



Healthy Schools Program Support, Resources, and Tools Available for Districts and Schools

The Alliance's Healthy Schools Program has many resources available to help support your efforts to develop healthier school environments. Please find below what is available to your district or school.

Healthy Schools Program Staff

Our staff will provide free training and technical assistance to help districts and schools develop sustainable systems for establishing a healthier school environment, specifically related to nutrition and physical activity.

Program Managers

- **Guide your school and district staff** through the process of analyzing your school's current status and develop an action plan to create change.
- **Cultivate and develop key relationships** within the school health and childhood obesity prevention communities for collaboration and brokering key resources to support your school.
- Connect participants with **professional development** for deeper engagement in the Healthy Schools Program.

Member Engagement & Support Team

- **Host technical assistance sessions and website walk-throughs** on schools.healthiergeneration.org.
- Generate data reports to provide your district with **valuable school data** related to the implementation of nutrition and physical activity policies and practices.
- Available at help@healthiergeneration.org or (888)-543-4584 to provide technical support and answer your questions.

National Advisors

- **National school health experts** who provide professional development, training and technical assistance to schools via phone, in person or through online options in the following wellness categories:
 - School Health and Safety Policies and Environment
 - Health Education
 - Physical Education and Other Physical Activity Programs
 - Nutrition Services
 - Health Promotion for Staff
 - Family and Community Involvement

Healthy Schools Program Support, Resources, and Tools

Healthy Schools Program Website

- Provides a [dashboard](#) for your district and school to **build a team and access our tools and resources**.
- Identifies the strengths and opportunities of your district and school policies and programs for promoting health, nutrition, and physical activity via the **Assessment tool**.
- Provides the **Action Plan tool** to help your team make a plan and connect with evidence-based resources and tools to put policies and programs into place.
- **Captures valuable data** to inform decisions to improve the school environment.

Training Center

- Hosts a [rich catalogue](#) of **live and on-demand, FREE professional development sessions** to learn best practices for improvements in specific wellness areas.
- Allows you to access on-demand trainings **any time, from any computer**.
- Gives you a forum to **participate in online discussions and network** with Healthy Schools Program staff and schools from across the country.

Tools to Comply with Federal Regulations

- **Use the Alliance's [Model Wellness Policy](#)** as a guide to update your district's wellness policy and align with the USDA Final Rule.
- **Provide your district with [steps to take](#)** to ensure the unique needs of your school and district population are met through wellness policy implementation and evaluation.
- **Identify healthy food and beverage options** that meet students' taste preferences, your school's budget and USDA guidelines on the [Alliance Smart Foods Planner](#). Home to the [Product Navigator](#) and [Calculator](#), as well as recipes and interactive menus.

Recognition Opportunities

- Celebrate your school and district with the [Alliance's National Healthy Schools Award](#), for schools participating in the Healthy Schools Program that meet our best practice criteria.
- **Share your commitment to create a healthier school** locally, nationally and on [social media](#).