



Movement and Play Policy

The Family Justice Center strives to promote health and wellness for staff, partner agencies, clients and their families through physical activity. The Center will adopt activities that support staff, clients, and families. *Physical Activity is fun and good for everyone!*

For young children active play...

- *Supports growth for young children and encourages lifelong healthy behaviors*
- Promotes healthy weight and reduces the risk of chronic disease
- Promotes physical motor development, increases self-esteem, and helps with cognitive skills such as reading and writing.
- Sets the stage for reduced screen-time.

For adults movement and physical activity...

- Improves performance at work and school
- Improves mood and mental health
- *Models healthy behavior for young children and others*
- Reduces risk for chronic diseases and the need for associated medical costs
(People that engaged in moderate levels of physical activity have lower direct medical costs than those who are inactive. Source: Centers for Disease Control and Prevention; <http://1.usa.gov/otXBXZ>)

To model and promote health and wellness, the Family Justice Center will adopt policies that will promote movement and play to raise awareness for everyone to be physically active. The Center will:

- Provide a children's area for movement and play equipment such as floor mats and a play tunnel. Children wait for their parents during intake in the children's room for 15 to 45 minutes at a time. We will encourage movement and play via music, video, and toys that promote movement.
- Encourage cycling by having bike racks at the Center. This is planned for the phase II construction.
- Provide opportunities to participate in fun physical activities such as yoga and running at the Center.
- Provide a stretch guide for staff and partners at the Center as part of the onboarding process. Encourage five minutes of stretching.

Effective:

8/31/15

Signature:



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Healthy & Active Before 5 Mini-grant Application

Application Process

Thank you for your interest in Healthy & Active Before 5's *Pledge the Practice, Pass the Policy* mini-grant program. The steps below describe the application process.

Step One: Determine Your Eligibility

Healthy & Active Before 5 provides mini-grants to organizations that lie within the boundaries of the Contra Costa County region. To be considered for a mini-grant, the organization must also serve children ages 0-5, as our mission is to prevent early childhood obesity.

To qualify, your agency must pass one or more of our HAB45 policies: 1) Healthy Beverages for Children; 2) Breastfeeding Accommodation; 3) Healthy Food and Beverage; 4) Movement and Play; 5) Reducing Unhealthy Marketing to Children; or 6) Tap Water Promotion.

Only one mini-grant prize will be awarded per policy, while supplies last. Agencies that we have previously awarded with a mini-grant are encouraged to re-apply, if they update an old policy or adopt a new policy.

Please note: Organizations are strongly encouraged to contact HAB45 staff for technical assistance prior to submitting the final application.

Step Two: Submit Your Application

Organizations interested in applying for a mini-grant must complete a mini-grant application (this form). Attach the application and your organization's approved, new healthy policy by email.

To submit, email your application to tonya.love@hab45.org.

Step Three: Application Review

Healthy & Active Before 5 staff will review the mini-grant submission. Staff will notify the applicant once the review is complete.



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Primary Contact Name: Oravanh Thammassen

Name of staff-person overseeing the policy: Oravanh Thammassen

Phone: 510-965-4949

Email: oravanh@cocofamilyjustice.org

Agency/Organization: Family Justice Center

Taxpayer ID#: 94-3213100

Mailing Address

Company

Address 256 24th Street

Address 2

City/Town Richmond, CA

ZIP/Postal Code 94804

Required:

Have you received a *Pledge the Practice, Pass the Policy* mini-grant before? Yes

If yes, please describe key challenges and successes of implementing your previous policy. (250 words)

Attachment



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Please attach a copy of each new Healthy & Active Before 5 policy approved by your agency.

Dates of policy approval (MM/DD/YYYY): 8/31/15

Please describe how you plan to implement your policy and spend mini-grant funds (500 words max.)

Attachment

We believe this policy will impact 400 (#) children and 700 (#) adults per year.

Would you like to technical assistance to implement your new healthy policy? No

