

General Information

Tell us your story as you complete this application. Describe your program by answering all the questions in each section. Only information provided in this application form will be considered in judging your application. Schools or districts can receive up to \$10,000 (in reimbursement funds) to implement projects. If selected, the school campus will receive funds for one selected project only. School districts may not have more than one winner.

Eligibility

- A. Applications will be considered for grant funding project only if **all** the following requirements are met:
1. The program or initiative described in the application
 - is in the planning stage and not yet started; or
 - has been operating less than a complete school year and has no final results.
 2. The program or initiative identified must:
 - meet the description in the application;
 - strive to improve the physical, mental and/or social well-being of students, staff and/or the greater school community (parents/family members, PTA, community members and groups supporting your program); and
 - will need to focus on one of more of the following components, *nutrition education, physical activity, or injury prevention*.
 3. Evidence of the district's school health advisory council's (SHAC) support of the new program or initiative in the form of a letter of support.
 4. Additional Grant Requirements include agreeing to the following:
 - Projects must align with their school district's local wellness policy in addition to the [CDC's Whole School, Whole Community, Whole Child \(WSCC\)](#) model components.
 - Provide DSHS with a designated contact person for the duration of the grant.
 - Comply with receipt retention, deliverable submission, and reporting requirements.
 - Attend monthly meeting with DSHS staff during the duration of the grant.
- B. Grant funds may not be used for promotional items including but not limited to items such as hats, bags, keychains, bottles, fliers.

Deliverables Required

Two Reports

- A. Mid-Year Process Evaluation – March 10, 2023
- B. End-of-Year Outcomes Evaluation – September 15, 2023

Deadline and Instructions

Applications must be received by **November 12, 2021.**

Application Deadlines

Open: 09/01/2021

Close: 11/12/2021

Expected Project Timeframe: September 1, 2022 – August 31, 2023

Please complete the application below. Definitions of terms are found on the last page of this document. For additional guidance on completing the application please see our completed Sample Application Project on the DSHS Grants and Awards Program website: dshs.texas.gov/schoolhealth/awards/

Send completed applications and letters of support electronically to:
schoolhealthawards@dshs.texas.gov

Questions? Email schoolhealthawards@dshs.texas.gov or call 512-776-7279.

Applicant Information

This application is for a: <input type="checkbox"/> School District <input checked="" type="checkbox"/> School Campus	
Letter of support from our district SHAC is included? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Name of Project: SHADE Project	
Project Coordinator's Name: Jorge Perez	
Project Coordinator's Title: Principal	
Project Coordinator's Phone Number: 512-xxx-xxxx	Alternate Phone Number:
Project Coordinator's Email Address: principalperez@pte.com	Alternate Email Address:
How did you learn about the Reaching for Excellence Grant? <input type="checkbox"/> DSHS Friday Beat e-newsletter <input checked="" type="checkbox"/> DSHS School Health Program website <input type="checkbox"/> Conference, Workshop, or Meeting <input type="checkbox"/> Colleague <input checked="" type="checkbox"/> Other: PE Coach	
Which Texas Education Agency-approved health program has the school adopted for K-8? CATCH (Coordinated Approach to Child Health)	

District or School Information

District Information	
School campus applicants may skip this section	
Name of School District:	
Superintendent Name:	
District Tax Identification Number:	County:
District Street Address:	
City:	Zip Code:

School Campus Information	
School district applicants may skip this section	
Name of Campus: Peach Tree Elementary School	
Principal Name: Jorge Perez	
Campus Street Address: 1122 Peach Tree Road	
City:	Zip Code: 78750

Project Details

1. Which priority area will the project address?

- Nutrition Physical activity Injury prevention

2. Describe how you selected the type of project to implement.

Did you reference a registry of evidence-based interventions, such as [School Health Guidelines to Promote Healthy Eating and Physical Activity](#), [Blueprints for Healthy Youth Development](#) or [The Community Guide](#)?

The Centers for Disease Control and Prevention's (CDC) School Health Guidelines to Promote Healthy Eating and Activity was used to select the type of project to implement. The report provides nine evidence-based guidelines and corresponding strategies for schools to establish a foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students. The SHADE Project helps to support "Guideline 2: Establish School Environments that Support Healthy Eating and Physical Activity" by providing opportunities for physical activity, as well as providing access to safe spaces, facilities, and equipment for physical activity.

Project Summary

3. Provide a detailed summary of the project

- a. What is the need for the project? Use data from publicly available sources, program records, school surveys, interviews, and/or focus groups.
- b. What are the goals?
- c. What are the objectives?
- d. What are the activities that will be implemented?
- e. Does the project support the school district wellness policy? If so, how? (Please answer the above questions in your summary.)

The U.S. Department of Health and Human Services (HHS) recommends that children and adolescents engage in 60 minutes or more of moderate-to-vigorous physical activity per day. Currently, students enrolled in Peach Tree Elementary School are required to engage in 30 minutes of moderate-to-vigorous physical activity as part of their physical education curriculum or through structured play during recess. To meet HHS's recommendation, students must engage in additional physical activity either during school or after school.

In December 2019, Peach Tree Elementary School conducted the Student and Health and Wellness Survey with parents of students enrolled in Peach Tree Elementary School. Part of the survey assessed the extent to which students engage in moderate-to-vigorous physical activity, barriers to providing opportunities for physical activity at home, and how Peach Tree Elementary School could support students and families in increasing physical activity.

The survey received a 70 percent response rate. Results indicated that only 28 percent of students engage in the recommended 60 minutes moderate-to-vigorous physical activity per day. Many parents (68 percent) stated they experience barriers to providing opportunities for their children to be physically active at home, such as a lack of time, space and equipment. In addition, most parents (72 percent) stated they would like Peach Tree Elementary School to provide additional opportunities for their children to be physical activity during the school day.

In February 2020, the school staff members and teachers came together to identify ways to address the needs assessment results. Everyone agreed that teachers could find ways to incorporate physical activity into their academic curriculum each day. The most appropriate setting for physical activity at Peach Tree Elementary School is the playground structure.

However, the playground structure, in its current state, is not adequate or safe for students to use. For example, the playground needs updating not only for increased physical activity, but to maintain compliance safety measures in our playground surface area in the playscape area for increased activity, and in shade. The playground contains metal on the railings, monkey bars, and stairs that can potentially cause burns during the hottest hours of the day (10:00 am – 4:00 pm). In addition, the playground’s current fall surface is dirt and rocks, which could potentially cause injuries.

As such, Peach Tree Elementary School could benefit from playground improvements. Playground equipment and landscape design, including tires, stepping boulders, a foursquare area, and hopscotch area would allow the students a safe, interactive environment for physical activity. Rubber mulch would aid in the protective surface area needed to maintain student safety during physical activity. Furthermore, a shade structure would provide protection from the UVA/UVB rays during peak hours, allow for increased use of physical activity during the day, and maintain a safe environment for the students to play.

Through the Reaching for Excellence Grant, Peach Tree Elementary School will implement the Student Health and Development Education (SHADE) Project. The goal of the project is increase moderate-to-physical activity among students during school hours. We will work towards achieving this goal by completing the following objectives and corresponding activities:

1. Objective 1: By December 2021, Peach Tree Elementary School will install one shade structure for playground.
 - Activities:
 - Obtain three bids for the shade structure;
 - Choose a vendor that is best suited to install the shade structure;
 - Develop a timeline for shade structure installation with the vendor;
 - Sign a contract with the vendor;
 - Manage the vendor as they install the shade structure
2. Objective 2: By December 2021, Peach Tree Elementary School will install playground equipment and landscape designs around the playground, including five tires, five stepping boulders, two foursquare areas, one hopscotch area, and 200 pounds of rubber mulch for the playground surface area.

- Activities:
 - Contact at least 5 community businesses/organizations to request volunteers and donations;
 - Sign memorandum of agreements (MOUs) with businesses/organizations;
 - Develop a timeline for the equipment and landscape design installation with the businesses/organizations;
 - Assign and manage at least 20 volunteers to help with the equipment and landscape design installation.
- 3. Objective 3: Starting January 2022, all Peach Tree Elementary School teachers will incorporate 30 minutes of physical activity into their academic curriculum each day.
 - Activities:
 - Identify at least five example outdoor/physical activity academic lesson plans for teachers;
 - Distribute the example outdoor/physical activity academic lesson plans to all teachers;
 - Create and maintain a schedule for playground use for teachers and students;
 - Coordinate technical assistance between Physical Education (PE) staff and teachers as needed.

The SHADE Project supports the local County School District Wellness Policy goal by increasing opportunities for physical activity within the classroom curriculum and PE activities.

Collaboration

4. Describe how you will collaborate with individuals and groups to implement the project

- a. Which individuals (by position) and groups *inside the school* will collaborate with you?
 - b. Which individuals (by position) and groups outside the school will collaborate with you?
 - c. How will these individuals and groups be involved in implementing the project?
 - d. How was/is the school health advisory committee (SHAC) involved in the development, implementation, and evaluation of the project?
(Please answer the above questions in your collaboration description.)
- A. The SHADE Project gained support from the school principal, superintendent and the SHAC. As part of the implementation plan, we will work with the following individuals and groups inside the school:
- Principal: The Principal will serve as the Grant Coordinator for this project. They will be responsible for coordinating all implementation and evaluation activities, as well as managing the budget.
 - Teachers: The teachers will provide opportunities for students to be physically active during the school day by incorporating physical activity into their academic curriculum. The Grant Coordinator will identify and disseminate example outdoor/physical activity academic lesson plans for teachers to use and customize.
 - Math Teacher: The math teacher will provide evaluation support to the project. They will help to develop the survey tool, analyze the survey data, and create a report and fact sheet.
 - PE Staff: The PE staff will be available to teachers if they need education on physical activity and/or playground safety.
- B. As part of the implementation plan, we will work with the following individuals and groups outside the school: SHAC, District, Community School Board Members, Superintendent, and Volunteers.
- We met with the principal and superintendent and gave them the general information about our idea to help improve the outdoor play area. The superintendent then gave us direction to meet with our school board members and local SHAC. After we met with them, we developed a formal proposal to send back to the superintendent. The

chain of command was followed, and proposals were approved for the SHADE project to begin.

- SHAC agrees to make recommendations to the school board, assist with arising obstacles, and help with volunteers as needed.
- The PTA and the school have secured additional funding totaling \$9,300 through fundraisers and parent donations (\$5,000), capital and community donations (\$4,000), and donations of other sources (\$300). They will also be responsible for recruiting volunteers for the SHADE Project.
- The Rotary Club has agreed to lead in developing the tire play area. This includes recruiting volunteers to assist in picking up and painting the tires and installing them on the play area.

C. To implement this project, we are working with the local school administration and staff, the school board and the SHAC. We are currently promoting this proposed project to students, families, and community members, so they can share in the common goal of providing a safe, fun, place for students to engage in physical activity and learning.

The following groups will be involved in implementing the SHADE Project.

- Playsli, LLC will build the shade structure around the existing playground (\$18,800). They provide their own engineers, assessments, labor, and equipment for the price included in the financial section below.
- The PTA is taking the lead in providing the SHADE Project 10-14 volunteers of the student body and their families for various stages of the SHADE project. Volunteer roles and responsibilities outlined below. In addition to providing volunteers, the PTA will also be assisting with marketing for this project and raise any additional funds if necessary.
- L. Landscaping and Designs, LLC., has agreed to provide the SHADE project with landscaping for the area around the playground and additional educational area designs for play and physical activity such as Hopscotch, Stepping Boulders, and Four Square (\$500). They are providing additional in-kind services (landscaping, equipment materials, guidance of installation for volunteers) free of charge to give back to the community and students (valued at \$1,000). L. Landscaping and Designs, LLC will not start working on this until the shade structure is completed, with a projected time of 20 hours of labor.
- The Rotary Club will be picking up the donated tires and providing paints and brushes (\$50 value) for volunteers to paint the tires and

place them on display in the outdoor area. They will be at the project site with the landscaping after within 3-4 days of shade structure completion.

- Auto Shop Austin Used Tires, LLC will be donating 7 used tires in various sizes for a play area and 200 pounds of rubber mulch for the playground surface (value \$400).

Sample Application

Evaluation

5. Describe how the project will be evaluated

- a. How will you determine if the project was implemented as planned?
- b. What are the expected outcomes of the project?
- c. What type of data will be collected?
- d. How/When will data be collected and analyzed?
- e. How will evaluation findings be used?

(Please answer the above questions in your evaluation description.)

The Grant Coordinator and Math Teacher will conduct a process evaluation to determine if the SHADE Project was implemented as planned. In addition, the grant coordinator at Peach Tree Elementary will conduct an outcome evaluation to determine if the SHADE project affected the target population.

The key process and outcome evaluation questions are:

1. To what extent were the project activities completed? (Process)
2. To what extent were opportunities for physical activity for students increased? (Outcome)
3. To what extent did moderate-to-vigorous physical activity increase among students during the school day? (Outcome)

To measure the process evaluation question, the Grant Coordinator will maintain detailed project records. For example, a Microsoft Excel spreadsheet will be maintained to document the progress in achieving each program activity. In addition, grant-related paperwork, such as contracts, MOUs, and volunteer sign-in sheets will be stored.

To measure the outcome evaluation questions, the Grant Coordinator and Math Teacher will develop an online pre- and post- survey for teachers to complete. The survey will include questions about the type, duration and frequency of physical activity opportunities they provide to their students, as well as the duration of moderate-to-vigorous physical activity students engage in during the school day. The Grant Coordinator will disseminate the online pre- and post- survey to teachers via email.

The Grant Coordinator and Math Teacher will outline the SHADE Project results in a report and fact sheet. The report will be distributed to administrators, teachers, volunteers and donors. The fact sheet will be disseminated to parents. The results will be used to highlight project successes and inform future project improvements.

Proposed Budget

6. Use the table below to indicate how you will use the money if your project is selected. For example, list the items you would need to start a school garden, or equipment you might need to conduct a physical activity. Promotional items are not covered by the grant.

Item	Description	Quantity	Cost	Total
Playground Shade Structure	30 X 30 X 10 Hip Shade; Structure, Freight, Installation	1	\$ 18,800	\$ 18,800
Lorenzo Landscaping and Designs	Foursquare area, climbing boulders, hop-scotch	1	\$ 500	\$ 500
Lorenzo Landscaping and Designs	Landscape design with plants, shrubs, rocks	20-30	\$ 1000 (In-Kind)	\$ 1000
Auto Shop Austin Used Tires, LLC	7 used tires;200 pounds of Rubber Mulch Fibers	7	\$ 400 (In-Kind)	\$ 400
Local Rotary Club	Provide paint brushes and paints	4	\$ 50 (In-Kind)	\$ 50
		Total Cost		\$ 20,750
		In-Kind Contributions		\$ 1,450
		Total Funds Raised		\$ 9,300
		Total Requested		\$ 10,000

7. Funding provided by the Reaching for Excellence grant is meant to support project start-up. How will the above items help achieve the project's goals?

Item: Playground Shade Structure over existing playground-30 X 30 X 10 Hip Shade is approximately \$18,800. The price includes: Structure, Freight, Engineered Sealed Drawings, Installation
Cost: \$18,800

Item: Landscaping- L. Landscaping and Designs, LLC. \$1500- to provide foursquare area, climbing boulders, hop-scotch, landscape design with plants, shrubs, rocks.
Cost: \$500 out of pocket; \$1000(In-Kind) Donation. School to provide community and PTA volunteers staff of 10 people to help with 20 hours of labor for installation.

Item: Used Tires- Auto Shop Austin Used Tires, LLC.
Costs: \$400 Donation (In-Kind) of 7 used tires, non-colored, 200 pounds of Rubber Mulch Fibers for playground surface area. Volunteers (4) from rotary club and community to paint and install tires.

Rotary Club: \$50 Donation (In-Kind) paints and brushes, pick up tires.

Total Costs: \$19,300
Total Secured Funds: \$9,300
In-Kind Donations Total: \$1450
Total Volunteers:20
Total Hours of Labor: 20 hours

Definitions

Goals are general guidelines that explain what you want to achieve.

Objectives define strategies or implementation steps to attain the identified goals. Unlike goals, they are specific, measurable, and have a defined completion date. They outline the “who, what, when, where and how” of reaching the identified goals.

Activities are a set of tasks that accomplish the objective.

Outcomes are changes in behavior, health or environment that result from a project.

Program refers to the set of formal organized activities that you want to sustain over time.

Organization encompasses all the parent organizations or agencies in which the program is housed. Depending on your site, *organization* may be a health system, Federally Qualified Health Center (FQHC), or school district. You also may view organizations as units within these larger domains.

Community refers to the stakeholders who may benefit from or who may guide the program. This could include residents, organizational leaders, decision-makers, etc. Community does not refer to a specific town or neighborhood.