



Foundation For Allen Schools Grant Application

Scholarship Fund Amount: \$0

Application #: AP216402

Applicant First Name: Gena

Applicant Last Name: Flemmer

Applicant Email Address: gena.flemmer@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:	Gena
Best phone number to reach you at:	+19728979389
Campus	Rountree Elementary School
Grade(s)	Kindergarten;1;2;3;4;5;6
I have co-applicants:	No
Please provide your work-related Facebook contact information.	N/A
Please provide your work-related Twitter contact information.	@PhysEdg
Name of Grant	Rountree 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?	No
How many students will be involved in this grant?	500
Are there any additional funds available for this grant?	No
Please upload your technology approval here:	Technology for grant.docx
What is the problem, need or opportunity that this grant will address? Describe the impact of this project on your students.	<p>Childhood obesity is becoming an epidemic in today's society. Many school aged children are overweight or obese. The number of children considered overweight or obese have continued to grow over the past 30 years. 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 Eagle Run. Our grant would help all students learn the positive benefits of exercise as well as improving their self-images.</p>
How will the project or program be implemented? Describe activities and tasks. Who is the target population and in what ways will they benefit?	<p>Rountree Runners will include all students K-6 grade. We will meet 1 day a month 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.</p>
Provide a brief summary for use on the Foundation's website and social media.	<p>Rountree Runners - benefiting and challenging students physically, mentally and emotionally by getting them up and moving.</p>
The National Educational Standards for Health	

<p>Which Allen ISD goals/TEKS does this project support? Please provide 2 or 3 examples.</p>	<p>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</p>
<p>What specific measurements will be used to evaluate the effectiveness of the project?</p>	<p>The effectiveness of this project would be determined by the number of students who meet various goals that we set through out the year. Students will be continually challenged to keep moving to stay fit.</p>
<p>What teaching methods will be used to implement this project?</p>	<p>The teacher sponsors will be modeling good walking/running behaviors. We will continue the use of our PBIS program to teach the students to show PRIDE (preparedness, respect, integrity, determination, and encourage others while running. We will be building community with our student runners. We will be teaching how to have healthy and fun competition with one another.</p>
<p>What is the project timeline and the date of implementation?</p>	<p>We will begin in Sptember 2020 and end the last part of April 2021. The runners will be encouraged to participate in the Rudolph Run and Allen Eagle Run.</p>
<p>Explain how this idea or project enhances/supports Allen ISD curriculum or existing systems.</p>	<p>Rountree Runners gets our students up and moving. 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 students are not aware of how talented they are, and when they begin running their self-esteem grows and transfers to better behavior in the classroom.</p>
<p>Total Grant Budget Requested:</p>	<p>285.00</p>

Project Budget Set Number 1

Question	Answer
Item Type	General Supplies
List item to be purchased under item category:	Foot Tags and chains for rewards
Unit Cost	8.95
Quantity	10
Total cost of items in this category:	80.95

Project Budget Set Number 2

Question	Answer
Item Type	Technology
List item to be purchased under item category:	EZ Scan
Unit Cost	149.95
Quantity	1
Total cost of items in this category:	149.95