



## Classroom Innovation Grant Application (*formerly Venture Grants*)

**Deadline - October 27, 2010**

### **Overview**

The information that you will include in the attached application form will provide the LPEF Grants Committee with the data needed to determine whether or not to fund your project. Applications may be from staff, students, parents or community members who partner with School District of La Crosse staff. Applications for other opportunities with the Foundation are available for download on our website at [www.lpefonline.org](http://www.lpefonline.org).

### **Guidelines**

- Grants must serve the students in the School District of La Crosse.
- Projects must be innovative, creative and new funding initiatives within the School District of La Crosse.
- The grant may be denied if another funding source might be more appropriate.
- Project funds must be spent by May of 2012.
- Interim and final reports will be required.
- Payments for services of La Crosse School District employees are prohibited.

### **Criteria**

Applications will be reviewed on a competitive basis by the Grants Committee of the La Crosse Public Education Foundation. Priority is given for Classroom Innovation Grants that:

- meet multiple educational objectives
- align with district/school/curricular goals
- impact a variety of students and/or schools
- are collaborative
- are sustainable

Please see the Classroom Innovation Grant evaluation rubric for the grant proposal evaluation criteria. Although most applications are worthy of awarding, the committee has limited funding and must set priorities that help the foundation fulfill its mission.

### **Instructions**

- € Complete the following grant application.
- € Save as a Word document. Name the document the same name as your grant proposal.
- € Print page 1 of the application. Sign and obtain other necessary signatures. Submit a paper copy of page 1 to the La Crosse Public Education Foundation at Hogan via inter-school mail or by mail to P.O. Box 1811, La Crosse, WI 54602-1811.
- € Submit the entire application electronically to [lpef@centurytel.net](mailto:lpef@centurytel.net).
- € Both the paper copy and electronic copy must be received no later than 5:00 p.m. on October 22, 2010.

If you have questions, please contact Geva Thole at 608-397-0176.



**La Crosse Public Education Foundation  
Classroom Innovation Grant Application**

**Section 1: Personal Information:**

Name : Joe Beran, Angela Smith, Melissa Sprain

School: Central High School

Position/Title: Activities Director; Teacher

School Phone: 608-789-7900

**Section 2: Basic Project Information:**

Project Title: Fit Staff, Fit Students, Fit Minds

Total Request \$ 2335.00

Signature of Applicant \_\_\_\_\_

Signature of Principal \_\_\_\_\_

Signature of IT Department Rep (if applicable) \_\_\_\_\_

The intention of the Foundation is to fund projects not covered by the regular school budget. Please document that regular avenues of funding have been exhausted. (i.e. requests to Principal and curriculum supervisors)

The building budget does not have available funds to add to the fitness center. The activities and PE budgets do not allow for such additions as well.

**Section 3: Project Description:**

I. By within a month of receipt of grant, \_\_\_\_\_ bikes will be purchased \_\_\_\_\_  
(date) (something will happen - activity)

resulting in an increased number of students utilizing exercise on a daily basis and building relationships with staff outside of the classroom setting.  
(objective)

II.

Objectives of Project	List the corresponding district/school/curriculum goals (if applicable)	State how you will evaluate whether objectives are met.
Provide increased availability to exercise to staff, students, and community members on-site.		Sign-up sheets for the spinning classes to quantify the number of students, staff, and community members utilizing the facility.
Provide an alternative measure that improves learning and memory.		Evaluate participants performance in the classroom.
Provide an easily accessible opportunity to improve mental health and decrease anxiety for students and staff.		Survey participants of the spin classes each quarter.

III.

Activities to Accomplish Objectives	Who Will Be Responsible for Implementation	Resources Needed (not financial)	Timeframe to Accomplish
Purchase the spin bikes and get them set up in the fitness center.	Joe Beran	Custodial support	Within a month of receipt of grant funds.
Schedule and promote spin classes to staff, students, and community members.	Joe Beran Angela Smith	Email Posters/ flyers	1 week
Teach spin classes 3 x/ week	Angela Smith Melissa Sprain	Music	On going
Evaluate participants benefits	Joe Beran Melissa Sprain	Surveys Access to Skyward	At the end of each quarter

IV. What is the lifespan of this project? Continuous, as long as the bikes are in operating order.

V. Approximately how many students will be affected by this project? Explain your number.

The number of students that could potentially be impacted could range from 13 to the entire student body. The maximum number of students that can take a class at one time is 13. Funding from the grant would provide the fitness center with two additional bikes bringing the total number of bikes to 14. In the event, that a class fills with students, there would be 13 available bikes, with the 14<sup>th</sup> being used by the instructor.

VI. Please state how you will collaborate with...

Other organizations in the community (if applicable)

Other schools in the district (if applicable)

Other departments/classrooms (if applicable)

Physical Education classes would have the opportunity to utilize the spin bikes as part of the curriculum. Additionally, departments will be encouraged to participate in wellness challenges to promote fitness as a life-long goal. This will create a culture of learning and wellness the leaders become positive-wellness role models for their students.

VII. What will happen to the project at the conclusion of the grant? If it is to continue, how will it be sustained?

Central Athletics operating budget will cover the maintenance costs of the bikes. This commitment to student's wellness ensures the opportunity for students, staff and community to continue their wellness plan for years to come.

VIII. How could the project be shared with other teachers and schools to benefit more students? Implementing wellness challenges for both the students and staff will attract more participants. For example, encouraging staff spinning class participants to bring a student along to a spin class would earn their department wellness points.

**Section 4: Budget Information:**

Item	Supplier	Budgeted Amount
LIVESTRONG S-Series Model no. 2010 SB LS	Indoor Cycling Matrix	\$1167.50 per bike x 2 bikes = \$2,335.00

Total request: \$ 2,335.00

Other sources of funding for this project (if applicable):

Total budget to accomplish project: \$ 2,335.00

## Section 5: Summary:

How will this project bring visibility to LPEF in the community?

Hanging a plaque, in the fitness center, that acknowledges the LPEF for their generous donation to the school would increase the visibility of the organization. Showcasing the benefits that the fitness center has had on students and staff through some form of media coverage will increase visibility for the LPEF.

Please provide a one paragraph summary of your project including an explanation of why we should fund your project.

The newly established Central High School Fitness Center's goal is to create a culture that models healthy active learning. Scientific research has linked exercise to the growth of new nerve cells in the learning center of the brain. Thus, they have found that subjects that exercise on a regular basis exhibit improved learning and memory. Furthermore, physically active people have been shown to have better mental health than non-physically active people due to an increase in serotonin and norepinephrine that is released during exercise. These same chemical messengers are also linked to decreased anxiety levels. For all of the aforementioned reasons, it is imperative that young people and adults alike engage in a habit of physical fitness. Including staff **and** adult community member's modeling healthy activity; students get the added benefit of positive role models. The relationships that can be built and fostered will have benefits far beyond physical fitness for both the students and the adults. Adding two spinning bikes to the fitness center will allow more students and staff to participate in daily exercise. Many students in our school do not have the means or the guidance to start, and continue, a life habit of being physically active. Spinning classes creates more opportunities for students to participate in a non-threatening, individual-based, fitness activity.