

BHC PLANNING GUIDE



School Information:

School District Name: _____

School Name: _____

Total Enrollment: _____

How many classrooms: _____

Grade Levels: _____

Recess:

How often do your students have recess each day? (Once, twice, three times)

Who supervises students at recess?

School Wellness:

Do you have a school wellness policy? YES or NO

Do you have a school wellness Team? YES or NO

If yes, who oversees your Wellness Team?

Name: _____

School Communication:

How are announcements done at your school?

Who oversees announcements?

Name: _____

Email: _____

Do you send out regular school newsletters?

YES or NO

If yes, who sends those out?

Name: _____

Email: _____

Do you have an active social media account?

YES or NO

If yes, who manages?

Name: _____

Email: _____

@Username: _____

BHC Staff Introduction:

What staff meeting date works best to introduce the BHC program at:

Classroom Component:

Who will facilitate the healthy eating lessons each month? (Classroom Teachers, PE Teacher, Other role).

How would you like to track the lessons being taught?

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Principal:

Principal Name: _____

Phone #: _____

Email: _____

T-shirt Size: _____

Who do you prefer your BHC communication to go through? (Principal, Healthy Champion, Both)

School Mental Health:

Name: _____

Role: _____

Phone/Email: _____

PE Teacher:

PE Teacher Name: _____

Email: _____

How often do students receive PE each week?

What curriculum does your PE teacher use?

We provide a gopher gift card for equipment unless you prefer we send you a standard equipment package.

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Gift Card

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Standard PE Package

T-shirt Size : _____

(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.

Name: _____

Phone #: _____

Email: _____

T-shirt Size: _____

Role: _____

BHC SUPPLEMENTAL OPPORTUNITIES



Check a box below if your district would like to include a supplemental opportunity?

Before or after school program

Before or after school, opportunities for physical activity further student opportunities to meet the daily recommended physical activity minutes. The BHC program can provide an array of resources including:

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- Access to activities, games and nutrition education
- Financial resources to support existing clubs or create a new stand alone Healthy Kids Club.
- Funding for healthy snacks

Healthy School Wide Initiative

Schoolwide health initiatives are excellent ways to meet the needs of students and families and play an important role in creating a supportive healthy environment. The BHC program provides support including:

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- Support to PTA/PTO initiatives, such as family health fairs or family yoga nights.
- Support in forming and maintaining school wellness committees.
- Funding for wellness events and school wide challenges.

Food Service Enhancements

Increasing the food quality, school meal participation, and efficient delivery of school meals is critical to supporting children's health, especially in under-resourced communities with increased food insecurity. The program provides access to the following resources:

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- Healthy school meal resource toolkit with strategies for optimizing food service systems and healthy food promotions.
- Support with grant applications to provide equipment and resources as enhancements to the school food system.

Staff Wellness Program

The BHC program offers funding and tools to help school prioritize staff well-being by making it an integral part of their overall wellness culture, including:

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- A robust staff wellness kit
- A menu of diverse staff wellness challenges and incentives structures.

Professional Development

Professional development for school staff on topics such as classroom physical activity, social emotional learning, mindfulness practices, nutrition education, trauma sensitive teaching, inclusive education and self-care are essential for creating thriving school environments. Highly educated and empowered teachers are better prepared to integrate health focused practice that enhance students learning and overall school success. The BHC program offers PD options virtually or on-site.

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