



2020 GRANT APPLICATION WORKSHEET

WHAT IT IS:

A granting opportunity for Health and Wellness projects directly serving school districts, schools and classrooms. 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 and staff wellness and academic achievement.

AWARD DETAILS:

- Each winner will be awarded \$500 in the month of December 2020.
- Each winner will be provided (1) complimentary registration per team for each session of the Spring 2021 professional development training series TBA.
- Each winning team will be provided (3) complimentary registrations for the 2021 School Wellness Summit professional development training October 2021, specific date TBA.
- Each winning team must provide a grant update in the form of a 3-5 minute video by May 3, 2021, and have one designated presenter available to attend and present at the 2021 School Wellness Summit October 2021 date TBA.
- A standard presentation format will be provided to the winners.
- Grant may only be used for specified wellness projects.

CLOSING DATE FOR APPLICATION: MONDAY, NOVEMBER 2, 2020

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

Contact: SchoolWellnessSummit@gmail.com

ELIGIBILITY:

- Open to teams (i.e. made up of district and site administration, teachers, wellness committee members, PTOs, PTAs, food service) consisting of at least three (3) team members, preferably from different departments responsible for program implementation.
- Each team must provide a 3-5 minute video update on the grant by May 3, 2021, and have one designated presenter available to attend and share the team's video update at the 2021 School Wellness Summit October 2021 date TBA.
- Proposals must impact students and the school community.

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>



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Please briefly 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 and staff wellness 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 _____

SCHOOL SITE(S) _____

GRADE LEVELS (IF APPLICABLE) _____

TEAM LEADER - PRESENTER (REQUIRED)

Full name: _____

Title/Position: _____

Email address: _____

Phone: _____

TEAM MEMBER 2 (REQUIRED)

Full name: _____

Title/Position: _____

Email address: _____

Phone: _____

TEAM MEMBER 3 (REQUIRED)

Full name: _____

Title/Position: _____

Email address: _____

Phone: _____

TEAM MEMBER 4 (OPTIONAL)

Full name: _____

Title/Position: _____

Email address: _____

Phone: _____

TEAM MEMBER 5 (OPTIONAL)

Full name: _____

Title/Position: _____

Email address: _____

Phone: _____

TITLE OF WELLNESS 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 100 WORDS OR LESS) BRIEFLY DESCRIBE THE WELLNESS PROJECT YOU WISH TO SEE IMPLEMENTED IN THE DISTRICT OR AT YOUR SCHOOL SITE.

2. (In 100 words or less) Please specifically state how this project will enhance the culture of health and wellness in your district/school site/classroom community. Briefly describe how the school community will benefit from this wellness project.

3. (In 100 words or less) PROJECT OUTCOMES: Please describe 2-3 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

4. 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 any/other funds that will be leveraged for this project (LCAP, Site Council, PTA, general fund). Please provide website/links to resources being purchased for this project.

Item to be purchased: _____

Website/Link to resource: _____

Cost: _____

Objective: _____

Item to be purchased: _____

Website/Link to resource: _____

Cost: _____

Objective: _____

Item to be purchased: _____

Website/Link to resource: _____

Cost: _____

Objective: _____

Item to be purchased: _____

Website/Link to resource: _____

Cost: _____

Objective: _____

Item to be purchased: _____

Website/Link to resource: _____

Cost: _____

Objective: _____

5. BENEFITS TO THE SCHOOL COMMUNITY: (In 100 words or less) Describe how will you share your successes with school district administration, district and school site wellness committee, school board, school site community, including parent groups and staff. (i.e. submission to newsletter(s), Instagram, Twitter, Facebook, ParentSquare, website).

6. PROJECT TIMELINE: Please describe your tentative project timeline. Tell us what you hope to accomplish in each month of the grant term (immediately following awards received December 2020 through the following October 2021).

January-February: _____

March-April: _____

May-June: _____

August-October: _____

7. (In 100 words or less) EVALUATION: Briefly describe how you will measure and evaluate your outcomes

8. (In 100 words or less) SUSTAINABILITY: Once the initial grant term is over in October 2021, describe how your team will continue the wellness project

9. 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 MONDAY, NOVEMBER 2, 2020***

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

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