

Calling all HOSA- Future Health Professionals!

Make a difference in your community
by mentoring an elementary school team in the



FIND YOUR BALANCE Challenge

Introducing **The Find Your Balance Challenge**, a national contest for elementary school teams who work together to instigate simple, positive change in their schools.

YOU can help a team get started, stay motivated and complete their application.

What's in it for HOSA Student Members?

- Gain community service hours in support of the HOSA's Recognition Competitive Events.
- Earn a certificate when you reach out to at least one school and introduce the Find Your Balance Challenge.
- Receive a prize pack, certificate and letters of recommendation from the sponsor organizations if you support a team who becomes a finalist in the Find Your Balance Challenge.
- Receive \$1,000 in cash, a prize pack, a custom certificate and letters of recommendation from the sponsor organizations for supporting the winning team in the Find Your Balance Challenge.



Get Started Today!

www.hosa.org

Visit the HOSA website at www.hosa.org and look for the FYBC Leadership Opportunity Tool Box.

Reach out to local schools (include your alma mater) and plan to meet with a wellness stakeholder—from the Principal to the PE Team to an engaged classroom teacher—and simply introduce that person to the FYBC and encourage them to start an application. It's all online, simple and free! The school could win a \$30,000 grand prize.

You can stop there, or remain engaged with the school team throughout the program.





What is the Find Your Balance Challenge?

The Find Your Balance Challenge is designed to engage K-5 students in creating practical, long-term improvements in nutrition and physical activity at their school. A teacher/mentor works with a class of students to identify authentic needs on both the nutrition side and the physical activity side of the Energy Balance scale, to write a goal statement to address those needs, and to create a simple action plan to meet those goals.

How do I participate?

As a HOSA-FUTURE HEALTH PROFESSIONALS member, you can gain leadership experience by reaching out to local elementary schools and making them aware of this exciting challenge. YOU can help an elementary student team get started, stay motivated and complete their application.

How do I get started?

***Contact a local elementary school** (perhaps where you or your siblings went to school, or where you know a teacher or other staff member) and ask if you could meet with someone at the school who has a stake in health and wellness or grant writing. These individuals might include the Principal, Physical Education teacher, School Nurse, Classroom Teachers or Cafeteria Staff.*

*If the school agrees to a meeting or phone call, **review the materials** on this document in advance of your conversation, and plan to visit the Find Your Balance Challenge website found here:*

<http://www.togethercounts.com/at-school/win-for-your-school/balance-challenge>

What is my goal if I'm able to meet with a school?

Your goal is to simply encourage a teacher at the school to go to the website above to start an application for the Find Your Balance Challenge. She should simply click on "Your Application" and follow the steps to begin the registration and application process.

What will I get for this outreach effort?

*As a HOSA-Future Health Professionals member, you may gain recognition for your outreach effort as part of the HOSA Competitive Events Program in events such as Health Education or the Barbara James Service Award. Visit the HOSA website. **You will receive a certificate from HOSA for your participation.** If a school team you have contacted goes on to enter and to win one of the prizes, you will receive a prize. **If the school you contact is the grand prize winner of the Find Your Balance Challenge, you will win \$1,000 in cash** along with a custom certificate and letters of recommendation for the sponsor organizations.*

If you have specific questions regarding HOSA involvement in this program, check the HOSA website (HOSA.org) and look for updates about the Find Your Balance Challenge. You may also email questions directly to HOSA@HOSA.org if you



have additional questions and a representative from The Find Your Balance Challenge will respond. Please include FYBC question in the email subject line.

The questions & answers below will help you to understand more about what is involved in the Find Your Balance Challenge. Use this FAQ (Frequently Asked Questions) document as a guide when you call or meet with any staff members at a school who may have interest in the program.

Who is eligible to participate?

A Teacher/Mentor who is a U.S. resident over the age of 18, supervising a class of students enrolled in kindergarten through 5th grade at a public, private, or parochial school located in the United States at the time of the entry. Together, the Teacher/Mentor and the class comprise a team.

Can more than one class from a school apply?

Yes, more than one class from each school is able to apply.

Can a teacher mentor and enter on behalf of more than one class?

No, each teacher may only mentor one class.

What are the goals of the Find Your Balance Challenge?

The Find Your Balance Challenge is designed to help students:

- Identify and improve authentic nutrition and physical activity needs at their school.
- Learn about setting goals and creating action plans to meet those goals.
- Work together as part of a team.
- Encourage involvement from school stakeholders.
- Utilize their creativity

What specifically must be included on the Find Your Balance Challenge application?

The application must be filled out completely and include information for all of the steps (Identify needs for both sides of the Energy Balance scale; Write a goal statement to directly address those needs; Create a simple action plan; and describe how success will be measured.) The team must also share a brief plan for how the \$30,000 prize will be used to create practical and long-term Energy Balance solutions. The application can be found at

<http://www.togethercounts.com/at-school/win-for-your-school/balance-challenge>

What resources are available to help teams work through the Find Your Balance Challenge?

The Together Counts Website has several resources designed to support teams as they work through the Find Your Balance Challenge process. You can find these resources on the right side of the [Classroom Challenge](#) page. They provide tips, student handouts and ideas for each Challenge step. A set of 14 Energy Balance lesson plans for grades K-2 and 14 lesson plans for grades 3-5 are also available on the [Teachers](#) page. The lesson plans are divided into four easy-to-navigate modules so teachers can select the plans that best meet their individual class needs.

How will the Find Your Balance Challenge be judged?

Please review the [What the Judges are Looking For](#) document to find out how your application will be judged. While all applications will be judged using the same process, the judges realize that a submission from a kindergarten class will look different than a submission from a fifth grade class. Judges will take into consideration the grade levels represented in each submission.

Are home-school teachers eligible to apply?

No, home school teachers are not eligible to apply.

When are applications for the Find Your Balance Challenge being accepted?

Applications for the Find Your Balance Challenge will be accepted from August 30, 2011 at 5 PM ET until January 31, 2013 at 8 PM ET.

When will the applications be judged?

Judging will begin on or about February 1, 2013.

Does our team need to finish the action plan we create?

No, the action plan does not need to be completed in order to apply, but it must be in progress. We realize that many needs are ongoing and it is not essential that the solution or plan be carried out to full completion. However, the need(s) and goal should be manageable for elementary students to carry out and the action plan must be trackable.

When will the winners be announced?

The teacher/mentors of the winning classes will be notified beginning on or about April 1, 2013.

What are the prizes and how will they be awarded?

The Grand Prize winning class will receive a \$30,000 grant in the school's name to be used to implement positive Energy Balance change in their school, the Ultimate Energy Balance Party featuring nutritious snacks and field events, and a consultation with Registered Dieticians and/or Physical Education experts. The two Runner-Up winning classes will each



receive a \$10,000 grant in the school's name to be used to implement positive Energy Balance change in their school. The three Third Prize-winning teams will each receive a \$5,000 grant.

The Grand Prize and two Runner-Up Prizes will not be awarded without first receiving each class member's parental consent.

How can I access my application? You can register for the challenge and sign back in to access your application at:

<http://www.togethercounts.com/at-school/win-for-your-school/balance-challenge>

Is the Challenge open to students outside of the United States? No, the Challenge is only open to students in the U.S.

If my teacher is interested in knowing more about how HOSA and the Healthy Weight Commitment Foundation are partnering on this leadership opportunity, what can I share with my school? Please share the letter below from Lisa Gable, the President of HWCF. This letter and the flyer that follows were distributed to all HOSA schools at the start of this school year.

Dear Educator,

In partnership with HOSA-Future Health Professionals, I am pleased to introduce your school and its HOSA student members to an exciting leadership opportunity.

"The Find Your Balance Challenge" (FYBC) is a national contest inviting elementary school teams to make positive changes in their schools. The Healthy Weight Commitment Foundation and Discovery Education created the program in 2011 and we were thrilled to award grants totaling more than \$50,000 in our first year.

To expand the impact of our efforts for the 2012 – 2013 school year and to make more of a difference in every community, **HOSA members can get involved by mentoring an elementary student team.**

In a few simple steps, your students can participate in FYBC and gain valuable service experience in the process:

1. **Visit the HOSA-Future Health Professionals website** at www.hosa.org and look for the FYBC Leadership Opportunity Tool Box.
2. Members are provided tips to **reach out to local schools** (ideally their alma mater) and plan to meet with a wellness stakeholder—from the Principal to the PE Team to an engaged classroom teacher—and simply introduce that person to the FYBC and encourage them to start an application. It's all online, simple and free! The school could win a \$30,000 grand prize.
3. The member can stop there, or remain engaged with "their" team and **support them along the way by using free, online tools** supporting the team through the completion of their action plan.

I invite you to learn more about our organization and our free resources for schools and families at www.TogetherCounts.com. Together Counts is a nationwide program inspiring active and healthy living through Energy Balance. Our standards-aligned, K-5 wellness curriculum, Energy Balance 101, is available free and widely distributed in schools. The Find Your Balance Challenge provides schools with an incentive to make a positive change and through your help and the help of HOSA members, we know we'll make a big impact during this school year.

Please distribute and post the flyer on the reverse of this letter, encouraging students to learn more by visiting the HOSA website at www.hosa.org. We are proud to partner with HOSA-Future Health Professionals and truly appreciate your help.

Sincerely,

Lisa Gable
President
Healthy Weight Commitment Foundation

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