



Grant Opportunity

What are the Healthy Weights Grants?

In 2007, the Durham Lives! coalition hosted a Healthy Weights forum to build capacity among parents to create home and school environments that support children in achieving and maintaining healthy weights. Following that forum the **Durham Lives!** coalition created the Healthy Weights Grant Project to promote physical activity and healthy eating in school communities. Durham Lives! is offering six \$500.00 grants and four \$1000.00 grants to implement sustainable projects that address healthy weights. **NOTE: Schools may only apply for one grant amount (i.e., \$500.00 OR \$1,000.00 – not both.)**

Who can apply?

This grant opportunity is open to any Durham Region school.

What activities qualify for grant funding?

Any activities aimed at addressing Healthy Weights by promoting physical activity and healthy eating qualify for grant consideration. Funds cannot be used for capital purchases that do not relate to physical activity/healthy eating **or** for staffing. Schools are encouraged to consider programs that will continue throughout the school year and in future years. Examples may include:

- honorariums for speakers, workshop leaders
- awareness raising materials related to healthy eating and physical activity (i.e. contests, posters, prizes)
- initiating a school garden
- sports equipment to support healthy active living
- initiating an Active and Safe Routes to School program
- initiating a breakfast program
- curriculum tools or training

See attached Ministry of Education Foundation for Healthy School Framework for ideas and examples to further support your application. This framework can also be found at <http://www.edu.gov.on.ca/eng/healthyschools/foundations.html>

What is the responsibility of the school if we participate?

Schools are asked to share experiences with the Durham Lives! coalition in a brief final report which would detail expenditures, processes and outcomes.

Additionally, schools are required to return any unspent funds along with the final report.

The deadline for submission of the grant application is **April 16th, 2010.**

Successful applicants will be contacted by **May 14th, 2010.**

Final reports must be submitted to Durham Lives! by **December 15th, 2010.**

Submit completed registration forms **by fax or mail or e-mail** to:

Jennifer Dressing, Durham Lives! Co-ordinator
Durham Region Health Department
605 Rossland Rd. E. P.O. Box 730 Whitby, ON L1N 0B2
Telephone: 905-668-7711 ext. 2989 Fax: 905-666-6214 Toll Free: 1-800-841-2729
jenn.dressing@durham.ca



\$500.00 Grant Application

School Contact: _____ Email: _____

School: _____ Address: _____

City: _____ Postal Code: _____

School phone: _____ School Fax: _____

School Administrator(name): _____ Email: _____

Organizing Committee: _____
(Names/Positions) _____

Dates of anticipated event(s)/expenditure(s): _____

Estimated # of students participating in activity (ies) _____ School Population: _____

Estimated # of **school staff** participating in project(s) _____

Estimated # of **parents/community members** participating in project(s) _____

"Title"/Name of your Activity: _____

Briefly describe in the table below, your activity(ies) including estimated costs for activities.

Description	Action	Budget
Example: School/Community Garden	Purchase of soils, seeds; tools; Community event for creating/seeding	\$500.00

What outcomes do you expect as a result of the completion of your activity?

What will be the next steps your school community will take to support physical activity and healthy eating once the activity is completed?

Submit completed registration forms **by fax or mail or e-mail** to:

Jennifer Dressing, Durham Lives! Co-ordinator

Durham Region Health Department

605 Rossland Rd. E.

P.O. Box 730

Whitby, ON L1N 0B2

Telephone: 905-668-7711 ext. 2989

Fax: 905-666-6214

Toll Free: 1-800-841-2729

jenn.dressing@durham.ca



\$1,000.00 Grant Application

School Contact: _____ Email: _____

School: _____ Address: _____

City: _____ Postal Code: _____

School phone: _____ School Fax: _____

School Administrator(name): _____ Email: _____

Organizing Committee: _____
(Names/Positions) _____

Dates of anticipated event/expenditure: _____

Estimated # of students participating in activity (ies) _____ School Population: _____

Estimated # of **school staff** participating in project(s) _____

Estimated # of **parents/community** participating in project(s) _____

"Title"/Name of your Activity: _____

Briefly describe in the table below, your activity(ies) including estimated costs for activities.

Description	Action	Budget
Example: School/Community Garden	Purchase of soils, seeds; tools; tree; Community event; keyhole brickwork	\$1,000.00

What outcomes do you expect as a result of the completion of your activity?

What will be the next steps your school community will take to support physical activity and healthy eating once the activity is completed?

Submit completed registration forms **by fax or mail or e-mail** to:

Jennifer Dressing, Durham Lives! Co-ordinator

Durham Region Health Department

605 Rossland Rd. E.

P.O. Box 730

Whitby, ON L1N 0B2

Telephone: 905-668-7711 ext. 2989

Fax: 905-666-6214

Toll Free: 1-800-841-2729

jenn.dressing@durham.ca

Receipt of Application will be confirmed via e-mail.

Application Assessment Rubric (to be used by Review Committee)

School Name: _____ Contact Name: _____ Elem Sec

Organizing Team: Yes No Target Audience: Students Parents Community

Activity Title : _____ Region: _____

CRITERIA	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Area of Focus for Activity	Does not include any indication of Physical Activity or Healthy Eating	Includes only one of Physical Activity or Healthy Eating	Includes one of Physical Activity or Healthy Eating with potential for the other	Includes both Physical Activity and Healthy Eating
Fosters High Quality Instruction and Programming	- has few and limited opportunities to learn, practice, and demonstrate knowledge and skills related to living a healthy life 1 2	- demonstrates some opportunities to learn, practice, and demonstrate knowledge and skills related to living a healthy life 3 4	- demonstrates several opportunities to learn, practice, and demonstrate knowledge and skills related to living a healthy life 5 6	- demonstrates a wide range of opportunities to learn, practice, and demonstrate knowledge and skills related to living a healthy life 7 8
Promotes Healthy Physical Environment	- limited success in demonstrating a safe and healthy physical environment to improve the conditions for learning 1 2	- attempts to demonstrate a safe and healthy physical environment to improve the conditions for learning 3 4	- generally demonstrates a safe and healthy physical environment to improve the conditions for learning 5 6	- consistently demonstrates a safe and healthy physical environment to improve the conditions for learning 7 8
Engenders Supportive Social Environment, Formal (policies; rules; clubs; support groups) and Informal (unstructured peer interaction or free play)	- demonstrates limited evidence for students, teachers, and parents to benefit from the limited range of support provided 1 2	- demonstrates some evidence for students, teachers, and parents to benefit from the narrow range of support provided 3 4	- demonstrates generally good evidence for students, teachers, and parents to benefit from the range of support provided 5 6	- demonstrates a high degree of evidence for students, teachers, and parents to benefit from the wide range of support provided 7 8
Displays Evidence of Community Partnership	- limited collaboration between the school and outside organization (s) 1 2	- some collaboration between the school and outside organization (s) 3 4	- good collaboration between the school and outside organization (s) 5 6	- excellent collaboration between the school and outside organization (s) 7 8
Activity Outcomes or Results are identified	- demonstrates very limited realistic and achievable outcomes	- demonstrates a few realistic or achievable outcomes	- demonstrates several realistic and achievable outcomes	- demonstrates a variety of realistic and achievable outcomes
Demonstrates Involvement of the Wider School Community (parents; neighbours; family of schools; school wellness team; health action team; etc.)	- limited indication of any school community involvement is evident	- school community involvement could potentially occur, with assistance	- school community involvement is evident	- a high percentage of the school community participates and benefits from the activity
Demonstrates Positive Impact on School Population	- limited school population participation is evident	- some school population participation is evident	- general school population participation is evident	- a high percentage of the school population participates and benefits

