

Using Student Support and Academic Enrichment Grant Funds (Title IV, Part A) to Support Health and Wellness

Overview

The Student Support and Academic Enrichment Grants (SSAEG), which are funded under Title IV, Part A of the Every Student Succeeds Act (ESSA), offer many opportunities to support health and wellness. This grant program authorizes activities in three broad content areas including:

- [Providing students with a well-rounded education;](#)
- [Supporting safe and healthy students;](#)
- [Supporting the effective use of technology.](#)

In general, funds can be used for:

- Direct services for students;
- Professional development for teachers, specialized instructional support personnel, and administrators (including athletic administrators, all professional development given to teachers should be technologically appropriate, sustainable, and comprehensive);
- Salaries of personnel to carry out identified programs and services;
- Supplemental education resources and equipment.

The specific inclusion of health and wellness in ESSA aligns with the [CDC's Whole School, Whole Child, Whole Community \(WSCC\)](#) approach. WSCC recognizes the importance of providing students with healthy food, nutrition education, and physical activity; ensuring that they have access to health care; and supporting the emotional well-being of students and staff.

Allowable Expenditures under Title IV, Part A to Support Student Health and Wellness

The chart below provides examples of allowable expenditures under each of the three content areas -- well-rounded education, safe and healthy students, and technology – that can support student health and wellness. This is not an exhaustive list and, although these are allowable expenses, each state and/or local education agency will make their own decisions on how the SSAEG funding is to be spent. Funds cannot be used for activities in any of the three content areas if the cost of those activities would have otherwise been paid with other state or local funds. SSAEG funds are meant to supplement, not supplant, existing funds, and can be used to scale up existing initiatives.

Content Area	Allowable Expenditures under Title IV, Part A to Support Student Health and Wellness
<p>Providing Students with a Well-rounded Education</p> <p>A well-rounded education promotes a diverse set of learning experiences that engages students across a variety of courses, activities, and programs in subjects such as English, reading/language arts, writing, science, technology, engineering, mathematics, foreign languages, civics and government, economics, arts, history, geography, computer science, music, career and technical education, health, and physical education.</p>	<p>Offer Professional Development*:</p> <ul style="list-style-type: none"> • For Physical and Health Education Teachers <ul style="list-style-type: none"> ○ Implementing standards-based curriculum, inclusive physical activity practices, conducting fitness assessments, increasing moderate to vigorous physical activity, etc. • For All Teachers <ul style="list-style-type: none"> ○ Integrating physical activity, health/nutrition education, and healthy messaging into core subjects. <p>Hire: Additional physical and health education teachers</p> <p>Purchase: Standards-based physical/health education curriculum</p>
<p>Supporting Safe and Healthy Students</p> <p>Any program or activity that “fosters safe, healthy, supportive, and drug-free school environments, including direct student services and professional development and training for school staff.” This includes programs that “provide students and school staff with a positive school climate, which in turn can promote student academic achievement.”</p>	<p>Offer Professional Development*:</p> <ul style="list-style-type: none"> • For All School Staff <ul style="list-style-type: none"> ○ Supporting nutrition and physical activity, healthy fundraisers, celebrations, and rewards, building a school wellness committee, school gardens, trauma-informed school culture, asthma-friendly schools, social and emotional learning, positive behavioral interventions and supports, mental health first aid training, improving school climate, preventing bullying, the role of student health in chronic absenteeism prevention, etc. • For All Health Service Staff <ul style="list-style-type: none"> ○ Chronic disease management, reimbursement for school health services, etc. • For Food Service Staff <ul style="list-style-type: none"> ○ Ensuring school meals meet federal regulations and are appealing to students, food marketing and merchandising, menu planning, etc. • For Facilities Staff <ul style="list-style-type: none"> ○ Ensuring environmentally friendly cleaning and purchasing programs are implemented.

*Healthier Generation offers districts, schools and out-of-school time programs many [interactive training opportunities](#) that can be customized to your specific needs, time requirements, group size, and staff roles, including nutrition staff, physical educators, classroom teachers, out-of-school time staff, and administrators. The trainings are relevant to key federal policy initiatives and accountability measures and meet professional development requirements.

	<p>Hire:</p> <ul style="list-style-type: none"> • Additional school nurses, school psychologists, and/or school social workers to provide direct student services. • A care coordinator to connect students and families to health screenings and immunizations. • A recess coach to integrate physical activity with social and emotional learning. • An active transportation coordinator. • Additional crossing guards. <p>Purchase:</p> <ul style="list-style-type: none"> • Programming/equipment for classroom physical activity breaks. • Bike racks. • Supplies to build or maintain a school garden. <p>Provide:</p> <ul style="list-style-type: none"> • Opportunities for students to engage in physical activity and physical education outside of the school day <ul style="list-style-type: none"> ◦ <i>Extracurricular sports and clubs, active school-based out-of-school time programs and extended day programs, etc.</i> • Nutrition education to students <ul style="list-style-type: none"> ◦ <i>Taste tests, cooking demonstrations, garden activities, etc.</i> • Exposure for students to healthy food/non-food choices <ul style="list-style-type: none"> ◦ <i>Cafeteria, fundraisers, celebrations, rewards, etc.</i> • Alcohol, tobacco, and other drug prevention or cessation services for students. • Staff wellness programs, including physical activity/nutrition classes and stress management training.
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<p>Supporting the Effective Use of Technology</p> <p>Activities that utilize technology to improve the academic achievement, academic growth, and digital literacy of all students.</p>	<p>Offer Professional Development*:</p> <ul style="list-style-type: none"> • For Physical Education Teachers <ul style="list-style-type: none"> ○ <i>Utilizing fitness assessment software, utilizing assistive technology for students with adaptive needs</i> • For All Health Services Staff <ul style="list-style-type: none"> ○ <i>Utilizing student health data tracking and management platforms.</i> <p>Purchase:</p> <ul style="list-style-type: none"> • Fitness assessment software • Pedometers or activity trackers • Electronic student health data tracking systems
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