

FY 2025 Reaching for Excellence in Texas School Health Grant Application

DEADLINE: January 22, 2024

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 will receive funds for one selected project only.

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
 - will need to focus on one or more of the components in the [Whole School, Whole Community, Whole Child](#) (WSCC) model.
 3. A letter of support from the district's school health advisory council (SHAC) supporting the new program* or initiative must accompany the application.
 4. Additional Grant Requirements include agreeing to the following:
 - Projects must align with their school district's local wellness policy.
 - Provide DSHS with a designated contact person for the duration of the grant.
 - Comply with receipt retention, deliverable submission, and reporting requirements.
 - Attend quarterly meetings with DSHS staff during the duration of the grant.



- B. Grant funds may not be used for promotional items including but not limited to hats, bags, keychains, bottles, and fliers.

Deliverables Required

- A. Two Reports
 - a. Mid-Year Process Evaluation - March 24, 2025
 - b. End-of-Year Outcomes Evaluation - September 8, 2025
- B. Debrief Interview – October 2025

Deadline and Instructions

Applications must be received by **January 22, 2024, at 11:59 p.m. Central Time.**

Application Deadlines

Open: October 16, 2023
Close: January 22, 2024

Expected Project Timeframe

September 1, 2024- August 31, 2025

Grant Application

Please complete the application below. Definitions of terms marked with an asterisk "*" 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/texas-school-health/funding-opportunities/grants-awards-program

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: John Doe



Project Coordinator's Title: Principal
Project Coordinator's Phone Number: 512-XXX-XXXX
Alternate Phone Number: 512-XXX-XXXX
Project Coordinator's Email Address: principal@districtisd.org
Alternate Email Address: viceprincipal@districtisd.org

<p>How did you learn about the Reaching for Excellence Grant?</p> <p><input type="checkbox"/> DSHS Friday Beat e-newsletter <input checked="" type="checkbox"/> DSHS School Health Program website</p> <p><input type="checkbox"/> Conference, Workshop, or Meeting <input type="checkbox"/> Colleague</p> <p><input checked="" type="checkbox"/> Other (please specify): Coach</p>

District or School Information

District Information

School campus applicants may skip this section.

Name of School District:
Superintendent Name:
District Street Address:
City:
Zip Code:
Which Texas Education Agency-approved coordinated school health program* has this district adopted for grades K-8? Please skip if applying for 9-12th*



School Campus Information

School district applicants may skip this section.

Name of Campus: Bluebonnet Elementary School
Principal Name: John Doe
Campus Street Address: 1122 Bluebonnet Road
City: Bluebonnet
Zip Code: XXXXX
Which Texas Education Agency-approved coordinated school health program* has the school adopted for K-8? Please skip if applying for 9-12th* CATCH (Coordinated Approach to Child Health)



Department of State Health Services
FORM A: FACE PAGE

RESPONDENT INFORMATION																			
1) LEGAL BUSINESS NAME:																			
2) MAILING Address Information (include mailing address, street, city, county, state and 9-digit zip code): Check if address change <input type="checkbox"/>																			
3) PAYEE Name and Mailing Address, including 9-digit zip code (if different from above): Check if address change <input type="checkbox"/>																			
4) Federal Tax ID No. (9-digit), State of Texas Comptroller Vendor ID Number (14-digit) or Social Security Number (9-digit): <i>*The respondent acknowledges, understands and agrees that the respondent's choice to use a social security number as the vendor identification number for the contract, may result in the social security number being made public via state open records requests.</i>																			
5) TYPE OF ENTITY (check all that apply): <table style="width:100%; border: none;"> <tr> <td><input type="checkbox"/> City</td> <td><input type="checkbox"/> Nonprofit Organization*</td> <td><input type="checkbox"/> Individual</td> </tr> <tr> <td><input type="checkbox"/> County</td> <td><input type="checkbox"/> For Profit Organization*</td> <td><input type="checkbox"/> Federally Qualified Health Centers</td> </tr> <tr> <td><input type="checkbox"/> Other Political Subdivision</td> <td><input type="checkbox"/> HUB Certified</td> <td><input type="checkbox"/> State Controlled Institution of Higher Learning</td> </tr> <tr> <td><input type="checkbox"/> State Agency</td> <td><input type="checkbox"/> Community-Based Organization</td> <td><input type="checkbox"/> Hospital</td> </tr> <tr> <td><input type="checkbox"/> Indian Tribe</td> <td><input type="checkbox"/> Minority Organization</td> <td><input type="checkbox"/> Private</td> </tr> <tr> <td></td> <td><input type="checkbox"/> Faith Based (Nonprofit Org)</td> <td><input type="checkbox"/> Other (specify): _____</td> </tr> </table> <p><i>*If incorporated, provide 10-digit charter number assigned by Secretary of State:</i></p>		<input type="checkbox"/> City	<input type="checkbox"/> Nonprofit Organization*	<input type="checkbox"/> Individual	<input type="checkbox"/> County	<input type="checkbox"/> For Profit Organization*	<input type="checkbox"/> Federally Qualified Health Centers	<input type="checkbox"/> Other Political Subdivision	<input type="checkbox"/> HUB Certified	<input type="checkbox"/> State Controlled Institution of Higher Learning	<input type="checkbox"/> State Agency	<input type="checkbox"/> Community-Based Organization	<input type="checkbox"/> Hospital	<input type="checkbox"/> Indian Tribe	<input type="checkbox"/> Minority Organization	<input type="checkbox"/> Private		<input type="checkbox"/> Faith Based (Nonprofit Org)	<input type="checkbox"/> Other (specify): _____
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5a) CONTRACTORS' FISCAL YEAR END DATE (MM/DD):																			
6) PROPOSED CONTRACT PERIOD: Start Date: End Date:																			
7) COUNTIES SERVED BY PROJECT:																			
8) PROJECTED EXPENDITURES: Does respondent's projected federal expenditures exceed \$500,000, or its projected state expenditures exceed \$500,000, for respondent's <u>current fiscal year</u> (excluding amount requested in line 9 above)? ** Yes <input type="checkbox"/> No <input type="checkbox"/> <i>**Projected expenditures should include anticipated expenditures under all federal grants including "pass through" federal funds from all state agencies, or all anticipated expenditures under state grants, as applicable.</i>	9) PROJECT CONTACT PERSON: Name: Phone: Email: Fax:																		
11) AUTHORIZED REPRESENTATIVE: Check if change <input type="checkbox"/> Name: Title: Phone: Fax: Email:	10) FINANCIAL OFFICER: Name: Phone: Email: Fax:																		
12) DATE:																			

Project Details

1. Which priority area will the project address? (Select all that apply)

- | | | |
|--|---|--|
| <input checked="" type="checkbox"/> Physical education and physical activity | <input type="checkbox"/> Nutrition environment and services | <input checked="" type="checkbox"/> Health education |
| <input type="checkbox"/> Social and emotional climate | <input checked="" type="checkbox"/> Physical environment | <input type="checkbox"/> Health services |
| <input type="checkbox"/> Counseling, psychological, and social services | <input type="checkbox"/> Employee wellness | <input checked="" type="checkbox"/> Community* involvement |
| <input type="checkbox"/> Family engagement | | |

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

Be sure to include information on the tools used from any needs assessments, such as [ASCD School Improvement Assessment Tool](#) or [CDC School Health Index modules](#), and 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. Be sure to include information on the demographics of the school/district/area (population, socio-economic status, etc.)

- b. How will the project enhance the health outcomes and academic performance of the students?
 - c. What are the goals*? Please list your goals and objectives using the S.M.A.R.T. criteria*.
 - i. What are the objectives*?
 - d. What are the activities* that will be implemented?
 - e. How will the project continue after the grant funding ends?
 - f. How will the project be marketed or gain participants?
 - g. Does the project support the school district wellness policy? If so, how?
 - h. Are there other projects in the community similar to the proposed project? If so, how is this project different from other projects in the community*?
- (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 Bluebonnet 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.

Research shows that physical activity plays a role to improve health related-quality of life. Students who are physically active tend to have better grades, school attendance, cognitive performance, and classroom behaviors. Higher physical activity and physical fitness levels are associated with improved cognitive performance among students. The project is designed to increase physical activity and student's academic achievement.

In December 2022, Bluebonnet Elementary School conducted the Student and Health and Wellness Survey with parents of students enrolled in Bluebonnet 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 Bluebonnet 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 Bluebonnet Elementary School to

provide additional opportunities for their children to be physical activity during the school day.

In February 2023, 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 Bluebonnet Elementary School is the playground structure. However, the current state of the playground structure 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.

Bluebonnet 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 aide 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, Bluebonnet 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 2024, Bluebonnet 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 2024, Bluebonnet 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 2025, all Bluebonnet 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.

A local organization provides after-school physical activity as a part of their program. Although, the organization is located across town and does not provide transportation for students. In addition, the program costs money for the students to attend. Both of which are barriers to students enrolling in the program. The SHADE Project will be free and a part of the student's normal school day, eliminating the barriers to attending. Currently, there are no free physical activity opportunities for the community on this side of town. The playground structure built by the project will offer these opportunities not only for the students but for the community.

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. The RFE Grant will support the improvement of the playground structure. After the grant cycle ends, Bluebonnet Elementary School will be able to continue using teachers and PE staff to incorporate 30 minutes of physical activity into their academic curriculum each day.

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.)

The SHADE Project gained support from the school principal, superintendent, School Board, 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. The principal will provide updates to the SHAC, as requested.
- 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.
- Superintendent: The superintendent will serve as the liaison between the project and the School Board and approved the formal plan of the project.
- SHAC: The SHAC generated the project plan and evaluation, approved it once complete, and provided recommendation to the School Board to implement the project. Once the project begins, the SHAC will assist with arising obstacles and help recruit volunteers as needed. The SHAC will request updates from the Grant Coordinator.

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. As part of the implementation plan, we will work with the following individuals and groups outside the school:

- PTA: 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 PTA is taking the lead in providing 10-14 volunteers of the student body and their families for various stages of the SHADE project. In addition to providing volunteers, the PTA will also be assisting with marketing for this project and raise any additional funds if necessary.
- Local Rotary Club: 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. 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.
- Playsli: 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.
- L. Landscaping and Designs: 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.
- Auto Shop Austin Used Tires: 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).
- Volunteers: The volunteers will work on the various tasks of the SHADE Project as coordinated by the Grant Coordinator and other partners.

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?
- f. What do you envision as a successful project implementation?

(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 Bluebonnet 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. We hope to see results that reflect an increase of student physical activity to 60 minutes or more of moderate-to-vigorous physical activity per day.

Proposed Budget

6. Use the table below to indicate how you will use the money if your project is selected. Only include items from the project for which you are requesting DSHS funds. 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. Partial funding	1	\$ 8,800	\$ 8,800
Lorenzo Landscaping and Designs	Foursquare area, climbing boulders, hopscotch	1	\$ 200	\$ 200
Lorenzo Landscaping and Designs	Landscape design with plants, shrubs, rocks	20-30	\$ 1000	\$ 1000
		Total Cost		\$ 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

Explanation: The structure will be built to facilitate teacher-incorporated physical activity into the students' school day. The structure will be built over existing playground because the current structures aren't adequate or safe for student use.

Item: Lorenzo Landscaping and Designs

Explanation: The landscaping will provide a foursquare area, climbing boulders, and hopscotch which will allow the students a safe, interactive environment for physical activity.

8. If you aren't awarded the grant, how will you move forward to implement the project?

While we hope that we are awarded the Reaching for Excellence grant, we understand that the grant is highly competitive. The SHADE Project has significant buy-in and support at the school, district, and community levels. If we are not awarded the RFE grant, we will continue to seek funding from other sources. Parts of the project will be implemented as planned but the larger purchases may be delayed or scaled down as we seek additional funding.

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.

S.M.A.R.T. criteria is a tool to foster clear understanding of what the project seeks to accomplish and how that success will be measured. Below is a chart explaining the criteria.

S	Specific	What will be done? Who will be doing it?
M	Measurable	What data will measure the goal? How will you obtain this data?
A	Achievable	Is the goal doable in the time frame? Do you have sufficient resources?
R	Relevant	How does the goal align with the overall project plan? Why are the results important?
T	Time-bound	What is the time frame for the goal?

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.

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.