

TO: All Kentucky School Superintendents and School Board Members
DATE: May 20, 2010
SUBJECT: Help Find and Honor Kentucky Health Heroes
FROM: Kentucky School Boards Association & Foundation for a Healthy Kentucky

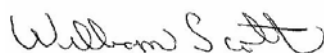
The Kentucky School Boards Association (KSBA) and the Foundation for a Healthy Kentucky request your assistance in calling attention to innovative, effective policies and practices that have been implemented by KSBA members to support increased physical activity and healthy food choices by Kentucky schools' students, faculty and staff. Kentuckians are among the most overweight and obese Americans – with all that that means for diminished quality of life, increased health risks, shortened working lives, and increased health care costs in the Commonwealth.

What is policy? It's the broad governance framework within which your schools operate that provides direction to meet goals set by the board of education and its schools. We're looking for leading Kentucky School Boards who have gone beyond expressions of concern, to change the way your schools are sited, built and operated in ways that make it easier for employees, students, and neighbors to get and stay fit and active.

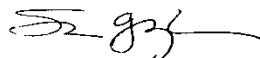
Believing each of us has a role to play in addressing this problem, and that many of our members are already hard at work on this, the Foundation is offering a chance to be recognized and to share what's working at the Howard L. Bost Memorial Health Policy Forum to be held September 14, 2010 in Louisville. We hope you will assist us in identifying compelling and innovative school districts by encouraging them to apply for the "Honoring Kentucky's Health Heroes" award. One school board applicant will be chosen for recognition at the forum and will receive a \$1,000 prize. Runners-up will also be recognized and included in the Forum program. Tell us *your* story – or encourage your neighboring district to tell us theirs by completing the application – instructions accompany this letter! Please fax (502-326-5748) your application to the Foundation for a Healthy Kentucky, by **June 15, 2010** or e-mail them to kellis@healthy-ky.org. If you have questions, please call Susan Zepeda at 502-326-2583.

Thank you for taking the time to help us recognize promising practices and policies emerging across the Commonwealth, and honor Kentucky's local health heroes.

Sincerely,



William G. Scott
Executive Director
Kentucky School Boards Association



Susan G. Zepeda
Executive Director
Foundation for a Healthy Kentucky



Honoring Kentucky's Health Heroes

2010 Application Instructions

The Foundation for a Healthy Kentucky has teamed-up with the Kentucky School Boards Association to identify public School Boards in Kentucky that have implemented innovative and effective policies and practices supporting increased physical activity and healthy food choices in Kentucky.

The “Honoring Kentucky’s Health Heroes” project seeks to recognize strategic efforts in Kentucky school settings that help to **close the gaps** across communities – geographic and demographic – in access to healthy food and **reshape environments** over time in ways that safely support **physically active** ways of life.

One School Board applicant will be chosen for recognition at the Foundation’s annual **Howard L. Bost Memorial Health Policy Forum on Tuesday, September 14, 2010** in Louisville and will receive a \$1,000 prize. The chosen school board must agree to send one representative to participate in the Forum, someone who is knowledgeable about the policy initiative and willing to present the school board’s strategies, experience and success to other Forum participants. Hotel and travel expenses will be provided to this representative by the Foundation. Runners up will also be recognized in the Forum program.

If you are a school board – tell us *your* story – or encourage your neighboring district to tell us theirs by completing this application form and returning it to the Foundation for a Healthy Kentucky by **June 15, 2010**.

Please include the following information in your application:

1. Name of School District:
2. Name of District Superintendent:
3. School District Mailing Address:
4. Name, Title and contact information, including email of person submitting this application:
5. Name, Title and contact information of person who can represent your school district at the September 14, 2010 Howard L. Bost Memorial Health Policy Forum:

Please respond to the following questions:

1. Describe (in approximately 500 words or less) the **policy and implementation plan** your Board has implemented, to help assure that people who live, work and study in your school district have (a) better access to nutritious foods, (b) safe places to play/exercise, and/or (c) opportunities for physical activity. *Please attach a copy of the policy as enacted and the supporting implementation details (practices, strategies, plan)*
2. What year was this policy enacted?
3. Describe (in approximately 300 words or less) why you decided to take this approach?
4. Describe (in approximately 500 words or less) what obstacles or opposition you encountered in developing and implementing this policy. How did you overcome these challenges?
5. Please share (in approximately 300 words or less) anything else you'd like to add about your School Board's work in this area.

Please submit your application (via fax or email) by **June 15, 2010** to:

Katie Ellis, MS
Program & Administrative Coordinator
Foundation for a Healthy Kentucky
FAX: 502-326-5748
kellis@healthy-ky.org

For questions regarding this application, please contact Susan Zepeda at 502-326-2583 or szepeda@healthy-ky.org.