

2010-2011 Information and Requirements for

Power Panther Pals

with



Power Panther Pals is an eight-week health education program for elementary students designed to increase their:

- Consumption of healthy foods from MyPyramid for Kids, and
- Physical activity.



Kids a Cookin' is a television series produced by K-State Research and Extension. It encourages kids to prepare appealing, healthful foods with adult supervision.

Now in its 8th year, Kansas Team Nutrition is once again offering this program to grades K-5! The Kansas State Department of Education (KSDE) is offering USDA Team Nutrition grant funds and resources to support implementation of the Power Panther Pals program in Kansas classrooms.

Power Panther Pals is a Team Nutrition program of:
Child Nutrition & Wellness
Kansas State Department of Education
120 SE 10th Ave.
Topeka, KS 66612

Direct questions to: Allison Gilmore, Team Nutrition Coordinator,
785-296-2790 or agilmore@ksde.org

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Background

Team Nutrition is...

a USDA school-based program that encourages children to make healthful food choices. This nationwide, integrated initiative is designed to encourage children to eat a variety of foods; to eat more fruits, vegetables and whole grains; to eat lower fat foods more often; to consume calcium-rich foods; and to be physically active.

Power Panther is...

the official spokes-character of the United States Department of Agriculture's (USDA's) **EAT SMART. PLAY HARD.** campaign, which is about making our nation's children healthier.

The purpose of Power Panther Pals is...

to make students aware of the importance of enjoying healthful foods and regular physical activity. Power Panther Pals has a particular emphasis on giving children the tools and the motivation to make healthy choices every day:

- Eat a variety of foods
- Eat more fruits, vegetables and whole grains
- Get your calcium-rich foods
- Eat lower-fat foods more often
- Be physically active



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General Information and Project Overview

Power Panther Pals is an eight-week health education program for elementary students. This year Kansas Team Nutrition is excited to once again offer TWO LEVELS of Power Panther Pals:

- **Power Panther Pals Primary Level** is designed for grades K-2 and focuses on making healthy food choices, enjoying physical activity and preparing healthy snacks.
- **Power Panther Pals Intermediate Level** targets grades 3-5 and encourages students to eat a variety of healthy foods from MyPyramid for Kids and to be physically active.

Both programs share the same application, application deadline, timeline, and weekly schedule. The content of the lessons (designed to be age appropriate) is the only difference between the programs. Both programs consist of two, behavior-based components:

- **EAT SMART** – The focus is on healthful eating, with emphasis on consuming a variety of healthy foods from MyPyramid and on preparing healthy snacks with *Kids a Cookin'*.
- **PLAY HARD** – The focus is on physical activity, with emphasis on walking and other fun activities that promote lifelong fitness.

ALL materials, supplies and funds for purchase of food and supplies are provided by KSDE. All materials and resources needed for program implementation will be mailed to each participating classroom in December. A complete list of materials can be found on page 5.

The program can be implemented in regular classrooms, after-school programs, or in a specific subject-matter class (such as PE) in a middle school setting where students move from class to class throughout the day. There is no charge for participation.

Both levels of Power Panther Pals are designed to be integrated easily into existing classroom curricula. The basic program activities can be completed in one block, or broken up into different parts and completed at separate times throughout the week. It is estimated that each component (EAT SMART lesson and worksheets; *Kids a Cookin'* activity; PLAY HARD physical activity) will take approximately 30 minutes to complete for a total of 90 minutes per week. Additional time may be required for large classrooms or after-school programs, or if the optional enrichment activities are used.

All funds will be paid to the USD to be deposited into the Food Service Fund. If the applicant is a member of another community-based organization (such as the Extension Service), funds will still be paid to the USD in which activities are implemented.

Applicants that are not selected for Power Panther Pals participation may still become “unofficial” participants by downloading all program guidelines and materials. To access Kansas Team Nutrition materials, click on the Team Nutrition logo at www.kn-eat.org.

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Timeframe

July 2010	Power Panther Pals Applications for the 2010-2011 academic year are made available to schools
September 24, 2010	Applications must be postmarked by this date.
October 2010	Classrooms selected for participation will be notified.
December 2010	Materials mailed to participating classrooms and funds transferred to participating USDs
January 2011 – May 2011	Activities implemented in participating classrooms
May 13, 2011	Program evaluation and the Grant Funds Expenditure Worksheet due to KSDE

Requirements for Participating Classrooms

Each participating classroom must agree to the following terms:

- Become familiar with the *Power Panther Pals Implementation Manual* and use it as a guide when implementing program activities.
- Conduct an **EAT SMART** activity and a **PLAY HARD** activity during each of the program's eight weeks. Activities may be conducted anytime from January through mid-May. The program should be implemented during eight consecutive weeks. Directions for activities will be provided.
- Send the take-home materials home with students. Materials will be provided in sufficient quantity. No copying will be required by the classroom or the school.
- Expend the funds as outlined in the *Power Panther Pals Implementation Manual*. Funds may be expended ONLY for (1) the purchase food to complete *Kids a Cookin'* activities and for (2) supplies such as napkins, cups and disposable flatware. No funds may be expended for other classroom materials, posters, supplies, equipment, etc. Funds will be allocated at the rate of \$5.00 per student.
- Complete a program evaluation and the Grant Funds Expenditure Worksheet at the conclusion of the project.

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Selection of Participating Classrooms

Participating classrooms will be selected using established criteria. First priority will be given to classrooms in schools that meet at least one of the following criteria:

- The school is enrolled in Team Nutrition (TN).
To find out if your school is a TN school, go to www.fns.usda.gov/tn. Click on “Join the Team”, then on “Schools Database” and enter your school’s information. If your school is NOT a Team Nutrition school, you may join now at the same website by clicking on “Enrollment Form”. Complete and print the form and send it to Child Nutrition & Wellness along with your Power Panther Pals application.
- The school has participated in Power Panther Pals at least once in the past 2 years.
- The school has demonstrated efforts to implement a healthy school environment.

Materials & Resources

Each participating classroom will receive:

- **Power Panther Pals (PPP) Implementation Manual**
The manual includes program guidelines, background information about each lesson, detailed instructions for classroom activities, a *Kids a Cookin’* DVD, copies of all student materials, and an evaluation form. The manual is printed in color and packaged in a three-ring binder.
- **\$5.00 per participating student for the purchase of food and supplies for the *Kids a Cookin’* activities.**
- **Student materials including:**
 - A Power Panther Pals membership card for each student
 - A Student Activity Book for each student that includes *Kids a Cookin’* recipes as well as log forms to record fruits and vegetables consumed and daily physical activity
 - Certificates of participation for all participating students
 - Additional Power Panther materials such as stickers and temporary tattoos.

All student classroom and take-home materials will be provided in sufficient quantity for students in the classroom. No copying will be needed.

- **Take-home newsletters for parents, including *Kids a Cookin’* recipes and ideas for family physical activity**
- **Technical support from KSDE’s TN Staff**

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Application Guidelines

1. Up to five classrooms may be included on one application. These classrooms must be in the same school district or private school. If classrooms and after-school programs are applying for program participation, they may NOT reach the same students with program activities.
2. Eligible applicants include school administrators, classroom teachers, teacher aides, food service personnel, school nurses, counselors, other school staff, community partners such as county Extension personnel, community health professionals or parent volunteers.
3. Multiple classrooms within the same school are eligible to apply. An applicant may submit applications for multiple classrooms within a school or district.
4. All activities must be implemented in Kansas kindergarten, 1st, 2nd, 3rd, 4th, or 5th grade classrooms during the 2010-2011 school year.
5. Applicant must agree to implement the requirements listed in *Requirements for Participating Classrooms* on page 4 of this packet.
6. Late applications will not be accepted unless an inadequate number of applications are received by the deadline date. Incomplete applications and applications with missing signatures will automatically be disqualified.
7. Submission of an application for Power Panther Pals does not ensure funding. If multiple classrooms within one school apply, some classrooms may be funded while others may not.
8. The applicant will state the number of participating students on the application. This number will be used to determine a classroom's grant award. If this number changes, Kansas Team Nutrition will provide additional materials, if available, for new students; however, Kansas Team Nutrition will not provide additional grant funds to a classroom.



How do I apply?

Complete a Power Panther Pals Application and submit it as directed. Applications can be downloaded from: www.kn-eat.org. If you are unable to download an application, please contact Allison Gilmore and request that one be mailed to you:

agilmore@ksde.org or 785-296-2790

Applications must be postmarked no later than
September 24, 2010.



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