GEORGIA SHAPE

# SHAPE SCHOOL NUTRITION AND PHYSICAL ACTIVITY GRANT APPLICATION PACKET

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## INTRODUCTION

### WHAT IS GEORGIA SHAPE?

Georgia Shape is a statewide childhood obesity initiative at the Georgia Department of Public Health (DPH). The initiative grew out of a 2009 bill, the Student Health and Physical Education (SHAPE) Act. The Georgia School Health and Physical Education (S.H.A.P.E.) Act requires that all K-12 students take part in an annual fitness assessment (FitnessGram®). Utilizing a collective impact framework, Georgia Shape collaborates with partners across the state, including the Department of Education, the Department of Child and Family Services, Children's Healthcare of Atlanta, and a multitude of other public/private organizations. Since program inception, Georgia has gone from the state with the 2nd highest childhood obesity rate in the nation to the 17th, with millions of Georgia's youth being touched through Shape's diverse partnerships, programs, and efforts.

### PURPOSE OF THE SCHOOL NUTRITION AND PHYSICAL ACTIVITY GRANT

Georgia Shape will award grants to public elementary, middle, and high schools to expand and/or enhance their physical activity and nutrition efforts. The primary purpose of the grants is to improve fitness outcome measures associated with the Georgia School Health and Physical Education (S.H.A.P.E.) Act and nutrition guidelines outlined by the USDA's Healthy, Hunger-Free Kids Act (HHFKA).

Schools may apply for funding to address the nutrition requirements or the nutrition and physical activity requirements of these acts. By addressing FITNESSGRAM© results and HHFKA requirements, schools will also be building a solid foundation to apply for additional state and national funding opportunities and be recognized for their efforts in physical activity and nutrition. Grantees are strongly encouraged to learn more about additional funding opportunities and recognition programs.

**Questions regarding this funding opportunity should be directed to Georgia.Shape@dph.ga.gov**

## FUNDING OPPORTUNITY

### Funding Opportunity Overview

Georgia Shape will provide grants to schools to implement evidenced-based strategies and activities that advance policies and improve environments that support the adoption of healthy behaviors. At no cost to the grantee, the Georgia Health Policy Center will lead the technical assistance, support and training for all funded schools. Examples of technical assistance include helping grantees conduct health assessments, providing reference tools, assisting with implementation of actions/activities, conducting peer learning and trainings, and supporting measurement of grant impact.

Schools may apply for **ONE Funding Priority and ONE Funding Add-On**. Selecting a Funding Priority is required, and Funding Add-On is optional.

**Funding Priority Areas**

**Nutrition Priority**

*Funding Limits:* Minimum $1,000 to Maximum $2,500

*Requirement:* Complete **two nutrition strategies** during the grant period from the lists provided on the Proposed Strategies section of the application.

**Nutrition and Physical Activity Priority**

*Funding Limits:* Minimum $2,500 to Maximum $4,000

*Requirement:* Complete **three strategies** during the grant period: one nutrition strategy, one physical activity strategy, and one additional nutrition OR physical activity strategy of from the lists provided on the Proposed Strategies section of the application.

**Optional Funding Add-On Area**

**Employee Wellness Strategy**

*Funding Limit:* Minimum $500 to Maximum $900

*Requirement:* Complete **one employee wellness strategy** during the grant period.
Schools are *not permitted* to spend these funds on snacks or meals for staff; healthy food taste tests are permitted.

## ELIGIBILITY

Schools must:

- ✓ Be a Georgia public school (elementary, middle, or high).
- ✓ Participate in the National School Lunch program.
- ✓ Have collected and reported FitnessGram data to the Georgia Department of Education for the previous school year.

## APPLICANT INFORMATION

1. Mailed, emailed, handwritten, and/or faxed applications will not be accepted.
2. Only one application per school is permitted.
3. Applications will be scored based on the total possible points listed for each element of the application, as detailed in the rubric.

All applications will be scored using the attached applicant rating scale rubric. Final selections will be determined at the discretion of the funding agency, Georgia Department of Public Health. Equity components that will be taken into account include, but are not limited to geographical diversity, rural county representation, readiness for implementation, and school district saturation.

## IMPORTANT DATES

For information regarding round XI timelines, such as the application due date, performance period, and more please visit Shape School Grants.

**Commented [SG1]:** This link should direct to website updates that have been requested to update for round XI

## AWARD INFORMATION

*Funding Agency:* Funding for this project is provided by the Georgia Department of Public Health under the Preventive Health and Health Services Block Grant. Documents and other materials published by schools created with Shape grants must reference award number **1NB01OT009352-01-00**.

*Matching Funds:* Matching funds are not required for this grant.

*Funding:* Grant funding will be provided to selected schools upon receipt of all DPH required financial forms. These forms include a State of Georgia Vendor Management form, W-9 tax form, and associated invoice as required. If awarded, grantees and their school's district financial representative are required to participate in an initial technical assistance meeting. Schools must agree to be the primary fiscal agent for funds awarded through this grant opportunity. Please note that all awards are contingent upon funding.

*Capital purchases and improvements:* Capital purchases and improvements will not be permitted without prior approval of the grantor.

*Number of Awards:* The exact number of awardees will depend upon the number and type of grants submitted.

## Georgia Shape Physical Activity and Nutrition Grant Application

Georgia Shape is supported by the Centers for Disease Control and Prevention's Preventative Health and Human Services block grant awarded to the Georgia Department of Public Health.

**Background**
Georgia Shape is a statewide, multi-agency and multi-dimensional initiative that brings together governmental, philanthropic, academic and business communities to address childhood (0-18 years of age) obesity in Georgia. Efforts focus on schools, communities, early care sites, government and policy agencies, businesses, hospitals, and medical practices. Georgia Shape and its School Physical Activity and Nutrition Grant program (Shape Grants) is coordinated by the Georgia Department of Public Health.

**Purpose**
Georgia Shape will award grants to public elementary, middle, and high schools to expand and enhance their physical activity and nutrition efforts. The primary purpose of the Shape Grants is to improve fitness outcome measures associated with the Georgia School Health and Physical Education (S.H.A.P.E.) Act and the nutrition guidelines outlined in the USDA's Healthy, Hunger-Free Kids Act.

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## Grantee Requirements

1. If funded, our school agrees to participate in two peer learning/sharing physical activity and nutrition webinars during the grant period.

    - Yes
    - No

2. If funded, our school will participate in the virtual trainings, technical assistance, and other program support provided by Georgia Shape. *Note: The grant champion and, if available, one wellness council member and one school administrator, should attend the Shape School Health Summit for grantees.*

    - Yes
    - No

**3.** If funded, our school will submit a final report of activities and outcomes and listing of detailed revenues, in-kind support, and expenses to the Georgia Department of Public Health.

- Yes
- No

## Grant Selection

**4.** Select the grant option for which you are applying: **Nutrition OR Nutrition and Physical Activity**. Your school can also select the optional grant add-on for employee wellness.

☐ Nutrition Priority - $1,000 - $2,500
*Grantee Requirement*: Complete **two nutrition** strategies during the 2022-2023 school year. *See question 25 for a list of possible strategies.*

☐ Nutrition and Physical Activity Priority - $2,500 - $4,000
*Grantee Requirement*: Complete **three strategies** during the 2022-2023 school year. *See question 25 and 26 for a list of possible strategies.*

- one nutrition strategy,
- one physical activity strategy, and
- one additional strategy – nutrition or physical activity

*Optional Grant Add-On*:

☐ Employee Wellness Strategy - $500 - $900
Requirement: Complete one add-on employee wellness strategy during the 2022-2023 school year. *See question 27 for a list of possible strategies.*

**IMPORTANT:**
**THE MAXIMUM AMOUNT YOUR SCHOOL CAN APPLY FOR IS $4,900**
**($4,000 FOR NUTRITION AND PHYSICAL ACTIVITY; $900 FOR EMPLOYEE WELLNESS)**

## Key Contact Information

**5.** Shape Grant Key Contact Name

First Name _____

Last Name _____

Title or Role at School _____

Email Address _____

**6.** Bookkeeper / School Financial Manager Name

First Name _____

Last Name _____

Email Address _____

**7.** Principal / Lead School Administrator Name

First Name _____

Last Name _____

Principal Email Address _____

**8.** School Nutrition Professional Name

First Name _____

Last Name _____

School Nutrition Professional Email Address _____

**9.** Physical Education Lead Teacher Name

First Name _____

Last Name _____

Physical Education Lead Teacher Email Address _____

## School Information: School and Community Context

**10.** School District _____

**11.** School Name _____

**12.** School Address

Street Address _____

City _____

State _____

County _____

Postal / Zip Code _____

**13.** Phone Number _____

**14.** School's Federal Employer Identification Number (Tax ID Number) _____

**15.** Grade Levels _____

**16.** Percent of students eligible for free or reduced-price lunch _____

**17.** Did this school collect and report FitnessGram data to the Georgia Department of Education in the past three school years?

- o Yes
- o No

**18.** Will this school participate in the National School Lunch program in the 2022-2023 school year?

- o Yes
- o No

**19.** In two or three sentences, describe one nutrition, physical activity or health-related success that your school has accomplished and the school year(s) in which it was completed.

## Shape School Champion

*Schools must identify a Shape School Champion to lead the grant efforts*. This individual, who should be employed by or affiliated with the school (e.g. teacher, staff, PTA chair, parent, etc.), is responsible for helping to establish or lead/participate in an existing school wellness council, guiding completion of the school action plans, and achieving the grant deliverables. A co-champion may also be identified. ***There will be no points awarded or taken off for your co-champion response.***

**20.** Shape Champion

First Name _____

Last Name _____

Role or Affiliation with the School: _____

Champion Email Address _____

**21.** Please describe this person's qualifications for serving as the Shape School Champion:

**22.** Shape Co-Champion (Optional)

First Name _____

Last Name _____

Role or Affiliation with the School: _____

Co-Champion Email Address: _____

## School Wellness Council

If funded, your school will be asked to establish or enhance an existing school wellness council. Your Shape champion, co-champion and two additional representatives on the council will be asked to participate in the Shape School Health Summit. A wellness council typically involves teachers, school nutrition services, health/physical education departments, parents, students, school administrators, and members of the local community. ***To achieve greatest impact all applicants are highly encouraged to include students on their council.***

**23.** My school:

- ○ Already has a wellness council that meets regularly.
- ○ Does not have a wellness council, but plans to create one to achieve the proposed strategies.
- ○ Does not have a wellness council.

**24.** My school has students included in the wellness council.

- ○ Yes
- ○ No

# Proposed Strategies

## Select Your Strategies

Proposed strategies that impact a small number of students and staff (one classroom, one club, one teaching team) are discouraged. Proposed strategies that reach more than 25% of your student and/or employee population will be scored higher.

**Nutrition Priority** ($1,000 - $2,500) must select **two nutrition strategies** to be completed during the grant period.

**Nutrition and Physical Activity Priority** ($2,500 - $4,000) must select **three strategies**: one nutrition strategy, one physical activity strategy, and one additional strategy of your choosing (either nutrition or physical activity) to be completed during the grant period.

**Optional Add-on Employee Wellness Strategy**: Schools applying for a Shape grant may also elect to add-on an Employee Wellness Grant ($500 - $900). If you selected the optional Employee Wellness grant, describe your proposed employee wellness strategy in the budget section of this application.

**IMPORTANT – PLEASE READ:**

- All grant strategies should help to improve fitness outcome measures associated with the Georgia School Health and Physical Education (S.H.A.P.E.) Act and nutrition guidelines outlined by the USDA's Healthy, Hunger-Free Kids Act (HHFKA).
    - If you choose "*Other*" as a strategy, it should be an evidence-based activity that has been proven to impact student health in the school setting
- Nutrition grant applicants must choose 2 nutrition strategies from the list provided.
- Nutrition and Physical Activity grant applicants must choose 3 strategies total (2 nutrition and 1 physical activity OR 1 nutrition and 2 physical activity strategies).
- Funding for Nutrition strategies may not be used to subsidize food or the cost of meals served to students in the school meal programs or to buy food/snacks for students or staff.
- Gift card rewards for staff wellness activities may not exceed $25.

**25. ALL APPLICANTS:** From the list below, select the evidence-based nutrition activity(ies) your school will implement in the grant period.

☐ **Increase school lunch participation:** Develop creative dining strategies or health promotion/marketing efforts to encourage students to make healthy choices, consistently (e.g., redesign lunchroom, add a kiosk in the cafeteria to serve healthy foods, outdoor dining).

- ☐ **School breakfast implementation:** Work with your school nutrition professionals to start an alternative breakfast program to help increase participation (Breakfast in the Classroom, Grab-and-Go Breakfast or Breakfast after First Period/Second chance breakfast). Develop creative dining strategies or health promotion/marketing efforts to encourage students to make healthy choices, consistently.

- ☐ **Summer meals program:** Wellness council and school nutrition manager identify and implement equipment needed for a summer meals program.

- ☐ **School garden/farm to school:** Install hands-on learning gardens in classrooms (e.g. tower gardens) or an outdoor space. Integrate the garden into classroom curriculum and the cafeteria.

- ☐ **Smarter snacks:** Identify snack offerings (e.g., cafeteria *a la carte* offerings, vending machine, school store, fundraisers) in school that could be replaced with more nutritious choices. Work with your school nutrition manager to follow USDA's Smart Snacks in Schools nutrition standards.

- ☐ **Taste tests and school nutrition menu modifications:** Offer taste tests to encourage students to try new foods. Work with your school nutrition manager to taste test items that are added to the school menu (e.g., taste testing smoothies or entrees to be added to the school menu).

- ☐ **Utilizing evidence-based nutrition education curriculum (virtual or in-person):** Nutrition or garden curriculum or software implemented in the classroom, cafeteria or other areas of the school building.

- ☐ **Water promotion and access:** Promote increased water consumption through marketing materials or equipment (e.g., water filling stations).

- ☐ **Food preparation/cooking instruction:** Work with school staff to offer cooking classes and/or food preparation learning opportunities for students at school. Identify equipment or materials needed (e.g., mobile cart, food preparation equipment, recipe development materials).

- ☐ **Other:** _____

**26. Nutrition and Physical Activity Priority Only:** From the list below, select the ONE or TWO physical activity/physical education (PA/PE) strategies your school will implement during the grant period.

- ☐ **Physical activity integration across the school day**: Include activity integration with lessons and classroom-based PA and brain breaks (e.g., Power Up for 30, GoNoodle, TAKE10, Energizers, etc.).

☐ **Outdoor environmental change:** (e.g., bike rack, walking trail, painted playground, summer activity enrichment, outdoor classroom).

☐ **Improve PE quality**: Implement evidence-based PE curriculum with a goal of increasing minutes of moderate to vigorous physical activity (MVPA).

☐ **Implement PA technology** with a goal of increasing minutes of MVPA, including measurement technology.

☐ **Enhance recess** by increasing students' access to activities that encourage MVPA (e.g. recess equipment, games or activity packs that increase physical activity).

☐ **Other:** _____

**27. Employee Wellness Add-On:** From the list below, select the employee wellness strategies your school will implement during the grant period.

☐ **Wellness Council:** create an internal, employee-driven committee that helps build and sustain a wellness culture in the school. The purpose of the committee is to help build organizational support and effectiveness for a wellness program.

☐ **Needs Assessment/Evaluation:** Conduct employee surveys to evaluate the personal wellness interests and needs of employees. Surveying employees to help assess the current climate as to how a program might be received and what information employees are willing to share.

☐ **PA-Education & Exercise Classes:** Provide fitness classes to help employees improve their overall physical and mental wellbeing.

☐ **Lactation Support:** Provides a place that is shielded from view and free from intrusion from coworkers and the public that allows a nursing mother to express breast milk periodically during the workday.

☐ **Food Preparation/Cooking Instruction:** Offer a class that provides the opportunity to learn new cooking techniques and proper food preparation. The goal of the class is to teach employees how eating the right foods can boost concentration and elevate moods.

☐ **Lunch and Learns (Education ONLY):** Offer a lunch event for employees to learn how to better implement nutrition and/or physical activity for students during the school day.

☐ **Wellbeing/Mindfulness**: Offer a class that allows employees to cover strategies useful in managing and reducing stress. This program should address both stresses in the workplace and in personal life.

☐ **Other:** _____

**28.** For each strategy selected, provide a description of how your school will implement the nutrition strategies and the physical activity/education strategies based on the prompts provided.

**Strategy 1.**

Name of Strategy

Person Responsible

Describe the Strategy in Detail (Maximum 300 Words)

Number of Students and/or Staff Impacted

**Strategy 2.**

Name of Strategy

Responsible Person

Describe the Strategy in Detail (Maximum 300 Words)

Number of Students and/or Staff Impacted

**Strategy 3. (Nutrition and Physical Activity Priority ONLY)**

Name of Strategy

Responsible Person

Describe the Strategy in Detail (Maximum 300 Words)

Number of Students and/or Staff Impacted

**Add-on Strategy Employee Wellness**

Name of Strategy

Responsible Person

Describe the Strategy in Detail (Maximum 300 Words)

Number of Staff Impacted

## Budget

**Nutrition Grant** - Funding request minimum $1,000 to maximum $2,500
**Nutrition and Physical Activity Grant** - Funding request minimum $2,500 to maximum $4,000
**Optional Grant Add-on: Employee Wellness Strategy** – Funding request minimum $500 to Maximum $900.

**Reminder: The maximum grant amount a school can request is $4,900. If the requested dollar amount exceeds $4,900, it could potentially lead to a reduction of points.**

**29.** Estimate how much of the Shape grant will be spent on **nutrition strategies.**

$ _____

**30.** Estimate how much of the Shape grant will be spent on **physical activity strategies** (Nutrition and Physical Activity Applicants ONLY)**.**

$ _____

**31.** Optional - Estimate how much of your Shape grant your school will spend on **employee wellness strategies.**

$ _____

***Note: All budgets are contingent on approval by Georgia Shape. Spending on grant activities should not begin until approval has been received.***

## Submission Confirmation

- ☐ I have consulted with my school principal about this application and they will fully support the proposed actions/activities if funded.
- ☐ I have consulted with my school nutrition manager about this application and they will fully support the proposed actions/activities if funded.
- ☐ To the best of my knowledge, I certify that the information provided in this application is true and complete.