



Email Subject

Attention Michigan Schools, 2020-2021 Building Healthy Communities: Step Up for School Wellness Program Application Now Open

Email Text

School leaders are not only preparing their Continuity of Learning and COVID-19 Response Plan to finish the 2019-2020 school year, they also have a renewed focus on the health and well-being needs of students and staff moving forward. Our State Superintendent has identified social and emotional supports as one of the top three needs for schools. Public health leaders are stressing handwashing as a long-term strategy beyond this pandemic. Physical activity and healthy eating continue to remain key areas of focus to prevent chronic diseases and reduce health care costs. The Building Healthy Communities: Step Up for School Wellness program is able to address the needs of schools in all of these areas.

We invite you to encourage any public, charter or private nonprofit school in Michigan serving any grade levels, K-12 to apply for the [Building Healthy Communities: Step Up for School Wellness Program](#) starting **April 16 through September 30, 2020**. The application process is online and requires less than 30-minutes. Awarded schools will receive evidence-based resources that support the [Whole-Child model](#), provide data source needs for the [MICIP](#) process, fill gaps in public health plans and reduce negative health impacts during uncertain times.

Each school can customize resource choices, reapply each year to add new resources and, overtime, create a comprehensive culture of wellness that optimizes the well-being of all students, staff and administrators. We encourage school leaders to review the attached Request for Applications (RFA) or on the [application website](#) for eligibility information, program overview, resource descriptions and application information. Please apply for the resources that match your school's specific needs. Each awarded resource has a school coach to assist with implementation and schools that are new to the program will receive \$1,000 to complete Michigan's Healthy School Action Tools. The 2020-2021 resources include:

FOCUS AREA 1: Physical Activity and Physical Education Resources

- **Classroom Physical Activity Breaks** (GoNoodle Plus for all teachers)
- **Active Recess** (Recess Cart + Equipment + Activity Cards)
- **Quality Physical Education** (Exemplary Physical Education Curriculum™ + Equipment + Training)
- **Walk-n-Run Fun** (Resources to Host Walk-Run Program + Toe Tokens/Chains + Training)
- **Healthy Out-of-School Time** (Come Out and Play Curriculum + Pedometers + Training)

FOCUS AREA 2: Healthy Eating and Nutrition Education Resources

- **Healthy Beverages** (Commercial Grade Smoothie Blender OR Hot Chocolate Milk Machine + Recipes + \$250 for Taste Tests)
- **Healthy Choices** (Funding for Cafeteria Changes)
- **Healthy Parties and Celebrations** (Loads of Recipes, Snacks and Ideas + \$500 for Taste Tests)
- **Nutrition Education** (Michigan Model for Health™ Curriculum + Resources + Training)

FOCUS AREA 3: Well-Being Resources

- **Social and Emotional Health Education** (Michigan Model for Health™ Curriculum + Resources + Training + \$500 for Social and Emotional Health Initiatives)
- **Social and Emotional Learning Staff Education** (Continuing Education and Credits through Michigan Virtual's SEL Modules + \$1,000 for Social and Emotional Health Initiatives)
- **Staff Well-Being** (Access to Well-Being Webinars + \$1,500 for Staff Well-Being Initiatives)

After reviewing the RFA, schools can email the Program Coordinator, Deb Grischke, at miwellnesscoach@gmail.com with any questions or register to participate in one of the Informational Webinar on May 1, 2020 at 10:00 a.m. or Sept. 1, 2020 at 10:00 a.m.

Blue Cross® Blue Shield® of Michigan, Michigan Department of Health and Human Services, 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 are working together to improve student health and transform school environments through Building Healthy Communities: Step Up for School Wellness.