

# BHC HEALTHY SCHOOL CHAMPION & HEALTHY KIDS CLUB ADVISOR



## (HSC) Healthy School Champion

**The Healthy School Champion (HSC)** helps to launch the Building Healthy Communities (BHC) program in each elementary school. The HSC will receive a \$1,200 stipend from Building Healthy Communities to serve as the primary point of contact for our BHC staff.

### The HSC will be responsible for:

- Assisting our BHC staff in coordinating a brief kick-off for school personnel at the beginning of the year.
- Hanging the provided banners and posters in the school building.
- Receiving equipment (for PE and recess) and ensuring it gets to the right staff in the building.
- Serving as the liaison between BHC and the school staff to promote the implementation of the program components.
- Completing a short monthly survey and a brief call with an assigned BHC staff member to update us on your school's progress.
- Complete a short, end-of-year program evaluation survey.

### BHC Resources provided for Healthy School Champion:

- Orientation/training on the position and school wellness programs
- A monthly game-plan with goals, communication templates, and resources to facilitate the BHC program components
- \$1,200 stipend for coordinating the program
- Ongoing support from BHC staff to implement the BHC program

## Healthy Kids Club Advisor

**The Healthy Kids Club (HKC) Advisor** helps to facilitate a fun after-school program for elementary students, which provides opportunities for healthy eating and physical activity. The HKC Advisor can be any member of the school faculty, staff, or PTA – we provide all the training and resources, so no expertise required!

We aim for HKC sessions once per week from October – May; however, we work with each school to put together a schedule that works best. The Building Healthy Communities (BHC) program provides a \$1,000 stipend to the HKC Advisor for facilitating the sessions.

Building Healthy Communities will also provide each school with gift cards to purchase healthy snacks for each participant at every session. The activities of the HKC can be reflective of the interests of the participants – many schools use the HKC to run mileage clubs, integrate yoga activities, play non-competitive games, or even learn popular dances. There are lots of fun ways to engage in physical activity and our BHC staff will help to make the club engaging for your students!

### BHC Resources provided for Advisor:

- Orientation/training on effective afterschool programs and leading activities
- Resources to facilitate the club (promotional flyers, permission slips)
- \$1,000 stipend for running HKC sessions after-school
- \$300 worth of gift cards to a store of your choosing, for the purchase of healthy snacks
- Support from BHC staff to run your after-school program