Power Panther Professionals is a 6 to 12-week customizable staff wellness program designed for school and childcare center personnel. Its ultimate goal is to improve employees’ health and well-being while empowering them to serve as healthy role models for young people and other adults.

USDA’s SuperTracker allows users to make a personalized nutrition and physical activity plan. Participants can see how their food choices and physical activities stack up to their goals while getting tips and support to help make healthier choices. Power Panther Professionals also includes an optional staff wellness challenge to encourage healthier lifestyle behaviors among participants and to reinforce weekly lessons.

Power Panther is the United States Department of Agriculture’s (USDA’s) spokes-character for the EAT SMART. PLAY HARD. campaign. This national initiative is aimed at making our nation’s children healthier, but Power Panther’s messages are applicable to people of ALL ages! Maintaining a healthy lifestyle that includes a nutritious diet and regular physical activity is a great goal for everyone, regardless of age.

Program Overview

Power Panther Professionals is a series of 6 to 12-week programs designed to help school and childcare center professionals develop healthful EAT SMART and PLAY HARD habits while becoming healthy role models for young people.

Power Panther Professionals offers three different program areas. Sites may choose one program area to complete. The three program areas and presentation topics are:

<table>
<thead>
<tr>
<th>MyPlate Basics</th>
<th>Wellness Every Day</th>
<th>Incorporating Nutrition Education and Physical Activity into Curriculum</th>
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</thead>
<tbody>
<tr>
<td>• Hydration</td>
<td>• Stress reduction</td>
<td>• Setting goals and modeling behavior</td>
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<tr>
<td>• Fruits and vegetables</td>
<td>• Physical activity (warm-up, stretch and cool-down)</td>
<td>• Basics of teaching nutrition and physical activity the following subject areas:</td>
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<tr>
<td>• Low-fat dairy products</td>
<td>• Family-friendly physical activities</td>
<td>• Science and Health</td>
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<tr>
<td>• Whole grains</td>
<td>• Fitting exercise into a busy routine</td>
<td>• Math</td>
</tr>
<tr>
<td>• Breakfast</td>
<td>• Fad diets</td>
<td>• Reading and Writing</td>
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<tr>
<td>• Healthy snacks</td>
<td>• Eat healthy while dining out</td>
<td>• Social Studies, Geography and History</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Art and Music</td>
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<tr>
<td></td>
<td></td>
<td>• Meal and Snack Time</td>
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</table>
Regardless of the program area you select for your site, Power Panther Professionals is organized in the same way for each program area. Each week, EAT SMART (healthy eating) and PLAY HARD (physical activity) information, tips and activities will be presented and/or made available to participants. A PowerPoint presentation for each module is provided on a CD. Each module takes approximately 20-30 minutes to complete. The local facilitator will lead the presentations at each school or center as well as coordinate other program activities.

Three optional, in-service modules are also provided:

- Introduction to Wellness
- Dealing with Stress in Your Life
- Physical Activity

Each in-service module takes approximately one hour to complete. Because they are longer in length, these optional modules work well as presentations for in-service days but can be broken down into parts, as necessary, and presented during staff meetings or before or after school.

**Materials & Resources Provided**

Each participating school or childcare center will receive:

- **Power Panther Professionals Implementation Manual**, which is printed in color, packaged in a 3-ring binder and includes:
  - Program guidelines and information
  - PowerPoint presentations with a script for each of the lessons
  - Three optional, in-service PowerPoint presentations with notes for the presenter
  - Participant materials including fact sheets, daily log forms, activity sheets, and sample emails
  - Evaluation information

- **PowerPoint presentations** for each of the lessons

- **Electronic copies of participant materials** including fact sheets, activity sheets and log forms

- **Sub-grant funding** to defray the costs for printing, food tastings to accompany nutrition education at meetings, and/or to implement enhancement activities. Awarded schools and childcare centers will receive $100 in sub-grant funds at the onset of the program.

- **Technical support from KSDE’s Team Nutrition staff**
Participation Requirements

Each participating school or childcare center must agree to the following terms:

- Designate an individual, with a health background, who will facilitate the program and complete the following responsibilities:
  - Use the Power Panther Professionals Implementation Manual as a guide for program activities.
  - Conduct or coordinate a minimum of six presentations or activities using the materials provided. Materials and implementation of the program can be modified.
  - Encourage each participating employee to become involved by determining an EAT SMART goal and a PLAY HARD goal, and completing the wellness challenge program.
  - Complete a program evaluation at the conclusion of the program.

Timeframe

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>May 2015</td>
<td>Power Panther Professionals Information/Application Packet is available to schools and childcare centers</td>
</tr>
<tr>
<td>August 31, 2015</td>
<td>Applications must be received</td>
</tr>
<tr>
<td>September 2015</td>
<td>Schools and childcare centers selected for participation will be notified</td>
</tr>
<tr>
<td>October 2015</td>
<td>Materials mailed to participating schools and childcare centers and sub-grant funds distributed</td>
</tr>
<tr>
<td>October 2015 – May 2016</td>
<td>Activities implemented in participating schools and childcare centers</td>
</tr>
<tr>
<td>May 31, 2016</td>
<td>Program evaluation must be completed</td>
</tr>
</tbody>
</table>
Application & Eligibility Guidelines

1. Each school or childcare center must complete a separate application.

2. Materials will only be provided to Kansas schools that participate in the National School Lunch Program or childcare centers that participate in the Child and Adult Food Care Program.


4. All activities must be implemented in Kansas schools or childcare centers during the 2015-2016 academic year.

5. Applicant must agree to implement the requirements listed on page 3 of this packet.

6. Late applications will not be accepted unless an inadequate number of applications are received by the deadline date. If incomplete applications are submitted, the applicant will be contacted but the application will not be considered until the application is deemed complete.

7. Submission of an application for Power Panther Professionals does not guarantee selection for participation. All schools and centers will have the opportunity to download the program materials from our website and to participate independent of this project.

**How to Apply**

Complete the application form on the last page of this packet and submit it as directed.

**Applications must be received by August 31, 2015.**

Applicants will receive an email from Jill Ladd, Team Nutrition Project Director, upon receipt of their application. If you do not hear back from Ms. Ladd within a week of submitting your application, contact Ms. Ladd at jladd@ksde.org or 785-296-2276 to ensure your application was received.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint_filing_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas State Department of Education: Office of General Counsel, Landon State Office Building, 900 SW Jackson St, Suite #102, Topeka, KS 66612, (785)296-3201.
Application for Power Panther Professionals

Part A. School or Childcare Information

Sponsor Number (i.e. USD, X0, P0, S0 etc.)

District Name (USD’s Only):

Name of Attendance Center/School/Childcare Center:

Mailing Address:

City: State: KS Zip:

Part B. Applicant Information

Applicant’s Name: Applicant’s Title:

Area Code/Phone: E-mail Address:

If someone other than applicant will facilitate the program at this site, please complete:

Name of Program Facilitator(s): Title of Program Facilitator:

E-Mail Address:

Part C: Participation:

Select the program area for your site (please select one):

☐ MyPlate Basics ☐ Wellness Every Day ☐ Incorporating Nutrition Education and Physical Activity into Curriculum

Anticipated participation numbers:

Part C. Agreement and Signature

I have read and understand the document titled “2015-2016 Information/Application Packet” for Power Panther Professionals. I agree to follow all guidance and requirements of the program.

_________________________________________ ________________
Signature of Applicant Date

_________________________________________ ________________
Signature of Authorized Representative* Date

*This is the official representative for the food service program.

Submit application to Kansas Team Nutrition by August 31, 2015:

E-mail, Mail or Fax completed applications to:

Child Nutrition & Wellness, Kansas Team Nutrition
Kansas State Department of Education
Landon State Office Building
900 SW Jackson St, Suite #251
Topeka, KS 66612-1212
E-mail: jladd@ksde.org
Fax: (785) 296-0232