



SULLIVAN 180
EMPOWERING A HEALTHIER GENERATION PROGRAM
HEALTHIER GENERATION - PREPARATION PHASE

The purpose of the *Empowering a Healthier Generation* School Program is to engage Sullivan County School Districts in promoting health and wellness among students, staff, parents and their communities. As Sullivan County struggles at the bottom of the county health rankings each year, our children and youth continue to pay the price with poor health outcomes.

The goal of *Empowering a Healthier Generation* is to create a grassroots movement that will change policy and environments; while demonstrating that individuals and families have an important role to play in building a culture of health for themselves and the next generation.

All Sullivan County schools will be invited to submit an application to participate in the *Empowering a Healthier Generation School Program - Preparation Phase*. The preparation phase takes place over the course of three school semesters from Jan. 2021 – June 2022; and will establish a working relationship between the schools, the Healthier Generation Advisors, the Healthier Generation Committees and Sullivan 180.

Preparation Phase Timeline:

Semester 1: January 2021 – June 2021

Semester 2: September 2021 – December 2021

Semester 3: January 2022 – June 2022

The *Preparation Phase* has been established to help:

1. Strengthen the District Wellness Committee.
2. Bring the District Wellness Policy into alignment with the model wellness policy from the Alliance for a Healthier Generation.
3. Identify and train a Healthier Generation Advisor in each school building.
4. Establish a Healthier Generation Committee in each school building, to be led by the Healthier Generation Advisor.

Schools who apply to be included in *Empowering a Healthier Generation School Program - Preparation Phase* will be eligible for the following resources:

1. \$1,500.00 Healthier Generation Advisor Stipend per individual school building. (\$500.00 to be paid in Spring 2021, \$500.00 to be paid in Fall 2021 & \$500 to be paid in the Spring of 2022). This individual will be trained and supported by Sullivan 180.
2. Up to \$3,000.00 Preparation Grant to support the initiatives of each Healthier Generation Committee, (\$1000.00 to be paid in Spring 2021, \$1000.00 to be paid in Fall 2021 & 1000 to be paid in the Spring of 2022. This can be used at the discretion of the committees but should support the goals of the District Wellness Policy.

3. Comprehensive training to prepare the Healthier Generation Advisor and the District Wellness Coordinators. This includes, but not limited to the virtual Sullivan 180 Community Health Champion training.
4. Access to monthly Sullivan Healthier Generation Council meetings. Here coordinators and advisors will receive encouragement and support to work through any challenges that may arise. These meetings will provide valuable information and resources that should be brought back to districts and schools for sharing.
5. Access to regular support from the Sullivan 180 team and its Healthier Generation partners. This includes technical assistance as well as speakers and trainers for topics such as:
 - childhood obesity prevention
 - templates for model school wellness policies
 - healthy fundraising & celebrations
 - workplace wellness
 - building a culture of health