



Amphitheater Middle School
Attn: Lisa Powell
315 East Prince Road
Tucson, Arizona 85705-3639

August 28, 2017

Dear Ms Powell:

Congratulations! On behalf of Dairy Council of Arizona we are pleased to inform you that your school application for funds for Fuel Up to Play 60 has been approved.

Your school's total funding award is \$3,035.00 and is enclosed with this letter so you can get started with your Fuel Up to Play 60 program right away. In the next couple of weeks, we will be contacting you to introduce ourselves and provide you with any assistance you might need as you move forward with Fuel Up to Play 60 implementation in your school.

Here are the next steps for you and your school regarding the Funds:

1. **Meet with your student team and other adult leaders** in the school to formulate your plans to implement the Healthy Eating and Physical Activity Plays outlined in your funding application.
2. **Let others in your school/community know about this exciting news** and ask for their support. A press release is a fantastic way to spread the news. Posting messages on your school Facebook or Twitter pages are also great ways to let everyone know about the exciting events and programs in the works. Plan a kick off event to start your program off with a bang and share that information with us for our new Kick off to Win, Back to School Contest (details on our website), by September 11th and your students might be selected to attend the October 1st Play 60 game.
3. **Keep in touch with the Dairy Council of Arizona**, we are an available resource as you implement your program. We would appreciate knowing dates of events planned around your program with the hope that we can stop by and see your Fuel Up to Play 60 program in action. At the very least, we absolutely love receiving photos of Fuel Up to Play 60 at your school that we can share with our board. We will take any and all you would like to share.

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4. **Prepare for the reporting that is required** as part of receiving these funds you will receive an email which will provide a detailed outline of the reporting requirements and due dates. Approximately six to eight weeks before reports are due; you will receive an email reminder about your reporting. Please note that all reports will be completed online. Failure to complete required reporting will result in "not eligible" status for future funding, rewards or incentives.
5. **Review the funding guidelines and terms**, which were outlined on the application form.

We are excited about your plans for creating healthier students and a healthier school with Fuel Up to Play 60! Thank you for all your efforts! If you have any questions or need assistance, please do not hesitate to contact us here at the Dairy Council of Arizona at any time for assistance either by email or phone via (480) 656-7163. You may also follow what is happening around Arizona with Fuel Up to Play 60 implementation by checking our social media feeds where we share highlights and news of school health and wellness:

Twitter: @AZFUTP60

Facebook: @fueluptoplay60arizona

Instagram: futp60az

Congratulations and good luck!

Sincerely,

Patricia J. Johnson, MS, RD, SNS
Director of Nutrition Services & Fuel Up to Play 60
PJOHNSON@DCAZ.ORG

Cindy Swansiger
School Nutrition Education Specialist
CSWANSIGER@DCAZ.ORG

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General Information

Notes:

- The maximum amount of funding a school can receive for the 2017-18 school year is \$4,000, which can be divided among Healthy Eating and Physical Activity.
- Your application must include a plan for both Healthy Eating and Physical Activity.
- The PE staff and School Nutrition staff, along with the Fuel Up to Play 60 Program Advisor, should work together in selecting the Plays and developing this application.
- It is important that your plan demonstrates how your program, activities and the impact will continue beyond the year it is funded. In other words, your plan needs to be sustainable.

Funding Guidelines and Maximums for the School Year:

- **The amount of funding requested for Physical Activity may not exceed the amount requested for Healthy Eating.**
- **Kickoff and Promotional Activities:** Max of \$500 combined for both Healthy Eating and Physical Activity during one school year.
- **Staff Stipends:** Max of \$400 total for internal staff and external professionals
 - No more than \$300 of the allowable \$400 may be devoted to internal staff stipends.
 - Internal staff includes individuals at your school who are helping to implement your program.
 - Internal stipends are optional for your school to provide.
 - Outside professionals include outside trainers, speakers, and other outside personnel who assist with your Plays.
- **Nutrition Education Materials:** Max of \$200.
- Please apply only for the funding that your school needs and will use now, from \$300 to \$4,000. Funding should be used by the end of the 2017-18 school year.

If your Funds for Fuel Up to Play 60 application is approved:

Who should the check be made out to? Must be the school or school district.

May NOT be an individual, the PTA/PTO, or other organization

Amphitheater Middle School

To whose attention should the check be sent?

Lisa Powell

Where should the check be mailed? IMPORTANT: Please make sure this is a valid school or school district address. Please supply a street address, NOT a P.O. Box.

School/School District Name:

Suggestion: Check with your school food service staff for answers to the following two questions:

What is the average number of students who participate daily in school BREAKFAST?

Note: Enter the average number of students, NOT a percent. The number cannot exceed your total school enrollment. If you do not serve breakfast, enter 0.

675

What is the average number of students who participate daily in school LUNCH?

Note: Enter the average number of students, NOT a percent. The number cannot exceed your total school enrollment. The number cannot exceed your total school enrollment.

545

Is your school wellness committee or school health council involved in planning and implementing Fuel Up to Play 60 at your school?

Yes

If yes, please describe how the school wellness committee is involved:

I am also the Wellness coordinator along with several school members, which not only include adults, but 2 Fuel Up to Play student ambassadors, collaborate on events for the Wellness Weeks. Then we inform the advisory teachers (homeroom) the agenda to engage the students. Advisory classes will reflect on the events which the Wellness members analyze the data to improve our Wellness weeks.

Fuel Up to Play 60 encourages all applicants to consider taking part in [Let's Move! Active Schools](#) and services and programs it offers. Is your school enrolled in *Let's Move! Active Schools*?

Yes

Implementing a 2nd chance breakfast will give the student the opportunity to drink milk. We will continue offering a Dairy table at the Health Field day labeling the nutritious facts of fat free and low fat cheese and milk. Teachers will have access of a coolant bag to store cheese sticks/yogurt as a snack through out the day from the left over breakfast. Choosing the nutritious snack will be visual throughout campus either by posters, video and or morning announcements, which will all develop an awareness of a healthy life style.

Fruits and Vegetables:

The goal is to try different vegetables and Fruits. The month of March (nutrition month) as well as Wellness weeks, and Fitness Night, offers students/families to sample fruits and vegetables utilizing an ANN recipe. We will continue focusing a food category for each month among the advisory classes. Each class will convert the nutritional facts of a food item into riddles and document onto poster paper to be mounted on the campus walls. The class that solves the most riddles will receive samples of fruits and vegetables.

Whole Grains:

Students will sample and learn nutritional benefits of their choice of whole grain ingredients when making their own trail mix, using measuring tools at the Health Field day. We will continue the monthly focus on food categories among the advisory classes. Each class will be given nutritional facts of a grain and the students will make riddles on the grain and post around campus. This becomes a competition among classes and samples are offered for the winners who can identify the most.

How will your school promote your Healthy Eating Play? Check all that apply.

Promotional posters/signs/flyers

Morning announcements

Pep rally

Overall healthier school environment

More student leadership/teamwork

Explain how your school will continue with your Healthy Eating Play after funding is exhausted.

The snack bar offers nutritional items. The resources from ANN will continue to enhance healthy choices. We have maintained consistency in exposing our students to making healthy choices through daily announcements, teacher participation, visual motivation and community sponsored events. My advisory class has been acting as ambassadors for Fueluptoplay for a year and have gained confidence engaging the students choosing healthier choices.

Promotional posters/signs/flyers

Morning announcements

Pep rally

Family night

Newsletter/eNews

What changes do you hope to see at your school this year as a result of implementing your Physical Activity Play? Check all that apply.

Students have increased access to physical activity

Students have increased participation in physical activity

Project Budget

Notes:

Outline your budget for the Healthy Eating and Physical Activity Plays you will be implementing. All expenditures to promote and implement each Play should be listed in the budget boxes below.

- In COLUMN A, select a funding category for the items you will be purchasing to implement your Healthy Eating and Physical Activity Plays.
- In COLUMN B, provide a detailed description of the actual items you will be purchasing in that funding category, including the quantity for each item.
- In COLUMN C, provide the total expenditure for that funding category.
- Repeat the above steps until you have completed all items you will be purchasing. You may include multiple items in one line item, as long as they belong in the same category and it is clearly described in the Description column.

Healthy Eating Budget (For amount/value requested, use whole numbers only; no decimal points, no symbols (e.g. use 1000, not \$1,000.00))

Funding Category	Description of items, including quantities	Amount Requested (Whole numbers only; no decimal points, no symbols. Example: 1000 not \$1,000.00)
Equipment for transporting or serving food or beverages	10 Coolant bags for yogurt and cheese and milk, baggies for trail mix and popcorn	225
Other (describe)	Incentives water bottles w/slogan, T-shirts w/Champions for Change or Fueluptoplay60	600
Nutrition education materials	Food nutritional facts, poster paper, markers, paint and brushes	200
Food for taste test activities	trail mix ingredients, grains, dried fruit, pop corn for entire school, cheese sticks both fat free and 2%, variety of fruits and veggies for samples	500
TOTAL HEALTHY EATING		\$1,525

Physical Activity Budget (For amount/value requested, use whole numbers only; no decimal points, no symbols (e.g. use 1000, not \$1,000.00))

Funding Category	Description of items, including quantities	Amount Requested
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Overall Fuel Up to Play 60 Plan

What percent of the students at your school will participate in any way in Fuel Up to Play 60 in the 2017-18 school year?

Participating includes: helping to plan/implement activities, visiting website, tracking, participating in Kickoff Event, participating in Healthy Eating/Physical Activity Plays, etc.

100%

Describe how students will take an ACTIVE LEADERSHIP ROLE in planning and implementing the Healthy Eating and Physical Activity Plays you outlined above. Check all that apply.

A Fuel Up to Play 60 student leadership group will be formed

Student leaders will be involved in selecting the Plays

Students leaders will be planning activities in the school

Students leaders will be promoting activities in the school

Students leaders will be leading activities in the school

Students leaders will encourage their peers to participate

Complete a "before and after" School Wellness Investigation

Observations (e.g. students' food choices, students' attitudes, school environment, school atmosphere, etc.)

Your Physical Education Lead Teacher approves this application and will fully support the proposed program and requirements, if funded.

Program Advisor's Name:

Lisa Powell

Program Advisor's Email Address:

lpowell@amphi.com

Your Program Advisor approves this application and will fully support the proposed program and requirements, if funded.

Fuel Up to Play 60 Program Advisors registered at your school include:

Lisa Powell

David Watson

Will you be involved in the planning and implementation of Fuel Up to Play 60 in your school?

Yes

If yes, how will you be involved?

I will be facilitating the Wellness meetings coordinating events that engage our student population in physical activities and nutritional awareness.

Please tell us if there are any other key adults, besides yourself, who will be involved in the planning and implementation of Fuel Up to Play 60 in your school.

Name:

