

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.
- Increase minutes of weekly PE in elementary school
 - ✓ Purchase equipment and training to promote PE taught by classroom teachers.
- 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 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>