

Fuel Up To Play 60 Mentor Stipends

For

Utah PTA Leaders

Sponsored by:

Dairy Council of Utah/Nevada

School stipend is available for PTA leaders to:

- help create/maintain a healthier school environment; and
- assist in the Fuel Up To Play 60 program activation/implementation at school; to
- empower and motivate kids to eat healthy, be active, and make a difference.

Objectives:

1. Participants will learn how to take action to improve/maintain positive evidence-based nutrition and physical activity environment at school;
2. Participants will become Fuel Up To Play 60 mentors to school staff and faculty;
3. Participants will assist schools by empowering, inspiring and motivating student advocates to improve their nutrition and physical activity.

Memorandum of Understanding (M.O.U)

Dairy Council of Utah/Nevada

- Provide PTA leaders with initial Fuel Up To Play 60 program training/orientation.
- Provide ongoing program support and training on Fuel Up To Play 60; childhood obesity, health and wellness; and other program support as appropriate.
- Provide PTA's local leader/unit, which complete the Fuel Up To Play 60 Mentor Stipend program during the 2012-13 school year, with a \$500 stipend; \$250 at the completion of Phase 1 training and preparation, and \$250 after all M.O.U. steps are completed in Phase 2. Stipend is limited to one (1) per school.



Phase 1: PTA Training and Preparation

- Attend a PTA Fuel Up To Play 60 (FUTP60) Mentor Training program.
- Submit to the Dairy Council of UT/NV a school M.O.U. signed by the school principal and the school food service director/manager.
- Recruit/identify at least one adult Program Advisor (PA) to oversee and manage FUTP60 implementation at their school. PA must be faculty or staff employed by the school.

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Phase 2: PTA Mentoring

- Encourage and support school Fuel Up To Play 60 (FUTP60) programs and activities. Meet with Program Advisor (PA) at least once a month during the school year to assist with planning and implementation of events and activities.
- Keep informed. Join FUTP60 mentor follow up training(s) prior to the start of 2012-13 school year (choose a date: Aug 20, 21, 28, 29), and others as needed throughout the year.
- Kids teaching kids make the difference, help get kids involved in FUTP60. With Program Advisor (PA), recruit and name a core FUTP60 team of at least 10 motivated students to help lead the way among their peers.
- Assess the nutrition and physical activity needs at your school. Assist PA and student team to complete the School Wellness Investigation for 2012-13.
- Kick-off health and wellness. Help PA and students plan, coordinate and execute a school-wide FUTP60 kick off activity.
- With PA and students, identify, coordinate and execute at least one Healthy Eating Play and one Physical Activity Play.
- Assist PA in encouraging students to join FUTP60.
- Assist PA in encouraging students to participate in and submit at least one FUTP60 "Challenge"
- As appropriate, apply for FUTP60 Funds (up to \$4000 per school per year) with PA and school.
- Tell your story, toot your horn, help others learn from your success! Share your stories and pictures on FUTP60 webpage.
- As appropriate, work with and encourage school to apply for "Healthier US School Challenge" and "Gold Medal Schools."

The Dairy Council of Utah/Nevada and _____ (PTA organization or leader) agree to the criteria outlined above for the Fuel Up To Play 60 Mentor Stipend.

 PTA contact
 Address:
 Phone:
 Email:

 Date
 School:
 District:

 Dairy Council of Utah/Nevada
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 Date