

A photograph of a classroom with several students raising their hands. In the foreground, a young girl with curly brown hair, wearing a purple sweater, is smiling and looking towards the right. Behind her, a boy with dark hair, wearing a light blue shirt, is also raising his hand. To the right, another girl is partially visible. The background shows large windows with a view of a landscape. The overall atmosphere is bright and positive.

School Grants Program

Supporting schools in promoting physical and social health

The logo for Highmark Foundation, featuring a stylized 'H' icon to the left of the text 'HIGHMARK FOUNDATION'.

HIGHMARK
FOUNDATION



When it comes to wellness, we've done our homework.

Health and wellness in schools has always been a top priority for the Highmark Foundation. That's why we're proud to present the 2024–2025 School Grants Program. This provides schools with two unique opportunities for improving health and wellness.



HIGHMARK FOUNDATION SCHOOL GRANTS

Schools in Pennsylvania and West Virginia can apply for grants up to \$7,500 to support these health and wellness initiatives:

- Physical health
- School-based health
- Social health

ELIGIBILITY REQUIREMENTS

Is your school in Pennsylvania or West Virginia?

Is it a public, private, charter, or parochial school, or a vocational high school?

You may be eligible for a \$7,500 award to implement programs that improve access to health and wellness.

- Equipment is only considered when necessary for the implementation of the program.
- Grants will not be awarded exclusively for equipment such as elliptical machines, stationary bikes, street/mountain bikes, bike storage sheds, treadmills, weight room power racks and storage, weight room benches, or other large, single pieces of equipment.
- Grants will not be awarded to support the purchase of iPads, Fitbits, televisions, water bottles, t-shirts, or pedometers.
- Incomplete applications or applications submitted under the wrong category will be declined.

Applications will be evaluated on the strength of the proposal, the specific project and need, the use of funds, and outcomes. Applications that do not meet the eligibility criteria will be declined.

All applications must be submitted online: highmarkfoundationrfp.versaic.com.

Application deadline is April 19, 2024.

ACH Payments are here — no more worrying about paper checks!

The Highmark Foundation is excited to share that you will now be able to receive your grant payment via ACH. With ACH, your payment will be automatically deposited into your school district's bank account. Whether you know it as direct deposit, direct pay or electronic check, ACH is a new way for us to get our payments to you quickly and securely.

If you are selected as an awardee, you will receive additional information on how to sign up. If you choose not to participate, you will continue to receive any future payments in the form of a paper check.

A little extra support goes a long way.

These grant programs could be available to your school. They are provided as examples of how the Highmark Foundation can help bring about healthy change. Apply today for up to \$7,500 in one of these three categories.

PHYSICAL HEALTH

Schools are an important contributor to physical health, not only because they are where students spend majority of their days, but they are also the setting for health education, physical education, and breakfast and lunch meals. All of these contribute to strong physical health and help individuals develop lifelong healthy habits. Highmark Foundation will provide grants up to \$7,500 for programmatic activities including (but not limited to):

- Increasing physical activity.
- Healthy eating and nutrition education.
- Improving personal hygiene habits.
- Health promotion and disease prevention education.

SCHOOL-BASED HEALTH

Numerous studies have linked school-based health care to educational and health-related outcomes. Schools can contribute to increased use of vaccination and preventive services, reduced asthma morbidity, fewer emergency department visits and hospital admissions, and lower illegal substance use and alcohol consumption. Schools must select one of the following categories:

a) School Nursing Supports:

Highmark Foundation will provide grants up to \$7,500 for programmatic activities including (but not limited to):

- Training and development/standards of practice for school nursing.
- Injury prevention and the prevention of high-risk behaviors.
- Special needs/students with disabilities health care.
- School building environments.

b) Supportive Services Health Grants:

Applicants will choose one of the following:

Child Health and Wellness Grants:

Highmark Foundation will provide grants up to \$1,000 to assist with paying for items like socks, coats, backpack meals, clothing and undergarments to meet students' supportive, social, and health needs.

School Equipment and Supplies

Challenge Grants:

Highmark Foundation will match up to \$2,500 for the purchase of necessary items. Schools must provide a detailed invoice or purchase order and show evidence of secured funding from additional sources (PTOs, other foundations, local business donations, or school fundraisers).

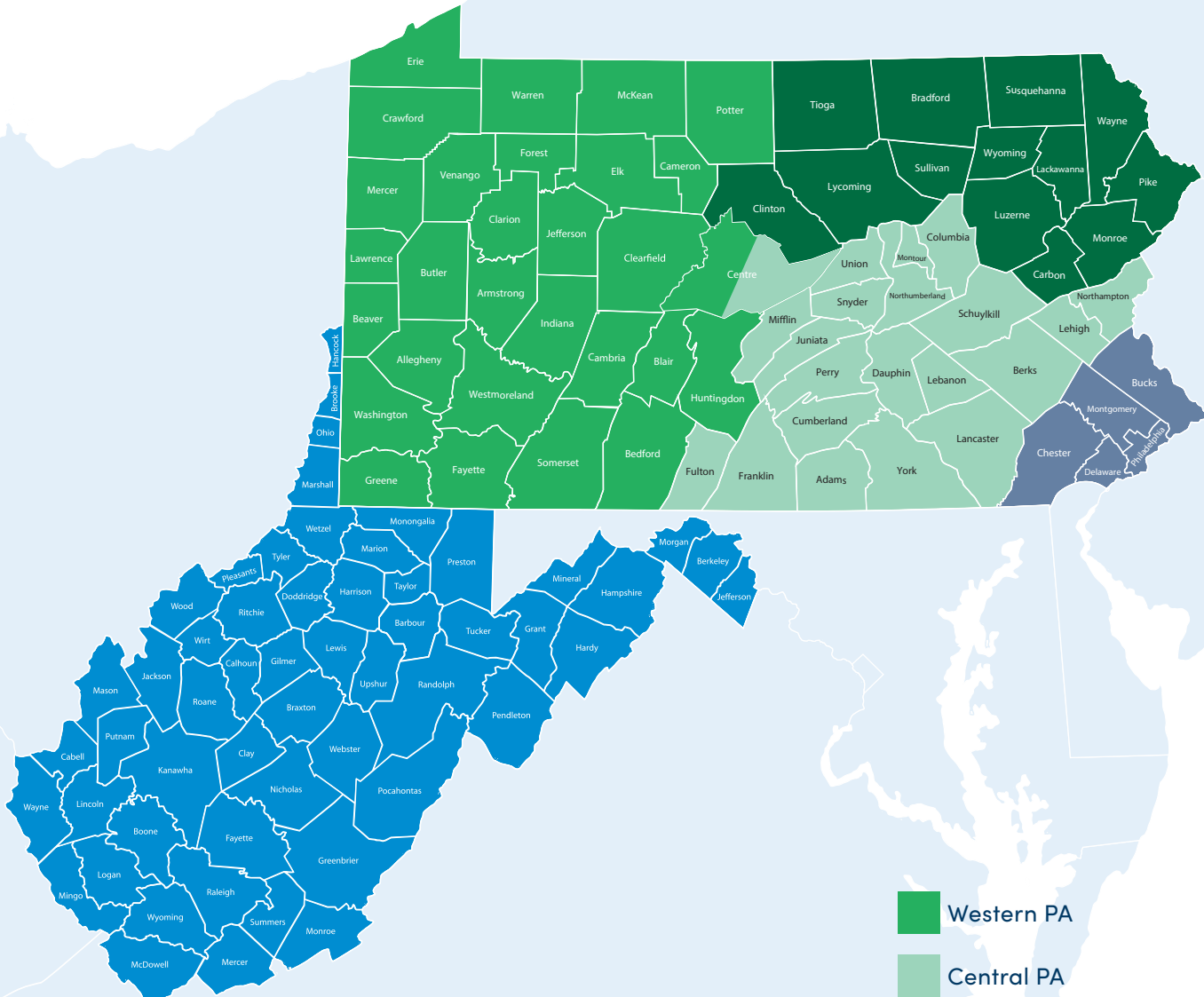


SOCIAL HEALTH

Recognizing that social health factors are an important part of a person’s overall health, programs under this category seek to connect students and families to the services and supports they need outside of the school community to be healthy. Highmark Foundation will provide grants up to \$7,500 for programmatic activities including (but not limited to):

- Food security initiatives.
- Social-emotional learning and school connectedness programs.
- Housing and homelessness interventions.

At your service.



- Western PA
- Central PA
- Northeastern PA
- West Virginia
- Southeastern PA

See something, share something.

We love to see our grant recipients celebrating their achievements, but we have a few guidelines for you to follow.

PHOTOS

When you capture and share your photos with us, we'll share them with future applicants on the Highmark Foundation website and in annual reports. Here are some tips for capturing great shots:

- Use a plain background where possible.
- Use flash only when necessary.
- Move in close instead of zooming.
- Take advantage of natural light.
- Take both vertical and horizontal photos.
- Share the original photo with us, not what was uploaded to the internet.

SHARE IT

- Share the story and photos of your school community's achievement on your own social media platforms by using #HighmarkFoundationSchoolGrant when posting.
- Include acknowledgment of the Highmark Foundation funding in all press releases, newsletters, brochures, annual reports, websites, and any promotional materials.

APPROVALS

- **Please send all press releases, publications, and requests for logo usage to Jane Brooks for approval a minimum of two weeks before distribution (jane.brooks@highmark.com).**
 - All press releases must be sent for approval. Upon request, we will provide a quote from Yvonne Cook, president, Highmark Foundation, for any press release.

- Publications that reference grants or programs funded by the Highmark Foundation (including, but not limited to, newsletters, brochures, annual reports, letters) must be sent for approval.
- All logo usage must be approved.

HIGHMARK FOUNDATION LOGO GUIDELINES

Lowercase the "t" in "the Highmark Foundation."

Minimum size

The height of the Highmark "H" should be no smaller than 0.1875" (3/16") high.

Clear space

To preserve the integrity of the logo, always keep it clear of competing text, images, and graphics by maintaining the minimum amount of clear space. The minimum clear space must be equal to or greater than the height of the Highmark "H."

Do not:

- Distort or skew proportions.
- Change size, placement, or spatial relationships of the logo parts.
- Lock up additional symbols with logo.
- Place the logo in a box or any other outlined space.
- Change the color of the logo.



Visit the Highmark Foundation at highmarkfoundation.org.
Call: 1-866-594-1730 | Email: info@highmarkfoundation.org

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