



## Foundation For Allen Schools Grant Application

**Scholarship Fund Amount: \$0**

Application #: AP186736

Applicant First Name: Connie

Applicant Last Name: Beaney

Applicant Email Address: constance.beaney@allenisd.org

Gender:

Cell Phone #:

High School:


Post Secondary School:

Application Status: Submitted

### Application Questions and Answer

Question	Answer
Preferred name/name that you go by:	Connie
Best phone number to reach you at:	+12148031815
Campus	Lindsey Elementary School
Grade(s)	Kindergarten;1;2;3;4;5;6
I have co-applicants:	Yes
Please provide your work-related Facebook contact information.	
Please provide your work-related Twitter contact information.	@BeaneyPE
Name of Grant	Lone Star Runners
Please select the MAIN curriculum area your grant addresses.	Physical Education

Does your grant have a technology component?	No
Will other campuses be involved/impacted?	No
Will other grades be involved/impacted?	Yes
How many students will be involved in this grant?	300
Are there any additional funds available for this grant?	No
What is the problem, need or opportunity that this grant will address? Describe the impact of this project on your students.	As a form of cardio exercise that is easily accessible, running is one of the best ways to get the important benefits of exercise. It improves aerobic fitness and also a great way to cardiovascular health. Running reduces stress, improves heart health and can alleviate symptoms of depression. The best thing is that you can run anywhere and its free!!! We have a very successful running program at our school and I would love to be able to give some incentives and reward our students for doing their best and putting the extra time in.
How will the project or program be implemented? Describe activities and tasks. Who is the target population and in what ways will they benefit?	Our run club meets once a week from September- May. We have around 275 runners. I would like to encourage students who are putting the extra time in and provide a reward for every mile that they complete. I feel like giving a little token will help reward them and make them feel successful in their accomplishments.
Provide a brief summary for use on the Foundation's website and social media.	Thank you to the Foundation for providing little tokens for our Run Club Runners!! They will be so excited to receive these charms for their success!
Which Allen ISD goals/TEKS does this project support? Please provide 2 or 3 examples.	For second grader : to participate in regular physical activity based on individual interest. (2.L018) For K-6 : Describe and select physical activities that provide opportunities for enjoyment and challenge. Participate in moderate to vigorous activities on a daily basis that cause increased heart rate, breathing, and perspiration.
What specific measurements will be used to	We will see how many runners we have and if there's an increased participation throughout

evaluate the effectiveness of the project?	the academic year.
What teaching methods will be used to implement this project?	We will encourage proper running techniques and breathing methods. This will be beneficial to all students especially those who will ultimately be subjected to FitnessGram a state mandated test. Furthermore, we also encourage their parents to join them while they're running to bring some community involvement.
What is the project timeline and the date of implementation?	September 2020 through May 2021
Explain how this idea or project enhances/supports Allen ISD curriculum or existing systems.	These activities go hand in hand with our Physical Education TEKS. Running helps people sleep better, improves their moods, and boosts their ability to focus. It improves cardiovascular health. There are so many great benefits to our students that do run Club , I wish they could do it every day!
Total Grant Budget Requested:	450.00
	

### Additional Co-Applicants Set Number 1

Question	Answer
First Name	Eva
Last Name	Elmaalouf
Email	Eva.Elmaalouf@allenisd.org
Campus	Lindsey Elementary School
Grade:	Kindergarten;1;2;3;4;5;6

### Project Budget Set Number 1

Question	Answer
Item Type	General Supplies
List item to be purchased under item category:	Fitness finder tokens:variety
Unit Cost	80.00

Quantity	4
Total cost of items in this category:	320.00

**Project Budget Set Number 2**

Question	Answer
Item Type	General Supplies
List item to be purchased under item category:	Fitness finder tokens:variety
Unit Cost	30.00
Quantity	4
Total cost of items in this category:	120.00

**Project Budget Set Number 3**

Question	Answer
Item Type	General Supplies
List item to be purchased under item category:	container
Unit Cost	10.00
Quantity	1
Total cost of items in this category:	10.00