

Indiana Healthy Schools (IHS) Grant Application

Due: Thursday, January 31st by 5:00 pm.

Please answer this application in five (5) pages or less (not including wellness policy). Upon completion, please submit the proposal to Lindsey Bouza via email at lbouza@isdh.in.gov. Please include "Indiana Healthy Schools Grant Application" in the subject line.

The Indiana Healthy Schools Award announcements will be on or before February 28, 2019.

Eligibility

Public and private school LEAs located in Indiana that participate in the National School Lunch Program.

Background

This Indiana State Department of Health's Division of Nutrition and Physical Activity (DNPA) recently completed a five-year grant with the Centers for Disease Control and Prevention with fifteen LEAs across the state. Strategies included adoption of quality physical education/physical activity, creation of supportive nutrition environments and implementation of policies and practices to manage care and meet the needs of students with chronic conditions. For programmatic examples, please see the [Indiana Healthy Schools Toolkit](#) or [Success Stories](#).

Indiana's *Every Student Succeeds Act* (ESSA) plan was approved by the US Department of Education in early 2018. In this plan, the Indiana Department of Education emphasizes a [well-rounded and supportive education](#) for all students. This includes requirements for schools to develop their students' academic skills, while attending to health and wellness, community and environment, and social and emotional needs either directly or through collaborative partnerships.

The DNPA has built capacity and identified funds to continue supporting schools in this work. LEAs awarded this grant opportunity will receive funding, technical assistance, professional development and guidance to meet these new ESSA requirements, specifically in nutrition and physical activity. This **three year grant** beginning **August 1, 2019 and ending July 29, 2022** will require monthly progress reports due to the DNPA. Funding for years 2 and 3 will be based on completion of grant activities, monthly reports and an approved work plan at the end of Year 1 and 2.

Overall Scope of the Grant:

Create supportive nutrition and physical activity environments for all students & staff and engage families and the greater community by setting two goals (nutrition & physical activity) derived from the LEAs wellness policy and/or results of the School Health Index.

Grant Requirements (in addition to Scope):

1. Support and/or sustain a school wellness committee representative of the entire LEA.
2. Assign a wellness coordinator to advance health promoting strategies in the LEA with dedicated staff time.
3. Complete the School Health Index in years 1 and 3 to assess policies, practices and programs related to school health. DNPA staff will assist in the completion of the SHI. For more information on the School Health Index visit <https://www.cdc.gov/healthyschools/shi/index.htm>.
4. Participate in professional development and trainings to support implementation of the LEA's



wellness policy (e.g., [Comprehensive School Physical Activity Program](#), [Training Tools for Healthy Schools](#), Playworks, CATCH, etc.).

5. Improve, implement, and evaluate local wellness policies using the [WELL SAT 2.0](#) and School Health Index results with assistance from the DNPA.
6. Send at least two representatives to the Indiana School Health Network's yearly conference for professional development and networking. This two-day event takes place in Indianapolis every June (please estimate travel expenses in your budget outline).
7. If sampled for the Youth Risk Behavior Surveillance System (YRBSS) or School Health Profiles, complete surveys in a timely manner.
8. Assign an individual to participate in the Indiana Grown for Schools Network to support farm to school activities.
9. Develop and/or strengthen local community partnerships that have a shared interest in improving the health and wellness of children and their families in your community. (e.g. Purdue Extension)
10. Wellness Policy Submission
 - a. Please scan the LEAs up-to-date wellness policy and attach it to the end of your application. This attachment will not count towards your 5 page limit.

Optional grant activities include:

1. Participation in the [Indiana Asthma Schools Program](#) with additional funding and technical assistance provided to support implementation. For more information, please contact Judi Magaldi, jmagaldi@isdh.in.gov
2. Other programs, practices and policy development (in addition to P.E./P.A. & Nutrition) that align with the LEA's wellness committee priorities in other components of the [Whole School, Whole Community, Whole Child model](#)

Funding Restrictions: (funds cannot be used for the following)

- a. Construction of buildings, building renovations;
- b. Depreciation of existing buildings or equipment;
- c. Contributions, gifts, donations;
- d. Entertainment; food;
- e. Automobile purchase;
- n. Fund raising expenses;
- o. Legal fees; and
- p. Equipment
- q. Out-of-state travel
- r. Dues to societies, organizations, or federations



I. Proposal Cover Sheet

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School Corporation Information	
School Corporation Name:	
Number of Schools:	
Total Enrollment:	
Free & Reduced Lunch Rates (please provide a school-level average or range for larger LEAs):	
Student Demographics of LEA's Total Enrollment	
____% American Indian	____% Hispanic
____% Asian	____% White
____% Black	____% Multiracial
Application Contact Person	
Name:	Position:
Address:	
Phone Number:	Email:
School Corporation Fiscal Contact	
Name:	Position:
Address:	
Phone Number:	Email:
Proposed Wellness Coordinator	
Name:	Position:
Address:	
Phone Number:	Email:
Superintendent Signature (if not Superintendent, please indicate title):	

II. Organization Background

1. Tell us about your community. What outcomes do you hope to achieve by supporting health and wellness programs, policies and practices in your LEA?
2. Describe the LEA's experience in school wellness initiatives, specifically initiatives to create healthier school policies, systems, and environments. (Include all relevant activities within the components of the [Whole School, Whole Community, Whole Child model](#)).
3. What are some examples of past successes of improving student and staff wellness? If you would like to provide data, please provide it in a separate attachment - it will **not** count towards your 5 page limit.
4. What challenges have you encountered? What was done to address these challenges?
5. What community partners and/or successful collaborators has your LEA engaged with in the past to improve the health and wellness of students and what was accomplished? What potential community partners could assist in the requirements of this grant?

III. Grant Capacity and Support

1. Do you have a wellness committee, representative of the entire LEA, and how often do they meet each school year? What is your LEA's plan for creating or sustaining this committee?
2. How has your LEA's administration and/or school board supported the activities listed in the requirements for this grant? If so, how?
3. How will your LEA develop the capacity needed to meet the requirements of this grant? Will there be dedicated staff time in the form of in-kind contributions or stipend? (If grant funding will be used to compensate employees, please indicate this in your budget outline)
4. Please describe your approach to meeting the stated requirements for this grant.

IV. Project Plan

What is your plan to create supportive nutrition and physical activity environments for all students & staff and engage families and the greater community for your LEA? What will you be your priorities in Year 1? What are your proposed activities to increase sustainability in Years 2 & 3?

A few examples:

Nutrition Example 1: Focus on healthier food items for school meals, starting with breakfast items. (For instance, wheat Honey Buns currently meet federal requirements because the first ingredient is wheat. However, this item is full of sugar). Essentially, improve the breakfast items and find versions with less sugar or find less processed food items.

Nutrition Example 2: Implement many of the smarter lunchroom techniques or more broadly look at applying a healthier approach across all food venues (School menus, concessions, vending machines, fundraising; both during and after school)

Physical Activity Example: Implement a Comprehensive School Physical Activity Program (CSPAP) and designate a Physical Activity Leader (PAL): see the Centers for Disease Control and Prevention (CDC) for these definitions.

III. Grant Budget

Funding is available for up to \$10,000 per LEA. This is subject to change based on allotted grant funding. You will be contacted if this change occurs, and given the chance to alter your budget to fit the funding limitations.

Fiscal Year (FY) 18/19	
Item	Proposed amount (\$)
Total	

Reminder- Funding Restrictions: (funds cannot be used for the following)

- f. Construction of buildings, building renovations;
- g. Depreciation of existing buildings or equipment;
- h. Contributions, gifts, donations;
- i. Entertainment; food;
- o. Fund raising expenses;
- s. Equipment (specifically permanent structures)
- t. Out-of-state travel
- u. Dues to societies, organizations, or federations

*Please contact Lindsey Bouza via email at lbouza@isdh.in.gov or call at 317-234-3580 if you are unsure whether an item can be funded.

Budget Justification (optional)

If there are any items you feel that you need to explain. Please use this space to do so.