

2026-2027

Request for Applications

Applications due: June 1, 2026



Building Healthy Communities:

Step Up for School Wellness

More information can be found at
buildinghealthycommunities.arewehealthy.com

Building Healthy Communities: Step Up for School Wellness

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Overview

The Building Healthy Communities: Step Up for School Wellness, or BHC: SUFSW, program is recognized by health and education leaders as a successful and innovative program that empowers school health leaders, educators, administrators, families and communities to improve the health and well-being of students and staff. The program focuses on creating a healthier school environment and building a culture of wellness that supports physical activity, healthier food choices, mental health and overall well-being.

The program is available to schools through a collaboration between Blue Cross Blue Shield of Michigan, Michigan Department of Health and Human Services, Michigan Department of Education, Michigan Recreation and Park Association, Michigan Virtual, United Dairy Industry of Michigan, University of Michigan and Wayne State University's Center for Health and Community Impact.

Program eligibility

All public, charter or private nonprofit schools in Michigan, serving any grade level K-12, can apply each year regardless of their economic status, geographic location or participation in other school wellness grants, programs or initiatives. School awards are based on need, readiness, alignment with grade requirements and prerequisites, and available funding.

How to apply

Applications can be submitted until **June 1** at buildinghealthycommunities.ourewehealthy.com. An informational video is available on the website that provides an overview of the program. Please email questions to BHC@wayne.edu.

To meet the diverse needs of school buildings across the state, the program allows schools to customize the program during the application process. School applicants should consider resources that meet their unique needs and they are prepared to implement.

Key Dates at a Glance

April 2026	Application website opens
June 1	Applications due by 5 p.m.
August 2026	School awards announced
Start of 2026-2027 school year	Program implementation begins

Program Goals and Intended Impact

Creating healthier environments can lead to the development of lifelong healthy behaviors that reduce the incidence of obesity and undernourishment, combat absenteeism, address trauma, and nurture a more productive teaching and learning atmosphere. The program's five-step model translates into program goals that focus on improved knowledge, attitudes and behaviors in the following ways:

- Empower students to be more physically active every day.
- Empower students to make healthy choices that include fruit, vegetables, low-fat dairy, whole grains and lean protein every day.
- Empower students to learn and practice social and emotional skills.
- Empower staff to implement and participate in well-being initiatives that support a culture of wellness at school for all employees.
- Encourage schools to make changes in policies, systems and environments that support the well-being of students and staff.

Building Healthy Communities: Step Up for School Wellness 5-Step Model



The structure of the **Building Healthy Communities: Step Up for School Wellness** program aligns with these five steps, regardless of the resources awarded.

From the beginning of the school year through December, you'll focus on tasks associated with Step 1 and Step 2. This enables schools to successfully implement the program by having an involved school health team in place and by understanding their current strengths and areas for improvement. These elements are key for developing a realistic implementation plan.

January through early May focuses on tasks associated with taking action with Step 3 and the development of longer-term health goals, which is Step 4.

May through June focuses on continuing program implementation and expanding to Step 5, which includes evaluating program impact, sharing successes and learning, and making a plan to sustain the momentum in the coming school years.



Step 1

Build or re-energize a school health team

A school health team is a group of individuals from within and outside the school community interested in improving the health and well-being of students and staff. The overall goal is to create a healthy school environment where students and staff can learn about and practice healthy behaviors that support the whole child model and ultimately have a positive effect on health, well-being and academic performance.



What schools receive:

- Print and digital resources that communicate your participation in the program.
- A virtual 15-minute overview webinar to educate school health team members about the program.



What's required:

- Assemble a school health team.
- Have school health team members view the on-demand overview webinar.
- Engage the school health team in supporting program activities, including supporting involved staff members in completing program tasks.
- Hold quarterly school health team meetings to review program progress and plan for upcoming months.



Step 2

Assess the school health environment

Each awarded school completes Michigan's [Healthy School Action Tools](#), or HSAT. These tools include assessments on multiple topics that quickly measure how well existing school policies and environments support health and well-being. The HSAT Action Plan is customized based on each school's assessment results and helps schools make progress toward desired goals. Schools are encouraged to select actions that support implementing the resources received through the program.



What schools receive:

- Coaching support to complete the HSAT assessment and action plan requirements.
- Receive \$1,000 if this is their first year participating in the program for completing the required HSAT assessments and implementation of two or three of their HSAT Action Plan items, if this is their first year participating in the program. Up to \$500 may be used for teacher sub pay or stipends to staff that complete the HSAT assessments.



What's required:

- Complete the following five HSAT assessments between January 1, 2025, and December 31, 2026: School Core, Physical Activity & Physical Education, Healthy Eating, Social – Emotional Health, Staff Wellness.
- Select and complete at least one action item in their HSAT Action Plan to work on based on assessment results.

Step 3

Gather your tools and take action

The BHC: SUFSW program gives schools an opportunity to improve student and staff health by transforming the school environment through a variety of resources. This transformation looks different for every school, and the program is specifically designed to be flexible and fit the unique needs of each individual school environment and its community. Students, teachers and administrators will work as a team to implement best practices that are theoretically sound and evidence-based, linked with state and national health and education standards, school-friendly, and supported by Michigan schools.

The BHC: SUFSW program has three focus areas to help your school prioritize around areas of need, physical activity, healthy eating and well-being. While there are multiple resources to choose from during the application process, we encourage schools to only apply for the resources they need and are ready to implement. Each of the resources that schools can apply for are described in the this RFA.



What schools receive:

- Curriculum, training, materials or equipment to support the resource activities and goals.
- Coaching support and resource expertise to assist with program implementation.
- Monthly task list to guide program implementation.



What's required:

- Use the curriculum, training, materials or equipment provided.
- Complete required program tasks and report progress monthly through the program website.
- Maintain full ownership of any equipment and be responsible for its care and maintenance for its useful life.

18 DIFFERENT RESOURCES					
Physical Activity		Healthy Eating		Well-Being	
ACTIVE RECESS	QUALITY PHYSICAL EDUCATION	HEALTHY SMOOTHIES	HEALTHY LATTES	SEL HEALTH EDUCATION	SEL STAFF EDUCATION
WALK-N-RUN FUN	HEALTHY OUT-OF-SCHOOL TIME	HEALTHY CHOICES	NUTRITION EDUCATION	STAFF WELL-BEING	SUICIDE PREVENTION CERTIFICATION
PHYSICAL ACTIVITY BREAKS		HEALTHY PARTIES & CELEBRATIONS	BETTER WITH BREAKFAST	STUDENT MENTAL HEALTH AMBASSADORS	
		SCHOOL FOOD PANTRY	SMART SWAPS		



Develop health goal for school improvement plan

Research shows a strong connection between healthy behaviors and academic achievement. School programs and policies can positively influence both student health behaviors and learning. Simply put, healthy students are better learners.

Michigan schools are encouraged to develop health goals and associated objectives and strategies as part of their School Improvement Plan, or SIP. The Michigan Department of Education and the No Child Left Behind Act have specific mandates that require schools to engage in the Michigan Integrated Continuous Improvement Process or MICIP. This collaborative process between school learning organizations, the community and other stakeholders aims to improve student learning and achievement.



What schools receive:

- Sample health goals and strategies developed and implemented by Michigan schools to assist them in developing a realistic and meaningful goal to be included in their school improvement plan, or SIP.



What's required:

- Develop or revise at least one meaningful and measurable health goal along with implementation strategies for your SIP. The goal should be developed using MICIP guidelines, HSAT results, available school data and learnings from program resource implementation.
- Share their SIP health goal with the BHC: SUFSW team.



Evaluate, share and sustain your efforts

A substantial amount of time and effort are involved in establishing policies and practices that support healthy behaviors and providing opportunities for students to learn about and practice those behaviors. Evaluation is crucial to understanding both the challenges and successes of your efforts and the impact of resources utilized. Lessons learned will be shared with other schools to inspire change, reduce implementation time, improve success and build school and statewide capacity toward a healthier Michigan today and for a lifetime.



What schools receive:

- A guided structure for evaluating program impact, reporting successes and planning for sustaining efforts in future years.



What's required:

- Complete a 15-20 minute year-end survey to provide feedback and share program inputs with the BHC: SUFSW program.*

**The information schools provide in the survey will only be used for program evaluation and promotion purposes. All public reports will be anonymous regarding districts, schools and individuals.*

Resources available for 2026-2027 program



Healthy School Action Tools Support (Can be selected for grades K-12)

Provides feedback on your school's current areas of strength and need for improvement related to physical activity, healthy eating, social-emotional health and staff well-being as a starting point for your participation in the program. The [Healthy School Action Tools](#), or HSAT, online assessments are evidence-based best practices for creating a healthy school environment. A feedback report is available immediately upon completion of each assessment. The online HSAT Action Plan tools provide suggested actions based on your assessment results and offer a way to track your progress and achievements.

What schools receive:

- **Schools participating in the program for the first time:** \$1,000 for implementation of actions suggested based on feedback from their recently completed HSAT assessments (\$500 may be used for teacher stipend for completing the assessment).
- **All schools:** Coaching support to complete the required HSAT assessments and identify actions to work on based on awarded resources.

What's required:

- Complete the following five HSAT assessments between January 1, 2025, and December 31, 2026*: School Core, Healthy Eating, Physical Activity & Physical Education, Social & Emotional Health and Staff Wellness (two to three hours).
- Select at least two actions to work on, prioritized by your school health team.
- **Schools participating in the program for the first time:** Use \$1,000 for implementation of HSAT actions (\$500 may be used for teacher stipend for completing the assessment).

**This requirement is fulfilled if your school has completed these assessments anytime during this two-year date range, including after your program participation begins.*



Focus Area 1: Physical Activity Resources



Active Recess *(Can be selected for grades K-8)*

Supports physical activity during recess by providing equipment and resources that support active play and help students release energy and reduce stress, which helps improve attention and decrease disruptive behavior in the classroom.



What schools receive:

- An equipment package and all-terrain cart for easy equipment transport.
- Playground activity cards with recess activity ideas.
- A planning guide for putting recess strategies into practice.
- Coaching to support completion of program requirements.



What's required:

- Make a plan for equipment use and storage.
- Familiarize students with the recess cart and use of activity cards and equipment.
- Use the equipment package daily for indoor and outdoor recess for all students.



Quality Physical Education *(Can be selected for grades K-12)*

Provides physical education equipment and professional development to support high-quality instruction and student engagement in physical education classes. As needed, schools can also access curriculum resources and instructional materials to enhance lesson planning and delivery. Schools can customize their equipment, resources, and professional learning to best support students in developing the skills, confidence, and motivation for lifelong physical activity.



What schools receive:

- \$800 Gopher Sports gift card to purchase physical education equipment.
- Online, on-demand professional development modules and funding to support State Continuing Education Clock Hours, or SCECHs, for physical education teachers.
- Physical education curriculum aligned with national standards to support a comprehensive and effective program for schools that do not have a standards-based curriculum.
- Coaching to support completion of program requirements.



What's required:

- Use \$800 Gopher Sports gift card to purchase physical education equipment that will increase student participation in physical education lessons.
- Utilize professional development as needed and use funding to complete courses for SCECHs to improve physical education instruction, strengthen classroom management, and promote positive student behavior and plan purposeful lessons.
- Have your physical education teacher implement a standards-based physical education curriculum in all grade levels.



Walk-n-Run Fun *(Can be selected for grades K-12)*

Encourages students and staff to be more physically active by providing tools to implement a walk-run program that can be integrated before or after school and during other free time during the school day. Physical activity improves student readiness to learn. Staff also benefit from increased physical activity by participating and serving as good role models.

What schools receive:

- A five-year **EZ Scan®** membership subscription to host a walk-run program/mileage club annually. EZ Scan® is a service that tracks steps and motivates students to be active.
- Incentive Toe Tokens®, water bottles and lace links to hold ID cards and tokens earned (K-8 only).
- A Mileage Club Planning Guide
- Coaching to support completion of program requirements.

What's required:

- Designate a school lead to implement your walk-n-run program.
- Have your lead participate in the EZ Scan® online training (one hour).
- Use your EZ Scan® membership and other provided resources to implement a walk-run program for students and staff at least twice a week for at least 10 weeks with a minimum of 40 active minutes each week.
- Track students' active minutes and total miles walked and ran.



Healthy Out-of-School Time *(Can be selected for grades K-12)*

Encourages physical activity outside of a structured PE program using the **Come Out and Play**, or COAP, curriculum, which supports a culture of imaginative play, is easy and fun to implement and has an environmental stewardship focus. COAP engages both mind and body with a goal for youth and their families to spend time outdoors and be active at least 30 minutes each day.

What schools receive:

- Come Out and Play curriculum with activities and quests, which encourage physical activity in playful, fun ways plus a play tracker to monitor activity and show students their progress.
- Access to online training for participating teachers.
- \$500 for educational enhancements that reinforce physical activity and healthy eating messages (*for example, jump ropes or other physical activity equipment, gardening tools, hands-on cooking demonstrations*).
- Coaching to support completion of program requirements.

What's required:

- Have participating teachers participate in a virtual training (one hour).
- Use COAP curriculum at school for students at least twice a week for a minimum cumulative total of 60 active minutes each month.
- Use \$500 to purchase educational enhancements that reinforce physical activity and healthy eating messages.
- Use the COAP play tracker worksheet to track active minutes.



Physical Activity Breaks *(Can be selected for grades K-6)*

Trains and supports teachers with incorporating 20 minutes of physical activity into daily classroom routines using the **InPACT**, or Interrupting Prolonged Sitting with Activity, an evidence-based initiative that integrates short bursts of physical activity throughout the school day to improve student health, focus and learning.

What schools receive:

- Virtual InPACT training for your teachers and school health team.
- InPACT timelines, protocols and resources to implement classroom physical activity breaks.
- Resources to support and expand physical activity breaks.
- Coaching to support completion of program requirements.

What's required:

- Have the school health team participate in the InPACT pre-implementation virtual training.
- Have teachers participate in the InPACT online trainings.
- Implement classroom physical activity breaks using InPACT timelines, protocols and resources.
- Monitor student health, well-being and achievement outcomes defined by the program.
- Complete the InPACT physical activity policy enhancement process, a structured approach for improving your school's physical activity policies.



Focus Area 2: Healthy Eating and Nutrition Education Resources



Healthy Smoothies (Can be selected for grades K-12 for schools that participate in the National School Breakfast and Lunch Program.)

Provides equipment and guidance to serve healthy smoothies that are compliant with School Meals Program guidelines. This meal option capitalizes on the popularity of smoothies and will appeal to a variety of student taste preferences at school breakfast and lunch as well as other school events.

What schools receive:

- A commercial-grade immersion blender, five-gallon bucket with spout and a two-shelf utility cart.
- \$250 to carry out at least two taste tests with students.
- Marketing tools to promote smoothies as a healthy beverage option during school mealtimes and events.
- Coaching to support completion of program requirements.

What's required:

- Sign a letter of agreement with United Dairy Industry of Michigan.
- Use the immersion blender, bucket and utility cart on-site during school breakfast or lunch as part of a reimbursable school meal at least three days a week to offer smoothies, with milk and yogurt as main ingredients.
- Use \$250 to carry out at least two taste tests with students.
- Use marketing tools and coaching to promote smoothies as a healthy beverage option during school mealtimes.
- Make the blender available for other school events to serve smoothies or other healthy items (*for example, yogurt dips for fruit, vegetables and bean dip*).
- Submit data that includes start date for offering smoothies, number of smoothies served during school meals after the start date and dates for taste tests.
- Complete a pre- and post-program interview to determine needs and changes adopted (15 minutes).



Healthy Lattes *(Can be selected for grades 9-12 for schools that participate in the National School Breakfast and Lunch Program.)*

Provides equipment and guidance to serve healthy lattes* — hot or iced — that are compliant with School Meals Program guidelines, each latte contains more milk than coffee with a ratio of four parts milk to one part coffee and one part sugar-free flavoring. This resource provides a fun and appealing alternative beverage for your high school students during mealtimes.



What schools receive:

- Up to three pieces of equipment to support hot or cold lattes based on your school's selection during the application process. *Equipment choices include: Westbend 100-cup coffee maker, Cambro five-gallon insulated container, three-gallon Cold Brew brewer/dispenser, five-gallon stainless steel iced beverage dispenser, a small or large ice machine with storage bin.*
- \$250 to carry out at least two taste tests with students.
- Marketing tools to promote lattes as a healthy beverage option.
- Coaching to support completion of program requirements.



What's required:

- Sign a letter of agreement with United Dairy Industry of Michigan.
- Use equipment selected during the application process to offer lattes at least three days a week during school breakfast or lunch.
- Use the provided marketing tools, signage and coaching to promote milk-based lattes as a healthy beverage option during school mealtimes.
- Use \$250 to carry out a minimum of two taste tests with students.
- Submit data that includes start date of latte offerings, number of lattes served during school meals after the start date and dates for taste tests.
- Complete a pre- and post-program interview to determine needs and changes adopted (15 minutes).

**According to USDA Smart Snack rules, milk and coffee drinks, such as lattes, are allowed in high schools only.*





Healthy Choices *(Can be selected for grades K-12 for schools that participate in the National School Breakfast and Lunch Program.)*

Encourages collaboration between students and school nutrition staff to identify challenges to student participation in your school meal program and provides funding and support to address those challenges. The way in which the funding may be used is flexible, based on the challenges and solutions your school identifies. *Examples include farm-to-school programs, school gardens, salad bars, cafeteria redesign or positive marketing techniques.*

What schools receive:

- \$800 for implementation of a student-driven Healthy Choices plan that improves meal and menu quality and the overall school cafeteria environment.
- Coaching to support completion of program requirements.

What's required:

- Identify a student team to work with your school nutrition staff to develop a student-driven Healthy Choices plan.
- Complete a cafeteria environment pre- and post-assessment.
- Use age-appropriate tools to gather student input on meal and menu quality.
- Use results from assessments and student input to develop a student-driven Healthy Choices plan.
- Have your student team and school nutrition staff share their Healthy Choices plan with the school health team and make any necessary adjustments.
- Use \$800 to implement your Healthy Choices plan.
- Complete a pre- and post-program interview to determine needs and changes adopted (15 minutes).





Nutrition Education *(Can be selected for grades K-12)*

Provides the **Michigan Model for Health™** curriculum and training for teachers. This nationally recognized, evidence-based health education curriculum teaches students the knowledge and skills needed to practice and maintain healthy eating and physical activity behaviors, which are essential to a healthy lifestyle. Includes age-appropriate lessons that address issues commonly faced by students in adopting health eating and physical activity behaviors plus information for parents about what students are learning and supportive activities that can be done at home.



What schools receive:

- Michigan Model for Health™ online training for all teachers in each grade level selected in the application, regardless of prior training on the curriculum.
- \$400 to support teachers who haven't received prior training on the Michigan Model to attend an in-person training with their regional school health coordinator.
- Access to Michigan Model for Health™ digital curriculum along with grade-specific lesson material kits filled with posters, books, models and other engaging items.
- Coaching to support completion of program requirements.



What's required:

- Have all teachers in each grade level selected on the application complete the Michigan Model for Health™ online training module regardless of previous training on the curriculum (45 minutes to one hour).
- Use provided funding to support all teachers that have never previously received training on the Michigan Model to attend an in-person training with their regional school health coordinator (one to two hours).
- Use the Michigan Model for Health™ digital curriculum along with grade-specific lesson material kits to implement nutrition and physical activity lessons at grade levels selected on your application.

Grade	Number of lessons
K	3 (20 minutes each)
1	3 (30 minutes each)
2	3 (30 minutes each)
3	5 (35 minutes each)
4	4 (40 minutes each)
5	4 (45 minutes each)
6	7 (45 minutes each)
7-8	11 (45 minutes each)
9-12	10 (50 minutes each)



Healthy Parties and Celebrations *(Can be selected for grades K-8)*

Gives concrete step-by-step guidance for success in offering healthy, delicious foods and beverages at school parties and celebrations, and includes the tools and funds to effectively communicate with and engage parents, students and staff in positive change.

What schools receive:

- *Healthy Parties & Celebrations: A Guide for Michigan Schools*, which provides the resources and step-by-step actions needed to improve the foods and beverages offered at school.
- Sample policy for foods and beverages offered at parties and celebrations to use as a starting point for establishing or revising current policies.
- \$500 to carry out healthy taste tests with students and parents.
- Coaching to support completion of program requirements.

What's required:

- Follow the steps in the *Healthy Parties & Celebrations* guide to engage students, staff and families in improving your parties and celebrations policies and practices.
- Review existing school food and beverage guidelines.
- Use \$500 to carry out healthy taste tests with students and parents in at least five classrooms.
- Use taste test results to revise or establish food and beverage guidelines for parties and celebrations.
- Communicate food and beverage guidelines to parents, students and school staff.
- Implement food and beverage guidelines in at least half of your classrooms during the program period.
- Use the sample policy to develop or revise your school policy around healthy parties and celebrations using learnings from taste testing, communication and implementation of new guidelines.
- Share policy and experiences with district leaders and explore ways to include in your district's local school wellness policy.



Better with Breakfast *(Can be selected for grades K-12 for schools that participate in the National School Breakfast and Lunch Program.)*

Provides equipment and guidance for offering school breakfast in alternative ways with the goal of boosting participation outside the cafeteria, in hallways or classrooms or between periods. Eating school breakfast leads to higher test scores, calmer classrooms, fewer trips to the nurse's office and higher attendance and graduation rates.

Option 1: Hubert High Volume Grab-N-Go Hallway Cart

Option 2: Breakfast Transit Cart + 10 Insulated Milk Crate Bags +
10 Insulated Meal Delivery Bags

Note: Items may vary based on availability. Each equipment option will come with a breakfast marketing kit.



What schools receive:

- One of two options to support breakfast offerings based on your school's selection during the application process to make serving breakfast outside of the cafeteria easier.
- A marketing kit to promote school breakfast.
- Coaching to support completion of program requirements.



What's required:

- Sign a letter of agreement with United Dairy Industry of Michigan.
- Utilization of alternative breakfast equipment to encourage student enjoyment of breakfast at school.
- Submit monthly meal data on school meal participation.
- Complete a pre- and post-program interview to determine needs and changes adopted (15 minutes).





School Food Pantry *(Can be selected for grades K-12 for schools that have an existing school food pantry.)*

Provides refrigeration equipment and funding to promote and expand your existing school food pantry to include fresh food options for students and their families who need it. Healthy choices should include fruit, vegetables, dairy and lean protein choices.

What schools receive:

- Refrigeration unit to store perishable foods.
- \$500 to support print and digital nutrition education resources *(for example, flyers, shelf-talkers, healthy donation templates, food prep videos and photo recipes)*, taste testing and cooking demonstrations.
- Resources to support a successful school food pantry program.
- Coaching to support completion of program requirements.

What's required:

- Sign a letter of agreement with United Dairy Industry of Michigan.
- Continue your existing relationships with the local food bank and community partners to supply nonperishable food for the pantry and expand your agreement to also supply fresh food options like fruit, vegetables, dairy and lean protein choices.
- Obtain approval from your school administrator to make any necessary electrical upgrades for installing the refrigeration unit.
- Use the refrigeration unit to store perishable foods for the pantry.
- Use \$500 to support printable and digital nutrition education resources, taste-testing or cooking demonstrations.
- Use resources provided to support a successful school food pantry program.
- Monitor utilization of the food pantry to determine and report on students served in the community.
- Complete a pre- and post-program survey to determine needs, changes adopted and sustainability (15 minutes).



Smart Swaps *(Can be selected for grades K-12 for schools that participate in the National School Breakfast and Lunch Program.)*

Provides support and culinary training to help the school food service program meet updated nutrition standards by utilizing Smart Swaps recipes, menu templates, and training tools. School meals provide crucial nutrition for students. Participation in school meals is linked to improvements in classroom performance, attendance, behavior and academic achievement.



What schools receive:

- Skill-building, hands-on kitchen training for nutrition staff (up to 30 participants), including recipe overviews, food preparation, tasting and evaluation of Smart Swaps recipes.
- Support for meeting the updated nutrition standards through student approved recipes that contain lower amounts of added sugar.
- Sample menus aligned with updated nutrition standards to increase the protein in school meals specifically at breakfast.
- Access to educational and training resources that support speed-scratch cooking methods designed to work within the staffing, time, and space limitations common in K-12 kitchens.
- Coaching to support implementation of program requirements.



What's required:

- Sign a letter of agreement with United Dairy Industry of Michigan.
- Coordinate scheduling of in-person culinary training.
- Participation in culinary training by school nutrition staff.
- Use the training and resources provided to improve school meal recipes and menus.
- Submit monthly meal data on school meal participation.
- Complete a pre- and post-program interview to determine needs and changes adopted (15 minutes).



Focus Area 3: Well-Being Resources



Social and Emotional Health Education

(Can be selected for grades K-12)

Provides the **Michigan Model for Health™** curriculum and training for teachers. This curriculum is a nationally recognized, evidence-based health education curriculum that teaches students the knowledge and skills needed to practice and maintain healthy behaviors including those related to social and emotional wellness, which are key to life success at all ages. Includes age-appropriate lessons that address issues commonly faced by students in adopting healthy behaviors plus information for parents about what students are learning and supportive activities that can be done at home.



What schools receive:

- Michigan Model for Health™ online training for all teachers in each grade level selected in the application, regardless of prior training on the curriculum.
- \$400 to support teachers who haven't received prior training on the Michigan Model to attend an in-person training with their regional school health coordinator.
- Access to Michigan Model for Health™ digital curriculum along with grade-specific lesson material kits filled with posters, books, models and other engaging items.
- Coaching to support completion of program requirements.



What's required:

- Have all teachers in each grade level selected on the application complete the Michigan Model for Health™ online training module regardless of previous training on the curriculum (45 minutes to one hour).
- Use provided funding to support all teachers that have never previously received training on the Michigan Model to attend an in-person training with their regional school health coordinator (one to two hours).
- Use the Michigan Model for Health™ digital curriculum along with grade-specific lesson material kits to implement nutrition and physical activity lessons at grade levels selected on your application.

Grade	Number of lessons
K	8 (20 minutes each)
1	8 (20-25 minutes each)
2	9 (25 minutes each)
3	8 (25-30 minutes each)
4	9 (40 minutes each)
5	14 (40-45 minutes each)
6	10 (40-45 minutes each)
7-8	15 (45 minutes each)
9-12	10 (50 minutes each)



Social and Emotional Learning Staff Education (Can be selected for grades K-12)

Provides the Social-Emotional Learning, or SEL, education and funding that school staff need to successfully integrate the SEL process into their school culture. SEL is the process through which people of all ages understand and manage emotions, set and achieve positive goals, establish and maintain positive relationships and make responsible decisions, that are critical to success in all life endeavors, academic or otherwise.



What schools receive:

- Access to self-paced online courses in the Social Emotional Learning series for all participating staff, offered through the Michigan Virtual platform. Staff completing courses will receive continuing education credit in social and emotional learning.
- The **Connecting Social and Emotional Learning to Michigan's School Improvement Framework** guide.
- \$1,000 to support implementation of social emotional initiatives outlined in your Social-Emotional Health plan, applying information learned from Michigan Virtual training, Connecting Social and Emotional Learning to Michigan's School Improvement Framework and the feedback from your school's recently completed HSAT Social & Emotional Health assessment. (A portion of funds may be used to cover substitute teacher pay for training time or teacher incentives).
- Coaching support to complete program requirements.



What's required:

- Register through Michigan Virtual all staff receiving the online training and accompanying continuing education and credits in social and emotional learning.
- Have your school principal and at least one additional staff member complete the online self-paced **Social-Emotional Learning: Introduction to SEL** course offered through Michigan Virtual.
- Encourage staff to complete additional SEL courses through Michigan Virtual to further develop social and emotional health knowledge and help create a comprehensive Social-Emotional Health plan.
- Use \$1,000 to support implementation of social and emotional health initiatives outlined in your Social-Emotional Health plan.



Suicide Prevention Certification

(Can be selected for grades K-12)

Provides the Suicide Prevention education and funding that staff need to successfully support vulnerable students. Staff will learn how to recognize the signs of suicide risk, how to take preventive action, and build the knowledge, skills and confidence to help students move in a positive direction. Staff will also engage members of the school community to develop a comprehensive suicide prevention plan.



What schools receive:

- Access to two self-paced online courses in the Adolescent Suicide Prevention series for all participating staff, offered through the Michigan Virtual platform. Staff completing the courses will receive continuing education credit.
- \$2,000 to begin the development of a comprehensive suicide prevention plan that implements suicide prevention strategies and best practices learned in the training. *(A portion of these funds may be used to cover substitute teacher pay for training time or teacher incentives).*
- Access to online suicide prevention training through Michigan Virtual for involved community members.
- Coaching support to complete program requirements.



What's required:

- Register through Michigan Virtual all staff receiving the online training and accompanying continuing education and credits for the two Adolescent Suicide Prevention courses.
- Have one administrator and at least three additional staff complete two online courses in the Adolescent Suicide Prevention series, one on **Intervention and School Policies** and one on **Best Practices-A Team Approach**.
- Develop a strategy to facilitate and encourage community engagement focused on suicide prevention, which can include completing **Adolescent Suicide Prevention: Information for the General Public** training offered through Michigan Virtual. *(Community members include parents and families, PTA groups, coaches, health professionals, local organizations, youth organizations and booster groups, other interested community members).*
- Use \$2,000 to begin the development and implementation of a comprehensive suicide prevention plan.





Staff Well-Being

(Can be selected for grades K-12)

Prioritizes the health and well-being of school staff and supports the integration of staff well-being into your school's culture of wellness. A healthy, engaged workforce promotes a more productive teaching and learning environment and elevates academic achievement.



What schools receive:

- Access to well-being webinars for all staff to get tips and strategies that help adults be the best version of themselves.
- \$1,500 to support implementation of staff well-being initiatives based on information from the webinars and feedback from your school's recently completed Healthy School Action Tools Staff Wellness assessment.
- Coaching support to complete program requirements.



What's required:

- Have staff view at least three webinars during the program year.
- Develop a Staff Well-Being plan, applying information learned from well-being webinars and the feedback from your school's recently completed HSAT Staff Wellness assessment.
- Use \$1,500 to support implementation of staff well-being initiatives outlined in your Staff Well-Being plan.



Student Mental Health Ambassadors

(Can be selected for grades K-12)

Provides the mental health education and funding that school staff need to successfully facilitate a peer-to-peer student support program. Staff will engage and mentor interested students to serve in a leadership role that addresses mental health awareness and reduces the stigma associated with student mental health challenges. Students can play a pivotal role in recognizing suicide risk and increasing students' mental health literacy.



What schools receive:

- Access to the self-paced online course **Adolescent Suicide Prevention: Peer-to-Peer Support** for all participating staff, offered through the Michigan Virtual platform. Staff completing the course will receive continuing education credit.
- \$1,500 to implement student-driven mental health and suicide prevention strategies and programs. *(Up to \$500 of the \$1,500 can be used as a stipend for the adult lead.)*
- Examples of mental health and suicide prevention strategies and programs to get you started.
- Coaching support to complete program requirements.



What's required:

- Register through Michigan Virtual the staff receiving the free online continuing education and credits on **Adolescent Suicide Prevention: Peer-to-Peer Support**.
- Designate an adult lead to mentor and guide participating students throughout the school year.
- Have adult lead and at least two other staff members complete the online course.
- Promote the Student Mental Health Ambassador initiative and recruit students for this leadership opportunity.
- Use \$1,500 for student ambassadors to implement student-driven suicide prevention strategies and programs.

We're committed to investing in the next generation of Michigan residents and creating a healthier future for our state.



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