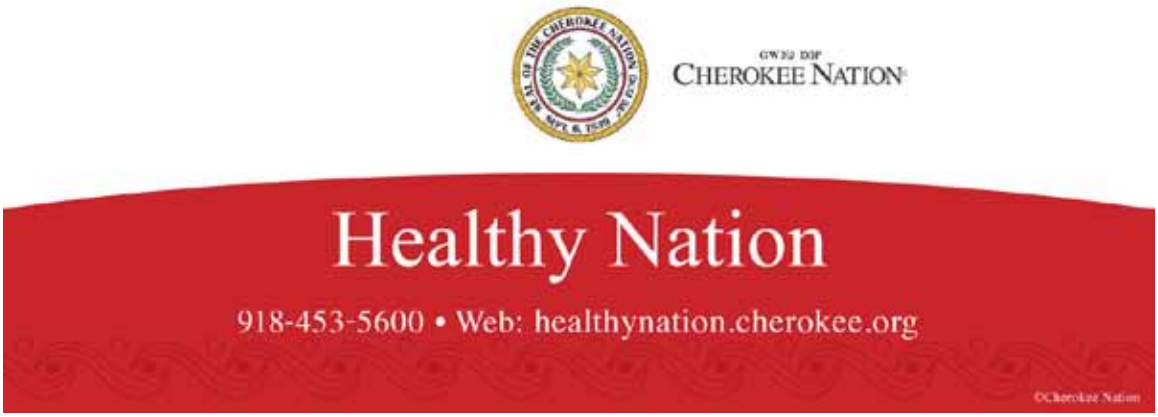
Cherokee
ONE STEP AT A TIME
Challenge

School Health Leadership Award Program 2011-2012



GWY.9 DƏP
CHEROKEE NATION®

Office of the Chief

Bill John Baker
Principal Chief

S. Joe Crittenden
Deputy Principal Chief

Osiyo . . .

We are glad your school is interested in becoming a Cherokee Challenge Certified School! The Cherokee Nation Healthy Nation program is pleased to offer this program to interested schools within the Cherokee Nation jurisdictional area. Through our partnership, your school can have the opportunity to be awarded in the amount of up to $10,000 to help create a healthier school environment for your students, staff, their families and the community.

According to national health experts this generation of children may be the first to have a lower life expectancy than their parents. In addition, the state of Oklahoma is already ranked as the #6 most obese state in the U.S. and is on course to become the most obese state in the country by the year 2013. We see this as unacceptable, and we are glad you are interested in joining us as a partner to reverse this trend and make the healthy choice the easy choice for our kids, our families and our communities.

We invite you to review the enclosed material and if interested in applying for funding, please submit a letter of interest to the Cherokee Nation Healthy Nation program and take the lead in helping your school encourage a strong and healthy environment for the community and families you serve. Your Cherokee Nation Healthy Nation Public Health Educator can meet with you to provide you with further details and to help you through the process.

We look forward to working with you and certifying your school as a Cherokee Challenge Certified School in the near future!

Sincerely,

Lisa Pivec, M.S., Director
Community Health Promotion
Cherokee Nation Health Services

Cherokee Nation Healthy Nation
School Health Leadership Award Program
2011-2012

Letter of Interest

What is the School Health Leadership Program?

The overall objective of the School Health Leadership program is to support Elementary/Middle (K-8th grade) school sites to promote healthy lifestyles among children, families and school faculty through the implementation of components of coordinated school health framework. Participation in the program benefits not only students but your entire school community.

Selected schools sites will focus on three key areas which are related to reducing the leading causes of poor health among Oklahoma residents. Focus area include **Physical Activity, Nutrition and Tobacco Use Prevention.**

Schools must submit a Letter of Interest (LOI) to be eligible to be considered for the selection process by the deadline date (**Deadline: November 30th 2011 5:00 p.m. CST.)** Schools will then be selected and advance to the application phase of the program and will receive notification **(Anticipated notification date: December 16, 2011.)** Selected schools will be required to attend a mandatory Kickoff information meeting. A total of **(25)** twenty five schools will be selected to participate**, (5)** five schools from each Cherokee Nation District. In the event that a school site is selected and declines to apply for this award that slot will then be offered to another selected priority school site until all available application slots have been filled.

The Cherokee Nation Healthy Nation program is particularly interested in implementing school health policy, system and environmental changes that will reach diverse and high-risk populations.

These include:

- Schools with high population of American Indian Students
- Schools located in Counties in the CN TJSA with high rates of Obesity and Diabetes
- Schools in rural settings
- Schools located in low socioeconomic status areas of the CN TJSA
- Schools with an high percentage of students receiving free and/or reduced price lunch

Benefits to Schools:

Selected Elementary and Middle (K-8th grade) public school systems in the Cherokee Nation Tribal Jurisdictional Service will have the opportunity to utilize technical assistance and resources that will support and promote healthy school environments that help youth stay at a healthy weight through improved food choices, increased physical activity and tobacco use prevention.

Schools in the program also receive:

- Up to $10,000 grant award- $1,000 of funds required for a school designated School Health Coordinator.
- Health and physical education curricula
- Public recognition via media awareness materials
- BMI assessment materials and Fitness gram kit
- Training on program focus areas at the Cherokee Nation Healthy Nation Tools for Schools Workshop
- Ongoing technical assistance and support
- Link to community resources and presenters
- Cherokee Nation School Health Team to assist in BMI and Fitness Gram data collection, School Health Index Assessment and Action planning

Application Steps

1. **Submit Letter of Interest** –
   Letters of Interest will be used to assess the approximate number of potential applicants in the selection process.

   Deadline for Letter of Interest
   Elementary/Middle public schools that wish to participate in the application process are required to complete this Letter of Interest. Please submit Letter of Interest by deadline by **email**: michelle-sweney@cherokee.org or by **fax:** 918-458-6224 Attention: Michelle Ratliff, School Health Leadership Award Program (LOI)

   Letter of Interest (LOI) Deadline: November 30th 2011 and must be received by 5:00 p.m. CST, no exceptions. Letters of Interest will be time stamped and dated when received.

2. **Mandatory School Health Leadership Award Kickoff Meeting-** Schools that are selected to advance to the next step of the application process will be notified and will be required to have their designated School Health Coordinator attend a mandatory School Health Leadership Award Kickoff Meeting. Date, Time and location of meeting will be announced at the time notification of selection is provided.

Anticipated Date of Notification: December 16, 2011

Program Requirements

Selected schools will be required to implement the following strategies by the end of the project period.

Cherokee Nation
School Health Leadership Award
Required School Health Strategies:

- Complete the 8 module School Health Index Assessment (SHI) and create an action plan.
- Promote healthy eating behaviors and environment through Farm to School, Ag in the class or Chef's Move to School programs and policies
- Promote and implement school and community gardens that incorporate Cherokee Traditional foods and techniques
- Develop a policy aimed to increase the number of minutes of physical activity offered during the school day exceeding state requirements for all elementary and middle school student
- Administer Fitnessgram physical fitness test and Body Mass Index assessments to all grades served by this program annually to document outcome measures.
- Implement an evidence based Physical Education curriculum such as CATCH or SPARK (optional: Cherokee Challenge)
- Utilize components of CATCH, SPARK and/or Healthy Kids Challenge Nutrition Services Program
- Implement an active SWAT (Students Working Against Tobacco) team and or utilize Tars Wars
- Develop and implement a 24/7 tobacco, alcohol and drug free campus policy. *(if 24/7 policy already in place school efforts should be focused on enforcement and awareness of policy)*
- Apply to become an Oklahoma Certified Healthy School

If you have any questions or need more information, please call Michelle Ratliff, School Health Coordinator at 918-458-6989 or email: michelle-sweney@cherokee.org or the Cherokee Nation Healthy Nation Main Program Office at 918-453-5600.

SCHOOL HEALTH LEADERSHIP AWARD- LETTER OF INTEREST (LOI)

Elementary/Middle public schools that are interested in applying to be selected to participate in the School Health Leadership Award Program are required to complete this Letter of Interest and Demographic information by required deadline. Please submit by email to michelle-sweney@cherokee.org or fax: 918-458-6224 Attention: Michelle Ratliff. **Letter of Interest Deadline: November 30th 2011.** (Schools selected to apply must attend a mandatory application information meeting and will be notified on or before December 16th, 2011.)

_____ We have read the attached program information and are aware of the purpose of the Cherokee Nation School Health Leadership Award Program and how participation will benefit our school.

_____ We understand that, if selected, we must designate an individual to serve as our School Health Coordinator (PE/classroom teacher, school nurse, or counselor) to attend a Program Kick off meeting to complete the application process. Date and time: TBA after selection notification.

_____ We understand that if our elementary/middle school is located on more than one campus, we must have principal approval from all campuses.

_____ We understand that, if approved, our school must agree to implement the required listed school health strategies and the following recommended evidence-based actions:

- Involve the family and community in school health
- Screen for overweight and obesity in all school-age youth
- Promote healthy eating and physical activity behaviors
- Improve the school environment to support health-enhancing behaviors.

_____ We understand that, if approved, our school must agree to administer a pre/post Fitnessgram physical fitness test and BMI assessment to all grades.

_____ We understand that, if approved, our school must agree to designate a School Health Coordinator to participate in all program required trainings, webinars, reporting and ensuring fulfillment of requirements.

_____ We understand that, if approved, our school must agree to prepare and submit required mid-year and end of year project reports.

_____ We understand that, if approved, our school must use grant funds solely for purposes of promoting Three (3) focus areas: Physical Activity; Nutrition; and Tobacco Use Prevention.

_____	_____
School District	Name of Elementary/Middle School site
_____	_____
Superintendent	Date
_____	_____
Principal	Email Address
_____	_____
Proposed School Health Coordinator	Email Address
_____	
Phone Number	

DEMOGRAPHIC INFORMATION

Please provide the following demographic information for your Elementary/Middle School student population. **Please submit this information with your Letter of Interest by the Deadline.**

Total # of elementary students that will be served	
Total # of middle school students that will be served	
Total # of American Indian Students	
Percentage (%) of Students Receiving Free and/or Reduced Price Lunch	

Median Household Income of the Students in This School *(check the best estimated category)*	
< $25,000	
$25,000 - $34,999	
$35,000 - $49,999	
$50,000 - $74,999	
≥ $75,000	

Please provide a brief statement describing your Elementary/Middle School's current school health capacity and strengths to support why your school should be selected to participate in the 2011-2012 Cherokee Nation Healthy Nation School Health Leadership Award program. *(Limit to one page)*

SCHOOL HEALTH LEADERSHIP AWARD-Decline Participation Form

☐ **Our School selects to decline to participate in the 2011-2012 Cherokee Nation Healthy Nation School Health Leadership Award Program.**

_____ School District

_____ Name of Elementary/Middle School site

_____ County

_____ Superintendent

_____ Date

_____ Principal

_____ Date

_____ Email Address

_____ Phone Number