



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RESTART SMART NEW YORK FUNDING INITIATIVE

NEW YORK STATE YMCA FOUNDATION  
CATCH GLOBAL FOUNDATION

KICKOFF WEBINAR

**WEBINAR RECORDING:**  
[HTTPS://DRIVE.GOOGLE.COM/FILE  
/D/1N1M09FMREKR6C6P6C8KEVVF  
IFIPUEU2S/VIEW](https://drive.google.com/file/d/1N1M09FMREKR6C6P6C8KEVVFIFIPUEU2S/view)

January 7, 2021



# WELCOME!

# INTRODUCTIONS

## **Alliance of New York State YMCAs**

- Paige Hughes
- Drew Caldwell

## **CATCH Global Foundation**

- Lindsay Edgar
- Shana Green

# YOUR TURN!

**In the chat box, please share...**

- Your name
- Your YMCA
- Your favorite physical activity




# TODAY'S AGENDA

# AGENDA

1. Funding Background
2. Overview of Awards
3. Activity Break
4. CATCH Training and Resource Overview
5. Next Steps
6. Questions

# FUNDING BACKGROUND

# FUNDING OUTLINE

- Funder: The logo for the NYS Health Foundation features a stylized map of New York State in green and blue, with a sun rising over mountains. To the right, the text "NYS HEALTH" is in large green letters, with "FOUNDATION" in smaller green letters below it. A vertical line is to the right of the text, and below it is the tagline "Improving the state of New York's health" in a smaller, italicized font.

NYS HEALTH  
FOUNDATION  
*Improving the state of New York's health*
- Funding Amount: \$150,000
- Project Period: January 1, 2021-June 30, 2021
- Purpose: Improve the physical and mental health of school-age children served by YMCAs across New York State
- **Goal: Identify 100 YMCA school-age childcare sites across the YMCA's six Regional Networks to receive specialized training, resources and support to combat physical inactivity among 2,000 school-age children**



# HOW DOES THIS BENEFIT MY YMCA?

- Each YMCA will receive **training offerings, physical activity curriculum, and video lessons** from the CATCH Global Foundation
- Additionally, each YMCA will receive a **\$1,000 mini grant** to purchase additional supplies and materials
- Total of **700** training vouchers for childcare staff statewide.
- Trainings provide easy ways to facilitate learning and activities various learning environments



# OVERVIEW OF AWARDS

# FUNDING DETAILS

- All New York State YMCA Associations are eligible for funding and CATCH training offerings
- Your YMCA SACC sites – whether virtual, in-person or hybrid – can participate. Trainings will be catered towards all delivery methods
- Your YMCA is not required to have experience using the CATCH curriculum
- Partnerships with local school districts or other community-based organizations are encouraged!
- \$1,000 mini grant is contingent on staff training requirements
- There are no funding restrictions. Mini grants may be used for staff time, physical activity equipment, tools, or resources

# YMCA EXPECTATIONS

- Identify a YMCA staff member to serve as the lead contact and coordinator for the grant
- Select at least one (1) staff member per SACC site to participate in at least one (1) FREE virtual training from the menu provided
- Complete Post-Training Surveys, as requested by CATCH or the Foundation
- Implement the skills and concepts learned in each training into your YMCA's SACC site(s)
- Allot your \$1,000 mini grant towards the purchase of any equipment, tools or resources to support your physical activity and nutrition implementation
- Complete one midway and one final report detailing your YMCA's progress towards achieving grant goals

# ACTIVITY BREAK

## ZERO IN

**Minimum Time Needed for Activity:** 10 minutes

**Grade Level:** 6th - 8th

**Subject Area:** Mathematics

**Equipment:** Card stock/piece of paper with a number or equation

# CATCH

# CATCH

## CATCH Training Options

- CATCH Kids Club - designed for out-of-school time staff that will be delivering their afterschool programs virtually and/or in-person
- Whole Child Leadership -designed for individuals or teams charged with leading a whole child initiative to develop and sustain a culture of health at their elementary or middle school
- PE – In-School & Hybrid -highlights practical, real-world solutions and strategies for providing K-8 physical education while social distancing
- Meaningful Movement - helps prepare K-8 classroom teachers to incorporate meaningful movement and health content into their routines and curriculum whether in person or virtual
- Special Offerings – Social Emotional Learning & PE, Best Practices for Inclusion of Kids with Physical Disabilities in Physical Activity Sessions, more to come
- Sign-up process

# CATCH

## CATCH Available Resources

- Health at Home
- CATCH Kids Club Healthy Habits Lessons
- CATCH Kids Club Activity Packs
- CATCH Video Lessons
- Access information



# ACTIVITY BREAK

## Dice-er-cise

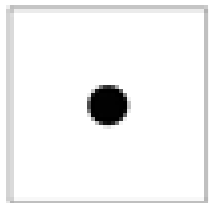
**Minimum Time Needed for Activity:** 10 minutes

**Grade Level:** 2-8

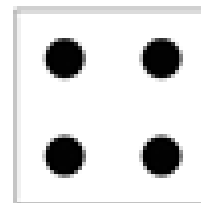
**Fitness Component:** Muscular strength & endurance

**Equipment:** 1 die and Exercise Card for each group of 4-6 students, music

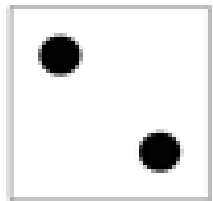
# Dice-er-cise



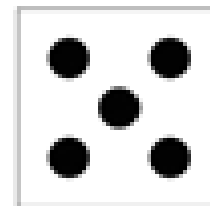
**Arm Circles**



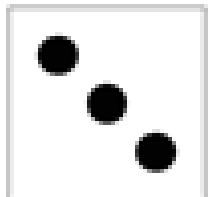
**Wind Mills**



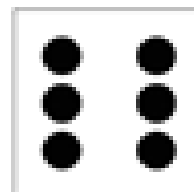
**Your Choice**



**Jumping  
Jacks**



**Jog (in place)**



**Squats**

# NEXT STEPS

# HOW TO “APPLY”

- Visit [www.ymcanys.org/healthy-living/restart-smart-new-york/](http://www.ymcanys.org/healthy-living/restart-smart-new-york/)
- **One application per YMCA Association will be accepted**
- Information needed:
  - SACC Site Name
  - SACC Site Address
  - Type of Community (urban, suburban, rural)
  - Number of Students Served
  - Method of Delivery (virtual, in-person, hybrid)
- Applications due **by January 22**



# RESTART SMART NEW YORK WEBPAGE

- All application materials and information are available on the Alliance's website
  - Visit <http://www.ymcanys.org/> > Healthy Living > Restart Smart New York

The screenshot shows a web browser window with the URL <http://www.ymcanys.org/>. The browser's address bar indicates the site is "Not secure". The website header features the logo for "the ALLIANCE OF NEW YORK STATE YMCAS" and the tagline "WE'RE MORE THAN A GYM, WE'RE A CAUSE". A navigation menu includes links for "ABOUT THE ALLIANCE", "ADVOCACY", "HEALTHY LIVING", "YOUTH DEVELOPMENT", "SOCIAL RESPONSIBILITY", "RESOURCES", and "NEWS & MEDIA". The "HEALTHY LIVING" dropdown menu is open, displaying a list of initiatives: "Statewide Initiatives", "Blood Pressure Self-Monitoring Program (BPSMP)", "Enhance@Fitness", "Healthy Eating and Physical Activity (HEPA) Standards", and "Restart Smart New York". The "Restart Smart New York" link is circled in red. Below the navigation menu, the page content includes a large purple text block for "YMCA OF ITHACA TOMPKINS COUNTY PROVIDING FOOD AND FUN TO THEIR COMMUNITY.", a photo of a "FOOD DONATIONS" box, and a "Keep up with us!" section featuring tweets from @nysymcas.

# GRANT PORTAL



Exit

## Please Sign In

- If you have an account, please log in using your E-mail Address and Password.
- To create an account, please use the "New Applicant" link found below.
- This grant application system uses the following email domain: mail@grantapplication.com. Please add it to your safe-senders list to be sure you receive all communications.

E-mail

New Applicant?

Password

Forgot Password?

Login

- Link to Grant Portal is available on the Alliance website or by visiting <https://bit.ly/2L3PERs>
- Each applicant must first create their account by clicking "New Applicant?" before viewing or starting an application

# APPLICATION COMPONENTS

- After creating your account, you will have access to save and submit applications on behalf of your YMCA Association at any time
- YMCA Associations should apply on behalf of their SACC sites. **Only one application per Association will be accepted**

The screenshot displays the application interface for the New York State YMCA Foundation, Inc. The header includes the logo and the organization's name. A navigation bar at the top contains four tabs: "Before You Begin", "Contact Information" (which is the active tab), "Site Details", and "Review My Application". Below the navigation bar, the "Contact Information" section is titled, with a note indicating that certain fields are required before final submission. The form is divided into two main sections: "About Your YMCA" and "Request Primary Contact". The "About Your YMCA" section includes fields for the YMCA Association Name, Address, City, State (a dropdown menu currently showing "NY"), Postal Code, Phone, and Website. The "Request Primary Contact" section includes fields for the contact's First Name, Last Name, Title, E-mail, Direct Phone, and Extension. At the bottom of the form, there are two buttons: "Save & Finish Later" and "Next".

the **NEW YORK STATE YMCA FOUNDATION, INC.**

Before You Begin **Contact Information** Site Details Review My Application

**Contact Information** Printer Friendly Version | E-mail Draft

\* Required before final submission

**About Your YMCA**

\* YMCA Association Name

Address

City State Postal Code

Phone Website

**Request Primary Contact** - This person will serve as the lead contact for this application

First Name Last Name

Title

E-mail Direct Phone Extension

Save & Finish Later Next

# SACC SITE DETAIL FORM

- Must **download and save** Microsoft Excel document from Alliance website or in Grant Portal on the application
- Allows for up to 75 SACC sites to be entered
- Parts of the document are locked for editing
- Please complete and upload this document directly to the Grant Portal

The screenshot displays an Excel spreadsheet titled "2021 Restart Smart New York Initiative - SACC Site Detail". The spreadsheet is designed for data entry with the following structure:

	A	B	C	D	E	F	G	H
1	2021 Restart Smart New York Initiative - SACC Site Detail							
		SACC Site Name	Address	Community Type (Use Drop-Down Box)	Current Number of Children Served	Method of Delivery (Use Drop-Down Box)	Notes	
2	1							
3	2							
4	3							
5	4							
6	5							
7	6							
8	7							
9	8							
10	9							
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37	36							
38	37							
39	38							
40	39							

The bottom of the spreadsheet shows a tab labeled "SACC Site Detail" and a "Scroll Lock" indicator.



# TO RECAP...

- Complete the “application” on the Foundation’s Grant Portal **by Friday, January 22**
- Look at the needs and gaps in your current program delivery and compare them to the training offerings
- Identify the staff members at each SACC site to take the trainings and register at <https://www.tickettailor.com/events/catchglobalfoundation>
  - Please contact Paige or Drew if you are interested in coordinating a private training for your YMCA Association
- Debrief each training with your team to see how the skills and concepts can be integrated into your SACC site(s)

# QUESTIONS?





# THANK YOU!

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