



THE RAPIDES FOUNDATION

Healthy Behaviors Initiative

School District Partnership Grants

PROJECT WORK PLAN: 2024-25

District-level Activities	FALL 2024					SPRING 2025				
	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
All activities are done in coordination with Grant Monitors and the Foundation's Healthy Behaviors Program Staff										
<u>Activity 1:</u> Promote the grant to all schools throughout the District, compile information, and submit to the Foundation online on or before deadline.								X 2024	X 2024	
<u>Activity 2:</u> Collect/compile registration information for Youth Summit on Healthy Behaviors.		X	X							
<u>Activity 3:</u> Collect/compile orders for curriculum and student handbooks for Youth Health Advocates club and schools opting to do the LifeSkills Training.		X								
<u>Activity 4:</u> Collect/compile orders for Take Down Tobacco giveaways.						X	X			
<u>Activity 5:</u> Ensure School Coordinators are: <ul style="list-style-type: none"> o complying with grant activity requirements o submitting activity approval forms o scheduling and completing site visits with Grant Monitors 	X	X	X	X	X	X	X	X	X	X
<u>Activity 6:</u> Submit interim and final reports as required.						X				X July
<u>Activity 7:</u> Work with Grant Monitors to schedule district-wide grant orientation and professional development such as, but not limited to, Smarter Lunchroom, SHI, SHAC, and LifeSkills Training curriculum.	X	X				X	X			
<u>Activity 8:</u> Monitor and provide updates on the District-level School Health Advisory Council/SHAC and Wellness Policy (federally mandated). Meet as required by Federal law. A minimum of two students from the District participate on the District-level SHAC.	X	X								
<u>Activity 9:</u> Complete a District-level School Health Index (optional).		X								
<u>Activity 10:</u> WellSpot Designation from LA Department of Health (optional).	X									

District-Level Activities Continue on Next Page

School Nutrition Certification										
Provides training and ongoing professional development for teachers and staff to ensure quality implementation and compliance with state guidelines.	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<u>Activity 1:</u> Assess the professional development needs for food services staff in the district, including current membership in the School Nutrition Association.	X	X								
<u>Activity 2:</u> Identify eligible food service staff to participate and obtain School District Membership for participants.	X	X								
<u>Activity 3:</u> Food services staff sign up for free nutrition promotional items, resources and toolkits on the SNA website, such as the Fuel Up to Play 60 toolkit.	X	X	X	X	X	X	X	X	X	X
<u>Activity 4:</u> District Coordinator (with assistance from Grant Monitor) arranges for lunchroom trainings via the State’s Healthy Schools Training Krewe.	X					X				
<u>Activity 5:</u> Eligible food services staff completes online training and the certification process.			X	X	X	X	X	X	X	X

School-level Activities

***All activities require attending a grant orientation**

(Components 1-3, 8-10 of WSCC model)

SHAC– all activities are required

School Health Assessments	FALL					SPRING				
Online self-assessment and planning tool (available in a downloadable, printable version) to improve health and safety policies and programs.	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<u>Activity 1:</u> Complete or review and update all modules of the CDC School Health Index. <i>*School wellness policies must comply with the district policy.</i>	X	X	X							
<u>Activity 2:</u> Using the SHI results, work with the SHAC to create an action plan to enhance compliance with the wellness policy and improve school health.			X						X	
School Health Advisory Council (SHAC) <i>(grant funding available for supplies and school improvement activities based on completion of all activities listed below)</i>										
Complies with the District Wellness Policy and includes a plan for monitoring compliance at both the district and school level.	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<u>Activity 1:</u> Establish a SHAC.	X	X								
<u>Activity 2:</u> Meet four times/school year. Arrange observation of two of four meetings per school year by grant monitor.		X			X			X		X
<u>Activity 3:</u> Utilize results of the SHI action plan to identify school needs around the	X	X	X							

four health behaviors: healthy eating, active living, substance and alcohol misuse prevention, and tobacco prevention and control.										
<u>Activity 4:</u> Create an action plan and timeline of improvements and complete funding request packet to submit for approval by the Foundation.			X	X	X	X	X	X	X	
<u>Activity 5:</u> Implement changes and promote use of it by students and staff.				X	X	X	X	X	X	X
<u>Activity 6:</u> Submit reporting form in fall and spring semesters					x					x
Staff Wellness										
Increase the accessibility of healthy eating and physical activity opportunities for educators, and school staff in the school environment.	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<u>Activity 1:</u> Assess program, establish a work plan, and obtain updates and programming ideas through staff, SHAC meetings, and Grant Monitors.	X	X								
<u>Activity 2:</u> Implement the program in school settings.		X	X	X	X	X	X	X	X	X
<u>Activity 3:</u> Submit reporting form in fall and spring semesters					X					X

Family and Community Engagement										
Involvement of families and community members in school-based grant programming through student-led activities. <i>Staff wellness efforts, SHAC participation, and school and community events</i>	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<u>Activity 1:</u> Send activity information home with students and partner with parent/teacher groups.		X	X	X	X	X	X	X	X	X
<u>Activity 2:</u> Identify community partners, including walking/running clubs, gyms/fitness clubs, support groups, religious and faith-based groups, etc. to participate in events.	X	X				X				
<u>Activity 3:</u> Promote events with your local media outlets (where available) by conducting student-provided radio and newspaper interviews. Incorporate family notices and/or community invitations. *This activity will be coordinated through The Rapides Foundation.		X	X	X	X	X	X	X	X	X

Youth Health Advocates (grades 7-12) – all activities are required (Formerly LHC)

Youth Health Advocates (formerly LHC) Required, Grades 7-12	FALL					SPRING				
<i>HEAL, tobacco prevention and control, alcohol and substance misuse prevention – funding available</i>	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<u>Activity 1:</u> Establish a youth health advocates club focusing on healthy eating, active living, tobacco prevention and control, and substance and alcohol abuse misuse prevention.	X									
<u>Activity 2:</u> Implement student-led discussions based on lessons from an evidence-based curriculum provided by the Foundation.	X	X	X	X	X	X	X	X	X	X
<u>Activity 3:</u> Attend the Youth Summit on Healthy Behaviors. (10 students)			X							
<u>Activity 4:</u> Implement one HEAL school-wide activity/campaign in the fall semester.	X	X	X							
<u>Activity 5:</u> Register for and implement National Drug and Alcohol Facts Week.								X		
<u>Activity 6:</u> Register for and implement Take Down Tobacco activities.							X	X		
<u>Activity 7:</u> A minimum of one student participates on the SHAC.		X								
<u>Activity 8:</u> Family engagement.	X	X	X	X	X	X	X	X	X	X

Family and Community Engagement										
Involvement of families and community members in school-based grant programming through student-led activities. <i>Great American Smokeout; National Drug and Alcohol Facts Week; Take Down Tobacco day; Youth Health Advocates activities and campaigns</i>	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<u>Activity 1:</u> Send activity information home with students and partner with parent/teacher groups.		X	X			X		X		
<u>Activity 2:</u> Identify community partners, including walking/running clubs, gyms/fitness clubs, support groups, religious and faith-based groups, etc. to participate in events.	X	X				X				
<u>Activity 3:</u> Promote events with your local media outlets (where available) by conducting student-provided radio and newspaper interviews. Incorporate family notices and/or community invitations. *This activity will be coordinated through The Rapides Foundation.	X	X				X		X		

LifeSkills Training (grades 3-12) – all activities are required except NDAFW

LifeSkills Training For schools not receiving training via 3 rd party vendor	FALL					SPRING				
	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Activity 1: Assess curriculum and supply needs, obtain order information through Grant Monitor	X	X								
Activity 2: Implement curriculum. Arrange observation of one lesson per semester by grant monitor.	X	X	X	X	X	X	X	X	X	X
Activity 3: Register for and implement National Drug and Alcohol Facts Week. (optional)								X		

Vaping Prevention (grades 5-12) – all activities are required

Vaping Prevention	FALL					SPRING				
	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Activity 1: Complete the virtual CATCH My Breath Facilitator training	X	X								
Activity 2: Implement curriculum teaching to the majority of the chosen grade level(s). Arrange observation of one lesson by grant monitor.	X	X	X	X	X	X	X	X	X	X
Activity 3: Promote a tobacco-free environment with family and community engagement by choosing and implementing a minimum of two options listed on the VP reporting form. Example activities include: intercom announcements and/or hanging prevention and/or cessation posters.		X	X	X	X	X	X	X	X	X
Activity 4: Implement the student pre and post surveys and/or quizzes. (optional)		X	X	X	X	X	X	X	X	X

CATCH Physical Activity Curriculum (grades k-8) – all activities are required

CATCH Physical Activity Curriculum	FALL					SPRING				
	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Activity 1: Attend the in-person CATCH Facilitator training	X	X								
Activity 2: Implement curriculum teaching to the majority of the chosen grade level(s). Arrange observation of one lesson per semester by grant monitor.	X	X	X	X	X	X	X	X	X	X
Activity 3: Assess physical education equipment needs, obtain order information through Grant Monitor.		X	X	X	X	X	X	X	X	X

* All media-based activities (press releases, interviews and letters-to-the editors for activities associated with the Healthy Behaviors School District Partnership Grant) **must** be coordinated with your District Coordinator and The Rapides Foundation Communications Department prior to release.