

## General Information

Grant Number	476
Project Title	Make Healthy Choices
Please select the <b>MAIN</b> curriculum area your grant addresses.	Physical Education
Does your grant have a technology component? (Will you have technology equipment, software, etc. in your budget?)	<input checked="" type="radio"/> No <input type="radio"/> Yes
<b>Primary Contact Information</b>	
First Name	connie
Email	connie_beaney@allenisd.org
Last Name	beaney
Phone Number	214-803-1815
Campus	Lindsey Elementary
Main Subject	Athletics
Grade(s)	<input type="text" value="6"/>
I have co-applicants.	<input type="checkbox"/>
<b>Social Media</b>	
Please provide your work-related social media contact information.	
Facebook	
Twitter	@beaneyPE
Other (please specify)	

## Describe details of the project

Grant Number	476
<b>Campus/Student Information</b>	
Your campus:	Lindsey Elementary
Will other campus' be involved/impacted by this grant?	<input type="radio"/> No <input checked="" type="radio"/> Yes
Please select all campuses that will be involved/impacted by the grant.	<input type="text" value="Cheatham Elementary"/>
Your grade(s):	6
Will other grades be involved/impacted?	<input type="radio"/> No <input checked="" type="radio"/> Yes
Please select all grades that will be involved/impacted by the grant.	<input type="text" value="5"/>
<b>Project Purpose</b>	
What is the problem, need, or opportunity that this grant will address? Explain <b>what students will know and be able to do</b> as a result of this project and/or how a problem will be addresses and/or how a situation improved because of the grant. (500 words or less.)	

Good nutrition is very important to leading a healthy lifestyle. Making our students aware of this at an early age can bring on success. Did you know that the percentage of overweight children and adolescents in the US has nearly tripled since the early 1970s. More than one in five children are considered overweight. There is lots of evidence that proves that eating a healthy diet can reduce your risk of obesity and other illnesses, such as diabetes and heart disease. I would like to incorporate more

activities and games that will help the students identify healthy foods and also teach them about making healthier choices. I want them to get a better understanding of why it's important to fuel up your body with good foods and also to continue with physical fitness. I want them to understand what a healthy balanced diet is so they will be able to make wise choices on their own when snacking and eating different food

### 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? (500 words or less.)

I would like to incorporate some games that they already know but add a new twist by integrating the health and nutrition to it. I would like to purchase many different beanbags with common and unique fruits and vegetables on them so they can see what they look like and make the connection. This will benefit all the students at my school, K-6th. We will be able to utilize the equipment with everyone. We have such a diverse group of students at our school, I am hoping that they will be able to share different healthy foods from their cultures too! The main focus for all students is to identify and recognize healthy foods and make better choices for themselves.

### Project Summary

Provide a brief summary for use on the Foundation's website and social media. (2-3 brief sentences)

The nutrition beanbags will provide the students with a variety of knowledge on nutrition and allow students to identify fruits and vegetables. It will also help them make healthier choices and share healthy foods from their cultures.

### Allen ISD Goals/ TEKS

Which Allen ISD goals/TEKS does this project support? Provide only two or three examples.

3.4C Identify foods that increase or reduce bodily functions.  
3.L028 Identify foods that enhance a healthy heart.  
4.L023 Recognize the components of a balanced meal.  
5.4F Identify the relationship between optimal body functions and a healthy eating plan such as eating a variety of foods in moderation according to U.S. Dietary Guidelines.

### Measurement

What specific measurements will be used to evaluate the effectiveness of the project? (500 words or less)

The nutrition beanbags will provide students with a variety of knowledge on nutrition and allow them to identify different fruits and vegetables.

◆◆◆ One measurement will be the enjoyment on the student's faces as they play these games.

◆◆◆ Another measurement would be having the students sort pictures of healthy foods and unhealthy foods, to see if they have an understanding of the basic foods.

◆◆◆ We could also do a food log while they are doing the 21 day snack challenge, and discuss how they felt during this time eating healthier.

◆◆◆ The real measurement of success will come as the students carry on their healthy eating habits long after they leave Lindsey Elementary.

### Teaching Methods

What teaching methods will be used to implement this project? (500 words or less.)

I will start by teaching all the students the basic rules of the games. They will work by themselves and they will work with their peers. They will have hands on experiences with the equipment. The students will learn by practicing different strategies. I will also have the students try to create a new game utilizing the equipment that we have.

### Timeline

What is the project timeline and the date of implementation?

Materials will be used right away, and they will be used all year long.

### Curriculum/System Support

Explain how this idea or project enhances/supports Allen ISD curriculum or existing systems.

- ◆?◆ The unit enhances AISD PE by offering students the experience of participating in a variety of activities and learning skills quite different from traditional sports and games while accomplishing our K-6th PE TEKS.
- ◆?◆ This unit brings connections to various types of learners by offering a kinetic, visual, and hands-on experience.
- ◆?◆ We could share this equipment with other elementary schools
- ◆?◆ Having a blast playing healthy games!

### Budget details

Budget Details \*\* All awarded funds will be available by September of the next school year.

Budget Item	Item Type	Unit Cost	Quantity	Total Cost
Crates	Instructional Supplies or Resources	10.0	2	20.0
Fruits and Vegetables Beanbags	Instructional Supplies or Resources	28.5	4	114.0
Fruits and Vegetables Items	Instructional Supplies or Resources	219.0	2	438.0
BUDGET TOTAL		572		

Are there any additional funds available for this grant? Campus or District Funds? PTA funds? Let us know if you have or will be seeking funds from other sources to help with this project.

Additional funds?  No  
 Yes

### Signature page and principal contact

Principal Approval Required

**Please provide the Name and Email of your PRINCIPAL. (Not your name)**

First Name	Last Name	Email Address(Completed)
Rachel	Kaiser	Rachel_kaiser@allenisd.org

Applicant Signature

By entering my name below I signify that I understand that if I move within the District and have written the grant myself, I may take the grant with me to my school (as long as it is appropriate for my classes). If I have written the grant as part of a team, I will leave the grant behind with the team. If I leave AISD, I will leave the grant with the school for which I wrote the grant. As a condition of this grant, I will complete an evaluation form provided by the Foundation.

Signature Connie Beaney

Date 01/05/2017

### Principal's approval form

I certify that this would be a good use of funds for our school and this grant supports the district goals and/or our campus improvement plans. \*\*Do NOT include any identifiers, such as: campus name, your name, teachers name or mascot \*\*

No actions possible.

Comments

Accept

### History and final disposition of application

State Change History

State Change \*\*\*\*\*  
01/05/2017 08:32:51  
Submitted

State Change \*\*\*\*\*  
03/14/2017 17:12:55

Accepted

**Grant Status**

Grant Awarded  **Yes**  
 **No**

Award Amount 572