



# Advisor Playbook

Revised June 2023

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## Aultman Ambassador Program Overview

**Vision:** Make Greater Stark County Schools the healthiest in the state of Ohio by the year 2032.

**Mission:** To improve the overall health and well-being of youth by implementing ongoing health promotion and prevention, resulting in a healthier community.

The Aultman Ambassador Program (AAP) is a youth-led engagement program that supports Aultman’s Mission of *leading our community to improved health* by reaching beyond the hospital walls impacting youth and staff at the school including their peers, families, and community. The program instills sustainable healthy behaviors and habits for overall health and wellbeing and to guide and sustain a healthy school culture.

The AAP provides an opportunity to empower high school students to be *Aultman Ambassadors* to engage their peers, families, and communities in promoting sustainable, healthy lifestyle changes.

Although the AAP was implemented in 2012, the program has experienced considerable expansion including seventeen high schools and two middle schools in three counties (Stark, Mahoning, Wayne) for a total of nineteen schools and five college/university partners.

AAP utilizes the Centers for Disease Control and Prevention’s (CDC) Whole School, Whole Community, Whole Child Model and the Ohio Adult Allies framework, tools, and resources on the core principles of AAP: *Nutrition, Hydration, Physical Activity, Sleep and Stress*.



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**Vision:** Make Greater Stark County Schools the healthiest in the state of Ohio by the year 2032

## Guiding Principles

The following are Guiding Principles that all initiatives and projects within Aultman Ambassador Program are expected to abide by:

1. Strive to improve wellness within the community without regard to race, creed, gender, religion, economic status, or political affiliations.
2. Align with the Aultman Health Foundation's not-for-profit status and philosophy.
3. Should be community-based relying on pre-existing resources, volunteerism, and collaboration within the community.
4. There shall be no profit or gain, monetary or otherwise, for organizers of projects. However, donations and grants specifically to carry out projects are permissible.
5. Advertisement for purpose of fame is strongly discouraged. However, advertisement for the purpose of achieving goals within projects is permissible.
6. Publication of design, progress, or outcomes of the project for sake of education or community awareness is permissible.
7. Cost-effectiveness and practicality of initiatives and projects for the sake of the ability to replicate within other communities is highly desirable.
8. Collaboration between various organizations, companies, entities, and individuals within the community to generate a sense of togetherness and common purpose is highly desirable.
9. AAP Council reserves the right to not approve an initiative or project being conducted in the name of AAP that does not align with the guiding principles of the program.
10. In the case of competing projects, priority will be based on commitment for implementation and evaluation determined by the AAP Council.

## Understanding of Roles

### **Aultman Health Foundation Role**

#### **Program Leadership and Coordination**

- Communicating a shared Vision
- AAP Timeline / Expectations
- Provide AAP Orientation
- Support for AAP School Students & Advisors
- Coordinate and support alignment with the Whole School, Whole Community and Whole Child model
- Program Evaluation
- Recognition Ceremony

#### **Resources**

- CDC's Whole School, Whole Community, Whole Child Program
- Community Wellness Coordinator
- Ohio Adult Allies
- Society for Public Health Education
- Stark County Health Department
- Stark Educational Service Center
- Project School Nutrition Support
- Challenges / Health Promotion Activities
- American Public Health Association

### **Program Marketing & Manage AAP Social Media Account**

#### **Funding**

- Program Operations & Health Promotion Activities
- Ambassador of the Year Awards
- Student Scholarships
- High School Grant

## **Enrolled School Role**

### **Administration**

- Support and guide the enrolled school in directing the AAP
- High School Advisor Stipend - \$500

### **Advisor**

- Guide the student ambassador program
- Support and communicate programming and resources to school/district including administration/staff
- Utilize the WSCC and other resources provided by Community Wellness Coordinator
- Plan and implement health promotion/prevention initiatives
  - Plan and promote innovation and creativity
- Liaison between High School, AAP, and the University/College partners
- Allow students to have voice in what they want to accomplish
- Complete evaluations provided by the Community Wellness Coordinator throughout the year

### **Student Aultman Ambassadors**

- Peer Influence with mentorship to middle school students
- Awareness of resources – WSCC
- Promotion and participation in Health Promotion Activities & Challenges
- Scholarship Participation (*Voluntary*)
- Collaborate with other AAP schools to learn and discuss ideas
- Attend at least one AAP community volunteer opportunity each year (can be completed in summer)

## **College / University Role**

### **Engage College/University Students in a Learning Experience**

- Supports the Vision and Mission of AAP
- Program Evaluation Participation

### **Collaborate with High School advisor, Student Ambassadors, and Community Wellness Coordinator**

- Sustainable system for health in their schools
- Mentorship with Student Ambassadors

## Aultman Ambassador Program Advisory Council

The Aultman Ambassador Program (AAP) Council was established to provide the necessary shared governance for expansion and sustainability of the Aultman Ambassador Program. The council includes a group of diverse individuals supporting program development.

### Responsibilities include:

1. Meet quarterly to discuss program updates, direction, and progress of schools/program
2. Set strategic direction to support the Vision and Mission of the AAP
3. Share best practices and ideas for development and expansion of the program
4. Support, approve, and share research and publication activity, and grant funding
5. Funding for program operations, school and student scholarships, health promotion activities are responsibilities under Aultman Health Foundation.
6. Adhere to compliance with AAP guiding principles

### AAP Council Representatives

Krista Allison	Stark Educational Service Center
Krisi Rohm	Aultman College
Kelsi Bragg	Aultman Ambassador Student Representative
Rainique Simmons	Aultman Ambassador Student Representative
Tracey Herstich	Walsh University
Marna Revlock	Kent State University
Stephen Milano	Superintendent
Ashley Morena	Canton Local Schools Food Director
Dr. Akbar Shah	Aultman Deuble Heart & Vascular Hospital
Kristen Smith	Canton South High School
Dave Speicher	Aultman Orrville Hospital
Karen Towne	University of Mount Union
Matt Whitted	Sandy Valley Principal
Lisa Zellers	Aultman Health Foundation
Amanda Beaver	Community Wellness Coordinator

# Aultman Ambassador High School Grant Application

## Overview

Aultman Health Foundation is pleased to announce the Aultman Ambassador Program Grant opportunity to fund wellness-related programs in High Schools. Please direct grant questions to the Community Wellness Coordinator

## Eligibility Criteria

- High School must be enrolled in the Aultman Ambassador Program.
- High Schools are eligible for one grant per year for a maximum of \$750.
- Requested funds are for school-based activities that align with the program's vision to make Greater Stark County schools the healthiest in the state of Ohio by 2032.
- Funded high school must agree to use funds as described during the current school year and plan on the student ambassador and advisor reporting on the project's impact at the year-end Aultman Ambassador Recognition Ceremony.
- Preference will be given to school action plan activities based on the five core principles and activities with multi-year use (e.g., supplies, equipment).
- Staff wages, marketing, promotions, and incentive give-a-ways are not eligible for funding.

## Application Process

- Complete the [application](#).
- Submit the completed application by email to Amanda Beaver: [amanda.beaver@aultman.com](mailto:amanda.beaver@aultman.com)
- Grant applications accepted *September 1<sup>st</sup> – December 31<sup>st</sup>*.
- The Scholarship and Grants Committee will convene to conduct a review of applications twice a year. The first round will take place in November, the second in early January.
- The committee may have questions that could require follow-up with the grant contact.
- All applicants will be notified of the committee's decision via email.
- Checks will be sent to the High School following approval of grant application.



### **Follow-Up Process**

- Approximate number of students impacted should be reported to the Community Wellness Coordinator by May 1<sup>st</sup>
- Did the initiative live up to your expectations?
- How did you measure success?
- Any events or activities that were part of this initiative.
- Please include at least 3 photos of the project/initiative by May 1<sup>st</sup>.

## High School Grant Examples

Examples provided of approved grant funding from previous years. New, innovative ideas are strongly encouraged and desirable.

<b>Hydration</b> <ul style="list-style-type: none"><li>• Water Bottle Filling Stations</li><li>• Refrigerated Beverage Dispensers for flavored water</li></ul>
<b>Nutrition Services</b> <ul style="list-style-type: none"><li>• Blender for Smoothies during Breakfast/Lunch</li><li>• Promotion of healthy food and beverage choices and school meals using marketing techniques</li><li>• Farm to School Activities</li><li>• Vending Snack change-out (<i>50% or greater</i>) to <i>smart snacks</i></li></ul>
<b>Physical Activity</b> <ul style="list-style-type: none"><li>• Under the Desk Bikes</li><li>• Stationary Bikes for Cycling Lab</li><li>• Wobble Seats</li><li>• Stability Ball Chairs</li><li>• Stand-up Desks</li><li>• Circuit / Yoga Equipment</li><li>• Resistance Bands for Desks</li><li>• Bike Racks for Schools</li><li>• Outdoor Classroom</li><li>• Information and materials for physical education teachers</li></ul>
<b>Mental Health/Stress</b> <ul style="list-style-type: none"><li>• Designed Areas for Improvement (<i>Courtyard of Calm</i>)</li><li>• Board/Strategy Games for Brain Breaks</li></ul>

## Enrolled Partners - Middle Schools

Dalton Middle School- James Saxer	Melissa Carathers	<a href="mailto:mcarathers@daltonlocal.org">mcarathers@daltonlocal.org</a>
Fairless Middle School	Marla Terrell	<a href="mailto:Marla.Terrell@fairless.sparcc.org">Marla.Terrell@fairless.sparcc.org</a>
Norwayne Middle School- Kevin Leatherman		

## Enrolled Partners- High Schools

### Stark

School with Superintendent	Advisor	Email
Alliance- Rob Gress	Kim Woodruff & Stephanie McKnight	<a href="mailto:woodruffki@alliancecityschools.org">woodruffki@alliancecityschools.org</a> ; <a href="mailto:mcknightst@alliancecityschools.org">mcknightst@alliancecityschools.org</a>
Canton South- Brett Yeagley	Kristen Smith & Lauren Tsafarides	<a href="mailto:kristen.smith@cantonlocal.org">kristen.smith@cantonlocal.org</a> ; <a href="mailto:lauren.tsafarides@cantonlocal.org">lauren.tsafarides@cantonlocal.org</a>
Central Catholic High School	Jennifer Paul	<a href="mailto:jenpaul@cchswb.com">jenpaul@cchswb.com</a>
Fairless- Broc Bidlack		
Hoover- Jeff Wendorf	Sarah Covington	<a href="mailto:sarah.covington@northcantonschools.org">sarah.covington@northcantonschools.org</a>
Jackson- Chris DiLoreto	Stephanie Anderson	<a href="mailto:sla2jc@jackson.sparcc.org">sla2jc@jackson.sparcc.org</a>
Louisville- Michele Shaffer	Deana Fresenko	<a href="mailto:deana.fresenko@lepapps.org">deana.fresenko@lepapps.org</a>
Marlington- Dan Swisher	Lynn Lewandowski	<a href="mailto:l_lewandowski@marlingtonlocal.org">l_lewandowski@marlingtonlocal.org</a>
McKinley- Jeff Talbert	Dorothy Tabellion	<a href="mailto:tabellion_d@ccsdistrict.org">tabellion_d@ccsdistrict.org</a>
Minerva- Gary Chaddock	Steve Walters	<a href="mailto:walters@minerva.sparcc.org">walters@minerva.sparcc.org</a>

Sandy Valley- David Fischer	Stephanie Irwin	<a href="mailto:s.irwin@svlocal.org">s.irwin@svlocal.org</a>
Tuslaw- Melissa Marconi	Judy Matey	<a href="mailto:jmatey@tuslawschools.org">jmatey@tuslawschools.org</a>

## Wayne

Norwayne- Kevin Leatherman	Kevin Philyaw	<a href="mailto:kphilyaw@norwayne.net">kphilyaw@norwayne.net</a>
Orrville- Jon Ritchie	Barbara Lorson	<a href="mailto:roc_blorson@tccsa.net">roc_blorson@tccsa.net</a>
Rittman- Jon Ritchie	Liza Meehl	<a href="mailto:ritt_lmeehl@tccsa.net">ritt_lmeehl@tccsa.net</a>
Waynedale- Jon Ritchie	Marie Reber	<a href="mailto:soea_mreber@tccsa.net">soea_mreber@tccsa.net</a>

## Mahoning

West Branch- Micki Egli	Teresa Santee	<a href="mailto:teresa.santee@wbwarriors.org">teresa.santee@wbwarriors.org</a>
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## Enrolled Partners – College / Universities

### Stark

Aultman College	Kristi Rohm	<a href="mailto:Kristi.Rohm@aultmancollege.edu">Kristi.Rohm@aultmancollege.edu</a>
Kent State University Stark Branch	Marna Revlock	<a href="mailto:mrevloc1@kent.edu">mrevloc1@kent.edu</a>
University of Mount Union	Karen Towne	<a href="mailto:towneka@mountunion.edu">towneka@mountunion.edu</a>
Walsh University	Tracey Herstich, Zana Zawahri & Kelsey Scanlon	<a href="mailto:therstich@walsh.edu">therstich@walsh.edu</a> ; <a href="mailto:zzawahri@walsh.edu">zzawahri@walsh.edu</a> ; <a href="mailto:kelseyscanlonphd@gmail.com">kelseyscanlonphd@gmail.com</a>

## Recommended Timeline of Activities

The timeline of events is a recommendation to school advisors and administration to reference throughout the school year. Non-negotiable items **must** be completed by the deadline provided.

### Non-Negotiables:

1. High School Grants submitted by December 31<sup>st</sup>
2. Student Scholarships due by March 1<sup>st</sup>

### Main Activities:

#### Total of four (4) per academic year

1. **Educational Activity:** Conducted within 30-45 days of the academic year. This will begin each year with empowering the ambassadors, faculty, and other students with information and knowledge about solid, undisputable facts with overall health and well-being. College/University partners are strongly suggested to be utilized.

*Examples: One Minute of Health per day, Health Fair, Community Wellness Fair, Education Presentations on AAP Core Principles, Community/Motivational Speakers*

2. **Community Activity:** Student ambassadors, teachers, counselors provide insight and education of overall health and well-being from an early age. The core principles and pillars of health maintenance would be discussed with community partners. District Administration, advisor, and student ambassadors can request help from the community/families to help achieve AAP Vision to make Greater Stark County Schools the healthiest in State of Ohio by 2032.

*Examples: Community Health & Wellness Night, Health Talks offered to school and involvement within community, attend local Farmer's Markets, seek local YMCA's, Locate all Health & Wellness programs offered in your community and create a district specific 'Help Guide'*

3. **School/Heath Initiative:** Physical activity or an educational program to highlight the spirit and motivation behind the core principles of AAP.

**To be considered:** Ask for ideas and help from other students and faculty.

*Examples: Healthy cooking demonstration, Health Talks on benefits/things to be concerned about, 5K Walk/Run, Community Dog Walk, School Health Fair (gather programs and classes around the school to have educational booths)*

4. **Interschool Activity:** Collaboration and civic responsibilities within the student ambassadors encouraging two or more schools to plan and volunteer at the event.

*Examples: Plant trees, organize a Community Garden between districts, Community Food Drive, Plan a Walking Path and Advertise to the community, United Way Day of Giving*

#### **Aultman Ambassador Program event**

1. Students should attend one activity at minimum hosted by the Aultman Ambassador Program (recognition ceremony excluded).

*Examples: Stark/Wayne Heart Walk, Our World, volunteer opportunities*

## High School Meeting Timeline

### **August and September**

All students should use the new sign-up link to register as a part of the Aultman Ambassador Program on the Aultman Hospital AAP website page. This link will be for all members regardless of past participation. This link allows the Community Wellness Coordinator to accurately create certificates at the end of the year, reach out to students through email, and gather t-shirt size information.

Current members and advisors should work on recruiting new students through flyers (please reach out to the Community Wellness Coordinator for flyers), lunch tabling, speaking on morning announcements, etc. to gather interest from other students.

First AAP meeting should have information on what the Aultman Ambassador Program is, what ambassadors do, the five core principles, what has been done in the past and introduce the grant paperwork so students know what they should begin thinking about for activities.

Goal for Ambassadors: Work with teachers and staff to figure out if more movement can be in class or if there is a way to have class outdoors. Encourage students to carry reusable water bottles if allowed or work with teachers who allow them in class since it's still toasty outside!

### **October**

Ambassadors should start planning for their first activity! This could be a wellness fair, healthy smoothies in the cafeteria, inviting speakers from the community to talk about health, etc. This is a time for ambassadors to be creative to promote the benefits of healthy living.

The monthly meeting should be discussing what part of the core principles the students want to focus on this year. They should begin to think about why the core principle is important to their school and brainstorm why they believe it's important. Students should come up with a way to survey students in the school about the principles to find out if they are on the right track as to what the student body believes is important. This is the "evidence" section on the grant proposal.

Goal for Ambassadors: With the upcoming change for daylight savings on November 5<sup>th</sup>, spread awareness of the importance of sleep. Posters, information, less screen time competitions, etc. can help students be prepared for

### **November**

Students should look at the data they have gathered over the month from students and see if there are similarities to find what principles should be focused on. They can begin filling in the grant paperwork and brainstorming ideas for activities in the winter/spring that are focused on their core principle(s). Final grant submission is due by December 31<sup>st</sup>.

Goal for Ambassadors: As the holiday season approaches, think about ways to create healthy snacks in the right portions to maintain your health. Can you create a healthy holiday snack or food for students to sample during lunch? If your school has a home economics or a life class, think about working with those students to help create dishes for the holidays that may be able to replace some of the more salt and fat heavy traditional foods this season!

### **December**

Students can participate in a holiday challenge! Make sure to check emails and Instagram for the challenge details.

Students should be assisting with finishing up their grant by deciding specifics on their initiative and activities that will support it once the holiday season is over and into the future. The final grant proposal is due December 31<sup>st</sup>.

Goal for Ambassadors: Help students and staff reduce stress. Is there a fun activity that can be done during lunch or study halls?

### **January- April**

Begin implementing activities. Meetings should consist of planning activities for the students and staff to bring awareness and change for the chose core principle. These activities should lead up to the final item secured by grant funding.

### **May**

Follow-up for the high school grant is due by May 1<sup>st</sup>. Data should be gathered from the ambassadors as best as possible with the assistance of advisors. Attend the annual Recognition Ceremony

### **June to August**

Volunteer opportunities for students in the community.



## Whole School, Whole Community, Whole Child Framework (WSCC)

The CDC's Whole School, Whole Community, Whole Child Framework is designed to incorporate every facet of life into the wellbeing of a child, specifically targeting health in schools. Children spend 6-7 hours of their day in a classroom, not counting any before or after school activities located on school grounds. This student-centered model utilizes connections between health and academic performance through 10 components:

1. Physical education and physical activity
2. Nutrition environment and services
3. Health education
4. Social and emotional climate
5. Physical environment
6. Health services
7. Counseling, psychological and social services
8. Employee wellness
9. Community involvement
10. Family engagement

The Aultman Ambassador Program weaves this framework into the program's 5 core principles, working towards creating generations that are healthier than the ones before. Students and advisors may use resources, research, and approaches from the WSCC to produce initiatives within their own school building.


For in-depth information about the WSCC framework, please visit [Whole School, Whole Community, Whole Child \(WSCC\) | Healthy Schools | CDC](#)

## Ohio Adult Allies

The Ohio Adult Allies are a network of adults who are committed to facilitating and advancing the work of youth-led programs. Adult Allies assist youth through strategic planning using evidence-based strategies to create change and build healthier communities.

Adult Allies guide youth-led initiatives by using multiple frameworks; the Youth Empowerment Conceptual Framework (YECF) and the Strategic Prevention Framework (SPF). The Aultman Ambassador Program will focus on the Strategic Prevention Framework, originally developed by the Substance Abuse and Mental Health Services Administration (SAMHSA), to provide students, the opportunity to build strategic sustainable interventions and activities around the 5 core principles.

## Calendar of Events

<p><b>August</b></p> <ul style="list-style-type: none"> <li>• Advisor meets with Aultman Representative</li> <li>• Recruitment of Students</li> <li>• Review last year initiatives and thoughts on program</li> </ul>	<p><b>September</b></p> <ul style="list-style-type: none"> <li>• Recruitment of ambassadors</li> <li>• <b>One Activity</b> on Core Principles involving staff and student body</li> </ul>	<p><b>October</b></p> <ul style="list-style-type: none"> <li>• Recruitment of Ambassadors</li> <li>• Continue Health Initiatives and Activities</li> </ul>	<p><b>November</b></p> <ul style="list-style-type: none"> <li>• <b>One Activity</b> with district, family involvement promoting wellness</li> <li>• Wellness Challenge Begins (<i>November – April</i>)</li> </ul>
<p><b>December</b></p> <ul style="list-style-type: none"> <li>• Fun Holiday Challenge for students &amp; families</li> <li>• Mental Health Awareness</li> <li>• High school grants due</li> </ul>	<p><b>January</b></p> <ul style="list-style-type: none"> <li>• Sleep Education Video Contest – <a href="http://sleepeducatio.org">sleepeducatio.org</a></li> </ul>	<p><b>February</b></p> <ul style="list-style-type: none"> <li>• <b>One Activity</b> promoting core principles with emphasize on physical activity in Spring months</li> </ul>	<p><b>March</b></p> <ul style="list-style-type: none"> <li>• Student scholarships due</li> </ul>
<p><b>April</b></p> <ul style="list-style-type: none"> <li>• <b>One Activity</b> between schools or college/university partnership</li> <li>• Virtual Luncheon with chosen AAP School</li> </ul>	<p><b>May</b></p> <ul style="list-style-type: none"> <li>• Celebrate! <i>Annual Recognition Ceremony</i></li> <li>• Evaluation of activities to Aultman Representative</li> </ul>		

## Aultman Ambassador Example Activities

### 1. Nutrition:

- Protein Packs/Smart Snacks
- Smoothie Bar
- Healthy Iced Coffee Bar
- Local Produce to school
- Wrap bar
- Vending Machines with Healthy Options

### 2. Hydration:

- Hydration Challenge between grade levels
- Flavor infused water in cafeteria

### 3. Physical Activity:

- Walking paths around town/trail and campus
- Fitness Breaks in classrooms
- Physical Activity & Wellness Fair
- Shoot out basketball competition
- 5K Run/Walk Event
- Community Dog Walk
- Student and Staff competitions (minutes using piece of equipment, number of miles walked, etc)
- Family workouts (evening) – Zumba class, yoga class, etc.


### 4. Sleep:

- Educational Presentation
- Sleep Challenge/Reduce screen time
- Incorporate 45-minute naps into mental wellness days


### 5. Stress Management:

- Massages
- Yoga
- YOU MATTER Cards throughout the school
- Healthy art throughout the school
- Creating school-wide mental wellness days each year
- Create Listening Posts during lunchtime

## Middle School Calendar of Events

<p><b>August</b></p> <ul style="list-style-type: none"> <li>• Advisor meet with Aultman Representative</li> <li>• Report # students impacted</li> </ul>	<p><b>September</b></p> <ul style="list-style-type: none"> <li>• Introduction of AAP with Core Principles</li> <li>• Healthy Tips on five Core Principles</li> </ul>	<p><b>October</b></p> <ul style="list-style-type: none"> <li>• Mental / Emotional Awareness</li> </ul>	<p><b>November</b></p> <ul style="list-style-type: none"> <li>• Stress Awareness – webbing all Core Principles together</li> </ul>
<p><b>December</b></p> <ul style="list-style-type: none"> <li>• Fun Holiday Challenge for students &amp; families</li> <li>• Mental Health Awareness</li> <li>• Sleep</li> </ul>	<p><b>January</b></p> <ul style="list-style-type: none"> <li>• Resolutions! Physical Activity</li> <li>• Hydration accompany with water bottles</li> <li>• Staying Active during Winter months</li> </ul>	<p><b>February</b></p> <ul style="list-style-type: none"> <li>• American Heart</li> <li>• Random Acts of Kindness</li> <li>• Student Sleep Health Week</li> </ul>	<p><b>March</b></p> <ul style="list-style-type: none"> <li>• Nutrition Month</li> <li>• Brain Health</li> </ul>
<p><b>April</b></p> <ul style="list-style-type: none"> <li>• Stress Awareness / Management</li> </ul>	<p><b>May</b></p> <ul style="list-style-type: none"> <li>• Celebrate! <i>Annual Recognition Ceremony</i></li> </ul>		

## National Days / Months of the Year

<p><b>August</b></p> <ul style="list-style-type: none"> <li>Wellness</li> <li>Play Outside</li> </ul>	<p><b>September</b></p> <ul style="list-style-type: none"> <li>Better Breakfast</li> <li>Childhood Obesity Awareness</li> <li>Self-Care Awareness</li> <li>Suicide Awareness</li> <li>Family Health &amp; Fitness</li> </ul>	<p><b>October</b></p> <ul style="list-style-type: none"> <li>Breast Cancer Awareness</li> <li>Eat Better, Eat Together</li> <li>Emotional Wellness</li> <li>Walk to School</li> <li>Depression, Education &amp; Awareness</li> <li>Mental Illness Awareness</li> </ul>	<p><b>November</b></p> <ul style="list-style-type: none"> <li>Diabetes</li> <li>Gratitude</li> <li>World Kindness</li> <li>Stress Awareness</li> <li>Take a Hike</li> </ul>
<p><b>December</b></p> <ul style="list-style-type: none"> <li>Eat a Red Apple</li> <li>Crossword Puzzle</li> </ul>	<p><b>January</b></p> <ul style="list-style-type: none"> <li>New Year's Resolution</li> <li>Healthy Weight</li> </ul>	<p><b>February</b></p> <ul style="list-style-type: none"> <li>American Heart</li> <li>Random Acts of Kindness</li> </ul>	<p><b>March</b></p> <ul style="list-style-type: none"> <li>Nutrition</li> <li>Brain Awareness</li> <li>Teen Mental Wellness</li> <li>Take a Walk in the Park</li> <li>National Sleep Week</li> </ul>
<p><b>April</b></p> <ul style="list-style-type: none"> <li>Month of Hope</li> <li>Volunteer</li> <li>Stress Awareness</li> <li>Garden</li> <li>Walking</li> </ul>	<p><b>May</b></p> <ul style="list-style-type: none"> <li>Health &amp; Fitness</li> <li>Mental Health Awareness</li> <li>Bike</li> <li>Fitness</li> <li>Play Outside</li> </ul>		

Source: [National Day Calendar](#)

## Social Media

Please follow us <https://instagram.com/aultmanambassadors> for the latest news and health info from around our Aultman Health System!

## Celebrate! Annual Recognition Ceremony

The annual recognition ceremony in May honors enrolled AAP partners by recognizing the Ambassador of the Year Nominations, Scholarship Recipients, Advisors, and Program/Community Partners including student speakers and health initiatives involved within the year.

Thank You

# Scholarship Application

## Personal Information

First and Last Name	
Address	
City, State, Zip	
Cell Phone	
Email Address	
Parent/Legal Guardian Name(s)	
Parent/Legal Guardian Phone(s)	
Parent/Legal Guardian Email(s)	
Current Grade Level	
Number of Years as an Aultman Ambassador	
Recommendation Email (Senior AotY only)	

**Please read through essay prompt and submission guidelines carefully!**

### Ambassador of the Year Essays (Seniors)

Award Amount: \$1000 (x2)

Please respond to *one* of the following prompts. Answers should be typed, using complete sentences. Essays should be 750-1000 words.

1. How did you contribute to the success of your school's wellness initiatives/projects as an Aultman Ambassador? How do you carry health and wellness in your everyday life, around family, friends, and community? Be sure to align with the Mission and Core Principles of AAP.
2. How can a person use the AAP 5 core principles (hydration, stress, physical activity, nutrition, sleep) to engage their community to live healthier lifestyles? Give examples of what you believe needs improvement in your community (the area in which you live, work, play, learn) and how it can best be resolved.

Include *one* recommendation from *one* of the following people: (1) Aultman Ambassador advisor (2) teacher or (3) other school personnel who can speak about your achievements, potential, character, and motivation. Please make sure to put your recommender's email under the personal information section of this application.

### Ambassador of the Year Essay (9-11 grade)

Award Amount \$500 (x3)

Please respond to the following prompt. Answers should be typed, using complete sentences. Essays should be 500-750 words.

1. How did you contribute to the success of your school's wellness initiatives/projects as an Aultman Ambassador? How do you carry health and wellness in your everyday life, around family, friends, and community? Be sure to align with the Mission and Core Principles of AAP.

### General Scholarship (all AAP student participants)

Award Amount: \$200 (x20)

Please respond to the following prompt. Answers should be typed, using complete sentences. Essays should not exceed 500 words.

1. How does establishing healthy behaviors promote individual overall health and well-being? Be sure to incorporate the AAP's Five Core Principles in your answer.

### Submission Guidelines

All scholarship applications must have a high-quality photo (700KB-1MB file size) as a separate attachment to the email.

Seniors submitting for Ambassador of the Year will need to be sure to include their recommenders email address so a link can be sent for the recommendation.

Scholarships should be used to further the applicant's education or career opportunities through universities, colleges, online courses, self-study, certifications, etc. It is not necessary for an applicant to be pursuing a college education to apply. Applicants may be entering into trade school, military, the workforce, etc.

All essays will be graded with the rubric at the end of this document.

Essays are due no later than **March 1st, 2024**.



## Scholarship Rubric

	1 Below Average	2 Average	3 Above Average	4 Excellent	Total
Core Principles	Doesn't include any reference to the core principles.	Addresses core principles by name but does not elaborate.	Addresses most of the core principles with elaboration.	Addresses all core principles, elaborates, and can give examples from own life.	
Completeness	Only answers one part of the prompt.	Answers at least half of the prompt.	Answers most of the prompt but may have neglected one part.	Answers all parts of the prompt thoroughly.	
Essay	Essay displays poor writing, lacks organization, and fails to make a strong argument. Essay does not meet required minimum or greatly exceeds maximum word length.	Essay could use improvement in at least two of the following: thoughtful responses, organization, mechanics. Essay meets required length.	Essay is good but could use improvement in thoughtful responses, organization, or mechanics. Essay meets required length.	Essay is exceptionally well-written, displays thoughtful responses and consistent organization	