

ALASKA PTA WELLNESS POLICY MINI GRANT APPLICATION

The federal government has required each District in the state that receives federal funds for school lunch to create and implement a wellness policy that specifically addresses the nutritional value of foods for purchase at the schools and the physical activities available for children at the schools. The Alaska PTA, in partnership with the State Department of Health, is offering grant money to individual PTA units throughout the state to encourage parent involvement in creating and/or implementing your Districts' wellness policies. Enclosed you will find an application for the mini grant.

In addition to the application form, you will also find an idea page that lists resources and suggestions to help you in planning your project. Your PTA may apply for up to \$500 in grant money. Applications must be completed and received by the State PTA office by November 30, 2006, to be considered in the first round of grants. A second deadline date is January 5, 2007, to consider further applications and disseminate the remaining grant funds. Grant applications may be sent electronically, by fax, or by mail. (grant forms will be available on the Alaska PTA website at <http://www.alaskapta.org/wellness.html>)

Representatives from two of the successful grant applicants will be selected to share their experiences in implementing their program/project at the State PTA Convention in April; registration and travel expenses will be paid up to \$500 for each.

If you have questions about filling out the grant, please contact the PTA Representative for your region listed below. If you need information about your district's wellness policy, please contact your District Superintendent and/or Nutrition Services Coordinator (see contact information included in this packet).

Region 1: (Bering Straight Schools, Northwest Arctic Borough Schools, Nome City Schools, North Slope Borough Schools)

CONTACT: Tammy Hobbs, 348-2535, tammy_hobbs@hotmail.com

Region 2: (Alaska Gateway REAA, Delta/Greely Schools, Fairbanks Northstar Borough Schools, Galena City Schools, Iditarod REAA, Nenana City Schools, Railbelt REAA, Tanana Schools, Yukon Flats REAA, Yukon Koyukuk REAA)

CONTACT: Bonnie Owen, 457-6936, owen@gci.net

Region 3: (Chugach REAA, Copper River REAA, Cordova City School, Mat-Su Schools, Valdez City Schools)

CONTACT: Nancy Copping, 376-8247, ncopping@mtaonline.net

Region 4: (Anchorage School District)

CONTACT: Mary Morehouse, 348-0611, brtmrymrhs@gci.net

Region 5: (Adak REAA, Aleutian Region REAA, Bristol Bay Borough, Dillingham City Schools, Kenai Borough Schools, Kodiak Borough Schools, Lake and Peninsula REAA, Pribalof REAA)

CONTACT: Lynn Hohl, 224-7300, lynnhohl@gmail.com

Region 6: (Anette Island REAA, Chatham REAA, Craig City Schools, Hydaburg City Schools, Juneau City Schools, Kake City Schools, Klawock City Schools, Ketchikan Schools, Sitka Borough Schools, Skagway Schools, Southeast Island Schools, Wrangell City Schools)

CONTACT: Nancy Copping, 376-8247, ncopping@mtaonline.net

ALASKA PTA WELLNESS POLICY MINI GRANT APPLICATION

Eligible PTA units may apply for grant money up to \$500 by completing this form. The deadline for the first round of submissions is November 30. The deadline for the second round is January 5.

Name of PTA _____

Name of School _____

Contact Person _____

Mailing Address: _____

Phone Number: _____

E-mail: _____

Total Amount Requested: _____

Total Program/Project Cost: _____

ELIGIBILITY:

A District Wellness Policy has been approved in our District.

(fill out application form A) (fill out application form B)

We have read the Policy.

We have a federally-funded school lunch program at our school.

We have a school wellness team/health and safety committee.

Name	Position/Representation	PTA Member?
_____	_____	<input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/>
_____	_____	<input type="checkbox"/> <input type="checkbox"/>

For Office Use Only :

Date Received _____	Application complete? Y N	Application approved? Y N
Notification sent _____	Disbursement sent _____	Check # _____

STATEMENT OF NEED: (10 points) Write a brief summary of the need for the project/program. It should describe a lack and how this project/program will fill the need.

PROJECT/PROGRAM DESCRIPTION: (10 points) Write a brief description of your plan.

HOW THE PLAN RELATES TO YOUR DISTRICT WELLNESS POLICY: (10 points)
Explain how your project/program promotes your District's wellness policy at your school.

TARGET POPULATION: (10 points) Describe the ages/grades of the children to be served, the number of students to be served, the number of adults to be served, and the benefits to those served.

PROJECT/PROGRAM BUDGET: (10 points) Outline the total costs, amount requested, funds from other sources, etc., in the table below:

Staff/Parent Training	\$
Books/Curriculum/Media Resources	\$
Physical Activity Equipment**	\$
Consumable Supplies	\$
Independent Instructor Services	\$
Total Expenditures	\$

Additional funds that have been identified to implement the project/program: \$ _____
Source of funds: _____

ALASKA PTA WELLNESS POLICY MINI GRANT APPLICATION - FORM A (page 2)

** Funds may be used to purchase posters, pamphlets, audiovisuals, and small, consumable supplies such as a few classroom jump ropes or hoola hoops to help teachers promote life-long physical activity habits as part of a classroom nutrition education activity. Funds may not be used to purchase playground equipment, exercise or sports' equipment, or sports lessons (swimming, skating, etc.).

COMMUNICATION: (10 points) Describe how the project/plan will be advertised to the school community.

EVALUATION: (10 points) Describe how the success of the project/program will be measured.

CERTIFICATION STATEMENT:

The information in this application is accurate and we commit to spend the funds, if granted, as outlined in the description above. We also agree to complete an evaluation report at the completion of our project. *

Signature of PTA President Printed Name Date

Signature of School Administrator Printed Name Date

*Evaluations must be submitted within 30 days of completion of the project/program and no later than May 15. To be eligible for consideration for selection as one of the two projects/programs to be shared at the State PTA Convention, the evaluation must be received by March 15.

ALASKA PTA WELLNESS POLICY MINI GRANT APPLICATION - FORM B (page 1)
(You may continue any section on another piece of paper if you need more room)

STATEMENT OF NEED: (10 points) Write a brief summary of the current practices regarding food for purchase and opportunities for physical activity in your school.

POLICY DEVELOPMENT PLAN: (10 points) Write a brief description of your plan to work with your school district to help develop your district's wellness policy.

PROJECT/PROGRAM BUDGET: (10 points) Outline the total costs, amount requested, funds from other sources, etc., in the table below:

Staff/Parent Training	\$
Books/Curriculum/Media Resources	\$
Consumable Supplies	\$
Independent Instructor Services	\$
Other	\$
Total Expenditures	\$

Additional funds that have been identified to implement the project/program: \$ _____
Source of funds: _____

COMMUNICATION: (10 points) Describe how the policy development plan will be advertised to the school community.

EVALUATION: (10 points) Describe how the success of the policy development plan will be measured.

CERTIFICATION STATEMENT:

The information in this application is accurate and we commit to spend the funds, if granted, as outlined in the description above. We also agree to complete an evaluation report at the completion of our project.

Signature of PTA President

Printed Name

Date

Signature of School Administrator

Printed Name

Date

IDEAS AND RESOURCES

Ideas:

- Host a Health Fair
- Host family night activities such as: a family dance, a family Olympics, a healthy snacks class where you plan and prepare healthy snacks, a family fun run, alternatives to screen time event, the Game On! Family night from Action for Healthy Kids (see resources below for contact info)
- Host an educational information event for parents with a guest speaker on the childhood obesity problem.
- Help set up after school sports activities such as: cross country running, cross country skiing, basketball, volleyball, ice skating, mountain biking, native olympic sports, snowshoeing, hip-hop dance class or other dance class, yoga, pilates, cheerleading, hiking, weight lifting, bike safety class
Encourage intramural sport activities during the day or after school
Host cooking classes that focus on good nutrition practices
Make sure your school's student store sells healthy food and snacks (or start one)
- Funds may be used to purchase posters, pamphlets, audiovisuals, and small, consumable supplies such as a few classroom jump ropes or hoola hoops to help teachers promote life-long physical activity habits as part of a classroom nutrition education activity.
- Funds may not be used to purchase playground equipment, exercise or sports' equipment, or sports lessons (swimming, skating, etc.).
- Help your school promote and provide healthy snacks during testing, alternative rewards (don't use food as rewards), active playgrounds (a little spray paint to make four-square, hopscotch, and other black-top games), walking trails

Resources:

Alaska School Wellness Toolkit - A resource for local school wellness policy development and implementation that is full of incredibly helpful information for whatever stage you are in from creation to implementation, to evaluation of your wellness policy. **Contact Alaska PTA to request your free copy.**

Alaska PTA Family Fitness & Nutrition Tool Kit - Materials and ideas for hosting monthly family/school activities that promote wellness. **Contact Alaska PTA to request your free CD.**

National PTA's website under Parent Resources then Health and Wellness has many more ideas and information. <http://www.pta.org/>

We Can! (Ways to Enhance Children's Activity and Nutrition) offers tremendous information, resources and further links for families and for schools.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Action for Healthy Kids has great resources for schools and families on their website at <http://www.actionforhealthykids.org/>

The Dairy Council has some great things for school and home. Check out their website and catalog.

www.eatsmart.org

Alaska Health Fair, Inc. can help you organize a health fair.

Anchorage Office: 907-278-0234 Email: ahfair@ak.net

Juneau Office: 907-790-4072 Email: ahfse@gci.net

Fairbanks Office: 907-374-6853 Email: ahfrur@gci.net

Purchase or download "Energizers; Classroom-based Physical Activities" for all of your school's classroom teachers. This kit has tons of ideas of how to reinforce academic content in a movement-oriented way. \$20 for laminated card set; download PDF for free - 58 pages - for elementary and for middle school. <http://www.ncpe4me.com/energizers.html>

Brain Breaks from the Michigan Dept. of Education - more ideas for teachers (and parents) for getting kids physically active while learning academics.

<http://www.emc.cmich.edu/BrainBreaks/default.htm>

Go to the Alaska PTA website wellness section at <http://www.alaskapta.org/wellness.html> for additional resources and information. This website will be updated with additional resources and ideas throughout the year.