



2013 - 14 Educational Grant Application
Deadline: Wednesday, March 20, 2013, by 4pm

Name of Grant: Rountree Runners Running Club

Name of person(s) submitted by: Nikki Duncan

Campus/Department: Rountree Elementary **Grade Level(s):** Grades K-6

Total Dollar Amount Requested: \$365.00

Number of students who would be involved/impacted by grant: 150

Name of principal or immediate supervisor who will approve submission: Daniel Pitcock

Project Purpose: What is the problem, need or opportunity that this grant will address? What is the **student need** which the project will address? The purpose should explain **what students will know and be able to do** as a result of this project. Please explain how a problem will be addressed or a situation improved because of the grant. **(200 words or less)**

Childhood obesity is becoming an epidemic in today's society. 16% of all children age 9 and over are overweight or obese. This number has tripled since 1980. An additional 15% are considered at-risk for becoming overweight. Adolescents with no health insurance or with public insurance such as Medicaid are more likely than those covered by other insurances to be overweight. (American Journal of Public Health, 93, 2105-2110.) Many of our students go home and spend hours or even days simply sitting in front of a television or video game. This grant would fund a walking/running club that would eventually serve as training for the Rudolf Run and the Allen Foundation Run. Our grant would help all students learn the positive benefits of exercise as well as improving their self-images.

Project Description: How will the project or program be implemented? Describe activities and tasks. Who is the target population and in what ways will they benefit? **(200 words or less)**

Rountree Runners would be open to all Rountree students. (Initial funding would cover all expenses for 80 students.) We would meet 1 day weekly after school to walk or run as a group. The club would utilize various methods of motivating our athletes such as tracking miles on a map, competing for distance walked or ran, and training for various Allen walking/running events. The students would benefit physically, mentally, and emotionally, and ideally form habits that will help them to become active teenagers and adults.

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Allen ISD Goals/TEKS: Which Allen ISD goals/TEKS does this project support? Limit to top two or three examples. (50 words or less)

The National Educational Standards for Health PK – 12 from the American Cancer Society state the following objectives which would be met by this grant:

6.2.1 Identify a short-term personal health goal and take action toward achieving that goal

7.2.1 Demonstrate health practices and behavior to maintain or improve personal health

8.2.2 Encourage peers to make positive health choices

P.E. K-6 3.b describe and select physical activities that provide opportunities for enjoyment and challenge;

P.E. K-6 3.c participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration

Measurements: What specific measurements will be used to evaluate the effectiveness of the project? (100 words or less)

The effectiveness of this project would be determined by the number of students who participate in it and finish the program coming weekly to the club.

Teaching Methods: What teaching methods will be used to implement this project? (100 words or less)

The teacher sponsors will be modeling good running/walking behaviors. We will continue the use of our R-time program to teach the students to follow instructions, show good manners, and care for everyone and everything while running together. We will be building community with our student runners. We will be teaching them to encourage each other, and how to have healthy and fun competition with one another.

Timeline for project: Funds will be available after September 1, 2013. (50 words or less)

The club will commence in October 2013 through March 2014.

The runners will be encouraged to participate in the Allen Eagle Run.

Curriculum/System Support: Explain how this idea or project enhances/supports Allen ISD curriculum or existing systems. (100 words or less)

Rountree Runners, along with the Rountree Writing Club and the Rountree Chess Club, gives our students alternatives to just going home to sit in front of the television or a video game. Hopefully this will eventually evolve into a comprehensive after-school program that will give our students opportunities to sample different extracurricular activities that they may not otherwise be able to experience (ie: martial arts, dance, music.) The program gives the kids a goal to reach for. It has helped many kids come out of their shell and be leaders in the classroom as well as the running field. Many of these kids are not aware of how talented they are and when they begin running and they are good at it their self esteem grows and transfers to the classroom.

Additional Comments: Include any additional comments or information. (100 words or less)

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Grant Budget: specific product numbers, vendor addresses, etc. **are not required** on this budget page. The name of the product or the type of training or estimated cost of transportation is sufficient.

***Please round numbers to the nearest dollar amount.**

Instructional Supplies or Resources: (Books, Manipulatives, etc.)	
	Total: \$
Technology: (Software, License, etc.)	
	Total: \$

Staff Training / Staff Development:	
	Total: \$
Transportation:	
	Total: \$
Other Expenses:	
Wrist sweat band for all runners	95.00
Medals for 1 st , 2 nd , 3 rd place winners	40.00
T-shirts for top 3	30.00
Foot tags for all runners	200.00
TOTAL AMOUNT REQUESTED	\$365.00

Additional Funds: Are there any additional funds available for this grant? Campus or district funds? PTA funds? If you have or will be seeking funds from any other sources to help with this project, please explain.

We will be asking the Rountree PTA to assist in volunteers .