

GRANTS & AWARDS

School Grants and Awards Program

Celebrating 10 years of creating
healthy school environments



HIGHMARK
FOUNDATION



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 2022–2023 School Grant and Awards Program to schools in central, northeastern, and western Pennsylvania, as well as West Virginia. This provides schools with three unique opportunities for improving health and wellness.



HIGHMARK FOUNDATION SCHOOL GRANTS | 4

Schools in Pennsylvania and West Virginia can apply for grants up to \$7,500 to support these health and wellness initiatives:

- Positive school climate
- Healthy eating and physical activity
- Environmental health
- School-based health



ADVANCING EXCELLENCE IN SCHOOL NURSING AWARDS | 6

Nominate a school nurse in central, northeastern, or western Pennsylvania or West Virginia who demonstrates 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 press releases and social media on National School Nurse Day.



SUPPORTIVE SERVICES HEALTH GRANTS | 8

High-needs schools in underserved and disadvantaged communities can apply for grants in these two categories:

- **Child Health and Wellness Grant:** Provides up to \$1,000 to assist with purchasing specific items that impact a child's overall health and well-being, including eyeglasses, clothing and undergarments, healthy and nutritious food, and personal toiletries.
- **Equipment and Supplies Challenge Grant:** Matches up to \$2,500 for purchasing items such as vision screeners, digital scales, new cots, blood pressure monitors, glucose meters, and stethoscopes. 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.).

Schools **must** meet the requirements listed on page 9.

A little extra support goes a long way.

These grant programs could be available to your school. They are provided as examples of how the Highmark Foundation can help bring about healthy change in schools like yours. Apply today for up to \$7,500 in one of these four categories.

POSITIVE SCHOOL CLIMATE

Many schools are focusing on evidence-based strategies that help create a positive school climate, in areas such as trauma, school connections, and equity. Research suggests that a sustainable, positive school climate fosters youth development and learning necessary for a productive, contributing, and satisfying life in a democratic society. Programs supported under this category may include:

- Traditional bullying prevention programs.
- Mindfulness programs, including “Chill Rooms”.
- Social-emotional learning programs in areas like self-awareness, self-management skills, and responsible decision-making.

Applications must detail how the program is part of a larger systemic school climate effort.

ENVIRONMENTAL HEALTH

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

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

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

**THANK YOU TO OUR PROGRAM PARTNERS
AND TECHNICAL ADVISORS**



**Center for Health Promotion
and Disease Prevention (CHPDP)**
119 Jari Drive, Suite 2
Johnstown, PA 15904
814-243-2981
chpdp.org



CENTER FOR SAFE SCHOOLS

**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



Women for a Healthy Environment
5877 Commerce Street
Pittsburgh, PA 15206
412-404-2872
womenforahealthyenvironment.org



PennState
PRO Wellness

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. Enrollment opens each spring and can be accessed by visiting med.psu.edu/prowellness/champs. Additional information can be requested by emailing: prowellness@pennstatehealth.psu.edu.



Alliance for a Healthier Generation
Water Avenue Commerce Center
1028 SE Water Avenue, Suite 215
Portland, OR 97214
1-888-KID-HLTH
amira.resnick@healthiergeneration.org

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.

- 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, bike 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.
Application deadline is Friday, April 1, 2022.**

Let's hear it for our nurses.

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

School nurses play a vital role in keeping kids healthy while maintaining strong well-being for academic success. Increased attention has been focused on schools as a site where prevention, early intervention, and primary care can take place. School nurses are leaders who can create a culture of health and wellness, impacting not only student health but priorities and policies as well. 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 physical education and 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 healthy 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

NOMINATIONS

The Highmark Foundation is seeking nominations for the Advancing Excellence in School Nursing Awards. Winners will be chosen from school districts in our service regions of central, northeastern, and western Pennsylvania and West Virginia.

The nominee must be notified of nomination and approve of publicity and recognition requirements. School principal and/or superintendent signature is required.

Information must be submitted via the online application at: 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.

SCHOOL NURSING PRACTICE AND LEADERSHIP AWARD

- Promotes practice and leadership in school health
- Demonstrates special qualities of care and compassion
- Has published research
- Has proven advocacy efforts on the national, state, or local level
- Supports legislative issues that impact school nursing services, student health, etc.

TRANSFORMATION AWARD

- Rethinks the delivery of school health services
- Reimagines how health care services can provide prevention services to students
- Advances school nursing profession by sharing best practices and new innovations

SPIRIT OF THE YEAR AWARD

- Shows love for school nursing profession
- Displays care and compassion for students, staff, and families
- Demonstrates willingness to learn
- Acts as a true team player
- Serves as a role model

COLLABORATION AWARD

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

Winners will be announced on National School Nurse Day through coordinated communications, including press releases, social media, and on the 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 regions of central, northeastern, or western Pennsylvania or West Virginia.
- Dedicate more than 50% of their time in direct care.
- Have recommendation letter(s) demonstrating support written by a principal or school administrator.
 - Describe a specific activity in which the nominee has actively and substantially impacted the health of the children the nominee serves (300 words or less).
 - 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.

Application deadline is Friday, April 1, 2022.

Going above and beyond — just like you.

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 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.

Examples of acceptable expenses include:

- Personal care/hygiene products
- Eyeglasses
- Supplemental clothing/undergarments
- Healthy and nutritious food items
- Winter clothing

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.).

Examples of acceptable purchases include:

- Vision screeners
- Digital scales
- New cots
- Blood pressure monitors
- Glucose meters
- Stethoscopes
- AED machines

See something, share something.

We love to see our grant recipients celebrating their achievements, but we have a few guidelines for you to follow.

PHOTOS

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. Here are some tips for capturing great shots:

- Use a plain background where possible.
- Use flash only when necessary.
- Move in close instead of zooming.
- Take advantage of natural light.
- Take both vertical and horizontal photos.
- Share the original photo with us, not what was uploaded to the internet.

SHARE IT

- Share the story and photos of your school community's achievement on your own social media platforms by using #HighmarkFoundationSchoolGrant when posting.
- Tag us on Twitter @HighmarkFdn.
- Include acknowledgment of the Highmark Foundation funding in all press releases, newsletters, brochures, annual reports, websites, and any promotional materials.

APPROVALS

- **Please send all press releases, publications, and requests for logo usage to Jane Brooks for approval a minimum of two weeks before distribution (jane.brooks@highmark.com).**
 - All press releases must be sent for approval. Upon request, we will provide a quote from Yvonne Cook, president, Highmark Foundation, for any press release.

- Publications that reference grants or programs funded by the Highmark Foundation (including, but not limited to, newsletters, brochures, annual reports, letters) must be sent for approval.
- All logo usage must be approved.

HIGHMARK FOUNDATION LOGO GUIDELINES

Lowercase 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 to or greater than the height of the Highmark "H."

Do not:

- Distort or skew proportions.
- Change size, placement, or spatial relationships of the logo parts.
- Lock up additional symbols with logo.
- Place the logo in a box or any other outlined space.
- Change the color of the logo.



Visit the Highmark Foundation at highmarkfoundation.org.
Call: 1-866-594-1730 | Email: info@highmarkfoundation.org

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