

Healthy Behaviors Initiative School District Partnership Grants

PROJECT WORK PLAN: 2019-20

District-level Activities	FALL					SPRING				
All activities are to be done in coordination with Grant Monitors and the Foundation's Healthy Behaviors Program Staff	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<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 2019	X 2019	
<u>Activity 2:</u> Collect/compile registration information for Youth Summit on Healthy Behaviors.		X	X							
<u>Activity 3:</u> Collect/compile orders for LifeSkills Training curriculum and student handbooks for Living Healthy Clubs and schools opting to do the LifeSkills Training.		X								
<u>Activity 4:</u> Collect/compile orders for Kick Butts Day giveaways.							X			
<u>Activity 5:</u> Ensure School Coordinators are: <ul style="list-style-type: none"> o Complying with SHAC requirements o completing the School Health Index 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 trainings such as Smarter Lunchroom, SHI, SHAC, and LifeSkills Training.	X	X				X	X			
<u>Activity 8:</u> Establish a District-level Wellness Committee and Wellness Policy (federally mandated). Meet as required by Federal law.	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									

School-level Activities

(Components 1-3, 6-10 of WSCC model)

HEAL K-8 – all activities are required

School Health Index (SHI)	FALL					SPRING				
Online self-assessment and planning tool (available in a downloadable, printable version) to improve health and safety policies and programs.	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<u>Activity 1:</u> Complete the CDC School Health Index to determine a plan of action for the SHAC and school improvements. School wellness policies must comply with the district policy.		X						X		
<u>Activity 2:</u> Using the action plan, work with the SHAC to begin making specific changes to enhance compliance with the wellness policy.		X						X		
School Health Advisory Council (SHAC) <i>(grant funding available for supplies and 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	Sept	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.		X			X			X		X
<u>Activity 3:</u> Based on the SHI action plan, assess and identify school needs around the 10 components of the CDC’s Whole School, Whole Child, Whole Community model.	X	X								
<u>Activity 4:</u> Create a work plan and timeline of improvements to submit for approval by District and the Foundation.			X	X						
<u>Activity 5:</u> Implement changes and promote use of area by students and staff.				X	X	X	X	X	X	X
Staff Wellness										
Seeks to increase the accessibility of healthy eating and physical activity opportunities for students, educators, and school staff in the school environment	Aug	Sept	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 Grant Monitor.	X	X								
<u>Activity 2:</u> Implement the program in school settings.		X	X	X	X	X	X	X	X	X

<p>CATCH; SPARK/Healthy Lifestyle Choices <i>SPARK curriculum is being phased out. There is no option to purchase curriculum or equipment. Equipment purchases for CATCH schools are not available for the 2019-2020 school year either.</i></p>										
<p>Curricula aligns with state education standards/guidelines for physical education, health and nutrition services and is effective in achieving increased knowledge and activity levels in students.</p>	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<p><u>Activity 1:</u> Implement the curriculum in classroom settings.</p>	X	X	X	X	X	X	X	X	X	X
<p><u>Activity 2:</u> Attend professional development opportunities for teachers and staff to continue healthy eating and active living implementation efforts.</p>	X	X			X	X			X	X
<p>Youth Summit on Healthy Behaviors (grades 7 and 8 only) Required attendance for a max of 10 students</p>										
<p><u>Activity 1:</u> Attend the one-day event to learn about the dangers of tobacco use, substance and alcohol abuse, the benefits of healthy eating and active living with max number of students – ten (10).</p>			X							
<p><u>Activity 2:</u> Summit Expo project (optional). Submit a prevention/awareness display around one or all four health behaviors</p>			X							
<p>Family and Community Engagement</p>										
<p>Schools and school districts seek to involve families and community members in school-based grant programming through student-led activities. <i>Great American Smokeout; National Drug and Alcohol Facts Week; Kick Butts Day; Living Healthy Club activities and campaigns</i></p>	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<p><u>Activity 1:</u> Send activity information home with students and partner with parent/teacher groups.</p>		X	X			X		X		
<p><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.</p>	X	X				X				
<p><u>Activity 3:</u> Promote events with your local media outlets by conducting student-provided radio and newspaper interviews. Incorporate family notices and/or community invitations. *This activity will be coordinated through The Rapides Foundation.</p>	X	X				X		X		
<p>School Nutrition Certification Optional</p>										
<p>Provides training and ongoing professional development for teachers and staff to ensure quality implementation and compliance with state</p>	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May

[Type here]

guidelines.										
<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 Fuel Up to Play 60 toolkit and other nutrition promotional items on SNA web site.	X	X	X	X	X	X	X	X	X	X
<u>Activity 4:</u> District Coordinator (with assistance as needed from Grant Monitor) arranges for Smarter School Lunchroom training via Alliance for Healthier Generation or the State’s Healthy Schools Training Krewe (<i>participating Districts only</i>)	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

HEAL 7-12 – five required activities, one optional

School Health Index (SHI)	FALL					SPRING				
Online self-assessment and planning tool (available in a downloadable, printable version) to improve health and safety policies and programs.	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<u>Activity 1:</u> Complete the CDC School Health Index to determine a plan of action for the SHAC and school improvements. School wellness policies must comply with the district policy.		X						X		
<u>Activity 2:</u> Using the action plan, work with the SHAC to begin making specific changes to enhance compliance with the wellness policy.		X						X		
School Health Advisory Council (SHAC) <i>(grant funding available for supplies and 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	Sept	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.		X			X			X		X
<u>Activity 3:</u> Based on the SHI action plan, assess and identify school needs around the 10 components of the CDC’s Whole School, Whole Child, Whole Community model.	X	X								
<u>Activity 4:</u> Create a work plan and timeline of improvements to submit for approval by District and the Foundation.			X	X						
<u>Activity 5:</u> Implement changes and promote use of area by students and staff.				X	X	X	X	X	X	X

[Type here]

Staff Wellness	FALL					SPRING				
Seeks to increase the accessibility of healthy eating and physical activity opportunities for students, educators, and school staff in the school environment	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Activity 1: Assess program, establish a work plan, obtain updates and programming ideas through Grant Monitor.	X	X								
Activity 2: Implement the program in school settings.		X	X	X	X	X	X	X	X	X
Youth Summit on Healthy Behaviors Required attendance for a max of 10 students	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Activity 1: Attend the one-day event to learn about the dangers of tobacco use, substance and alcohol abuse, the benefits of healthy eating and active living with max number of students – ten (10).			X							
Activity 2: Summit Expo project (optional). Submit a prevention/awareness display around one or all four health behaviors			X							
Family and Community Engagement										
Schools and school districts seek to involve families and community members in school-based grant programming through student-led activities. <i>Great American Smokeout; National Drug and Alcohol Facts Week; Kick Butts Day; Living Healthy Club activities and campaigns</i>	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Activity 1: Send activity information home with students and partner with parent/teacher groups.		X	X			X		X		
Activity 2: 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				
Activity 3: Promote events with your local media outlets 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		
School Nutrition Certification Optional										
Provides training and ongoing professional development for teachers and staff to ensure quality implementation and compliance with state guidelines.	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Activity 1: Assess the professional development needs for food services staff in the district, including current membership in the School Nutrition Association.	X	X								
Activity 2: Identify eligible food service staff to participate and obtain School	X	X								

[Type here]

District Membership for participants.										
<u>Activity 3:</u> Food services staff sign up for free Fuel Up to Play 60 toolkit and other nutrition promotional items on SNA web site.	X	X	X	X	X	X	X	X	X	X
<u>Activity 4:</u> District Coordinator (with assistance as needed from Grant Monitor) arranges for Smarter School Lunchroom training via Alliance for Healthier Generation or the State’s Healthy Schools Training Krewe (<i>participating Districts only</i>)	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

Living Healthy Club (grades 7-12) – all activities are required

Living Healthy Club Required, Grades 7-12	FALL					SPRING				
	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<i>HEAL, tobacco prevention and control, substance and alcohol misuse prevention</i>										
<u>Activity 1:</u> Establish a healthy behaviors society following the principles of the District/School Wellness policy, healthy eating, active living, tobacco prevention and control, and substance and alcohol misuse prevention.	X									
<u>Activity 2:</u> Implement student-led discussions based on lessons from LifeSkills Training curriculum.	X	X	X	X	X	X	X	X	X	X
<u>Activity 3:</u> Attend the Youth Summit on Healthy Behaviors. (Max 10 students)			X							
<u>Activity 4:</u> Implement a minimum of one school-wide activity/campaign each semester. At least one must related to HEAL.			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 Kick Butts Day activities.							X	X		
<u>Activity 7:</u> A minimum of one student participates on the SHAC. A minimum of two students from the District participates on the District-level SHAC.		X								
<u>Activity 8:</u> Family engagement (see under above under HEAL).	X	X	X			X		X		

LifeSkills Training, Grades 3-12 – one required, one optional activity

LifeSkills Training For schools not receiving training via 3rd party vendor	FALL					SPRING				
	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
<u>Activity 1:</u> Assess curriculum and supply needs, obtain order information through Grant Monitor	X	X								
<u>Activity 2:</u> Implement curricula	X	X	X	X	X	X	X	X	X	X

[Type here]

<u>Activity 3:</u> Attend professional development opportunities/curriculum training opportunities.	X	X								
<u>Activity 4:</u> Register for and implement National Drug and Alcohol Facts Week. (optional)	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.