

# Shape School Grants

Georgia Shape is a statewide, multi-agency and multi-dimensional childhood obesity initiative that grew out of a 2009 bill, the Student Health and Physical Education (SHAPE) Act. The SHAPE Act requires that all K-12 students take part in an annual fitness assessment. This legislation was the springboard that led to the Shape program at Georgia Department of Public Health (DPH). The collective impact model brings together governmental, philanthropic, academic and business communities to address childhood (0-18) obesity in Georgia.

Georgia Shape is heavily focused on public/private partnerships to address childhood obesity. Since Georgia Shape's inception, Georgia has gone from the state with the 2nd highest childhood obesity rate in the nation to 17th, with millions of Georgia's youths being touched through Shape's diverse partnerships, programs, and efforts. These initiatives include provider, health education and teacher trainings on early feeding, breastfeeding, physical activity and nutrition best practices, as well as recognition programs for schools, students, early care and education centers, and hospitals, physical activity and nutrition programming.

<https://dph.georgia.gov/georgia-shape-0/shape-school-grants>

As part of the Georgia Shape initiative, the Georgia Department of Public Health's (DPH) Child Health and Wellness program awards grant funding to assist local schools with expanding and enhancing their physical activity and nutrition efforts. More than 60 schools have been funded to date. This program is open to any public school, elementary, middle or high, across the state.

Along with a funding award, grantees are provided technical assistance that includes—

- Statewide recognition
- Attendance a statewide healthy schools' summit
- Completion of school health assessment
- Action planning and resources
- Peer to peer learning and trainings
- Assistance with evaluation

## Partners

Awardee schools will receive ongoing subject matter expertise support from other statewide partners:

- Alliance for a Healthier Generation
- Children's Healthcare of Atlanta
- Georgia Department of Agriculture
- Georgia Department of Community Health
- Georgia Department of Education
- Georgia Department of Public Health – Worksite Wellness
- Georgia Health Policy Center
- Georgia Organics
- HealthMPowers
- The Dairy Alliance/Fuel Up to Play 60

## Round X

- Funding Opportunity Release Date: February 23, 2021
- Application Due Date: March 10, 2021 11:59 PM EST
- Anticipated Award Notification: March 2021
- **Funding Year: April 2021 to September 30, 2021**

# Shape School Grants

**From the list below, select the evidence-based nutrition activities your school will implement in the 2020-2021 school year.**

- ☒ School garden/farm to school
- ☒ Utilizing evidence-based nutrition education curriculum (virtual or in-person)

**Enhanced Applicants Only: From the list below, select the Physical Activity/Physical Education (PA/PE) strategies your school will implement in the 2020-2021 school year.**

- ☒ Physical activity integration across the school day (Power Up for 30) including Activity integration with lessons / brain breaks / classroom-based PA
- ☒ Improve PE quality through implementing evidence-based PE curriculum (virtual or in-person) and/or technology with a goal of increasing minutes of MVPA

## STRATEGY 1

Name of Strategy	Nutrition: School garden/farm to school
Responsible Person	Mr. Ivan Vassall, Garden Coordinator + School Garden Committee
Timeline for Implementation	March 17 <sup>th</sup> – September 2021
Specific Action Steps	1. Enhance existing indoor hydroponic system and outdoor garden space. and 2. Grow Food from Spring to Summer for DPA Farmer's Market Tasting(s).

The Garden of Hope is DeKalb Preparatory Academy's school community garden which serves as the planned space for DPA scholars to learn and apply gardening skills. The Garden of Hope's mission is to teach scholars to grow food and plants using project-based curriculum focused on ecology, agriculture, economics, and community service. The overarching goals are for students to develop a respect and appreciation for their health and the health of other living things and the environment while gaining experience from collaborative work and accomplishments in a larger community project. Specific objectives for this project are to: **1.) Expand the current garden to both outdoor and indoor for year-round gardening using the Lettuce Grow hydroponics system with indoor grow lights and seedlings;** 2. Scholars and community partners volunteers, will grow fruits and vegetables this Spring and Summer. 3.) DPA has a goal to host two but a minimum of one, school garden Farmer's Market Taste Testing, which is a service-learning opportunity for scholars to provide new food choices, from food they have grown, through a school-wide taste testing for their peers and teachers. The success of the project will be measured by our progress toward, and achievement of the objectives set for the garden program. DPA aims to have a functioning indoor/outdoor garden, over 60 new students per year engaged and a harvest that will support DPA's first taste testing for our students and staff.

**Number of students and/or staff impacted:** 540 Students and 45 Staff

# Shape School Grants

## STRATEGY 2

**Name of Strategy** Nutrition: Taste tests/menu modifications

**Responsible Person** Garden Committee and Nutrition Director

**Timeline for Implementation:** March – September 2021

### Specific Action Steps

*As part of DPA's Health and Wellness Program efforts to incorporate food, farm, and nutrition education into our curriculum, the school has set a goal to educate students on nutrition by providing samples of new items, grown in our community garden, to help children make healthier choices at home and outside of school. Taste tests are being introduced so that students could try different foods prepared in a variety of ways.* Specific Action Steps to implement the tasting are as follows:

- Step 1: Develop a Food Committee whose members consist of (2) Garden Committee members, (2) students, nutrition team members, and volunteers.
- Step 2: Refine goals - Before conducting taste test, review established goals and communicate with the team and school administration. Currently the Food Committee's overarching goals are to implement a taste test to broaden student experiences with a variety of foods and introduce foods that are grown locally in the school community Garden.
- Step 3: Tasting Planning - To include but is not limited to, deciding what food to feature and try first, what recipe to try, the logistics of the tasting, etc. Funding for this tasting will be used to prepare for day of tasting preparation (trays, gloves, cups, utensils, etc.) and to purchase additional ingredients needed to prepare the recipes.
- Step 4: Hold the tasting- Meet with teachers and food service staff to find a date that works for a taste test. On taste test day, the classroom preparing the food meets and assigns jobs. **Tasks include:**
  - Prep vegetables and fruits
  - Measure ingredients used in the recipe
  - Cook the recipe with the help of the school food service director and their teacher
  - Make signs and posters announcing the taste test and featured food
  - Design posters advertising the health benefits of the food being served
  - Serve the sample during lunch
  - Tally results of the test: Did students try it? Did they like it? Would they try it again?

For the first time ever DPA is planning to host a "healthy options" or "first- timer" taste testing for our students from food grown by scholars and community partners our outdoor and/or indoor garden(s). The objective is to offer students a chance to learn about and be exposed to new foods, local foods, a variety of flavors, and healthy food preparations.

**Number of students and/or staff impacted** 540 Students and 45 Staff

# Shape School Grants

## STRATEGY 3

**Name of Strategy:** Improve PE quality through implementing evidence-based PE curriculum (virtual or in-person) and/or technology with a goal of increasing minutes of MVPA

**Responsible Person** Coach Eric Smith and Coach Michael Newell + HealthMPowers Wellness Team

**Timeline for Implementation** April 2021 – September 2021

### Specific Action Steps

In 2020 DPA began a three-year partnership with HealthMPowers to implement their school-wide intervention that includes training, direct services and resource materials that are presented in a memorable and interactive format to promote healthy behaviors and environments in schools. During remote learning and hybrid learning DPA has sought to maintain the same or comparable percentage of health, nutrition and physical education class and physical activity time. As an evidence-based public health program, HealthMPowers has established a proven track record of improving student health knowledge, behavior, physical activity, and school policies—while maximizing valuable class time. Each week our coaches use the teacher guides provided by HealthMPowers in their variety of stand-alone resources and teaching aids correlated to Core Curriculum Georgia Performance Standards to easily integrate additional health education and physical activity in the classroom.

In addition to the three-year program, DPA has focused class time on activity-focused PE to contribute to academic performance, improved attendance, and positive classroom behavior. Increasing MVPA in PE has the greatest potential for increasing physical and mental health benefits for most students. The goal is a minimum of 50% of class time to be engaged in MVPA. Increasing MVPA in PE provides more opportunities to meet other PE goals such as motor development, increased fitness, skill enhancement and positive social interactions.

After nearly a year of virtual instruction, students that have worked hard toward their goals virtually are invited to participate in the DPA hosted Field Day for scholars this Spring. ***Teachers and staff of DPA will also be offered a chance to participate in a health and wellness activity, that will include a physical activity like Yoga and learning sessions with games and prizes. Funding from this project shall be used to buy supplies for the event like water, sports drinks and snacks and field day equipment to compete. Next Steps include: 1.) planning the field day and Health + Wellness activities for teachers; and 2. purchasing supplies and equipment to compete and to host safe and socially distanced events. 3. Host the events! After field day, equipment will be utilized in an exercise circuit to support those students that need “brain breaks” and to promote Moderate to Vigorous Physical Activity.***

**Number of students and/or staff impacted:** Up to 536 Students and 45 Staff Members

**Using 250 words or less, describe your top challenges to implementing your grant-related activities as proposed.**

Proposed grant related activities are already underway at DPA. At this time, DPA’s top challenge would be to ensure that incidences related to Covid-19 do not alter our timeline or ability to host field day safely and social distanced, in May.

# Shape School Grants

## BUDGET

- Nutrition Activity Strategies \$

**Core Grantees** (\$1,000 - \$3,000) and **Enhanced Grantees** (\$3,000 - \$5,000) estimate how much of the Shape grant will be spent on nutrition strategies.

\$2,000

- physical activity strategies\$

**Enhanced Grantees ONLY** (\$3,000 - \$5,000) estimate how much of the Shape grant will be spent on physical activity strategies.

\$2,000

- worksite wellness\$

**Grant Add-On:** Employee Wellness (maximum \$1,000) estimate how much of your Shape grant your school will spend on employee wellness strategies.

\$1,000