2016-2017

Healthy Futures Challenge Guide

Healthy Futures Challenge Guide

Table of Contents

Contact Information 1

About Healthy Futures & Important Challenge Dates 2

Challenge Overview 3

Getting Started: Step-by-Step 5

Healthy Futures Online App Instructions 6

Sample Parent Letter 9

Tips for Families 10

Successful Strategies for Building Enthusiasm and Participation 11

Challenge Participation 13

Physical Activity Log ..... inside back cover

Physical Activity Word Cloud ..... back cover

Contact Information

Staff Contacts

Contact for: Challenge registration, online App help, and incentive requests
Alyse Loran
Healthy Futures Coordinator
Cell: 360-6331
Alyse@healthyfuturesak.org

Contact for: Events, program information, and sponsorship
Matias Saari
Healthy Futures Coordinator
Cell: 529-4178
Matias@healthyfuturesak.org

Contact for: Guest speaker appearances and program information
Harlow Robinson
Executive Director
Alaska Sports Hall of Fame
Cell: 240-3684
Harlow@alaskasportshall.org

Contact for: Middle School Challenge, Development and Fundraising:
Shelley Romer
Development Director
Cell: 351-6973
shelley@healthyfuturesak.org

Web links

Healthy Futures website
Healthy Futures is the signature program of the Alaska Sports Hall of Fame
www.healthyfuturesak.org

Healthy Futures Facebook page
Follow us on Facebook at www.facebook.com/healthyfuturesAK to learn about challenge details and upcoming community events throughout Alaska.

Alaska Sports Hall of Fame www.alaskasportshall.org

Partners

Play Every Day
Includes tips and suggestions for families to get out and play every day.
www.playeveryday.alaska.gov
www.facebook.com/playeverydayak
obesity@alaska.gov

United Way of Anchorage http://www.liveunitedanchorage.org/

Providence of Alaska http://alaska.providence.org

Alaska Kidney Foundation

Alaska Native Tribal Health Consortium http://anthc.org/

Mat-Su Health Foundation http://healthymatsu.org/

About Healthy Futures

Who is Healthy Futures?

Healthy Futures is the signature program of the 501(c)3 nonprofit Alaska Sports Hall of Fame, Inc. Healthy Futures works to empower youth to build the habit of daily physical activity through core programs, such as the Healthy Futures Challenge and supporting community physical activity events.

How can Healthy Futures offer this challenge for free?

We are able to offer the Healthy Futures Challenge free to all students through partnerships, sponsorships, and donations. Our Olympian sponsors are the Alaska Department of Health and Social Services, Providence Health & Services Alaska, and The United Way of Anchorage. Our Champion sponsors are Alaska Kidney Foundation and Alaska Native Tribal Health Consortium. Healthy Futures also supports its programming through individual, corporate and community fundraising.

How do I get started?

The 2016-2017 Healthy Futures Challenge Guide is a step-by-step guide to participating in the Activity Log Challenge. The guide includes our contact information if you have any additional questions.

Students will receive incentive # 1 for log # 1; incentive # 2 for log # 2; and incentive # 3 for log # 3. If data is not received by the deadlines listed below, your school will not receive that month's incentives.

Challenge Dates

Challenge Month	Students Return Completed Logs to Teacher by:	Teachers Enters Students' Participation in Healthy Futures App
2016 Fall Challenge		
September	September 30th	October 9th
October	October 31st	November 6th
November	November 30th	December 7th
2017 Spring Challenge		
February	February 28th	March 7th
March	March 31st	April 7th
April	April 30th	May 5th

Challenge Overview

Welcome back to another exciting challenge! Once again, we are offering the opportunity to participate in the Healthy Futures program through an Activity Log Challenge. During the challenge, students and schools are rewarded for being active. This school year, our goal is to increase the number of students participating, as well as increase the average number of logs per student. The fall challenge is September, October and November. The spring challenge is February, March and April.

How does this work?

Each month of the challenge period, you give students an Activity Log (downloadable at http://healthyfuturesak.org/the-challenge/elementary-schools/challenge-resources/) with a deadline for returning them to you. Students complete the Activity Log each month and return the log to you. You will enter the student information into the online Healthy Futures online database (see page 6). You then award the students who completed the Activity Log with the appropriate incentive.

What are the incentives for the challenge participation?

The incentives for the students promote or support physical activity. The incentives change every challenge but some examples of past incentives include a clip-on blinking light, step pedometers, and a water bottle. Pictures and a list of the current challenge incentives can be found at www.healthyfuturesak.org.

How do I let Healthy Futures know who participated?

We are very excited to announce that we now have an online database designed to streamline the process of requesting incentives. Please review the instructions on page 6. Initially, you will need to enter each participating student's name, but then will be able to roll the names over from challenge to challenge.

You should enter your students' participation using the Healthy Futures online database after the end of each challenge month by the deadline listed on page 2.

What can my school win?

There will be a drawing among all schools that achieve at least 20% participation in the Healthy Futures Challenge. A total of 25 schools statewide that fit this criterion will be eligible to receive $200 grants. Schools can use this money to purchase educational materials or equipment that supports student physical activity.

Schools in each tier will be recognized with a banner for 1st, 2nd or 3rd place. Tiers are based on the population of the school: Tier 1 is 401 or more, Tier 2 is 201-400, Tier 3 is 41-200 and Tier 4 is 40 or less. In the event of a tie, the school that submits its database first will be ranked highest. Within each tier, the top three schools with the highest percentage of participation will be recognized with placement based on the average logs per participant calculation. The winning schools for the fall challenge will be announced about a month after the challenge ends.

Is there a grand prize for students?

Yes, there are four grand prize winners each challenge period! Students who turn in three consecutive qualified logs during the challenge period are entered into a drawing to win a $300 sports package. The sports package of $300 can be used for the purchase of equipment and/or lessons that promote physical activity. Teachers of the winning students will be contacted by Healthy Futures to coordinate details.

What counts as a qualifying log?

Qualifying logs must show **at least 60 minutes** of physical activity during a day, for at least **15 days** of the month. Students can count their active time during PE class and recess. This helps students get closer to the national recommendation of 60 minutes of physical activity every day for good health.

While it is healthiest for physical activity to be distributed throughout the month, the 15 days can occur in any pattern during the month and count toward a qualifying log.

The good news is that your students can spread out their 60 minutes of activity during the day. They can even break it up into smaller chunks of time during the day — as small as 10 minutes at a time of moderate to vigorous effort. For example, it could be 20 minutes of active time during PE class, 20 minutes during recess, and 20 minutes of playing tag with their friends after school. On a weekend, it could be a 60-minute hike with their family.

What can I do to help?

You can help by registering your school to take the challenge and discussing ideas with your students on ways they can be physically active. The decision to continue the incentive-based Activity Logs is based on the level of participation, available resources and your feedback.

Getting Started: Step-by-Step

1. Register for the challenge at http://database.healthyfuturesak.org/

2. Download an activity log

To download the log, visit http://healthyfuturesak.org/the-challenge/elementary-schools/. Copies can be made for students.

3. Download materials

The materials found in this guide are also available at: www.healthyfuturesak.org.

4. Teach students about the challenge

- Discuss which activities increase your heart rate and are vigorous.
- Challenge and set goals with your students. **For good health, children and youth should get at least 60 minutes of physical activity every day.**
- Laminate and hang a poster-sized log to use as a model and visual, which also serves as a great display to log your activity for students to see.
- Tell students and families about Healthy Futures events and how daily physical activity will help prepare their bodies for participating.

5. Communicate with parents

- Send letters to parents to announce the Healthy Futures Challenge and school goals for participation. Feel free to adapt the letter on page 9 to meet your individual needs.
- Consider asking parents to sign and return the letter with a commitment to participate and help their children get in the habit of daily physical activity.
- Direct parents to the Family Resources page on our website: http://healthyfuturesak.org/the-challenge/family-resources/

6. Accept and record completed logs

Record student names and number of qualifying logs through the Healthy Futures online database. Qualifying logs must show **at least 60 minutes** of physical activity during a day, for at least **15 days** of the month. Students can count their active time during PE class and recess. This helps students get closer to the national recommendation of 60 minutes of physical activity every day for good health.

You do not need to send the logs to Healthy Futures, but please store completed logs on site until the end of the year.

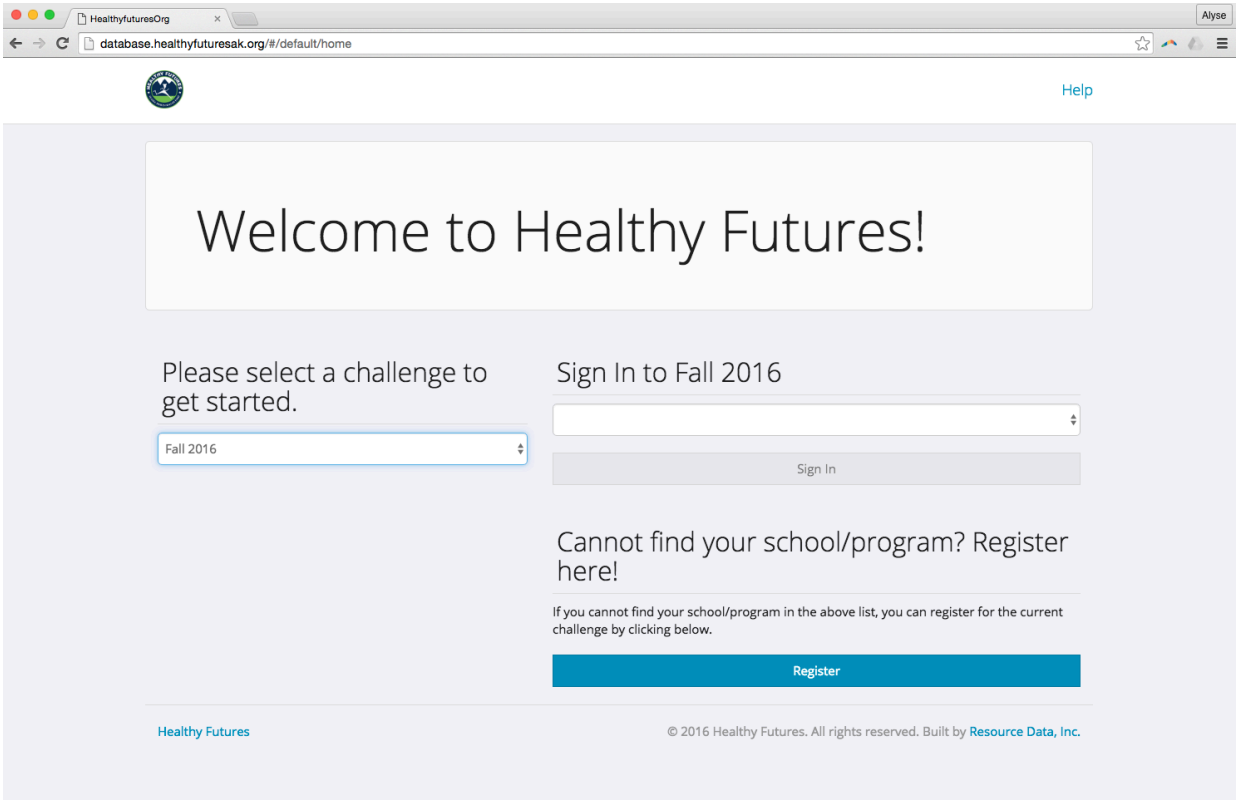
7. Award Incentives – You will typically receive incentives in the mail from Healthy Futures about two weeks after the end of each log. Students will receive incentive # 1 for log # 1; incentive # 2 for log # 2; and incentive # 3 for log # 3.

Healthy Futures Online Database Instructions

Healthy Futures has an online database to track student participation in the Healthy Futures Challenge. It must be completed in order for your students to receive incentives and be eligible for the grand prize drawing. **The data we receive from you is critical for our program to receive annual funding.**

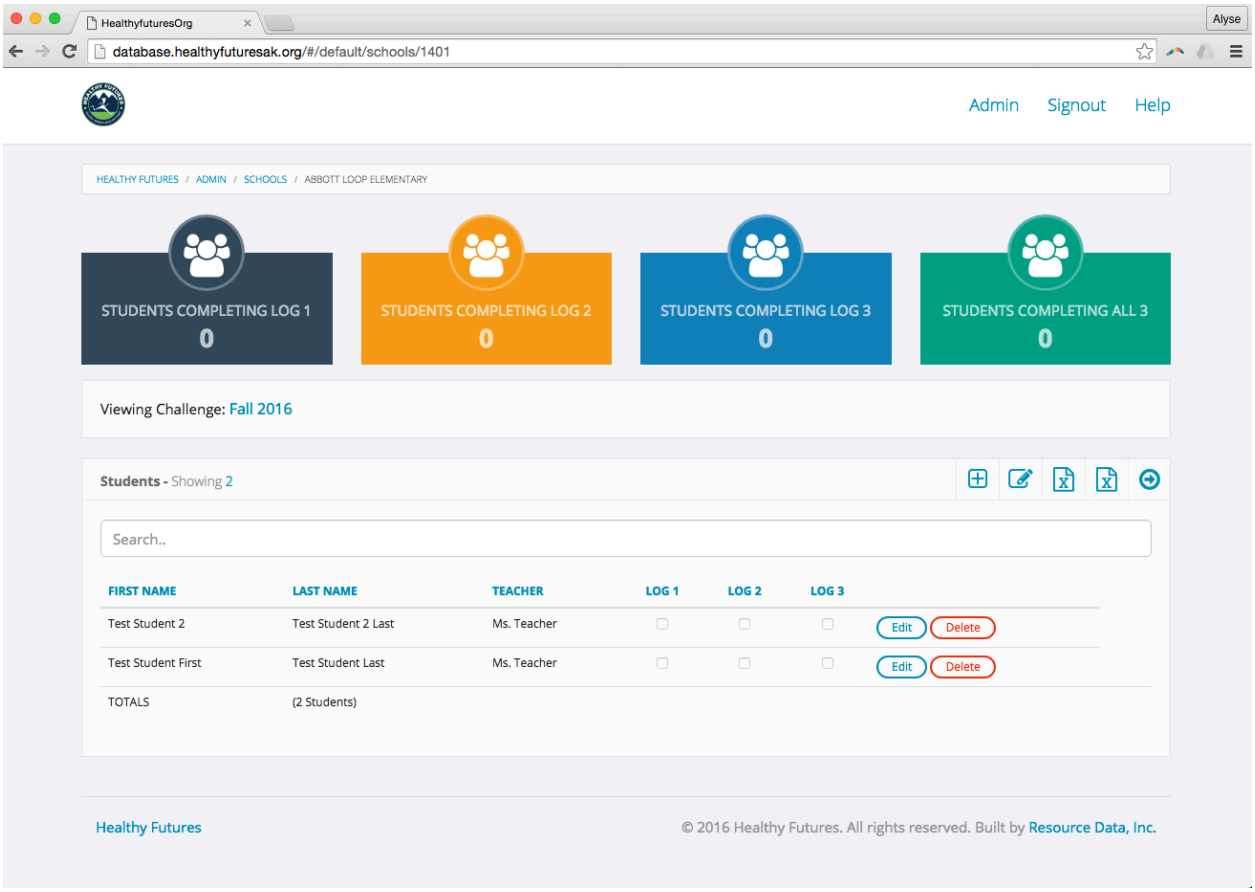
If you have any questions or need assistance with the App, please contact us. You may request a visit or a call to get you started or to answer any questions.

Register: Go to http://database.healthyfuturesak.org and click "Register." Enter your school's information in the dialog box that appears and click "Register" again. The email address you enter will be used for communications from Healthy Futures and it will be your sign-in for future use of the database.



Sign In: Go to http://database.healthyfuturesak.org and choose your school from the drop down list under "Sign in to Fall 2016." Enter the email address you used to register to sign in.

Add A Student: Once you're signed in, click the "+" to enter a student name. You must enter a teacher name, as well, although this is for your use and not Healthy Futures' use. Click "Save" and continue entering student names until you're done. Click "Close" and you will see the student names listed.



From the Student Log screen, you are able to sort by First Name, Last Name or Teacher by clicking on the column header.

The online App contains basic fields to record your students' log participation. It is only necessary to enter students' names once per school year. For the Spring Challenge, use the "PULL" button (➔) located on the right hand side of the screen to use the same student names entered in the Fall Challenge. This function also allows us to track students who participate the entire year.

Entering Submitted Logs and Requesting Incentives: Each time a student turns in a log, click on the corresponding column noting an activity log was completed. The information automatically saves, and there is no need to click a "save" button. Once entered, the information is automatically available for the Healthy Futures staff. As a reminder, you do not need to send the logs to Healthy Futures, but please keep them on site until the end of year.

Editing Your Registration: You can edit your registration information (contact name, contact email and phone, school address, etc.). Once you're signed in, click on the button next to the "+" sign that looks like a pen and paper. Edit your information, and click "save."

Exporting Student Names: The database allows you to export a list of all your students' names that will also show which students have completed each log. This can be useful for distributing incentives.

You can export the list once you've signed in by clicking the Export All button that looks like an Excel symbol (the middle of the 5 buttons on the right-hand side of your screen).

Note that you will not be able to export this list once the challenge is closed (early December for the Fall Challenge and early May for the Spring Challenge), so be sure to export your list as soon as you enter the student names if you will need access to it.

You can also export a list of the students who have completed all three logs in a challenge by clicking the further right of the two Excel symbols. These are the students who will be entered in our drawing for the $300 sports package.

Entering Late Logs: At the discretion of Healthy Futures staff, coordinators will be given the ability to enter logs after the official deadline. In order to do so, click the lock button next to the log for which you wish to enter logs. When the dialog box appears, confirm that you wish to enter late logs then enter your logs as normal. Healthy Futures staff will receive an email notifying us that you have entered logs, so we know to send extra incentives.

Please note: Entering late logs delays receipt of incentives for **all** schools across the state. Please try your best, for the sake of your peers, to enter logs before the deadline.

Sample Parent Letter

Dear Parents,

Welcome to the new school year! I am looking forward to working with you and your child, and I'm pleased to announce our school will be participating in the Healthy Futures Challenge this year.

The contest will run for three months, [insert names of months]. In addition to students winning prizes, our school can win up to a $200 grant for equipment or educational materials that support physical activity. Twenty-five schools who have 20% participation and higher will be drawn for the $200 grant prizes.

What is Healthy Futures? Founded by concerned parents, Healthy Futures is a statewide, grassroots movement to help youth build positive, lifelong physical fitness habits through two core programs: the Healthy Futures Activity Log Challenge and the promotion of youth attendance at local recreational events.

Why Healthy Futures? Kids are not as active as they should be. They need daily vigorous physical activity to build strength, endurance, healthy muscles, and bones or they may face tough problems like obesity, diabetes, and lower self-esteem. At [name of school], we are committed to helping students develop the skills, knowledge and desire they need in order to be physically active now and for the rest of their lives. Parents and the community also play a critical role in the solution for healthier, active children by providing motivation, encouragement, and daily opportunities for recreation beyond the classroom.

How does your child participate in Healthy Futures? With your assistance, your child records physical activity on the Healthy Futures Activity Log. Qualifying logs must show **at least 60 minutes** of physical activity during a day, for at least **15 days** of the month. Students can now count their active time during PE class and recess. While it is healthiest for physical activity to be distributed throughout the month, the 15 days can occur in any pattern during the month and count toward a qualifying log.

The good news is that your students can spread out their 60 minutes of activity during the day. They can even break it up into smaller chunks of time during the day — as small as 10 minutes at a time of moderate to vigorous effort. For example, it could be 20 minutes of active time during PE class, 20 minutes during recess, and 20 minutes of playing tag with their friends after school. On a weekend, it could be a 60-minute hike with their family.

This helps children get closer to the national recommendation of 60 minutes of physical activity every day for the best health. Students turn in completed logs to me [with your signature if teacher requires] in exchange for exciting prizes, including the chance to win a grand prize sports package of their choice, worth up to $300.

Incentives. In addition to being happier and healthier, students are rewarded for participating in Healthy Futures. The contest will run for the months of [insert names of months]. In exchange for turning in a completed log, students will receive the following prizes:

Log 1: [insert name of incentive]
Log 2: [insert name of incentive]
Log 3: [insert name of incentive]

This is a wonderful program that is sure to benefit your child and our school. If you have any questions, please do not hesitate to contact me. I've attached some ideas for activities the whole family can enjoy.

[Teacher's Signature]

Tips for Families

Health and Fitness - A Family Affair

Help your kids to discover the joy of physical activity. School age is the perfect time for them to learn about their bodies, healthy food, and the importance of physical activity. Making physical fitness fun and available is key to helping them develop lifelong healthy habits.

Kids tend to be more active when parents are. So get the whole family on the move this year with simple things everyone LIKES to do. Make it fun!

For more family activity ideas, visit www.playeveryday.alaska.gov and our family resources page http://healthyfuturesak.org/the-challenge/family-resources/

Helpful Hints for Healthy Futures

- Encourage children to get at least 60 minutes of moderate-to-vigorous physical activity per day.
- Limit non-academic screen time, TV and video game time.
- Plan family time that includes fun physical activities like walking or biking.
- Include physical activity in family events, such as birthday parties, picnics and vacations (Red Rover, for example).
- Bring kids to fun community youth recreation events, which focus on participation rather than winning. Check out www.healthyfuturesak.org. Invite the neighbor kids!
- Take nature walks to find and discuss the many different leaves, plants, and creatures.
- Park further away and take the stairs. Every step counts.
- Give gifts that encourage physical activity, such as sports equipment and lessons or passes.
- Support youth sports programs and extracurricular activities at school, community centers and events.
- Cheer your children on and congratulate them no matter what the outcome.
- All active kids need is water and a healthy snack.

Successful Strategies for Building Enthusiasm and Participation

The following are suggestions for helping your students succeed in developing healthy habits and succeed in the Challenge. They are based on suggestions from past Healthy Futures Challenge Coordinators:

Create a competition between grades or classes within your school! Reward the grade or class with the highest percentage of participating students with an extra PE class, a day of extended recess, a trophy that rotates between winning grades/classes, or a "free choice" day in PE class.

Publicly recognize winners with a poster in the hall outside their classroom or on a bulletin board at the front of the school. Try something like, "CONGRATULATIONS! This is the classroom of the Healthy Futures Fitness Champions!" Consider including a photo of the class doing something active.

Ask staff to participate in the challenge and display their logs for students to see. A large dry erase version of the activity log works well for this. You may even encourage kids to compete with their teachers!

Post photos of the kids who have turned in the most logs or who have logged the most hours. Include each students' favorite activity.

Consider approaching your school's PTA for support. They may be able to provide a prize (like a healthy snack party!) for the class with the most participation.

Assign the log as a daily homework assignment. If you use homework folders, include the log in the folder.

Keep families in the loop! Email them, post information at the front of the school, or include Challenge information in the school newsletter. Include reminders about prizes, log due dates, students or classes that are succeeding, and suggestions for getting the whole family involved.

Fill out the log as a class. This can be done daily or weekly. Have a couple students share what activities they did.

Create a challenge between teachers, and post progress for students to see.

Recognize students who exercise the most hours at a monthly assembly, or recognize students who turn in the most logs in the spring and fall at an assembly.

Ask your PTA to offer incentives like gift cards or month passes to a fitness club for teachers with high rates of participation in their classes.

Offer incentives to teachers who fill out their own logs! Create a monthly drawing for a prize, and enter every teacher who completes a log.

Have a student make a daily or weekly announcement to the school reminding students and teachers to fill out their activity logs.

Start an after school Fitness Club at your school! Have students log their activity at Fitness Club.

If your students fill their activity logs out at home, have a class discussion about where to keep logs so they're visible everyday and don't get lost. Taped to the wall next to the bedroom door? Magnet on the refrigerator?

Ask students to record what activity they did, along with the amount of time they did it. Use this to keep a running list of activities hanging on the wall of your classroom for all students to see.

Have older students pair with younger students to monitor and encourage them.

Hold a kick-off assembly to encourage participation! Have students demonstrate activities, recognize past active participants, demonstrate prizes, and/or get in touch with Healthy Futures to arrange for a visit from a Healthy Hero!

Laminate a large chart to hang on the wall with each student's name. When they arrive in the morning, their first task before you begin your lesson could be to write down what activity they did the day before and the length of time. Read a couple out loud, and allow a few minutes for students to record the information on their personal logs.

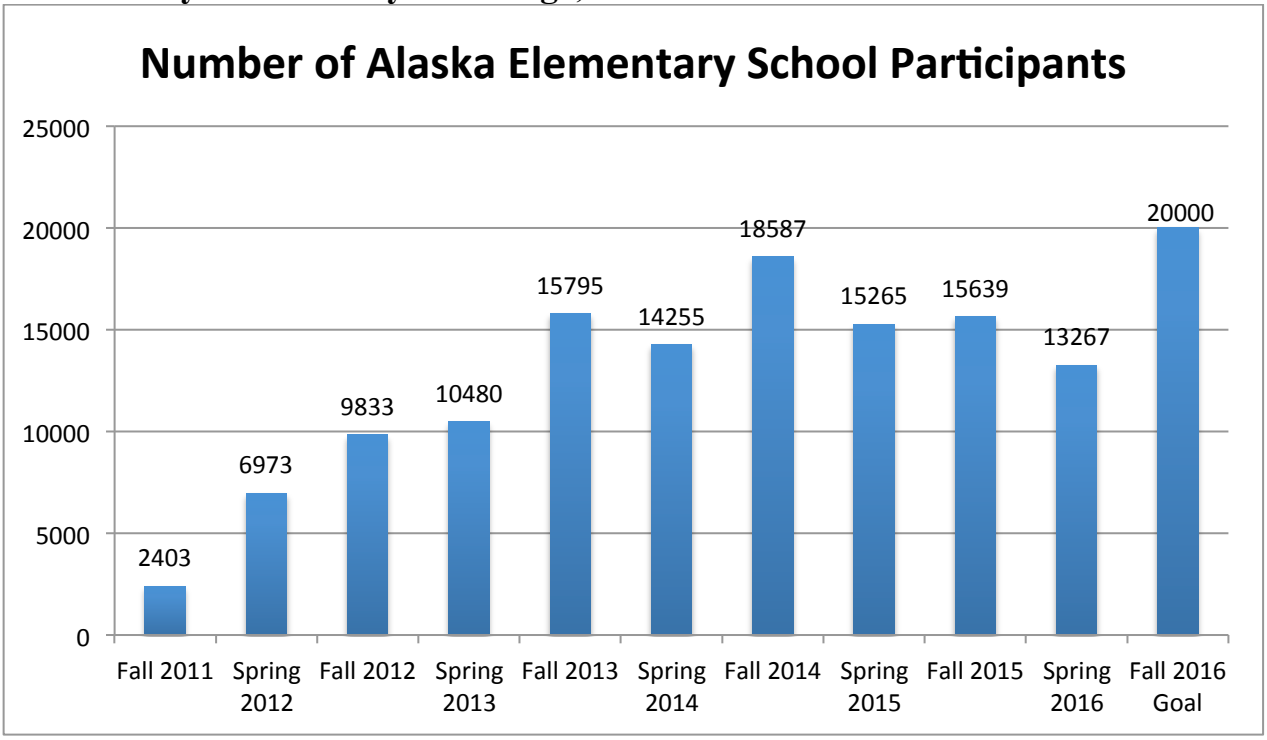
Hang a chart with each student's name. Every week put a sticker next to the names of students who complete a week of their log. This helps keep the momentum going!

Hold a monthly school-wide contest for designing the activity log. Print out copies of the winning log for students every month.

Challenge Participation

Students in participating elementary schools have the opportunity to complete 1-month activity logs. Being physically active for at least 60 minutes, fifteen times over the 1-month period of the Challenge, indicates a successful log. Children receive an incentive for completing a log and are eligible for a grand prize if they complete all three logs during a challenge period.

Number of Alaska Elementary School Children Participating in the Healthy Futures Physical Activity Challenge, 2011 - 2016



Healthy Futures Challenge Participation, 2016 Spring

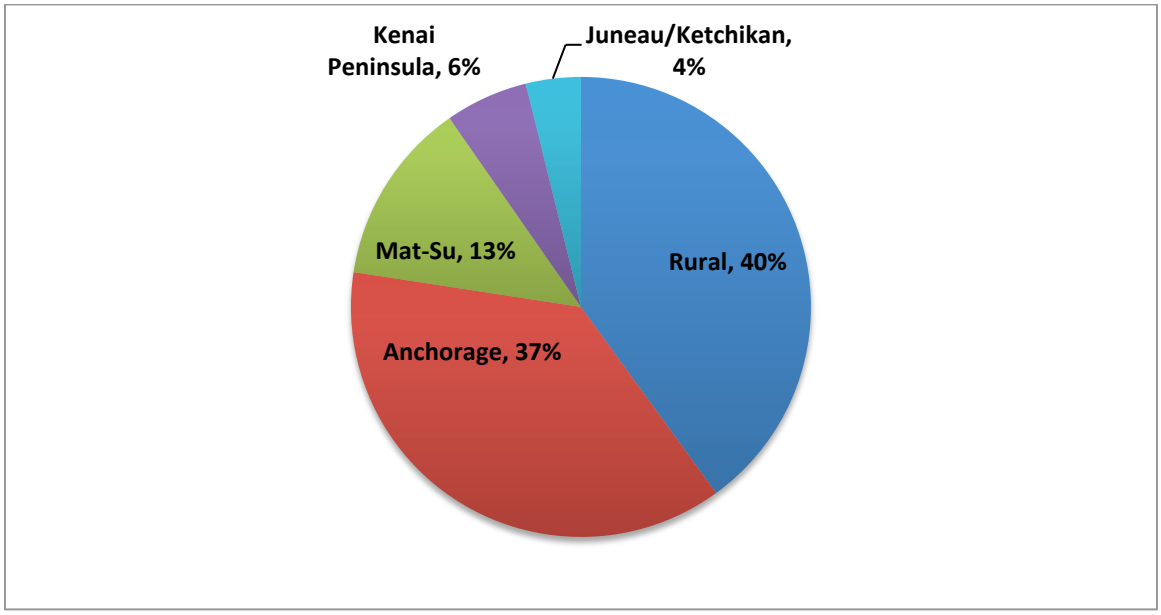
	School Districts^	Schools*	Communities	Unique Students	Logs	Average Logs per Student
Anchorage	1	55	7	6,652	14,093	2.12
Outside of Anchorage	36	119	78	6,615	13,518	2.04
Totals:	**37**	**174**	**85**	**13,267**	**27,611**	**2.08**

^ out of 54 possible districts

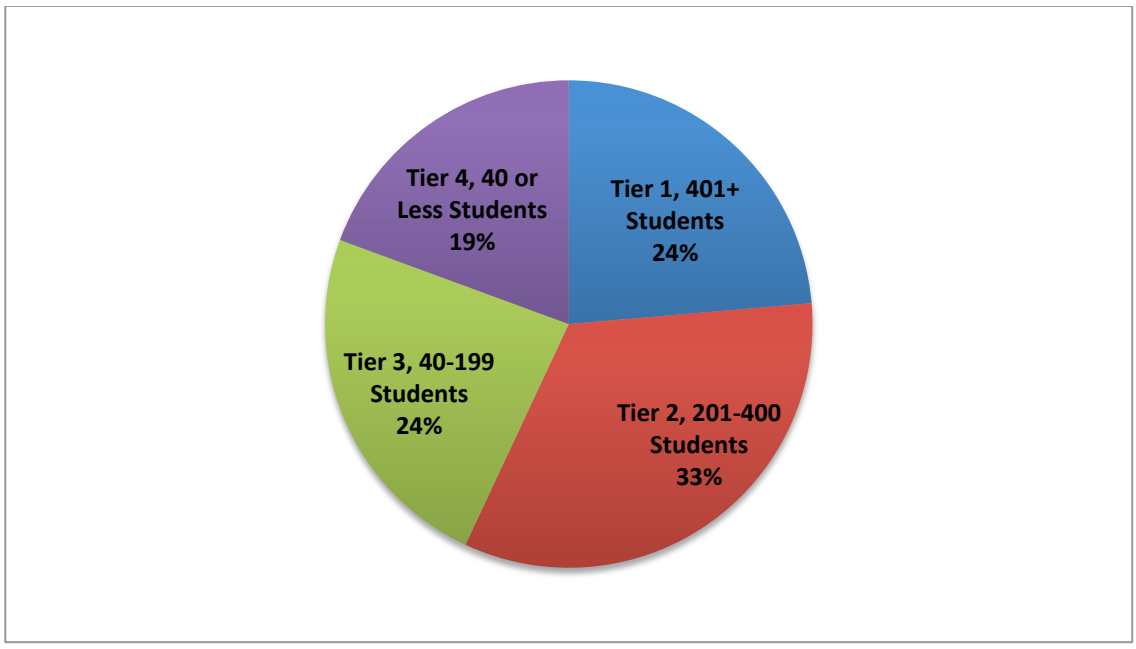
* out of about 400 schools that serve elementary-age students

By June of 2016, 171 schools had registered for the 2016 Fall Healthy Futures Challenge.

Registered Healthy Futures Schools, by Geographical Region, 2016 Fall Registration



Schools Registered for the Healthy Futures Challenge by Size of Student Population, 2016 Fall Registration



Physical Activity Log

Month: _____

Student name _____

Teacher _____

Signature _____

Be active 60 minutes or more at least 15 days per month. Write down your activity or color in the boxes for the days you are physically active for at least 60 minutes. Get Out and Play, Every Day!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

HEALTHY FUTURES ALASKA SPORTS HALL OF FAME

STATE of ALASKA Department of Health and Social Services

PLAY EVERY DAY

PROVIDENCE Health & Services Alaska

www.healthyfuturesak.org

Get out and play. Every day!

Take a walk with your kids and teach them the animal prints in the snow.

Take the Healthy Futures Challenge!

Go swimming.

Strap on your skis or snowshoes and get moving.

Bundle up and go sledding.

Hula Hoop.

Go fishing and berry picking.

Bury some goodies in the snow in a cooler and send your kids on a treasure hunt.

Skip rocks.

Build a snowman.

Rake leaves and jump in!

Ice skate at a local rink.

Go fly a kite.

Make a snow angel, or two, or three.

Toss or kick a hackey sack!

Kick a soccer ball.

Jump rope!

Dance, dance, dance!

Take a walk and learn how to identify Alaska's beautiful wildflowers.

Walk your dog.

Build a fort out of snow blocks.

Play tag while staying in your tracks in the snow.

Play a friendly game of hockey in your driveway, or head to a rink.

Invite your kids to join you while you do your workout or exercise video.

Play basketball.

Roller skate.

Pretend you are an Arctic explorer and make some important outdoor discoveries.

Race to see who can get dressed in snow gear first!

Go bowling or roller skating.

Race your kids to your favorite park.

Toss a Frisbee, football, or baseball.

Participate in Healthy Futures events.

Go ice fishing.

Make winter chores fun. Shovel the driveway as a family.

Hike.

Play hide and seek.

Strap on your helmets and go for a bike ride.

Go on a nature walk.

Create an indoor treasure hunt.

Take your kids jogging and challenge them to a race.

Create an obstacle course.

Healthy Futures

www.healthyfuturesak.org/ Need activity ideas? Go to www.playeveryday.alaska.gov

State of Alaska Department of Health and Social Services