoroughly. This is a comprehensive program that requires the engagement of the principal, teachers and other school leaders.
- Identify teachers and staff who are passionate about healthy eating opportunities and increased physical activity. Most programs with sustaining success have key staff who are passionate about creating a healthy culture in the school.
- After you finish your application, review it to make sure all items are answered. Brief, clear responses are easiest for reviewers to score. Don't leave any items blank; use N/A if the question doesn't apply to you. Don't provide information that isn't requested. Have someone else read your responses to make sure they're understandable to someone who isn't familiar with your school, programs or staff.
- Once you have completed and submitted your application, you should receive an email within one business day that includes a copy of your application and a link to sign up for a phone interview.