



 HIGHMARK<sup>®</sup>  
FOUNDATION

# School Grants & Awards Program





HIGHMARK FOUNDATION

# Mission and Focus

The Highmark Foundation is a private, charitable organization dedicated to improving the health, well-being, and quality of life for individuals and communities throughout the areas served by Highmark Inc. and its subsidiaries and affiliates. We fulfill our mission by awarding high-impact grants to charitable organizations that implement evidence-based programs aimed at improving community health. Central to the Foundation's mission is identifying and continuously reevaluating our region's prevailing health care needs. By doing so, the Foundation remains at the forefront of those needs, well-equipped to pinpoint issues that most urgently need support.

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## INTRODUCTION

# When it comes to wellness, we've done our homework.

Health and wellness in schools has always been a top priority for the Highmark Foundation. That's why we're proud to present the 2020–2021 School Grant and Awards Program to schools in central, northeast, and western Pennsylvania — as well as West Virginia. This effort provides schools with three distinct opportunities for improving health and wellness. Here's a little more about each:



### Highmark Foundation School Grants

Schools in Pennsylvania and West Virginia can apply for grants to support bullying prevention, environmental health, healthy eating, and physical activity, as well as school-based health. Successful applicants will be awarded up to \$7,500 for programmatic health and wellness initiatives.



### Advancing Excellence in School Nursing Awards

Awards will be given to school nurses in central, northeast, and western Pennsylvania and West Virginia who demonstrate excellence in care, compassion, knowledge, and implementation of best practices. Award recipients will receive \$1,500 to support professional development or health-related supplies or equipment for their school and will be recognized widely through coordinated press releases and social media on National School Nurse Day.

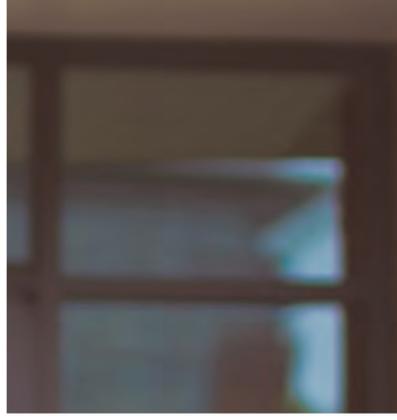


### Supportive Services Health Grants

These grants benefit economically disadvantaged school districts and high-needs schools.

**Child Health & Wellness Grants** — Provides up to \$1,000 to assist with the purchase of specific items that impact a child's overall health and well-being, including eyeglasses, clothing and undergarments, healthy and nutritious food items, personal toiletries, and more.

**Equipment and Supplies Challenge Grant** — Matches up to \$2,500 for the purchase of items such as vision screeners, digital scales, new cots, blood pressure monitors, glucose meters, stethoscopes, and more. Schools must provide a detailed invoice or purchase order and show evidence of secured funding from additional sources (PTOs, other foundations, local business donations, school fundraisers, etc.).



# School Grants

Application Deadline: Tuesday, March 31, 2020.



# Because a little extra support can go a long way.

Take a look at the types of grant programs that could be available to your school. These programs, with the exception of Bullying Prevention, are provided as an example of how the Highmark Foundation can help bring about healthy change in schools like yours.

## Bullying Prevention | page 9

Bullying is one of the leading causes for physical injuries, social and emotional difficulties, and academic problems in schools. The harmful effects of bullying can impact the overall health and safety of schools, neighborhoods, and society.

## Environmental Health | page 10

Factors that influence the physical environment include the school building, any detrimental biological or chemical agents, and physical conditions such as temperature, air quality, and fresh drinking water.

## Healthy Eating and Physical Activity | page 12

The dietary and physical behaviors of children can be influenced by families, communities, schools, and health care providers. Engaging children and adolescents in healthy eating and regular physical activity can lower their risk for obesity and related chronic diseases.

## School-Based Health | page 14

Challenges exist for addressing the increasing demand for health services in schools. Schools are encouraged to submit proposals for strategies that will enhance its capacity and/or school nurses to provide comprehensive services to the students of their districts.

## Eligibility Requirements

Pennsylvania and West Virginia Schools (Public, Private, Charter, Vocational High Schools, and Parochial Schools) will be awarded up to \$7,500 to implement programs that improve access to health and wellness programs.

Applications for bullying prevention will only be awarded to support those programs listed on page 9.

Equipment is only considered when necessary for the implementation of the program. Grants will not be awarded exclusively for equipment such as elliptical machines, stationary bikes, street/mountain bikes, bicycle storage sheds, treadmills, weight room power racks and storage, weight room benches, or other large, single pieces of equipment. Grants will not be awarded to support the purchase of iPads, Fitbits, televisions, water bottles, T-shirts, or pedometers.

Applications will be evaluated on the strength of the proposal, the specific project and need, the use of funds, and outcomes. Applications that do not meet the eligibility criteria will be declined.

**All applications must be submitted online:** [highmarkfoundationrfp.versaic.com](http://highmarkfoundationrfp.versaic.com). **Application deadline is Tuesday, March 31, 2020.**

## BULLYING PREVENTION

# Helping your school stand up to bullying.

The following programs and resources provide additional information on bullying, electronic aggression, youth violence prevention, and safe schools.

School districts must select one of the evidence-based bullying prevention programs listed below. **Funding will not be provided for school assemblies, one-day programs, consultations, or speakers.** Should your school receive a grant, the Center for Safe Schools will follow up with the grant coordinator to answer questions and provide technical support.

NOTE: Any school that may want to implement the **Olweus Bullying Prevention Program (OBPP)** must first conduct the Olweus Bullying Questionnaire (OBQ) to assess the levels of bullying in the school, readiness, and sustainability. Schools may use grant funds to purchase the survey tool. Grant funds will NOT be used for full implementation of the OBPP. If your school/district is interested in applying for funding for the survey tool, please contact the Center for Safe Schools (CSS) at 717-763-1661, extension 164.

**Please select one (1) of the following evidence-based programs:**

### Olweus Bullying Prevention Program

The Olweus Program is a school-wide approach focused on long-term change that creates a safe and positive school climate. The program's goals are to reduce and prevent bullying behaviors among school children and to improve peer relations at school. The Olweus Program has been implemented in more than a dozen countries around the world and in thousands of schools in the United States. **K through 12th grade.**

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### I Can Problem Solve (ICPS)

The ICPS program teaches students how to generate alternative solutions, anticipate consequences, and effectively solve problems. It is divided into three sets of lessons for prekindergarten (59 lessons), kindergarten and primary grades (83 lessons), and intermediate elementary grades (77 lessons). The program is acknowledged by the Collaborative for Academic, Social and Emotional Learning (CASEL) as an effective social and emotional learning (SEL) program.

**Pre-K through 6th grade.**

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### Responsive Classroom

Responsive Classroom is a research- and evidence-based approach to elementary education that leads to greater teacher effectiveness, higher student achievement, and improved school climate. It requires one week of initial training. Check the website ([responsiveclassroom.org](http://responsiveclassroom.org)) for pricing.

**Pre-K through 8th grade.**

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### Second Step Bullying Prevention Unit

Based on the latest field research, Second Step's Bullying Prevention Unit teaches Kindergarten–Grade 5 students how to recognize, report, and refuse bullying. As students master these crucial skills, educators and school staff learn to recognize and respond appropriately when they observe bullying or receive a bullying report, all while gaining insight into teaching the unit to children.

**K through 5th grade.**

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# Let's turn every school into a safe and healthy place to learn.

In order for children to thrive in the classroom, our classrooms need to be safe, healthy, and environmentally friendly. The following programs provide schools with the resources to fulfill that promise.

## Indoor Air Quality

There are many environmental factors that can contribute to poor air quality and affect individual health, including lack of cleaning supplies, existence of mold, dust and debris, pesticides, and radon. According to the Environmental Protection Agency, an estimated 50% of the nation's schools have problems link to poor air quality.

**50%** OF THE NATION'S SCHOOLS

**have problems linked to poor indoor air quality.**

Poor indoor air quality can increase the risk of asthma and other respiratory illnesses. Asthma is also a leading chronic illness for young children and adolescents and the number-one cause of chronic school absenteeism.

## Lead-Safe Schools

The EPA estimates that **20% of lead poisoning happens through exposure to lead in drinking water**. Lead exposure can affect nearly every system in the body, including the neurodevelopment of young children, and can have lifelong health and social consequences. Because lead exposure often occurs with no obvious symptoms, it frequently goes unrecognized. Schools who apply for funding for this initiative should commit to:

- Testing for lead in all drinking and cooking water outlets within their school building.
- Remediating sources of lead by installing filters certified to remove lead; replacing pipes with lead solder; replacing faucets and outlets; and shutting down outlets according to the EPA's *3 T's for Testing and Remediation Lead in Drinking Water in Schools*; and retesting all remediated outlets in a timely manner.
- Sharing testing results and remediation plans with their school community.

## Green Cleaning

Building a successful green cleaning program requires several essential steps, including creating a green team of school stakeholders and assessing your school's current cleaning program. Before purchasing new products, work collaboratively to create a green cleaning purchasing policy and a method to assess cleaning standards that work for your school. For information on how to get started, visit: [Greencleanschools.org](http://Greencleanschools.org) or contact Healthy Schools PA today. **K through 12th Grade.**



Purchases may include:

- Dirt-grabbing indoor/outdoor mats
- Microfiber cloths and mops
- Vacuums with HEPA filters
- Third-party certified disinfectants and environmentally friendly cleaning supplies

Schools who apply for this grant must show a commitment to:

- Creating a green team with parents, teachers, and school staff involvement.
- Providing funding for professional development and training of staff in green cleaning products and techniques.
- Purchasing third-party certified green cleaning equipment and products. Third-party certifications permissible include UL EcoLogo, EPA Safer Choice, and Green Seal (please include a list of products in your submission).

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### Well-Ventilated Studios and Makerspaces

Traditional workshops and newer makerspaces provide students the opportunity to explore new creative solutions, engage in hands-on making, and develop 21st century skills for learning. As more and more educational facilities adopt workshops such as ceramics labs, woodworking shops, or makerspaces, schools should carefully consider any and all occupational and environmental hazards. To protect children's health, this grant opportunity helps schools ensure adequate ventilation, safe handling and disposal of materials, and appropriate clean-up procedures.

Examples of eligible projects include:

- Installing additional ventilation equipment.
  - Purchasing HEPA and wet vacuums for deeper and more thorough cleaning.
  - Investing in recycling of used materials.
  - Professional development for teachers in these spaces on occupational and environmental health and safety.
- 



# Smarter starts with healthier.

Schools are integral in improving the health of children. And these programs are focused on providing students, schools, families, and communities with the resources to help reduce childhood obesity.

The following programs have a focus on sustainability beyond one year of funding. This could include the adoption of a new curriculum, an assessment of healthy eating and physical activity levels for students, professional development opportunities for staff, and increasing the use of facilities to promote lifelong, healthy behaviors.

Note: Equipment is only considered when necessary for the implementation of the program. Grants will not be awarded exclusively for equipment such as elliptical machines, stationary bikes, street or mountain bikes, bicycle storage sheds, treadmills, weight room power racks and storage, weight room benches, or other large, single pieces of equipment. Grants will not be awarded to support the purchase of iPads, Fitbits, televisions, water bottles, T-shirts, or pedometers.

### SPARK

SPARK® aims to improve the health of children, adolescents, and adults through evidence-based Physical Education, After School, Early Childhood, and Safe & Healthy Students programs. Each SPARK program fosters environmental and behavioral change by providing a coordinated package of highly active curriculum, onsite teacher training, extensive follow-up support, and content-matched equipment.

**K through 12th Grade.**

**Grant funds may be used for optional trainings, curriculum kits, classroom kits, and associated equipment kits.**

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### CATCH (Coordinated Approach to Child Health)

CATCH is proven to prevent childhood obesity by helping children to identify healthy foods and by increasing the moderate to vigorous physical activity (MVPA) children engage in each day. The program is supported by 25 years and 120 academic papers indicating as much as **11% decrease in obesity.**

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### Peaceful Playground

Peaceful Playground® markings are a popular intervention strategy in the increasing epidemic of childhood obesity. Research on the program found that it reduces playground injuries and visits to the school nurse or principal's office while increasing the number of physically active children. **K through 8th Grade.**

**Grant funds may be used to purchase some or all of the available kits. Grant funds MAY NOT be used to purchase building supplies, mulch or other foundation materials, or pay for labor costs.**

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### TAKE10

TAKE10® is a classroom-based physical activity program that engages students in movement while reinforcing specific academic objectives in math, reading, language arts, science, social studies, and nutrition and health. The program reinforces curriculum concepts with 10-minute bursts of fun exercise to help students meet their 60 minutes of physical activity each day.

**K through 5th Grade.**

**Grant funds may be used to purchase program materials and other supplies.**

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### Edible Schoolyard Project

The Edible Schoolyard Project aims to shape a student's meal choices and help them develop better connections between humans and the natural world. The Edible Schoolyard program helps students learn where their food comes from and how food choices impact their health, communities, and the environment.

**6th through 8th Grade.**

**Grant funds may be used for trainings, curriculum supplements, and other materials/supplies required for direct programming. Cafeteria seating, new ovens, and salad bars are not considered part of the program materials.**

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### Smarter Lunchrooms Movement

The Smarter Lunchrooms Movement applies research-based principles that lead children to make healthy choices when provided with the full spectrum of choices. The strategies that the Smarter Lunchrooms Movement endorses have been studied and proven effective in a variety of schools across the nation.

**K through 12th Grade.**

**Grant funds may be used for training, program supplies, or materials.**

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### Cooper Institute FitnessGram

FitnessGram by The Cooper Institute is an assessment that measures student fitness levels. The data available from FitnessGram can:

- Track trends and changes in fitness levels over time.
  - Examine associations between fitness and academic achievement and attendance.
  - Enhance the effectiveness of physical education programs.
  - Help create healthy school environments focused on prevention.
  - Foster communication between parents, teachers, and students.
  - Identify areas of need for program funding.
- 

### Accept The Challenge ([operationtoneup.com](http://operationtoneup.com))

Accept The Challenge is a leader in the prevention of childhood obesity/diabetes. This evidence-based program, Operation Tone-Up®, brings daily nutrition & structured exercise lessons into any classroom via the internet. Getting healthier has never been easier! Create your own workouts, track progress, set goals with pre-post tests to measure health gains in the areas of nutrition, strength/endurance, and blood pressure. No extra equipment needed!

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# What does physical health have to do with learning? A lot, actually.

Numerous studies have conclusively linked school-based health care to educational and health-related outcomes. Programs eligible for grant funds must impact the student's physical health. Behavioral health programs are not eligible at this time.



Suggestions for strategies to support school-based health include:

- **School Nurse Support for Mandated Screenings:** purchase of secretarial or professional nursing services for assistance during mandated screenings.
- **Immunization Public Relations for HPV and Other Immunizations:** development and implementation of a public relations strategy to encourage immunization administration for HPV, menactra, hepatitis B, and other immunizations that may be under-immunized.
- **Continuing Education Credits for School Nurses — PASNAP Conference:** Attendance at PASNAP conference for continuing education credits (transportation, registration, lodging, and school nurse substitute).
- **Chronic Disease Case Management:** Utilization of substitute professional staff periodically to enable the school nurse to provide case management services for students with chronic health issues.
- Other strategies to support school-based physical health needs of students.

### School Health Spotlights

School Health Spotlights are online continuing education sessions led by community health professionals. We invite you to register and share them as a resource with others. Virtual attendance is free of charge, and each Spotlight is approximately one hour long. Once registered, you will be redirected to the segment selected. Registration is available 24-hours a day, 7-days a week.

[chpdp.org/school-health-spotlights](http://chpdp.org/school-health-spotlights).

School Health Spotlight Topics include:

- Concussions
- Environmental Safety in Schools
- Physical Activity
- Smarter Lunchroom
- Sexual Health in Adolescents
- Adolescent Mood Disorders & Risk Assessment
- Welcoming Schools: Creating Safe Spaces for LGBTQ Students
- Healthy Classroom Talk: Deliberation in the Classroom
- Cyberbullying
- School Climate 101
- PA Bullying Prevention Consultation Line
- Mental Health Issues in Children and Adolescents- Depression, Anxiety, ADHD and Trauma
- Three Tiers for Bullying Prevention
- Stop the Bleed
- Vaping and E-Cigarettes
- Lyme and Other Tick-Borne Diseases

## PUBLICITY AND MEDIA GUIDELINES FOR GRANT RECIPIENTS

# See something, share something.

When you capture and share your photos with us, we'll share them with future applicants on the Highmark Foundation website and in Annual Reports. Check out the following tips for how to capture great shots.

Tips for Great Pictures:

- Use a plain background
- Use flash outdoors
- Move in close
- Move from the middle
- Watch the light
- Take some vertical photos

### Share It!

- Share the story and photos of your school community's achievement on your own social media platforms by using hashtag #HighmarkFoundationSchoolGrant when posting.
- Include acknowledgment of the Highmark Foundation funding in all press releases, newsletters, brochures, annual reports, websites, and any promotional materials.
- Send all press releases regarding grants or programs funded by the Highmark Foundation **for approval a minimum of two weeks before distribution.**
  - We will provide a quote from Yvonne Cook, president, Highmark Foundation, for any press release upon request.
  - Email press releases to Jane Brooks ([jane.brooks@highmark.com](mailto:jane.brooks@highmark.com)) for approval.
- All other publications including reference to grants or programs funded by the Highmark Foundation (including, but not limited to newsletters, brochures, annual reports, letters) must be sent for approval a minimum of two weeks before distribution.

- Email publications to Jane Brooks ([jane.brooks@highmark.com](mailto:jane.brooks@highmark.com)) and Tracey Pollard, ([tracey.pollard@highmark.com](mailto:tracey.pollard@highmark.com)) for approval.
- All logo usage must be approved a minimum of two weeks before distribution.
  - For approval, email a copy of the piece where the logo is being used to Jane Brooks ([jane.brooks@highmark.com](mailto:jane.brooks@highmark.com)).
- Digital copies of all media coverage of any grants or programs funded by the Highmark Foundation should be emailed to Tracey Pollard ([tracey.pollard@highmark.com](mailto:tracey.pollard@highmark.com)).

### Highmark Foundation Logo Guidelines

Always lower the "t" in the Highmark Foundation

#### Minimum size

The height of the Highmark "H" should be no smaller than 0.1875" (3/16") high.

#### Clear space

To preserve the integrity of the logo, always keep it clear of competing text, images, and graphics by maintaining the minimum amount of clear space. The minimum clear space must be equal or greater than the Highmark "H."

#### Incorrect usage

- Do not distort or skew proportions.
- Do not change size, placement, or spatial relationships of the logo parts.
- Do not lock up additional symbols with logo.
- Do not place the logo in a box or any other outlined space.
- Do not change the color of the logo.

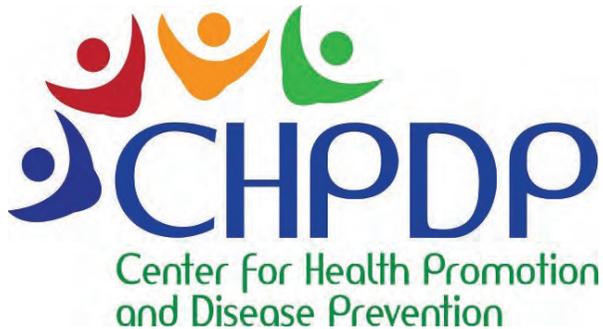
**All applications must be submitted online:**

[highmarkfoundationrfp.versaic.com](http://highmarkfoundationrfp.versaic.com).

**Application deadline is Tuesday, March 31, 2020.**

## PROGRAM PARTNERS AND ADVISORS

# Thank you to our program partners/technical advisors



### Center for Health Promotion and Disease Prevention (CHPDP)

119 Jari Drive, Suite 2  
Johnstown, PA 15904  
814-243-2981  
[chpdp.org](http://chpdp.org)



### Women for a Healthy Environment

877 Commerce Street  
Pittsburgh, PA 15206  
412-404-2872  
[womenforahealthyenvironment.org](http://womenforahealthyenvironment.org)



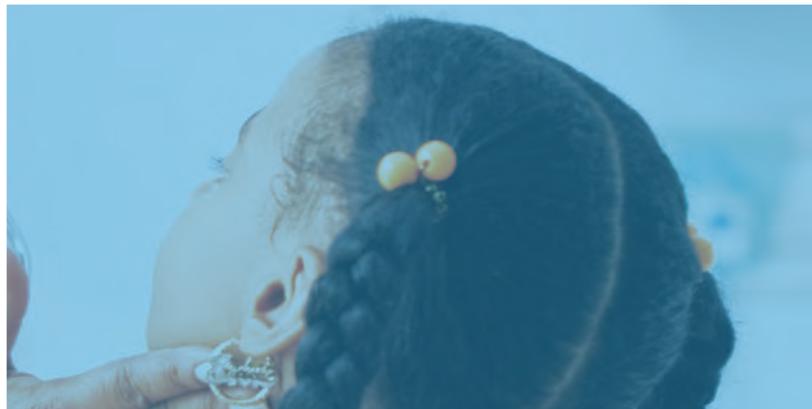
### Center for Schools and Communities Center for Safe Schools

275 Grandview Avenue, Suite 200  
Camp Hill, PA 17011  
717-763-1661  
[safeschools@csc.csiu.org](mailto:safeschools@csc.csiu.org)



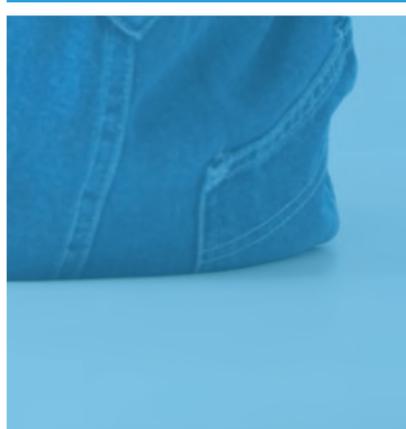
### ProWellness

The Healthy Champions program provides enrolled schools with hundreds of FREE health promotion and education materials to help teach youth and their families how to bring healthier choices to life. Schools enroll by completing a brief online assessment and are provided a personalized report they can use to set goals for improving aspects of the wellness environment in following years. Enrollment opens each spring and can be accessed by visiting [med.psu.edu/prowellness/champs](http://med.psu.edu/prowellness/champs). Additional information can be requested by emailing [PROWellness@pennstatehealth.psu.edu](mailto:PROWellness@pennstatehealth.psu.edu).



# Advancing Excellence in School Nursing Awards

Application Deadline: Tuesday, March 31, 2020.



# Let's hear it for our nurses.

The Highmark Foundation Advancing Excellence in School Nursing Awards applauds those devoted school nurses who exhibit leadership and passion and work tirelessly to keep our children healthy.

For many children, school nurses play a vital role in keeping kids healthy while maintaining a strong well-being for academic success. Increased attention has been focused on the schools as a site where prevention, early intervention, and primary care can occur. School nurses are important leaders regarding adolescent health and wellness. They often have a huge impact on wellness priorities and policies and exhibit leadership by creating a culture of health and wellness. This is accomplished by implementing strategies that promote student and staff health and safety.

The school nurse, as a leader, coordinates all school health programs including, but not limited to:

**HEALTH SERVICES**  Manages health services program and provides nursing care

 **PHYSICAL EDUCATION/ACTIVITY**  
Promotes health physical education, sports policies and practices

**NUTRITIONAL SERVICES**   
Supports health food services

 **HEALTH EDUCATION**  
Provides health education to students, staff, and parents

**COUNSELING**   
Provides health counseling, assesses mental health needs, provides, interventions, and refers students to appropriate school staff or community agencies



## WELLNESS

Provides health education and counseling and promotes health activities and environment to develop staff wellness programs

## PARENT/COMMUNITY INVOLVEMENT

Promotes community involvement assuring a healthy school, and serves as school liaison to a health advisory committee



## HEALTHY ENVIRONMENT



Identifies school health and safety concerns and promotes a nurturing social environment

The Highmark Foundation is seeking nominations for the Advancing Excellence in School Nursing Awards. The Highmark Foundation will choose winners from the nominees representing school districts in Highmark Foundation's service regions — central, northeast, and western Pennsylvania and West Virginia.

Information **MUST BE SUBMITTED VIA THE ONLINE APPLICATION** which is found at: [highmarkfoundationrfp.versaic.com](http://highmarkfoundationrfp.versaic.com).

Use the questionnaire to nominate a school nurse in one of four categories: School Nursing Practice & Leadership Award, Transformation Award, Spirit of the Year Award, or Collaboration Award

Nominations can be made by school nurse colleagues, school staff, administrators, supervisors, teachers, parents, students, community members, or others. The nominee must be notified of nomination and approve of publicity and recognition requirements. Building principal and/or superintendent signature is required.

## School Nursing Practice & Leadership Award

- Practice and leadership in school health
- Evidence of special qualities of care and compassion
- Published research
- Proven advocacy efforts on the national, state, or local level
- Supports legislative issues that impact school nursing services, student health, etc.

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## Transformation Award

- Rethinking the delivery of school health services
- Reimagining how health care services can provide prevention services to students
- Advancing school nursing profession by sharing best practices and new innovations

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## Spirit of the Year Award

- Love for school nursing profession
- Caring and compassion for student, staff, and families
- Willing to learn
- True team player
- Serves as role model

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## Collaboration Award

- Partnerships with other school districts, health providers, school-based health systems, and external resources
- Goes above and beyond the norm to find resources and assistance for students, staff, and families

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Winners will be announced on National School Nurse Day through coordinated communications, including press releases, social media, and website. Award presentations will take place at the awardee's school on a date mutually agreed upon by the Highmark Foundation and School.

## Eligibility Requirements

You may nominate a school nurse for ONE of the categories. In addition to demonstrating a proven track record in the chosen category, the nominee must also:

- Have at least five years of experience as a school nurse.
- Be currently practicing as a school nurse within Highmark Foundation's service region of (central, northeast, and western Pennsylvania and West Virginia).
- More than 50% of nominee's time should be spent in direct care.
- Have recommendation letter(s) demonstrating support written by a principal or school administrator.

1. Describe a specific activity in which the nominee has actively and substantially impacted the health of children he/she serves (300 words or less).
2. Provide an example of how the nominee's behavior has influenced school nursing (e.g., demonstrates best practices in school nursing; uses creative resources, both human and material, to improve the school health program; promotes excellence in student health and wellness).

### Required attachments for the application:

Current resume, including education, awards, committees, membership in professional organizations, certifications, etc. No more than three (3) letters of recommendation. Current high-resolution digital photo of nominee (camera-ready headshot).

### All applications must be submitted online:

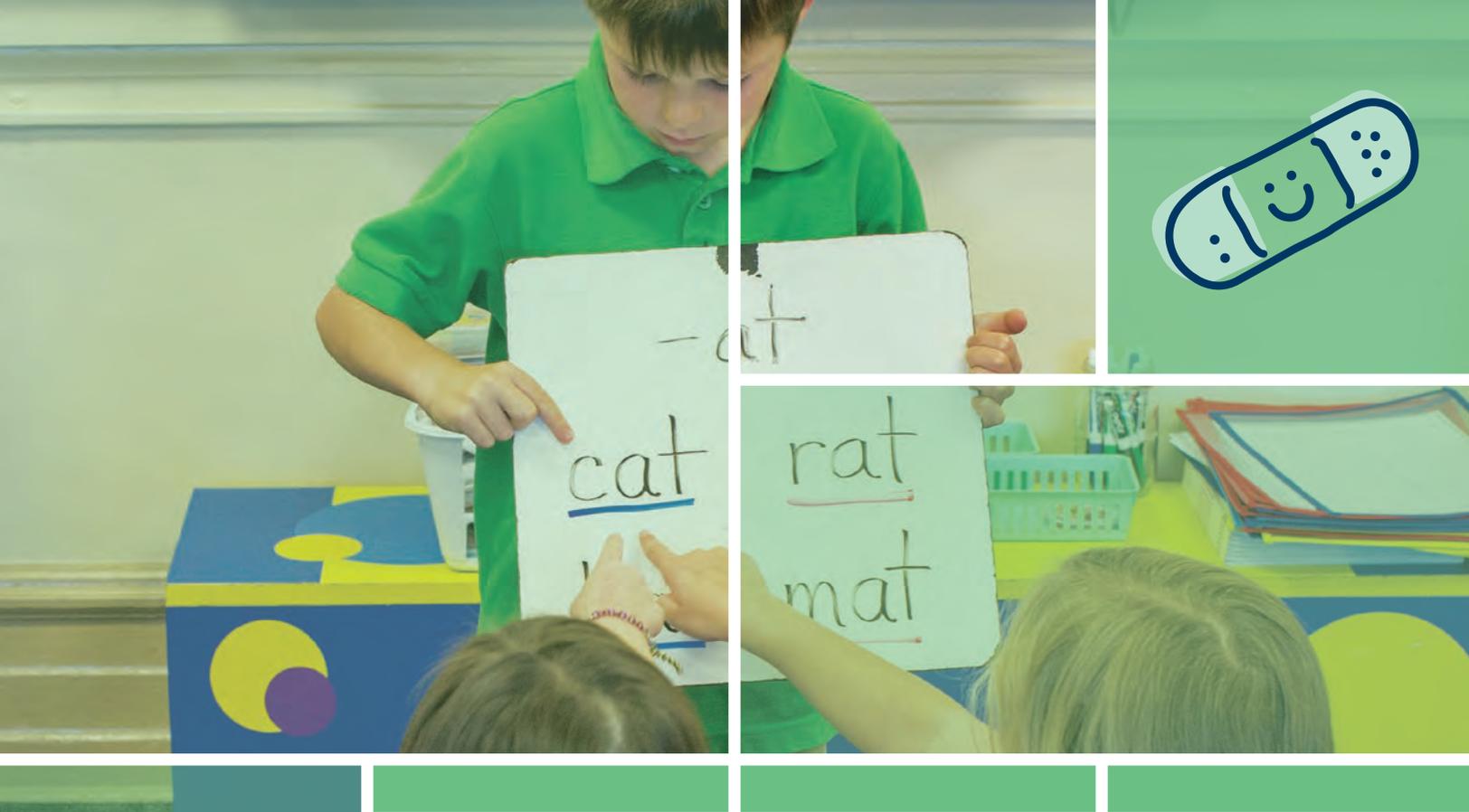
[highmarkfoundationrfp.versaic.com](http://highmarkfoundationrfp.versaic.com). Application deadline is Tuesday, March 31, 2020.

## 2019 Award Recipients

Award Winner	County	School	Award
Deanna Hess, RN, BSN, CSN	Allegheny County	Mt. Lebanon School District	School Nursing Practice & Leadership Award
Deborah Kaplan, RN, BSN	Raleigh County	Raleigh County, WV	School Nursing Practice & Leadership Award
Donna Lafferty	Westmoreland County	Norwin School District	Spirit of the Year Award
Joyce Petrell	Allegheny County	Cornell School District	School Nursing Practice & Leadership Award
Linda Lafferty	Blair County	Spring Cove School District	Collaboration Award
Melissa Tornabene	Wood County	Wood County School	Spirit of the Year Award
Sandra Veltri	Allegheny County	The Day School at The Children's Institute	School Nursing Practice & Leadership Award
Susie Kerr	Allegheny County	Community Day School	School Nursing Practice & Leadership Award
Tama Kolar Kowalski	Washington County	Intermediate Unit 1	School Nursing Practice & Leadership Award
Tammy Riding	Marshall County	Marshall County Schools	Collaboration Award

## 2018 Award Recipients

Award Winner	County	School	Award
Bettina Seidel	Cumberland, Dauphin, Perry, York Counties	Capital Area Intermediate Unit	Spirit of the Year Award
Debra Gerlach	Erie County	Mill Creek Township School District	Spirit of the Year Award
Eileen Ranalli	Allegheny County	Riverview School District	Collaboration Award
Jill Schulz	Butler County	Seneca Valley School District	Spirit of the Year Award
Courtney Bench	Somerset County	Somerset Area School District	Spirit of the Year Award
Melinda Landis	York County	Southern York County School District	School Nursing Practice and Leadership Award



# Supportive Services Health Grants



# A little support goes a long way.

Children spend seven to eight hours a day, five days a week in school under the care and supervision of teachers, administrators, and school nurses. Schools also play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behaviors. Schools are also resources for improving or changing life outcomes and more often are charged with meeting the social and supportive health needs of vulnerable students and communities.

The Supportive Services Health Grants support economically disadvantaged school districts and high-needs schools with supplementary assistance through grants to meet basic student health needs.

The Highmark Foundation is pleased to present two opportunities for schools to further supplement basic health needs. Schools are invited to apply for either grant to assist with purchasing items that impact the health of students. Applications will be considered based on demonstrated need.

### Child Health and Wellness Grants

Provides up to \$1,000 to assist with the purchase of specific items that impact a child's overall health and well-being.

Items such as personal care/hygiene, eyeglasses, supplemental clothing/undergarments, healthy and nutritious food items, and winter clothing are all examples of acceptable expenses.

### Equipment and Supplies Challenge Grant

The Highmark Foundation recognizes that school nurses require specialized equipment and supplies that may not be available through limited school budgets. The intent of the Equipment and Supplies Challenge Grant is to match up to \$2,500 for the purchase of necessary items.

Schools **must** provide a detailed invoice or purchase order and show evidence of secured funding from additional sources (PTOs, other foundations, local business donations, school fundraisers, etc.).

Items such as vision screeners, digital scales, new cots, blood pressure monitors, glucose meters, stethoscopes, and AED machines are all examples of acceptable purchases.

### Eligibility Requirements

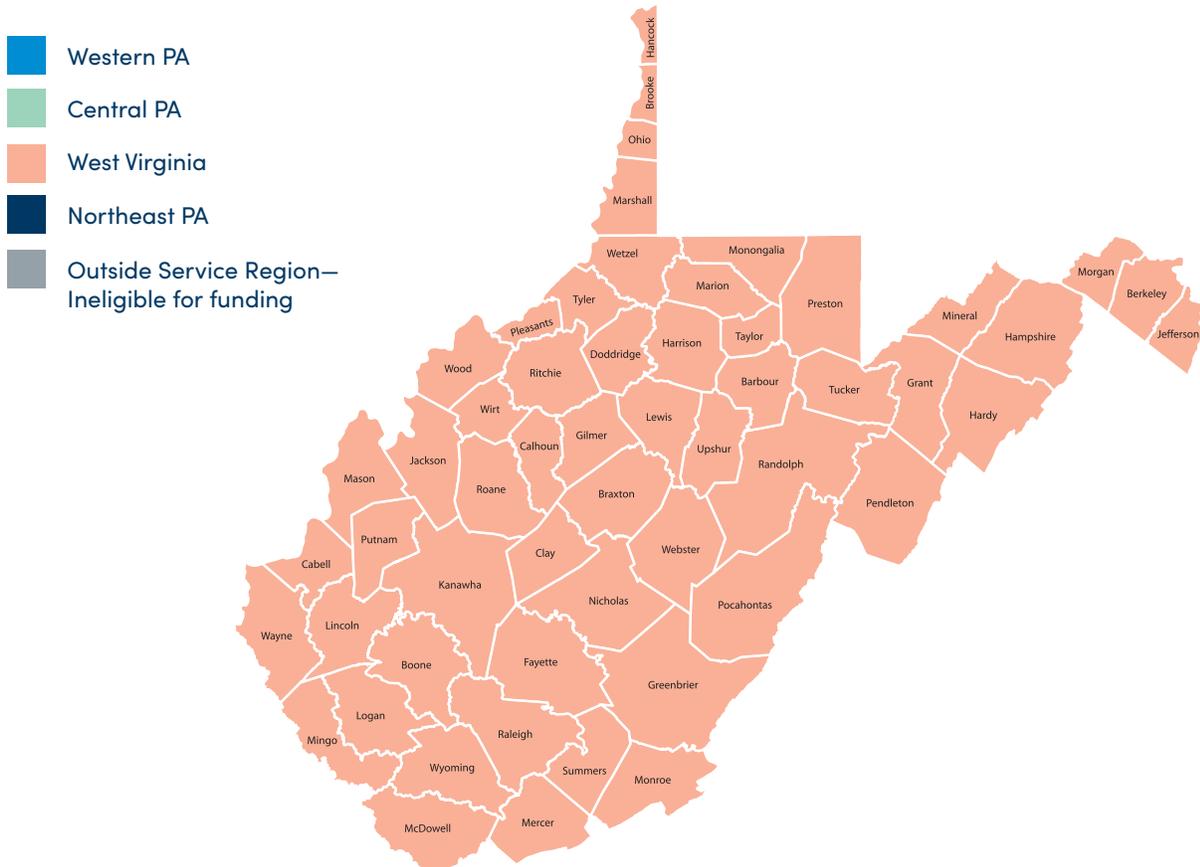
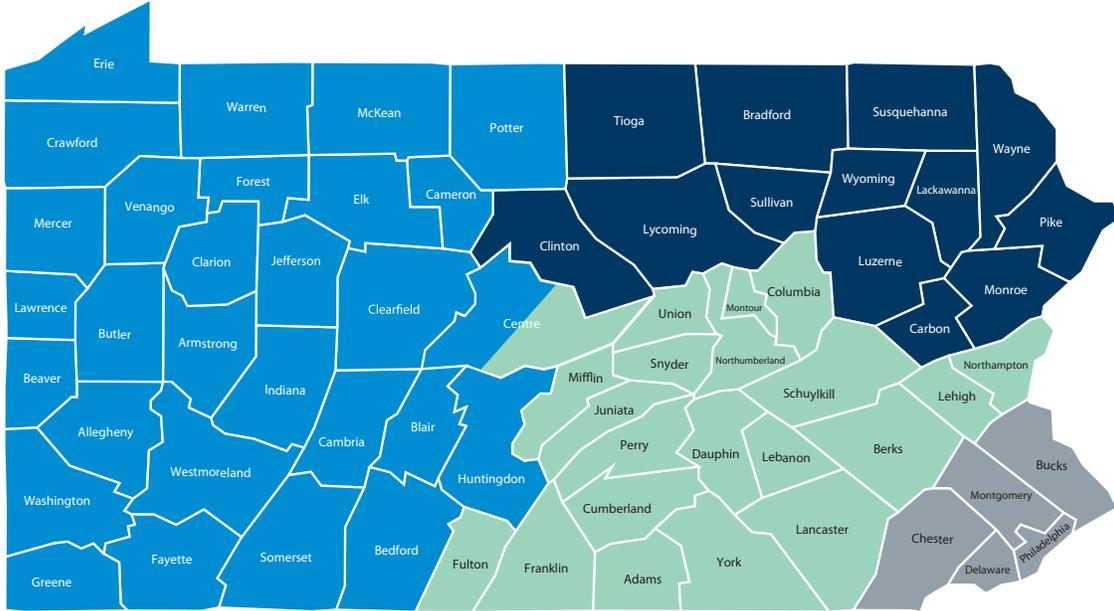
Schools must meet the criteria for being a high-needs school. The three main criteria to be met are:

1. More than 60 percent of the students are eligible for free or reduced lunch.
2. School district is located in an area where at least 30 percent of students come from families with incomes below the poverty line.
3. School districts must be located in the Highmark Foundation service region (see page 23).

Supportive Services Health Grants will be awarded to schools based on the merits of the proposal and demonstrated need. Grants are awarded on a rolling basis throughout the year and generally take 4 weeks for review and processing. Schools are eligible for one grant in each category in a 12-month cycle. Schools may apply for both categories but must complete separate online applications. If you have questions, please contact the Highmark Foundation at 1-866-594-1730 or via email at [info@highmarkfoundation.org](mailto:info@highmarkfoundation.org).

The application is available online only at [highmarkfoundationrfp.versaic.com](https://highmarkfoundationrfp.versaic.com).

# Service Region Map



- Western PA
- Central PA
- West Virginia
- Northeast PA
- Outside Service Region—  
Ineligible for funding



Visit the Highmark Foundation at [highmarkfoundation.org](https://highmarkfoundation.org)  
Call: 1-866-594-1730 | Email: [info@highmarkfoundation.org](mailto:info@highmarkfoundation.org)