



Special Project funded by Foundation and School Nutrition Assistance Education (SNAP Ed)

What: A three-year comprehensive health initiative to help schools address the obesity epidemic through improved health programming in schools.

This initiative will also help local schools meet and implement their district's wellness policy that was developed to address the requirements of Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004.

When: Three consecutive school years, beginning in 2010-11 and ending in 2013. Each year of funding is dependent upon the documented results of the previous year.

Who is Eligible: Schools with a free and reduced lunch rate of 50% or more and who have administrative support.

Project Goals:

- 1) Make improvements in local schools' health programming and policies to promote students' adoption of healthy choices as measured by HealthMPowers tracking tool.
- 2) Increase health education opportunities for students using HealthMPowers materials.
- 3) Increase student and school staff physical activity during the school day using HealthMPowers resources.
- 4) Increase school staff participation in health and physical activity related staff development by attending tri-annual trainings for three – four staff members per school.
- 5) Increase school staff participation in personal wellness opportunities by using HealthMPowers resources.
- 6) Increase family knowledge of health-enhancing behaviors by using Family Times newsletters and other family resources provided by HealthMPowers.
- 7) Increase family support for health-enhancing behaviors of their child(ren).

HealthMPowers Responsibilities:

- 1) Conduct 2-3 lessons, including one major school-wide event (Body Walk Exhibit, School Assembly, Game Show or Theatrical Performance) per year at each participating school for students in grades K-5. On-site program events shall not exceed 45-55 minutes in length. Schedule for these events shall be established in the fall of each year.
- 2) Provide resources necessary for the implementation of the program. All resources are tied to Georgia QCC standards for health and PE as well as other cross-curricular learning performance standards. Schools will receive in excess of \$3,000 worth of materials, training, and technical assistance each year with opportunities to earn more.
- 3) Conduct tri-annual trainings for three – four staff members from each participating schools.
- 4) Conduct annual evaluations of the quality and effectiveness of the entire program, including teacher time devoted to the project and report findings to schools and funders.
- 5) Conduct staff and parent opportunities to improve health knowledge and behaviors.
- 6) Provide technical assistance throughout the school year for the implementation of programs and tracking of results.

School Responsibilities:

- 1) Conduct educational experiences for students using HealthMPowers curricular materials and track services.
- 2) Establish a School Health Team to help students, staff and families choose health-enhancing behaviors.
- 3) Provide a team of three dedicated staff members to lead the three year initiative.
- 4) Provide release time for three- four staff members to attend tri-annual professional development for continuous improvement of health and physical education programming in the school.
- 5) Promote selected activities to school staff, students and families.
- 6) Provide access to all students up to three times a year for HealthMPowers instructional lessons conducted by HealthMPowers staff.
- 7) Provide approximately 15+ volunteers to implement the Body Walk exhibit, a 35-foot by 40-foot walk-through exhibit representing the human body. HealthMPowers will provide supervision and training.
- 8) Provide monthly documentation of teacher time spent in the implementation of this program and documentation of the value of teacher time.
- 9) Conduct cardiovascular fitness testing with fourth and fifth grade students.

Please contact:

Suzanne Doherty-Glenn
Assistant Director
HealthMPowers
678.730.1161
770.653.4371(cell)
Suzanne.Glenn@healthmpowers.org