



THRIVING SCHOOLS

a partnership for healthy staff, students & teachers

Thriving Schools: Physical Activity Grants Request for Proposal (RFP)

The purpose of this grant is to increase student physical activity in schools, which has been shown to improve learning, reduce obesity, and contribute to social-emotional health.

Eligibility: School Districts within the Kaiser Permanente Colorado Service Area who received Thriving Schools physical activity grant funding in 2014.

Funding Amount: Kaiser Permanente has allocated funds to qualifying applications for all eligible districts ranging from \$5,000 to \$100,000 per year for two years based on demonstrated need and progress.

Timeline:

Funding Period:	July 1, 2015 – June 30, 2017
Grant Application Q&A:	February 9, 2015
Online application:	February 20, 2015
Proposals Due:	March 31, 2015
Funding Notification:	June 26, 2015

Please direct any questions to Curtis Robbins at curtis.j.robbins@kp.org.

Kaiser Permanente Colorado is the state's largest nonprofit health plan, proudly working to improve the lives and health of Colorado residents for 45 years. Kaiser Permanente Colorado provides comprehensive health care services to more than 630,000 members through 29 medical offices and a network of affiliated hospitals and physicians. Kaiser Permanente consistently ranks among the top health care organizations in the country for clinical quality and service. Kaiser Permanente was recognized by the National Committee for Quality Assurance (NCQA) [as the top-ranked private and Medicare health plans in Colorado for 2014-2015](#). Kaiser Permanente was also recently recognized as a [2012 Hypertension Champion](#) by Million Hearts™. In 2013, Kaiser Permanente proudly directed more than \$96 million to community benefit programs to improve the health of all Coloradans. For more Kaiser Permanente news, visit kp.org/share or follow us on Twitter [@kpcolorado](https://twitter.com/kpcolorado) or facebook.com/kpcolorado.

Purpose and Utilization of Funds

The purpose of this grant is to increase student physical activity in schools, which has been shown to improve learning, reduce obesity, and contribute to social-emotional health within the Kaiser Permanente Colorado Service Area

Selection of Strategies:

Districts will assess strategies that have been implemented in the first 12-18 months of funding. Districts may adjust activities to better support the strategies listed above. Work plans and any adjustments should be relative to the amount of funding allocated. It is highly encouraged that districts work on efforts that impact the entire district (such as updating district policies, practices and/or regulations) to ensure sustainability once grant expires.

Additionally, districts are asked to continue to work with previously identified **priority schools** and collect data for evaluation providers. Kaiser Permanente is seeking measurable changes in levels of physical activity, and will be looking for district to continue to focus multiple strategies to support staff and students at a select number of schools. These strategies should be aligned with proposed or existing district policies and practices and have the opportunity to be replicated. Priority schools should have been selected based on factors such as Free and Reduced Lunch rates, student population served, communities impacted by inequitable access to resources, other funds and programs in schools, readiness and administrator support.

1. Increase opportunities for students and staff to be active **during school** hours:
 - a. Support implementation and evaluation of district and/or school policies that increase physical activity and quality physical education (e.g. Local Wellness Policy, Physical Activity in Schools policies, and Physical Education hours and requirements).
 - b. Offer quality physical education classes (based on Colorado Academic Standards and Best Practices in Physical Education) as the foundation for physical activity in school.
 - c. Provide and/or access professional development and technical assistance for Comprehensive School Physical Activity Programs, including quality physical education and activity, daily active recess, in-class activity breaks or movement-based brain breaks, incorporating activity into instructional strategies, student-led activities, staff wellness efforts, integration of staff and student wellness efforts, etc.
 - d. Implement sustainable quality physical activity opportunities throughout the school day for students and staff **in priority schools*** (e.g. daily active recess, in-class activity breaks, or movement-based brain breaks).
 - e. Incorporate physical activity into instructional strategies, student-led activities, staff wellness efforts, etc.

Strategy Components:

2. Increase opportunities for students and staff to be active *before/after school* hours:
 - a. Implement practices that promote regular walking and bicycling to school for students and staff.
 - b. Seek partnerships and shared use agreements with other community organizations and partners to foster opportunities for staff and students to be active before/after school and during summer break (e.g. intramural sports, physical activity clubs, and other after school programs).

Indicators of Success:**Participation in evaluation efforts led by Kaiser Permanente is required.**

Kaiser Permanente will be working with state partners and an evaluation contractor to ensure consistency and feasibility. Districts will be expected to participate in data collected by the external evaluator as well as work with the evaluator to implement 1-2 more in-depth methods specific to their school. Districts will be expected to work with their priority schools to collect all evaluation data.

Measures may include:

- Increased physical fitness levels of students and staff.
- Increased number of minutes physical activity is offered in the schools.
- Increased number of minutes of moderate to vigorous physical activity during PE or recess.
- Increased access to physical activity facilities and opportunities offered before/after school hours.
- Increased participation in staff wellness programs that include physical activity.
- Increased adoption and implementation of policies that support physical activity for staff and students and staff.
- Increased achievement in priority academic areas.
- Increased numbers of students walking or bicycling to school.

ELIGIBILITY, FUNDING AMOUNTS, AND DURATION OF FUNDING

- Eligible districts are limited to those who were granted Thriving Schools physical activity school district grants in 2014 and are geographically located within the Kaiser Permanente Colorado Service Area.
- Must have employed evidence-based practices in first of year of funding with a plan to continue efforts
- Funding ranges depend on the demonstrated need and progress to date
- Eligible districts may partner with other eligible districts for a regional application, if desired. The funding limit may vary for a regional application; please let us know if your district would prefer to apply in partnership with another district(s).

- The funding period will be from July 1, 2015 - June 30, 2017 for awarded proposals that meet grant expectation and requirements.
- Funds should be aligned with approved activities, including staff salaries/benefits or additional staff pay, youth stipends, program costs, and indirect costs.
- Indirect costs must not exceed 10% of the project budget.
- Up to 20% of the grant may be spent on capital projects that support physical activity, such as installing water fountains, playground and classroom equipment, lighting, traffic calming devices, etc.
- Worksite (staff) wellness program costs.
- Submission of a proposal does not guarantee funding.

Criteria used to evaluate applications:

1. Demonstrated Need: low socio-economic status; high obesity rates; low levels of physical activity
2. Evidence: strategies selected are known to increase physical activity
3. Cost effectiveness: favorable ratio of funds requested to the number of schools/students/staff that would be impacted
4. District readiness: high-level support; allocation of supporting resources; complimentary efforts
5. Systems change: degree to which the strategies will effect policy/environment/systems changes for the future
6. Impact: combining reach and amount of proposed physical activity
7. Sustainability: likelihood that the efforts will be continued beyond the grant
8. Integration: demonstrating the project is not isolated, for example: incorporating student and staff wellness, providing youth engagement opportunities, combining with other district initiatives such as positive school climate, demonstrating a “whole child” approach, partnering with community organizations to compliment efforts

Carryover funds from the first year of funding may be permitted to be used in this next grant period with proper documentation of expenses incurred to date and a concrete plan for how the these funds will be used to further the strategies and work.

GRANTEE EXPECTATIONS AND REQUIREMENTS

Funded districts will be expected to:

Coordinate with existing initiatives and partners:

- Engage and mobilize community partners, school staff, parents, and students to create demand for physical activity in schools and support implementation of work plans.
- Work with existing district/school health and wellness teams or committees and any existing staff wellness programs.

- Leverage Kaiser Permanente resources and programs, such as the <http://www.etpcolorado.org/> Educational Theatre Programs and [Fire Up your Feet](#).
- Leverage other grants, funding and/or programs in the district, such as Healthy Schools Colorado Grants, funding from The Colorado Health Foundation or Colorado Legacy Foundation, Safe Routes to Schools, Let's Move Active Schools, Fuel Up to Play 60, LiveWell Colorado programs, 21st Century Grants, Medicaid School Health Services funding, Playworks, SPARK PE/recess programs, GOCO School Play Yard Initiative, Alliance for a Healthier Generation, The Walking Classroom, etc.
- Scale/intensify existing physical activity programs and initiatives for greater impact.
- Work in partnership with local Kaiser Permanente staff and other state partners, such as the RMC Health, in planning and implementing work plans and accessing professional development opportunities.

Support and implement work plans that:

- Ensure appropriate staffing resources are in place to support implementation and evaluation of work plan deliverables.
- Reflect emerging evidence and best practices, [Kaiser Permanente Thriving Schools](#).
- Embrace practice based evaluation through evolving work plans to reflect lessons learned, changing circumstances, and results.
- Involve youth in identifying, implementing, and evaluating strategies.
- Utilize communication efforts to share grant activities, findings, and success stories.
- Contribute to sustained change within the district, school or community, such as policy changes, an organizational practice or an environmental change such as incorporating work into accountability systems (i.e. Unified Improvement Plans), a stable funding stream identified, or institutionalization within a local organization.
- Participate in capacity-building and technical assistance workshops and seminars.

Work with *priority schools* within the district:

- Prioritize schools within the district to implement and evaluate activities to increase quantity and quality physical activity. The number of schools selected will depend on the size of the district, the scope of the work plan and available funds. See "Selection of Strategies" in the ***Purpose and Utilization of Funds*** section.

Support data collection and evaluation:

- Participate in initiative-wide technical assistance and evaluation activities. Activities may include participating in regular check-ins with the evaluation team serving as a liaison between the evaluation team and staff at individual schools, providing requested data, and carrying out evaluation methods. Participate in state and/or regional data collection efforts.
- Evaluation activities and protocols will vary across districts and will be inclusive of one or more of the following outcomes: physical activity, academic outcomes, socio-emotional wellness, environmental factors, school culture, staff wellness, etc.
- Allocate an appropriate level of staff resources to evaluate your efforts. For planning purposes, an estimated 10% of the budget should be used for evaluation.
- Submit progress reports, June 2016 and June 2017.

SUBMISSION PROCESS AND DEADLINE

Due Date: March 31, 2015 by 5:00 p.m.

Online application will be available February 20th – March 31st, 2015.

All of the following must be submitted online for a proposal to be considered complete:

1. Proposal Narrative

The online grant application will be based on the evaluation components:

Demonstrated Need: low socio-economic status; high obesity rates; low levels of physical activity

Evidence: strategies selected are known to increase physical activity

Cost effectiveness: favorable ratio of funds requested to the number of schools/students/staff that would be impacted

District readiness: high-level support; allocation of supporting resources; complimentary efforts

Systems change: degree to which the strategies will effect policy/environment/systems changes for the future

Impact: combining reach and amount of proposed physical activity

Sustainability: likelihood that the efforts will be continued beyond the grant

Integration: demonstrating the project is not isolated, for example: incorporating student and staff wellness, providing youth engagement opportunities, combining with other district initiatives such as positive school climate, demonstrating a “whole child” approach, partnering with community organizations to compliment efforts

- We strongly encourage you to select the same priority schools with whom you worked in your current grant.
- Describe any efforts within the district or schools to assess, measure, or evaluate current physical activity and physical education efforts and any data you have to date that demonstrates where you are making progress towards increasing physical activity. You may include efforts your district is leading and/or efforts the external evaluation team is leading.

Templates will be provided with the online application to document a two-year work plan, proposal budget, and proposal budget narrative.

EVIDENCE AND SUPPORT FOR PHYSICAL ACTIVITY IN SCHOOL:

- Institute of Medicine Report- Educating the Student Body: Taking Physical Activity and Physical Education to School
- American Alliance for Health, Physical Education, Recreation and Dance- Position Statement on Comprehensive School Physical Activity Programs
- Centers for Disease Control and Prevention- The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance
- US Department of Health and Human Services- Strategies to Increase Physical Activity

