

**Action for Healthy Kids
Seed Grant Application for
ReCHARGE!
The After-School Program
from Action for Healthy Kids and The National Football League**

As an extension of the pilot research conducted for ReCharge! The After School Program (ASP) from Action for Healthy Kids and The National Football League, AFHK is offering seed grants for a limited number of State Teams to conduct demonstration projects to explore ways to support implementation of the After-School Program. The intent is to use these results as a basis for developing approaches that can be integrated with the After-School Program for ongoing support.

BACKGROUND

Launching in fall 2005, ReCharge! will provide additional opportunities for boys and girls, grades 3-6, to learn about and practice good nutrition and physical activity habits in a fun, team-based atmosphere. AFHK and the NFL are partnering to produce the program with guidance from an expert advisory committee comprised of leaders from national education, after-school, and nutrition organizations. All AFHK State Teams are invited to submit an application for the demonstration projects.

ReCharge! will feature:

- Fun, non-competitive, high-participation activities framed as play rather than as exercise or classroom learning.
- Information and materials highlighting the President's Council on Physical Fitness and Sport's President's Challenge program, including a personal activity log for tracking time spent being active.
- A series of flexible, 30-minute, action-oriented modules that teach about teamwork, "energy in-energy out" concepts, serving sizes and labels, the importance of regular physical activity, and individual and team goal setting.
- Inclusiveness, through cooperative activities in which students of all athletic abilities feel included.
- Nutrition education, including opportunities for healthy snacks and lessons that can motivate kids to eat healthier all the time.
- Family involvement component and teacher training materials.

APPLICATION PROCESS

One application per State Team will be accepted.

I. Deadlines:

The deadline for submission of applications is **Thursday, May 12, 2005**. Notification of grant awards will be **June 1, 2005**. The funding period for this opportunity will be June 15, 2005 – June 15, 2006. All funds and project must be completed by **June 15, 2006**.

II. Eligibility Requirements:

All State Teams applying for ReCharge Seed grants must meet the following eligibility requirements.

- State Team has active Chair and Liaison; team has a clear decision-making process;
- Updated Membership Roster; team has contacted all new at large members
- State Team has a completed 2005 Action Plan on file with National AFHK;
- Team agrees to designate a Team member and establish a committee to be responsible for reporting to the National office regarding this project;
- Team agrees to complete a short final report based on AFHK Criteria for Evaluating School-based Approaches;
- Team or representative will participate in conference calls with national regarding the project; as needed (at least quarterly)
- Team will share lessons learned with other State Teams and become a mentor

III. Seed Grant Details:

Recharge! will be launched and available to schools across the nation beginning in the fall 2005-2006 school year. During this Phase 1 of the program there will be practical lessons learned that will drive improvements. The purpose of this seed grant is to implement exploratory projects that will demonstrate how AFHK State Teams can play a role supporting schools implementing ReCharge! These project results will serve to develop models for teams working with schools and ASP sites during Phase 2 (2006-2007 school year). Funds are limited; therefore we are looking for small scale, manageable demonstration projects. We encourage including only 1 – 3 school sites for each demonstration project.

Lessons from these demonstration projects will provide valuable information for other State Teams, and help direct fundraising efforts to support future implementation of the ASP program. In order to participate in this seed grant the State Team must:

1. Identify and recruit sites for the project (could be a school, local YMCA, or other community facility)
2. Identify team members willing to commit to working on project
3. Include an evaluation (AFHK national can assist teams with development)

The seed grants will be for \$5,000.00. During Phase 1, only 4 to 6 State Teams will be selected. The National office will provide ReCharge! Kits with program materials for sites involved in the project.

Demonstration projects are to focus on one of the following elements:

1. Activities that increase the utilization of tracking (on-line or paper) and reward certificates that are part of the President's Council on Physical Fitness and Sports.
2. Outreach activities involving parents and the community.
3. Technical assistance and/or training for after-school instructors
4. Assistance to schools to improve after-school snacks, such as planning and applying for support from the USDA federal meal program

Our goal is to fund at least one State Team per category.

IV. Budget – Please complete the attached budget form

V. Application Submissions

1. When submitting your application please use the following system to name the file:
Stateteamname-Recharge.doc
2. Applications should be received to the National AFHK office by **midnight, Thursday, May 12, 2005** – note that email is the preferred option. Any applications received after this point will not be considered.
3. You will receive an e-mail confirmation within 24 hours of receipt of your application.

By fax: (847) 329-1849

By e-mail: stateteams@actionforhealthykids.org

Please direct any questions about this grant and the application submission process to Dedra Ries, MPH, CHES, State Team Manager; (847) 329-1838; dedra@actionforhealthykids.org

ReCharge!

Grant Application/Cover Sheet

State Team Name: Action For Healthy Kids-Idaho

Contact Person: Name: Kelly Dimond
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Boise, ID 83704
Phone: (208) 327-7050

Fax: (208) 327-7054

Email: kbuhler@idahodairycouncil.org

Grant Category: Please select only one category:

- Activities that increase the utilization of the on-line tracking and reward certificates of the President's Challenge Program
- Outreach activities involving parents and the community
- Technical assistance for after-school instructors such as a training program
- Assistance to schools to improve after-school snacks, such as planning and applying for support from the USDA federal meal program

If you have any questions regarding this form please contact Dedra Ries, MPH, CHES State Team Manager, by phone (847) 329-1838 or by email: dedra@actionforhealthykids.org.

ReCharge!

Seed Grant Application

1. Is your team currently working on after school programs? Yes No x

a. If yes, how many schools/sites is your team currently working with?

Action for Healthy Kids-Idaho is not directly involved with after school programs, but individual team members are.

b. If no, how does your team plan to recruit schools/sites to participate?

Community based organizations that currently offer after school programs in the Treasure Valley have expressed interest for technical assistance or training of instructors and children about lifestyle changes in the areas of nutrition and physical activity.

2. Describe your plans to implement a project within your chosen category? List objectives and describe key steps. Be sure to include strategies for outreach and collaboration.

1. Objective 1: Add nutrition education to current after school programs

- AFHK-ID Members are willing to train after school staff in nutrition.
- ReCharge! after school program incorporates nutrition.

2. Objective 2: Enhance existing physical activity component of programs with AFHK/NFL ReCharge after school program.

- After school teachers will be trained in physical activity (the importance of and lifetime sports), and are willing to add the ReCharge after school program into their current curriculum .

3. Objective 3: Improve the After School Snack

- AFHK-ID members will work to promote the USDA after school snack program.
- AFHK-ID members will collaborate with schools and non-profits to offer nutritious snacks and eligible locations.

4. Objective 4: AFHK-ID will collect health data and information from students in the after school programs.

- AFHK-ID would collect data concerning the fitness levels, lifestyle habits, etc, of the 3rd-6th grade students, a validated survey from a health fair in Nampa Idaho will be modified for this purpose.

3. What types of in-kind resources would your team obtain to help complete this project? In-kind resources could include things such as (snacks, staff time, photocopying, meeting space, etc)

A. After school programs

1. After school program staff
2. Administration of health survey

3. Administer ReCharge after school program
4. Training of peer after school teachers
5. Administer USDA snack program, if they are able to participate

B. Action For Healthy Kids-Idaho will provide:

1. Nutrition and physical activity training for after school staff
2. ReCharge! Kits for schools not funded by grant
3. Introduction and training of ReCharge program
4. Develop health survey for students (including photocopying)
5. Assistance for schools who are eligible to participate in the USDA after school snack program.
6. Pay stipend to after school teachers for attending training
7. Small stipend to schools for equipment to enhance physical activity opportunities.
8. Letter to parents about the ReCharge program, and the benefits of a healthy lifestyle and snacks for children.

4. What types of technical assistance expertise could your team members offer to schools working on the After School Program?

Kelly Dimond	<u>AFHK-ID Co-chair and employee of the Idaho Dairy Council will provide leadership as well as information the ReCharge! after school program</u>
Rochelle Smith	<u>Summer Intern will assist in overseeing the project as well as helping collect health surveys from students.</u>
Dana Miller	<u>Will provide health survey with questions that have validated for research purposes.</u>
SeAnne Safai	<u>Will provide nutrition education training to after school staff.</u>
Phyllis Sawyer	<u>Will provide physical activity training to after school staff.</u>
Mary Breckenridge	<u>Will assist schools wishing to add the snack component to their current program.</u>

5. How many of your team members are interested in working on this project?

The six members above will have a direct role in the project. Other AFHK-ID members will participate as needed. For example, some AFHK-ID members are directly involved with after school programs targeted in this grant.

6. Has your team identified someone to lead or chair this effort? Yes No

If so, who will lead this project?

Kelly Dimond, AFHK-ID co-chair, and Rochelle Smith, summer intern, will coordinate the grant.

6. What results will occur from your team's activities?

After school program teachers will be trained in physical activity, nutrition, and receive the ReCharge after school program for use now and in the future. Students will learn and reinforce positive life style behaviors. Schools will be able to purchase a small amount of equipment for

enhancing physical activity. AFHK-ID will make a positive impact, receiving name recognition, in the Treasure Valley Schools, and will be able to compile health data from student surveys.

State Team Name: Action For Healthy Kids- Idaho

Attachment C: Budget Information

Section A. Budget Summary by Categories

	(In Kind/Match)	Request from AFHK	Justification of Funds (description of use of funds)
1. Consultant and Professional Fees	\$2,000	\$0	AFHK-ID Members will donate time to train after school staff.
2. Travel			Travel paid by stipend.
3. Equipment	AFHK-ID will identify free resources for equipment before purchasing.	\$1,500	Stipend to schools for needed equipment on grant basis.
4. Supplies	AFHK-ID members will donate or lend teaching materials that are available.	\$1,000	Training Materials and Teaching materials, Tasting of healthy snacks training.
5. Telephone and Fax	\$0	\$0	Local calls, phones in place.
8. Printing and Copying	AFHK-ID members will donate copying and printing for training materials.	\$500	Teacher copying of materials
9. Postage and Delivery	AFHK-ID will provide copies of letter.	\$500	Letter home to parents about ReCharge! after school program.
11. Other please specify:			
Teacher Stipends to attend training		\$1,500	
10. TOTAL Funds Requested		\$5,000	

