



2019 GRANT APPLICATION WORKSHEET

WHAT IT IS:

A county wide granting opportunity for Health and Wellness projects directly serving schools and school districts.

ELIGIBILITY:

- Call for Proposals are open to teams (i.e. made up of administration, teachers, wellness committees, PTOs, PTSAs, food service) consisting of **at least five members preferably from different departments responsible for program implementation.**
- Each team must have **only one designated presenter available to attend and present at the School Wellness Summit on October 30, 2019 at the Santa Ynez Valley Marriot 8:30am-3:30pm.**
- Proposals must impact Santa Barbara County Schools.

CRITERIA:

- Proposals should support the district's local school wellness policy, the board-approved document that guides a local educational agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. LEAs must fully comply with the requirements of the final rule by June 30, 2018.
https://www.fns.usda.gov/sites/default/files/tn/LWPsummary_finalrule.pdf
- Programs can encompass other school-based activities that promote student wellness, Workplace Wellness, Food Literacy, Nutrition Education and Promotion, or Physical Activity and be consistent with the values of the School Wellness Summit by creating, supporting, and sustaining a culture of health and wellness in the school community.
- Application must specify what target population will benefit from the program.

SEE BELOW FOR A LIST OF SAMPLE PROJECTS AND HOW HEALTH AND WELLNESS GRANT FUNDS CAN BE USED IN YOUR SCHOOL DISTRICT.

Launching Healthy Eating, Active Living (HEAL) Schools Initiatives:

Focusing on creating healthy schools has direct benefits for students, staff and teachers and has impacts on the health of the broader community. Schools play a critical role in promoting the health of young people and helping them establish lifelong patterns of healthy behavior.

<http://thrivingschools.kaiserpermanente.org/wellness-resources/school-environment/>

Implementing Smarter Lunchroom Projects throughout your district:

- Include campaigns such as Food Day, California Thursdays, Harvest of the Month, Rethink Your Drink, Meatless Mondays and Lean and Green Days, Salad Bar Etiquette, National School Breakfast and Lunch weeks

<http://smarterlunchrooms.org>

Wellness Initiatives:

- Generate high rates of student and staff participation in wellness programs
- Staff demonstrates how to promote healthy lifestyles with their students
- Organizing district-wide Week of Wellness (W.O.W.) full of physical activity and nutrition promotion for the entire school community; staff, students, families

<http://thrivingschools.kaiserpermanente.org/wellness-resources/school-employee-wellness/>

Student Health Improvement Plan: Organized student wellness teams for across the district, provide professional development, assemble a community of practice with co-leaders from each of the schools, and guide each school team in developing a Student Health Improvement Plan. These plans include measurable goals focused on increasing physical activity and improving nutrition.

<http://www.greeleyschools.org/Page/14844>

An **Outdoor Environment Learning Center and Life Lab** is applicable when teaching science, math, language arts, physical education, social studies, art, health and environmental education. It lends itself to inter-disciplinary studies and makes learning a multi-sensory experience.

<https://www.nsba.org/newsroom/benefits-outdoor-classrooms>

Pink and Dude Chefs provides nutrition education and hands-on culinary skills to middle-school students. Since its creation in 2008, the Pink and Dude Chefs program has become one of STRIDE's most popular community efforts.

<http://stride.calpoly.edu/content/programs/pink-and-dude-chefs>

AWARD DETAILS:

- Five finalists will deliver their Fast Pitch live on the Summit Stage, October 30, 2019.
- Fast Pitch presentations must be under 5 minutes.
- A standard presentation format will be provided to the finalists.
- Two prizes will be awarded and announced at the Summit; each valued at \$5,000.
- **Winners are expected to provide grant updates and report out and present at the 2020 School Wellness Summit.**
- Grant may only be used for specified projects.

CLOSING DATE FOR APPLICATION: FRIDAY, SEPTEMBER 27, 2019

Link to Application: www.schoolwellnesssummit.org/mini-grant-application

Contact: SchoolWellnessSummit@gmail.com



GRANT APPLICATION WORKSHEET

Please describe your project concept in this section to the best of your ability. The Santa Barbara County School Wellness Council is looking for utilization of best practices that lead to the greatest impact on policy, systems, and environmental changes; and thus, on student health and academic achievement. In your description, please identify the impact you hope to achieve and how you will measure outcomes to determine if your project was successful.

SCHOOL DISTRICT AND SCHOOL SITE (IF APPLICABLE) _____

THE POWER OF TEAM WORK. Please list **at least five individuals** who will help implement this grant. Team members could include: administrators, school staff, students, PTA/PTO members, foodservice, district level school health advisory council members, parents, community members, or other.

TEAM LEADER - PRESENTER

First name: _____

Last name: _____

Title/Position: _____

Email Address: _____

Phone: _____

TEAM MEMBER

First name: _____

Last name: _____

Title/Position: _____

Email Address: _____

Phone: _____

TEAM MEMBER

First name: _____

Last name: _____

Title/Position: _____

Email Address: _____

Phone: _____

TEAM MEMBER

First name: _____

Last name: _____

Title/Position: _____

Email Address: _____

Phone: _____

TEAM MEMBER

First name: _____

Last name: _____

Title/Position: _____

Email Address: _____

Phone: _____

TITLE OF PROJECT _____

NUMBER OF STUDENTS/STAFF/SCHOOL COMMUNITY REACHED BY THIS GRANT? _____

DO YOU HAVE CONSENT FROM SCHOOL DISTRICT AND SITE ADMINISTRATION TO PARTICIPATE IN THIS GRANT PROJECT?

- Yes
- No

LETTER OF SUPPORT

Please attach at least (1) letter of support from a district/site administrator.

Can complete a W-9 upon request with school/district tax ID number upon request?

- Yes
- No

1. IN 1,000 CHARACTERS, BRIEFLY DESCRIBE THE PROJECT YOU WISH TO SEE IMPLEMENTED IN THE DISTRICT OR AT YOUR SCHOOL SITE.

Please list the key stakeholders in this project (titles/positions)

Please list community partners who will support this project.

In 1,000 characters, please state how this project will enhance the culture of health and wellness in your school/district community.

2. PROJECT OUTCOMES: Please describe 3-5 measurable outcomes *with a least one outcome as it relates to the school community* that will result from the strategies of your desired health and wellness program. Outcomes are statements summarizing what the target group will know, be able to do, or do as a result of your work. A good, measurable outcome can be written in the following way: "By (a set time), (what number or percentage) of (who) will (do what)."

Outcome #1

Outcome #2

Outcome #3

Outcome #4

Outcome #5

3. PROJECT BUDGET:

Please itemize below how you plan to use the grant funds to achieve the objective/s of this mini grant. Be specific. ***Grant funds may not be used for staffing or administrative costs.***

Please provide a list of other funds that will be leveraged for this project (LCAP, Site Council, PTA, general fund).

Please provide at least a 10%* (\$500 cash/in-kind) match for your project

**All volunteer labor is valued at \$15.00/hr. Time spent on fundraising, designing or organizing can be counted after an award is granted. At least 10% of the applicant's match must come directly from the group itself as volunteer labor.*

4. BENEFITS TO THE SCHOOL COMMUNITY

In 1,000 characters, describe how the school community will benefit from this project.

How will you share your successes with the school district, wellness committee and school board.

5. PROJECT TIMELINE: Please describe your tentative project timeline. Tell us what you hope to accomplish in each month of the grant term (immediately following the School Wellness Summit November through the following October).

November to December:

January to March:

April to June:

July to October:

6. EVALUATION: Describe how you will measure your outcomes.

7. SUSTAINABILITY: Once the grant term is over, describe how your team will ensure that the programs, policies, and practices developed and implemented as part of this grant will be sustained for, at least, the next 3 school years.

8. HOW DID YOU HEAR ABOUT THE SCHOOL WELLNESS SUMMIT GRANT OPPORTUNITY?

ONLY ONLINE FORMS WILL BE ACCEPTED. DO NOT MAIL THIS WORKSHEET.

The online application must be submitted along with at least (1) letter of support from a district/site administrator. Closing Date for Application is Friday, September 13, 2019

Link to Online Application: www.schoolwellnesssummit.org/mini-grant-application

Contact: SchoolWellnessSummit@gmail.com