

Building Healthy Communities:

Step Up for School Wellness



2020–2021
Request for Applications
Applications due: October 30, 2020

More information can be found at
buildinghealthycommunities.arewehealthy.com*

Building Healthy Communities: Step Up for School Wellness

The Building Healthy Communities: Step Up for School Wellness program provides students, teachers and administrators with training, curriculum, equipment, funds, communication tools and external coaches to create a healthy school environment that supports a culture of wellness.

Blue Cross Blue Shield of Michigan, Michigan Department of Health and Human Services, Michigan Health Endowment Fund, Michigan Department of Education, Michigan Elementary and Middle School Principal's Association, Michigan Fitness Foundation, Michigan State University Extension and United Dairy Industry of Michigan invite Michigan schools to apply for the 2020-2021 Building Healthy Communities program.

Program goals for participating schools

- Build or re-energize a School Health Team.
- Assess the school health environment using the Healthy School Action Tools.
- 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.
- Engage staff in activities and educational opportunities that support personal growth and school policies and practices around social and emotional learning.
- Empower staff to explore and implement well-being initiatives that support a culture of wellness at school for all employees.
- Evaluate, sustain, expand and share successful implementation strategies.



Apply for the program:

The program is flexible to meet the diverse needs of school buildings across the state. During the application process, each school will customize the program by only applying for the resources it needs and is ready to implement. Successful schools have an interested and supportive School Health Team that works together to determine how the program will be implemented, including which resources to include in the application.

New schools (those that haven't participated in a Building Healthy Communities program) — On the application, complete the following sections:

- Required School Information
- Resource(s) in Focus Area 1, 2 or 3 that are grade-appropriate. Schools are encouraged to choose resources across multiple focus areas and only apply for resources that are a high need and they are ready to implement.

Note: New schools can enter the program without applying for any resources. This provides schools with funding and time to organize a school health team, complete assessments and set the foundation for future improvements. To select this option, only complete the Required School Information section.

Returning schools (those that previously participated in Building Healthy Communities: Step Up for School Wellness program) — Enhance your existing program by applying for resources that were not previously awarded. On the application, complete the following sections:

- Required School Information
- At least one grade-appropriate resource

Expansion schools (those that previously participated in the Building Healthy Communities: Engaging Elementary Schools Through Partnership or Building Healthy Communities: Engaging Middle Schools Through Project Healthy Schools). On the application, complete the following sections:

- Required School Information
- At least one resource from Focus Area 3

Program Resources

Focus Area 1: Physical Activity and Physical Education Resources



CLASSROOM PHYSICAL
ACTIVITY BREAKS



ACTIVE RECESS



QUALITY PHYSICAL
EDUCATION



WALK-N-RUN FUN



HEALTHY
OUT-OF-SCHOOL TIME

Focus Area 2: Healthy Eating and Nutrition Education Resources



HEALTHY BEVERAGES



HEALTHY
CHOICES



NUTRITION
EDUCATION



HEALTHY PARTIES &
CELEBRATIONS



MEALS
ON THE MOVE

Focus Area 3: Well-Being Resources



SEL HEALTH
EDUCATION



SEL STAFF
EDUCATION



STAFF
WELL-BEING



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 wellness of youth. The overall goal of School Health Teams is to create a healthy school environment where students and staff can learn about and practice healthy behaviors that support the whole child and ultimately have a positive effect on health, well-being and academic performance.

Awarded schools will:

- Identify a School Health Team that includes at least the following five members:
 - 1) Primary school contact (school staff, parent or community member who's willing to oversee the program and provide leadership to the School Health Team)
 - 2) School administrator (building principal, district superintendant or school board member)
 - 3) Physical activity and physical education contact (PE or classroom teacher)
 - 4) Healthy eating and nutrition education contact (classroom teacher or school nutrition director)
 - 5) Well-being contact (school counselor, behavior interventionist, school nurse or classroom teacher)
- Have the School Health Team participate in a one-hour, online webinar on program steps and expectations.
- Receive and display program signage throughout the school (banner, posters, clings).
- Meet quarterly with School Health Team to review and complete the required action items for each program step.
- Receive and use monthly communication tools (morning announcements, newsletter articles and social media posts).





Step 2

Assess the school health environment

Conducting an assessment of a school health environment identifies successes and challenges of current practices and policies. It also offers an opportunity to prioritize actions to improve or eliminate barriers to achieving a healthy school environment. Michigan's **Healthy School Action Tools** helps create a culture that supports learning by first measuring the health of the school environment, then establishing an action plan that encourages interventions based on best practices. The tools include a School Core Assessment, seven topic areas for assessment, feedback reports and an action plan. These tools quickly measure how well the existing foundation supports school health and, in turn, suggest meaningful improvements that are prioritized into a customized action plan.

Awarded schools that are new or expansion will:

- Receive \$500 for substitute teacher pay or stipends to allow staff time to register their school building for HSAT and complete five HSAT assessments: School Core, Healthy Eating, Physical Activity & Physical Education, Social & Emotional Health and Staff Wellness (two – three hours).
- Receive an additional \$500 for implementation of selected HSAT action plan items upon completion of the five required HSAT assessments by the program due date.
- Have the School Health Team review their auto-generated HSAT action plan.
- Have the School Health Team select two to three HSAT action plan items to implement before the end of the program year.

Awarded schools that are returning will:

- Have the School Health Team reassess their school health environment by completing the HSAT Healthy Eating, Physical Activity & Physical Education, Social & Emotional Health and Staff Wellness assessments at the end of the school year (one hour).
- Have the School Health Team update their HSAT action plan.

Step 3

Gather your tools and take action

Building Healthy Communities gives schools an opportunity to improve student and staff health by transforming the school environment through a variety of resources focused on education, healthy eating, physical activity, social and emotional learning and overall well-being. 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, one step at a time, using 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 Building Healthy Communities: Step Up for School Wellness program has three Focus Areas to help your school prioritize around areas of need. 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. Previously awarded schools have shown the greatest impact when Focus Area 1 and Focus Area 2 resources are implemented simultaneously.

Focus Area 1: Physical Activity and Physical Education Resources



CLASSROOM PHYSICAL
ACTIVITY BREAKS



ACTIVE RECESS



QUALITY PHYSICAL
EDUCATION



WALK-N-RUN FUN



HEALTHY
OUT-OF-SCHOOL TIME

Focus Area 2: Healthy Eating and Nutrition Education Resources



HEALTHY BEVERAGES



HEALTHY
CHOICES



NUTRITION
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HEALTHY PARTIES &
CELEBRATIONS



MEALS
ON THE MOVE

Focus Area 3: Well-Being Resources



SEL HEALTH
EDUCATION



SEL STAFF
EDUCATION



STAFF
WELL-BEING

Awarded schools will:

- Receive and use the program materials and equipment provided.
- Receive the *Program Guide* and follow the team timeline, which highlights the monthly action items for each resource.
- Have access to external coaches for technical assistance and resource expertise.

Focus Area 1: Physical Activity and Physical Education Resources



Classroom Physical Activity Breaks

(Can be selected for grades K-5 or K-8. Schools with grades 6-8 only should not select this resource)

GoNoodle brings physical activity and mindfulness to the classroom with a variety of online games and videos that lead students in two to 15 minutes of stretching, running, dancing and deep breathing exercises. GoNoodle channels students' natural energy and enhances classroom engagement, behavior, focus and achievement. Each class selects a champ, or virtual mascot, who grows and changes as the class earns the minutes of physical activity needed to advance to the next level. Students can play GoNoodle's activities on an interactive whiteboard, projector or computer screen. GoNoodle Plus offers easy-to-use, exclusive games and activities that incorporate movement into core subjects to develop fluency in math and English language arts. Combining physical movement, repetition and skills practice to support memory and recall, the games reinforce classroom lessons and create an opportunity for kinesthetic learning. Students get measurable, incremental minutes of physical activity, and teachers see immediate benefits of improved engagement with students, leading to better classroom performance. GoNoodle Plus also includes the My Questions feature that allows teachers to create custom lists and questions.

If this resource is applied for and awarded, each school will:

- Receive access to the online GoNoodle Plus program for all registered teachers.
- Implement daily classroom physical activity breaks using GoNoodle Plus in 50% or more of classrooms.
- Receive monthly tips and usage reports for each participating teacher.



Active Recess

(Can be selected for grades K-8)

Physical activity equipment and suggested activities, on a convenient mobile cart, help increase students' daily physical activity. Active Recess isn't intended to replace physical education. Instead, it provides students with active play to release energy and reduce stress, both of which help improve attention in the classroom and decrease disruptive behavior.

If this resource is applied for and awarded, each school will:

- Receive an equipment package, all-terrain cart for easy equipment transport and Series 1 and Series 2 Playground Activity Cards.
- Receive Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice.
- Develop a plan for equipment use and storage.
- Introduce the recess cart to students and demonstrate how to use the cards and equipment.
- Use the equipment package daily for both indoor and outdoor recess for all students.



Quality Physical Education

(Can be selected for grades K-12)

The **Exemplary Physical Education Curriculum™**, introduced in 1994, was developed in Michigan and is a nationally recognized, quality comprehensive education program. The print-your-own curriculum CD for grades K-5 is nutrition-enhanced and includes objectives related to a wide range of physical activities, including locomotor, object control and fitness. The print-your-own curriculum CD and book for grades 6-12 includes Lifetime Activity Modules and three levels of instruction to maximize teaching and learning. EPEC leads to physical literacy for learners to help students achieve the skills, confidence and motivation to be physically active today and tomorrow. EPEC can boost school success while reinforcing healthy eating and physical literacy.

If this resource is applied for and awarded, each school will:

- Receive grade-specific EPEC materials. All awarded schools with grades K-5 will receive the K-5 print-your-own curriculum CD. All awarded schools with grades 6-12 will receive the 6-12 print-your-own curriculum CD with the Personal Conditioning Module and two of the following hard copy modules selected on their application: Basketball, Resistance Training, Volleyball, Soccer or Golf (Golf is CD only).
- Receive grade-specific equipment package (grades K-5 equipment package or grades 6-12 personal conditioning starter kit) and other support materials needed to teach EPEC lessons.
- Have their physical education teacher register for and participate in an online training (1.5 hours).
- Have their physical education teacher implement physical education lessons from EPEC in all of the grade levels selected on application:

Grade	Lesson commitment
K-5	Teach three objectives/skills per semester.
6-12	Teach Personal Conditioning overview lessons for a set period of time.
6-12	Apply the skills learned in Personal Conditioning in 10- to 15-minute blocks each class period for the duration of the school year.
6-12	Teach all lessons from two additional Lifetime Activity Modules selected by school.





Walk-n-Run Fun

(Can be selected for grades K-12)

A walk-run program, commonly known as a Mileage Club, encourages students and staff to be more physically active. Participating staff have the opportunity to be more physically active and good role models for healthy physical activity behaviors, while students get the extended benefit of improving their readiness to learn. A walk-run program is easy to implement and can be integrated before and after school as well as other free time during a school day for all grade levels.

If this resource is applied for and awarded, each school will:

- Receive an EZ Scan™ membership subscription to host a 10-week walk-run program/mileage club.
- Receive incentive toe tokens, storage token tote and chains for awarded tokens (K-8 schools only).
- Have their walk-run program lead contact register for and participate in an online training.
- Implement a walk-run program for students and staff and use program resources at least twice/week for a cumulative weekly total of 40 active minutes for a minimum of 10 weeks.
- Track active minutes and total number of miles students walked and ran.



Healthy Out-of-School Time

(Can be selected for grades K-8)

Before or after-school programs, or out-of-school-time programs, are frequently provided for families who need child care before school begins and after the school day ends. Programs usually offer a broad range of safe and fun activities in addition to academic time. Schools will use program resources in an existing out-of-school-time program to help meet recommended physical activity and healthy eating standards.

If this resource is applied for and awarded, each school will:

- Identify at least one after-school program staff member to register for and participate in the Come Out and Play in-person training (two hours).
- Receive Michigan Recreation & Park Association's Come Out and Play curriculum and 50 pedometers for tracking steps.
- Integrate program resources into an existing before-or after-school program daily for the full school year.
- Use the Come Out and Play curriculum Step Tracker Worksheet to record daily steps and activities for all participating students.
- Use program resources to help meet recommended daily physical activity and healthy eating standards in an existing out-of-school-time program for the full school year.



Focus Area 2: Healthy Eating and Nutrition Education Resources



Healthy Beverages

(Options 1 and 2 can be selected for grades K-12. All schools must participate in National School Breakfast and National School Lunch Programs and can only apply for one of the two options during the application process.)

Option 1: Smoothies

Smoothies are popular outside of school with youth. Smoothies allow school food service departments to capitalize on this trend by providing students with a well-balanced, nutritious, reimbursable meal component that can meet a variety of taste preferences. Smoothies are also great for healthier classroom parties, after-school parent events and fundraising.

If this resource is applied for and awarded, each school will:

- Receive a commercial-grade blender.
- Receive \$250 to carry out a minimum of two taste tests with students.
- Receive reimbursable school meal recipe templates and marketing materials to promote smoothies as a healthy beverage option during school mealtimes.
- Use the blender on-site during school breakfast or lunch to offer smoothies, with milk and yogurt as main ingredients, as part of a reimbursable meal a minimum of three days per week.
- Make the blender available for other school events to serve smoothies, yogurt dips for fruit and vegetables, bean dip or other healthy items.
- Submit total number of bulk yogurt and milk gallon purchases at the end of the school year for the duration of the program.
- Submit post-program data on breakfast and lunch participation.
- Maintain full ownership of the equipment and have responsibility for care and maintenance of granted equipment for its useful life.



Option 2: Hot Chocolate Milk

Hot chocolate milk is as simple as heating chocolate milk and serving it to students as a great way to increase milk consumption and attract new students to your breakfast and lunch programs.

If this option is applied for and awarded, each school will:

- Receive a commercial-grade hot chocolate milk machine.
- Receive \$250 to carry out a minimum of two taste tests with students.
- Receive marketing materials to promote hot chocolate milk as a healthy beverage option during school mealtimes.
- Use the hot chocolate milk machine on-site during school breakfast or lunch to offer hot chocolate milk as part of a reimbursable meal a minimum of three days per week.
- Submit total number of milk gallon purchases at the end of the school year for the duration of the program.
- Submit post-program data on breakfast and lunch participation.
- Maintain full ownership of the equipment and have responsibility for care and maintenance of granted equipment for its useful life.





Healthy Choices

(Can be selected for grades K-12. All schools must participate in National School Breakfast and National School Lunch Programs.)

Assessing meal and menu quality can be an opportunity to advocate for healthier, tastier menu items and help students make smarter choices in the cafeteria. When students and school nutrition staff collaborate to identify students' likes and dislikes, they are better positioned to make changes to school meals, improve meal quality and make adjustments to the overall school cafeteria environment. These changes can support a healthy lifestyle for all students and increase student participation in your school meal programs. Farm to School programs, school gardens, salad bars, positive marketing techniques, fresh cafeteria redesign, improved visual appeal of food, less processed food, swapping unpopular food for trendy bowls, wraps, salads, smoothies and other healthy food and beverage choices are just a few exciting opportunities that can be included in a Healthy Choices school plan.

If this resource is applied for and awarded, each school will:

- Have their School Health Team survey at least 50% of students to identify school menu preferences using a perception survey.
- Utilize the Healthy School Action Tools (HSAT) Healthy Eating assessment action plan items for school cafeteria environment improvement recommendations.
- Identify a student team to work with their school nutrition staff to develop a student-driven Healthy Choices Plan.
- Use results from perception survey and HSAT Healthy Eating assessment action plan to develop a Healthy Choices Plan that improves meal and menu quality and the overall school cafeteria environment.
- Have their student team and school nutrition staff share their Healthy Choices Plan with the School Health Team and make any necessary adjustments.
- Receive funding to support implementation of their Healthy Choices Plan including equipment, marketing and resources.





Healthy Parties and Celebrations

(Can be selected for grades K-8)

Birthday and holiday parties are commonplace in schools. While these celebrations are a great way for students to take a break from their daily learning structure and interact in a relaxed atmosphere, the foods offered can send conflicting health messages. Unhealthy food choices such as cupcakes, cookies, candy, chips and sugary beverages generally take center stage at these celebrations. While a healthy, well-balanced diet can include these low-nutrient foods and beverages, they shouldn't be offered without a balance of healthy food choices that include fruit, vegetables, whole grains, low-fat dairy and lean protein. Learning to effectively communicate the importance of healthy eating with parents can reinforce health education messages already being taught in the classroom and highlighted on posters in the hallways and cafeteria. The lessons learned should be integrated into school policy to encourage consistency and sustainability.

If this resource is applied for and awarded, each school will:

- Receive Healthy Parties & Celebrations: A guide for Michigan schools which provides the resources and step-by-step actions needed to help improve the foods offered in your school.
- Share Healthy Parties & Celebrations: A guide for Michigan schools with teachers and parents and educate them on the benefits of healthy food choices in the classroom.
- Review existing food and beverage guidelines and plan taste tests.
- Receive \$500 to carry out healthy taste tests with students and parents in a minimum of five classrooms.
- Use taste test results to establish or revise food and beverage guidelines for healthy parties and celebrations.
- Communicate food and beverage guidelines for healthy parties and celebrations to parents, students and school staff.
- Implement food and beverage guidelines during healthy parties and celebrations in at least 75% of classrooms.
- Develop or revise a school policy around healthy parties and celebrations using program outcomes.
- Share policy and experiences with district leaders and explore ways to include the district's local school wellness policy.





Nutrition Education

(Can be selected for grades K-12)

Michigan Model for Health™ is a nationally recognized, evidence-based health education curriculum that aims to teach K-12 students the knowledge and skills needed to practice and maintain healthy behaviors and lifestyles. The curriculum provides age-appropriate lessons that address issues commonly faced by students, including proper nutrition, physical activity and other wellness and safety concerns. These 20- to 45-minute lessons are taught by classroom teachers, and include extension ideas for core subjects, such as language arts and social studies, as well as ways to extend learning outside of the classroom. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, a healthy diet can help students reach and maintain a healthy weight, reduce their risk of chronic diseases (such as heart disease and cancer), and promote overall well-being. The curriculum also provides information for parents about the content students are learning in the classroom and suggestions for related activities that can be done at home.

If this resource is applied for and awarded, each school will:

- Have all teachers in each grade level selected on the application complete the Michigan Model for Health™ two to three hour online training module (regardless of previous training experience).
- Use funding provided to have all teachers in each grade level selected on the application schedule and attend the Michigan Model for Health™ one to two hour face-to-face training with their regional school health coordinator (only required for teachers who have never received training).
- Receive grade-specific Michigan Model for Health™ curriculum.
- Receive grade-specific posters and other support materials needed to teach the nutrition and physical activity lessons below in all grade levels selected on the application.
- Have classroom teachers implement nutrition and physical activity lessons from the Michigan Model for Health in all of the classrooms at the grade levels selected on the application.

Grade	Number of lessons
K	3 (20 minutes each)
1	3 (25 minutes each)
2	3 (25 minutes each)
3	5 (30 minutes each)
4	4 (40 minutes each)
5	4 (40 minutes each)
6	7 (45 minutes each)
7-8	11 (40 minutes each)
9-12	10 (40 minutes each)



Meals on the Move

(Each option can be selected for grades K-12. All schools must participate in the National School Breakfast and National School Lunch Programs and can only apply for one of the four options during the application process.)

The public health and economic impact of the COVID-19 global pandemic has widened the gaps in food insecurity, poverty and access to healthy food choices. Students and their families depend on the National School Meals Program to fill those gaps during ordinary times and even more so during a crisis like COVID-19. The resources below increase access to school meals by providing options to transport meals safely to students. They will help meet the needs of individual schools and districts while addressing the evolving mode of delivery for school meals. Schools can choose one option that will best support mobile meals and their existing school meal capacity. Please note that items may vary due to availability:

Option 1: Two (2) Hubert mobile classroom food carts + 12 nest & stack bins

Option 2: Two (2) two-crate rolling coolers

Option 3: 10 milk crate bags + 10 meal/smoothie bags

Option 4: Social distancing signage for cafeteria meal pick-up

If this resource is applied for and awarded, each school will:

- Receive equipment or signage selected during the application process.
- Use the equipment or signage during school breakfast or lunch to offer meals to students.
- Submit post-program data on breakfast and lunch participation.
- Maintain full ownership of the equipment or signage and have the responsibility for care and maintenance of granted equipment or signage for its useful life.

Focus Area 3: Well-Being Resources



Social and Emotional Health Education

(Can be selected for grades K-12)

Michigan Model for Health™ is a nationally recognized, evidence-based health education curriculum that aims to teach K-12 students the knowledge and skills needed to practice and maintain healthy behaviors and lifestyles. The curriculum provides age-appropriate lessons that address issues commonly faced by students, including proper nutrition, physical activity, and other wellness and safety concerns. These 20- to 50-minutes lessons are taught by classroom teachers, and include extension ideas for core subjects, such as language arts and social studies, as well as ways to extend the learning outside of the classroom. Social and emotional development is important for students' academic success, college and career success, and life success. In other words, these skills lay the foundation for individuals to be healthy, fulfilled and productive citizens. The curriculum also provides information for parents about the content that students are learning in the classroom and suggestions for related activities that can be done at home.

If this resource is applied for and awarded, each school will:

- Have all teachers in each grade level selected on the application complete the Michigan Model for Health™ two to three hour online training module (regardless of previous training experience).
- Use funding provided to have all teachers in each grade level selected on the application schedule and attend the Michigan Model for Health™ one to two hour face-to-face training with their regional school health coordinator (only required for teachers who have never received training).
- Receive grade-specific Michigan Model for Health™ curriculum.
- Receive grade-specific Michigan Model for Health™ posters and other support materials needed to teach the social and emotional health lessons below in all grade levels selected on the application.
- Receive \$500 to support implementation of social and emotional health initiatives that utilize information from your HSAT Social & Emotional Health action plan items.
- Have classroom teachers implement social and emotional health lessons from the Michigan Model for Health™ in all of the classrooms at the grade levels selected on the 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)

Social and emotional learning (also known as SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions. This resource provides the SEL education school staff need to successfully integrate the SEL process into their school culture. Five professional development modules are available online through Michigan Virtual for administrators, teachers and other school professionals. These modules provide an introduction to SEL, instruct schools on how to incorporate SEL strategies school-wide and cover trauma-informed support techniques using the SEL process.

If this resource is applied for and awarded, each school will:

- Receive free online continuing education and credits through Michigan Virtual on Social and Emotional Learning.
- Have all school building staff members, including teachers, support staff and administrative staff, participate in five hours of continuing education and professional development.
- Have administrators, social workers, counselors and the School Health Team participate in three hours of additional continuing education and professional development.
- Review Connecting Social and Emotional Learning to Michigan's School Improvement Framework.
- Receive \$1,000 to support implementation of social and emotional health initiatives that use information from Michigan Virtual training and your HSAT Social & Emotional Health action plan items, teacher substitute pay for training time or teacher incentives.



Staff Well-Being

(Can be selected for grades K-12)

When it comes to well-being in schools, staff will always put students first. Staff wellness is sometimes thought of as a nice-to-have rather than a must-have that completes a school's culture of wellness. A culture of wellness that includes staff wellness drives results by helping to create a healthy, engaged workforce. The connection between engagement and positive performance is well established, and engaged teams show even greater performance success. This resource provides schools with an opportunity to integrate staff well-being into their culture of wellness. Staff well-being webinars are available online to provide tips, ideas and strategies to help adults be the best version of themselves every day. Funding supports the strategies schools choose to incorporate to best meet the needs of all staff.

If this resource is applied for and awarded, each school will:

- Utilize resources to help school staff be in the best state of well-being for self, students and families and set the tone for a positive learning culture.
- Receive access to well-being webinars for all school staff to view.
- Have at least 75% of staff view a minimum of five webinars throughout the program year.
- Receive \$1,500 to support implementation of staff well-being initiatives that use information from well-being webinars and your HSAT staff wellness action plan items.

Step 4

Evaluate and sustain your actions

Evaluation is crucial to understanding the success of any program and provides access to key information that links future programming to long-term sustainability. The information will only be used for program evaluation purposes. All identifying information will be kept confidential and will not be published.

Awarded schools will:

- Complete two online status reports with School Health Team (15 minutes).
- Consider applying for the Michigan School Wellness Award and the opportunity to be recognized for making significant school environment improvements related to healthy eating, physical activity and tobacco-free lifestyles.
- Consider applying for available grants and programs that will enhance and expand efforts.
- Have the opportunity to participate in site visits or interviews to share program insights with the Building Healthy Communities team.



Step 5

Share your success

Schools put a substantial amount of time, effort and expertise into their school environment to establish policies and practices that support healthy behaviors and provide opportunities for students to learn about and practice those behaviors. These lessons learned should be shared so your school or school district's success can inspire other schools and districts to make improvements.

Awarded schools will:

- Develop and submit at least one success story highlighting each resource received and overall program successes.
- Submit a minimum of five photos highlighting program successes for awarded resources.



Program eligibility

Any public, charter or private nonprofit school in Michigan serving any grade levels, K-12, is eligible to apply for the program. Building Healthy Communities is available to schools regardless of their:

- Free and reduced price school meals percentage
- Geographic location
- Participation in other school wellness grants, programs or initiatives

Selection criteria

Selection will be based on a school's readiness. School readiness will be determined by the existence of a School Health Team that is committed to participate in the program, carry out the required components within the stated timeline and sustain the program for the future. Schools will be selected to participate based on eligibility and available funding.

Key dates at a glance

April 2020	Application website opens
May 1 and September 1	Informational webinar at 10 a.m.
October 30	Applications due by 5 p.m.
November 2020	School awards announced
November 2020	Program implementation begins



How to apply

1. If you're interested in learning more about the program or have questions about the application, you can participate in one of two informational webinars.
The first webinar is at 10 a.m. on May 1, 2020, and the second is at 10 a.m. September 1, 2020. Visit buildinghealthycommunities.arewehealthy.com* to register.
After registering, you'll receive a confirmation email with instructions on how to join the webinar.
2. If you can't attend a live webinar, you can access the recording at buildinghealthycommunities.arewehealthy.com*. You can also click on Useful Links to review the Frequently Asked Questions.
3. To submit an application, go to buildinghealthycommunities.arewehealthy.com*.
New or Expansion schools will select the green "register" button to begin the application process. On the application dashboard, all schools must complete and submit the Required School Information section first. Next, schools can choose which of the available resources they want to apply for. To apply for a resource, click on the icon and complete that section of the application. **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.**
Returning schools will select the blue "login" button and enter your school's previously established email and password to begin the application process. On the application dashboard, all schools must complete and submit the Required School Information section first. Next, schools can choose which of the available resources they want to apply for. To apply for a resource, click on the icon and complete that section of the application.
4. If your school has questions about the program or application process, email the Program Coordinator, Deb Grischke, at miwellnesscoach@gmail.com.

*Blue Cross Blue Shield of Michigan does not control this website or endorse its general content.



Notes

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Handwriting practice lines consisting of 20 horizontal lines.

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



Blue Cross
Blue Shield
Blue Care Network
of Michigan



MICHIGAN HEALTH
ENDOWMENT FUND



MICHIGAN
FITNESS
FOUNDATION

MICHIGAN STATE
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MILK
MEANS MORE