



## *Florida HOSA State Advisor*

September 8, 2009

Florida HOSA  
14646 NW 151<sup>st</sup> Blvd.  
Alachua, FL 32615

Dear HOSA Chapter Advisor,

Welcome back to another exciting HOSA year! With all that our organization accomplished last school year, you might be wondering what else your members can do to top it. The Dairy Council of Florida has graciously entered into a partnership with Florida HOSA which will allow your members to be recognized on stage at the State Leadership Conference next April and also make your chapter eligible for monetary awards!

The Fuel Up to Play 60 Wellness Activation Kit will help students make positive changes in their eating and exercise habits, and can also support your school's wellness policy goals. Once you enroll through their website, your school will receive a FREE Wellness Activation Kit. The kit will be shipped to the attention of the first person at your school who enrolled, but is meant to be shared and used throughout the school. You will receive Fuel Up to Play 60 e-Newsletters with implementation tips and success stories. You will also be able to see who else has joined the Fuel Up to Play 60 team in your school (including who will be receiving the kit if you are not the first to order it) and work with them to launch the program.

The Fuel Up to Play 60 Wellness Activation Kit will inspire students to "get up and play" for 60 minutes a day and to "fuel up" with the foods kids don't get enough of - low-fat and fat-free dairy foods, fruits, vegetables, and whole grains. Enrolled schools will receive:

- a menu of lessons and activities to support healthy eating and physical activity
- colorful display materials customized with NFL Team insignias for hallways, classrooms and cafeteria
- ideas and tips for engaging the entire school community in the program
- E-newsletters for all school personnel who enroll

Kits will begin shipping in October, and there is a limited supply, so sign-up at the website [www.schoolwellnesskit.org](http://www.schoolwellnesskit.org) as quickly as possible. Use the downloadable Fuel Up to Play 60 Classroom Pledge from the website to get your school geared up for fall now. Check back often - more marketing tools and bonus goodies will be added every month.

Enclosed, you will also find an Evaluation Form that the Dairy Council of Florida will use to rank the HOSA chapters that participate in this promotion. HOSA chapters can complete and submit, as one packet, as many Evaluation Forms as they like (one form per presentation); the more presentations that are made, the more points could be awarded. Get out in the community as well

as presenting at your school; the larger the group you present to, the more points you can get. Any school that submits one or more Evaluation Forms to the Dairy Council of Florida **on or before February 19, 2010**, will be recognized with a plaque on stage at the State Leadership Conference next April. In addition, **the three highest ranked HOSA chapters, according to the accumulated points on their Evaluation Form(s), will receive cash awards from the Dairy Council of Florida - \$3,000 for first; \$1,500 for second; and \$500 for third.**

The Dairy Council of Florida would like to emphasize the following points:

- I. Teams will be evaluated on several criteria including - number of projects done, the reach and the impact of each presentation.
- II. Teams are asked to do both nutrition and physical activity projects.
- III. A Presentation Summary of the team's activities for each presentation is requested. This can be a PowerPoint Presentation, video, PSA, etc..., and could be used at the Florida HOSA State Conference and/or for Dairy Council of Florida purposes.
- IV. Teams are encouraged to make this a community project as that fits with the national criteria of focusing outreach to other students - older and younger, school staff, and the surrounding communities.

If you have any questions or concerns, please do not hesitate to contact me at (386) 462-HOSA.

My sincere thanks,



Lloyd De Vault, R.N.  
Florida HOSA State Advisor

# Fuel Up to Play 60 Project Evaluation Guidelines



<b>Items Evaluated</b> <i>Completed Project Evaluation forms must be submitted in Arial, 12pt font by 02/19/10. Mail all completed forms (stapled together, if more than one) to the Dairy Council of Florida - address at bottom of form.</i>	<b>Points Possible</b>	<b>Score</b>										
<b><u>Project Overview</u></b> Please answer the following questions: <ul style="list-style-type: none"> <li>• Who was involved from your HOSA group - list names, titles and roles in the project.</li> <li>• Project title/location.</li> <li>• Project Description (50 words or less)</li> <li>• How did you promote/advertise your project to increase participation/impact?</li> <li>• How were other students, teachers and administration involved?</li> <li>• Did you feel the project was successful?</li> <li>• What would you do differently?</li> <li>• How do you plan to use what you learned in the future?</li> </ul>	20 points											
<b><u>Budget</u></b> <ul style="list-style-type: none"> <li>• List funding sources</li> <li>• Items purchased/cost/use</li> <li>• Donations or in-kind contributions</li> </ul>	10 points											
<b><u>Nutritional Component</u></b> <ul style="list-style-type: none"> <li>• In 500 words or less describe your project from inception to completion.</li> </ul>	5 points											
<b><u>Physical Activity Component</u></b> <ul style="list-style-type: none"> <li>• In 500 words or less describe your project from inception to completion.</li> </ul>	5 points											
<b><u>Impact</u></b> (number of people reached or in attendance) Examples <ul style="list-style-type: none"> <li>• Attendance Records</li> <li>• Ticket Sales</li> <li>• Sign in Sheets</li> <li>• Other</li> </ul>	<table border="0"> <tr> <td colspan="2"><b>People Reached</b></td> </tr> <tr> <td>&lt;25</td> <td>1 pts</td> </tr> <tr> <td>26 to 50</td> <td>5 pts</td> </tr> <tr> <td>51-99</td> <td>10pts</td> </tr> <tr> <td>100+</td> <td>15pts</td> </tr> </table>	<b>People Reached</b>		<25	1 pts	26 to 50	5 pts	51-99	10pts	100+	15pts	
<b>People Reached</b>												
<25	1 pts											
26 to 50	5 pts											
51-99	10pts											
100+	15pts											
<b><u>Evaluation</u></b> <ul style="list-style-type: none"> <li>• List goals</li> <li>• Evaluation measures                             <ol style="list-style-type: none"> <li>a. Awareness</li> <li>b. Education</li> <li>c. Behavior Change</li> <li>d. Other</li> </ol> </li> <li>• How do you think participants were changed by your project or the information presented?</li> </ul>	10 points											
<b><u>Project Presentation</u></b> <ul style="list-style-type: none"> <li>• PowerPoint, scrapbook, video, etc.                             <ul style="list-style-type: none"> <li>○ Maximum of 20 ppt slides with pictures/captions/music</li> <li>○ If submitting video – approximately 3-5 minutes in length</li> </ul> </li> </ul> <i>Please follow any and all copyright rules/regulations</i>	10 points											
<b>Total Points Maximum Points = 75</b>												

Dairy Council of Florida (800) 516-4443  
 166 Lookout Place, Suite 100  
 Maitland, FL 32751-4496

Due Date 02/19/2010