

## KAISER PERMANENTE THRIVING SCHOOLS ACTION PLAN GRANTS

### EXAMPLE ACTIVITIES FOR HIGH IMPACT STRATEGIES

#### Physical Activity Strategies

- Increase physical activity during daily recess in elementary schools
  - ✓ School yard/field improvements such as playground game stencils.
  - ✓ Purchase sufficient equipment (balls, jump ropes, hula hoops) so that large numbers of students can be active at recess.
- Increase the proportion of PE classes where students spend at least 50% of class time being moderately to vigorously active
  - ✓ Purchase needed equipment to engage students in high activity games and minimize student time spent waiting to use equipment.
  - ✓ Augment equipment purchases with staff/teacher training to promote use and reach most students regularly. For example, purchase and implement the SPARK PE training and equipment package.
  - ✓ Click [here](#) to review the eligible SPARK packages. If the link does not work, please copy and paste this URL into your browser: <http://communitypartners.org/kaiser-permanente-thriving-schools-action-plan-grants-documents>
- Increase minutes of weekly PE in elementary school
  - ✓ Purchase and implement the SPARK classroom activity/recess training and equipment package to promote PE taught by classroom teachers. Click [here](#) to review the eligible SPARK packages.
- Increase years of PE required in middle/high school
  - ✓ Purchase equipment to facilitate enhanced PE program.
- Promote walking/biking to school
  - ✓ Install secure bike storage on campuses.
- Institute physical activity breaks in the classroom
  - ✓ Purchase and implement the SPARK classroom activity/recess training and equipment package. Click [here](#) to review the eligible SPARK packages.
  - ✓ Purchase equipment to facilitate physical activities as classroom achievement incentives.

#### Nutrition Strategies

- Increase proportion of competitive foods/beverages sold in school meeting USDA Smart Snacks in School standards

- ✓ Purchase equipment needed to store/prepare fresh, healthy snacks (fruits, vegetables, yogurt, etc.).
- Increase the availability of fruits and vegetables outside of the cafeteria
  - ✓ Purchase equipment and trainings needed to store/prepare fresh produce.
- Increase participation in the school breakfast and lunch programs
  - ✓ Purchase equipment to provide alternative breakfast programs such as breakfast in the classroom.
  - ✓ Purchase trainings to enhance appeal and efficiency of school meal programs.
- Implement cafeteria alternatives designed to promote increased school meal participation (kiosks, grab and go, reimbursable vending options, etc.)
  - ✓ Purchase equipment such as point of sale machines and mobile food carts.

### Staff Wellness Strategies

- Increase staff access to healthy food on school campuses
  - ✓ Purchase equipment (knives, cutting boards, refrigeration, dishes, and flatware) to allow staff to prepare healthy meals and snacks.
- Increase staff access physical activity on school campuses
  - ✓ Purchase exercise equipment reserved for staff use on campus, e.g. in the staff breakroom or in the school gym.
- Promote staff social emotional wellbeing
  - ✓ Renovate staff breakrooms to provide staff an appealing space for relaxation and teamwork.
  - ✓ Click [here](#) to review resources for improving Staff Break Rooms. If the link does not work, please copy and paste this URL into your browser:  
<http://communitypartners.org/kaiser-permanente-thriving-schools-action-plan-grants-documents>