

March 1, 2013

Greater Rochester Health Foundation

Attention: Candace Yeh, GRHF administrative assistant (cyeh@thegrhf.org)

150 State St. Suite 100

Rochester, NY 14614

RE: Request For Proposal- Schools

To Whom It May Concern:

James P. Duffy, School 12, is pleased to respond a second time to the Greater Rochester Health Foundation's RFP- Schools. Our school team of administrators, staff and parents feel equipped and ready to include a healthy eating initiative and implement more systemic changes toward increased physical activity in our school culture and broader community if we are chosen a second time for this grant. Due to the grant in 2009 from GRHF, we have drastically improved our physical space for outdoor recess, equipped our classrooms and inside spaces with resources to enable more physical activity (both inside and outside) and offered our staff professional development opportunities to begin a culture shift in our school community that recognizes the importance and advantage of providing opportunities for physical activity for our students. Our families have been provided additional health based education and we have improved the community's dialogue around healthy living choices and behaviors.

If granted a second funding, our 2013 proposal contains exciting new ideas to augment the foundation we began three years ago. Our project narrative was built on volunteer work from our parent group that has been meeting weekly for over two months, brainstorming ideas where we need to improve and challenging ourselves to reach new levels of sustainable lifestyle practices for our children. There is strong support from our staff and we have solicited their input as well. We have numerous opportunities for action based learning, support for teachers to model new ways to be physically fit and confident and exciting ways to add healthy food choices throughout our building.

It is our desire to combine the wisdom gained over the last three years with our new enthusiasm to make School 12 a model for our broader community on how to affect positive change in healthy lifestyle choices. If chosen, we wish to lead any effort with the other seven grantees on best practices and therefore, hopefully prevent other community schools from losing time and effort in difficult areas we previously experienced.

School 12 is thankful for this opportunity and eagerly awaits the GRHF June decision on new grantees.

Sincerely,

School 12 Parent Volunteers and Staff

School 12's Project Abstract

James P.B. Duffy School No. 12 is a Rochester City School District elementary school with approximately 740 students in kindergarten through 6th grade. School No. 12 is the second largest elementary school in the Rochester City School District and is located in the Highland Park neighborhood in the southeast side of the city of Rochester. School 12 began, and has offered for more than 25 years, the HOLA dual language program, a citywide elementary school choice. There is also a Major Achievement Program (MAP) for 4th–6th grades. Due to the GRHF grant award in 2009-2012, there was renewed emphasis on the need and benefit for physical activity for students throughout the day. School 12 was able to modernize its playground to a beautiful, multiple skill level site for physical activity and staff were provided tools and resources to enable increased participation in both indoor and outdoor recess for all students. Parents, via the PTA, are heavily supportive of the increased activity and attention to wellness. Our popular family fun nights of roller-skating, ice skating and sledding attest to the community effort involved to make School 12 students and families healthier and happier!

If awarded the GRHF grant a second time, School 12 plans to offer new after school services to 30% of our population, thus increasing safe and instructive places in our community for physical activities. Teacher training researched and scheduled within the past two years, in addition to more services planned this year, will allow us to offer more options than ever before. These clubs will be focused on developing organized physical activity like karate and running clubs and healthy eating practices such as learning gardening and cooking skills. Implementation of these after school clubs will help us add to achieve the 60 minutes of physical activity target per day for the majority of our children. School 12 also plans for the after school clubs to incorporate the neighboring recreation center and daycare attendees that share and use our campus.

School 12 also will devote a larger focus to increase overall exposure, education and choices for healthy eating within School 12 for 90% of our school population. Our staff and volunteer parents will incorporate healthy eating habits into the curriculum, community activities and every day culture of our school community. Our plan incorporates monthly exposure to local, seasonal foods, cooking classes with the principal and augmenting our school breakfasts to have more nutritional content and variety.

Our team realizes to be successful we must increase the level of parental engagement to help sustain a cultural shift towards the educational benefits of healthy eating and physical activity for our children and overall community. We must find an appropriate balance of respect and understanding for the various cultures and economic classes that compose our community in order to support our children's overall development and success. Parents will be utilized as volunteers for the after school clubs, promoters of the family fun nights and benefactors of a healthy, kid/principal prepared supper. Our weekly email list will positively encourage new involvement with all our School 12 activities. Ideally, parents and students will have increased dialogue about healthy choices at home because of all our programs at school.

In 2014-2015, the School 12 building will be remodeled under the RCSD modernization plan. Our 2013 proposal to the GRHF includes new indoor building improvements to the newly remodeled school to incorporate a muscle room in the recreation center and more areas that can be utilized for multiple purpose activities. The ability to increase our activity areas within the school will promote wellness in each season of the school year.

School 12's total project cost is 325,721 and we respectfully request support in the amount of \$317,711 from the Greater Rochester Health Foundation.

School 12 Project Narrative- School's Description

Beginning in Fall 2012, School 12's population is 54% African American, 29.4% Hispanic, 13.7% White, and 2% Asian, reflecting a broader base representation of racial and ethnic groups than many other RCSD elementary schools. The student population is one of the most racially and ethnically diverse among elementary schools in the RCSD. 79.4% of the student population qualifies for free or reduced lunch, 14.4% are English language learners, and 15.3% are receiving special education services. Approximately 10% of the student population walks to school. The remaining 90% receive bus transportation to and from school, thus live in most neighborhoods all around the larger city. School 12 boasts a 95.2% attendance rate for this school year.

School 12's HOLA program is outstanding, promoting a dual language education based on language immersion. And School 12 is honored to have the Major Achievement Program for 4-6 grades and to offer academic support and enrichment programs. It has also served as an incubator for pilot programs within the Rochester City School District (RCSD). The school campus shares the City of Rochester's South Avenue Recreation Center, the Highland Branch of the Monroe County Library System and is adjacent to the Rochester Childfirst Network. Highland Park meets our campus on the Southside. Highland Hospital is across the street from the school.

School 12 has an extensive Positive Behavioral Incentive System (PBIS) known to each student as a way to earn "duck bills." Classes can turn in certain amounts of "duck bills" for Wii dance parties, sledding parties, prizes or other rewards. Each staff and volunteer is consistently equipped with "duck bills" to hand out to students who are caught being excellent examples to others.

As of Fall 2012, School 12 students collectively reflected a childhood obesity rate of 34% rate. 16% of students were defined as obese with a Body Mass Index (BMI) greater than 95, a 10% drop since our last grant submission. 63% of our children have a normal Body Mass Index and 3% were classified as underweight.

The School 12 PTA is a not-for profit member of the Business Association of the South Wedge Area and contributes to other neighboring businesses, organizations and events. The PTA has 65 current family members and raises over \$10,500 annually for extra curricular activities, which also support our healthy kids, healthy families goals. School 12 is a United Way Day of Caring site that brings volunteers from local businesses to do various school projects including the annual beautification of our outside play area under the front awning. The PTA coordinates the United Way Day of Caring and also the University of Rochester's Wilson Day in which incoming freshman continue where our Day of Caring volunteers left off. The PTA mainly organizes our Health and Wellness Fair, which draws a large percentage of our families.

More than 80 volunteers contribute to School 12 on a weekly basis for volunteer literacy tutoring program administered by School 12 staff and the PTA. These volunteers come from many sources including the Highland Park Neighborhood Association, the Monroe County Department of Human Services, FREE Partnerships, retired teachers and general community members from throughout Monroe County. School 12 also benefits from a neighborhood volunteer that delivers the Xerox Science Consultant Program to all of our 4th grade classrooms on a monthly basis. We have a mentor group for of boys in grades 5-6 that is in it's 3rd year and just this year begun a similar program for girls for the same age. Our parent liaison, volunteers from our PENCIL partner, Rochester Midland Corporation and members of the community administer the mentorship program. Also, RIT's Pre-Med department delivers an interactive program to students about the importance of eating right and exercising every spring.

Our culture is progressive and open to improving on all levels of child development, educational social, physical and emotional health. We recently updated our vision and proceeded to promote our vision throughout the entire school community. Our vision shares our belief that our support for children must reach all facets of their development and a majority of our students can recite that "We, at James P Duffy School #12, promise to engage our minds, develop our bodies and lead with our hearts to be academically ready, socially mature and responsible citizens."

Project Narrative- Current School Environment Supporting Physical Activity and Healthy Eating

Describe the assets and opportunities in your school community that will help you increase physical activity and/or healthy eating opportunities. What are the challenges?

School 12's current playground is beautiful, multiple skill level site for physical activity. And due to the large poverty rate of our student population, all students receive school-wide breakfast in the classrooms and free lunches. Our staff is inspired more than ever to increase physical activity in the classroom via action based learning, leading after school programs that build confidence, muscles and better motor skills. And the new and creative ideas to expose and encourage our children to healthy eating habits are just beginning to start in our volunteer committee, which is primarily comprised of parents with input from a couple of key staff. Plus, our building has lots of stairs. Students cannot avoid minimal exercise accessing music rooms and the lunchroom on the first floor.

School 12's priceless asset is the people within our building – our students are inspiring, fun and bright! Our principal, Mrs. Alampi, is an amazing role model guiding the staff to new levels of comprehensive education for our students. Our staff has embraced the New York State standards (Engage NY) instigating the new rigorous action based learning curriculum, including testing methods aimed at tracking student learning failures and successes. Also, we are fortunate to have a very active parent group – hosting family events, finding volunteers and connecting the school to the neighborhood residents and business community.

Within our building the challenges are mainly time and space! The days are overscheduled with little room for creativity on the part of the staff to add physical activity in larger blocks of time (15 minutes or more!) to their schedules. The Facilities Modernization Plan takes a large portion of the play space under the front awning away – the only covered outdoor play space that can be readily utilized in inclement weather. Besides time and space, the broader challenge our community faces in our struggle of childhood obesity and sedentary lifestyles remains the cycle of poverty that exists for 79% of our School 12 homes. Local, fresh foods are more expensive and take more time to prepare than cheap, processed options and food available at the corner store. Switching cultural norms that support easy and fast foods instead of nutritionally loaded options remains an uphill battle.

Describe efforts or changes your school has already implemented to increase physical activity and/or healthy eating opportunities.

Our School was one of the first schools in the RCSD to complete the School Health Index in the fall of 2005, an effort that was led by parents. Outcomes from this included the first walking field trip guide for staff and construction of raised garden beds outside the recreation center. Students were provided exposure to healthy snack alternatives with their first of many rounds of food tastings. There were also grant funds secured by the South Wedge Planning Committee from the GRHF that enabled a partnership between the South Wedge Farmer's Market, the Edison Work Experience Program and School 12 to provide eight weekly tastings of local produce, simple sampling of local seasonal fruits and vegetables. The work experience program also prepared healthy alternatives for foods already in our diets using local items. For example, vegetable pizza with whole-wheat crust, homemade pasta with cabbage and onions and focaccia bread with vegetables were tasted.

At our current special school activities and clubs, we strive to include healthy options for any snacks and treats. The “fun run” snack is typically an apple or watermelon. Robot club snacks are fruit and pretzels. PTA gatherings include fruits or veggies. This is very different from the traditional bag of chips and sweetened juice drink. Not only does it provide healthy food, it also demonstrates how kids can eat and enjoy healthy options.

Our most recent efforts and changes implemented all stem from the support of the first grant from GRHF that includes: staff training on how to incorporate physical activities in the classroom and during transitions, purchasing indoor and outdoor recess equipment. The most obvious and beneficial of which is the new playground equipment. On a smaller scale, we have provided bags of balls, jump ropes, etc. for clusters of classrooms to take outside for recess. Equipment to encourage participation in ALL seasons, i.e., snow shoes and sleds was purchased and is used by classrooms as part of our Positive Behavior Incentive System (PBIS) that often rewards our students with activities that promote physical activity. Cabinets of indoor recess equipment are located throughout the building and multiple Wii units have been installed. A resource library of Wii games, music, videos and pedometers is available for staff to check out. Staff is also beginning to request items for use in their classrooms from the PTA and funds remaining from the first GRHF grant.

We have worked to identify and encouraged staff to utilize all of the spaces that are available for indoor recess to address the space issues. For example, this school year one music room is available on Tuesdays, the cafeteria/multi-purpose room is available from start of day until lunch and the stage is available every morning, except Wednesday and after lunch every day. In 2010, we lobbied to change the policy allowing break aides, teacher aides to take students/classrooms outside. This change has allowed flexibility and opportunity to increase physical activity. We hope to replicate this idea for lunch aides to strongly encourage recess for all students after lunch.

We have changed our breakfast delivery from the standard cafeteria model to breakfast in the classroom. Our school breakfasts have fresh fruit and milk (most of the time). More time is available for students to eat breakfast and staff is more intimately involved in breakfast resulting in better role modeling, more education on the importance of eating breakfast and making healthy choices.

Describe how your school has approached the [Coordinated School Health Index](#). Give a brief description of the results and how grant activities will support CSHI efforts.

In 2011-2012 school year, a School 12 Health Index committee completed a survey and identified the need to do more for our staff. As a result, we participated in the community “Live well, Eat well” challenge, supported staff to participate in the Corporate Challenge Run and began offering yoga and fitness classes for teachers after school.

In the current school year, parents, staff and our GRHF project coordinator have completed the survey. In all eight modules our school scored above 67% with 5 in the high-medium range (61-80%), and 3 in the high range (above 81%) an improvement over last year especially with respect to module 7, “Health Promotion for Staff”. To build on last years’ progress, we will again encourage staff to participate in the community-wide “Eat Well, Live Well Challenge” and

the Chase Corporate Challenge and hope to increase our participation rates. Included in our proposal are opportunities of professional development for staff in dance, yoga and cross fit. Staff will also actively participate in our after school clubs.

There are criteria in the remaining seven modules that our school needs to address. Some are outside the scope of this proposal (i.e. adequate counseling services) but many are well within the scope and will be supported by the programming that we have outlined in this RFP. These criteria are listed below with a description of how these criteria are being addressed.

- **Adequate Physical Activity Facilities/Recess**

Multiple new indoor recess locations are being developed and equipped with supplies that students will have access to during and after the school day. Staff professional development will be offered along with classroom materials to support physical activity throughout the day (i.e. Action Based Learning and Math & Movement).

- **Essential Topic on Healthy Eating**

Consultant, Headwater Foods, Inc.'s "Edible Education" program will be delivered to students and after school cooking and gardening clubs will be offered. Equipment to enable cooking within the classroom and as special incentives is also planned.

- **Collaboration with Nutrition Service Staff and Teachers**

With the assistance of Finger Lakes Health Systems Agency, our active parent group and staff will continue to lobby for more healthful food offerings including more fresh fruits and vegetables. Student feedback via our staff from the "Edible Education" program will be shared with food service staff with the desire to pilot new menu offerings.

- **Intramural/club programs**

School 12 staff and South Avenue Recreation Center staff will be leading after school clubs that will reach over 1/3 of our population. As interest in participation grows, the plan is to add club opportunities.

Describe how parents are involved with your school. What is the make-up of the PTO and describe their involvement with the school.

As mentioned above, the PTA has 65 current members and raises over \$10,500 annually for extra curricular activities, which also support our healthy kids, healthy families goals. More than 80 volunteers contribute to School 12 on a weekly basis via tutoring, supporting school programs and staff that happen in part to our PTA coordination. Our active parent group hosts family events, finds volunteers and connects the school to the neighborhood residents and business community. And our new grassroots committee is ready to tackle the food choices currently offered to our students via the food services system.

Describe any "health committees" currently in-place at your school. How long have they been in existence, who attends and what is their role?

School 12 had a formal group, the Health Advisory Committee, which was mostly active in 2009-2010. In 2011-12, we have functioned more as a less formal, grassroots effort driven by parents from the PTA. Meetings are called with staff called on an as needed, ad hoc basis. From

these meetings, staff have provided input to the current grant activities (equipment to purchase, family activities to schedule including sledding party in Mendon and Ice skating at Manhattan Square Park) and defined the clubs begin offered in this RFP. This committee worked in collaboration with Finger Lakes Health Systems Agency and School Food Services when under the direction of Leslie Fowler. In addition, our Physical Education staff coordinated the School Health Index the last couple years.

Our newly formed, not defined, parent committee of 18 families began out of a desire to change the breakfast and lunch offerings for students and then served as the impetus to form our response to this RFP. The group wants to see the goals stated in this response become a reality for the students of School 12. We hope to set new methods of simple changes within our community that can be easily replicated in other city wide schools or perhaps serve as district examples of best practices for both healthier eating and incorporating more physical activity throughout the school day. The new group with assistance from the Finger Lakes Health Systems Agency, has reinitiated efforts to work with the School Food Services' new director, David Brown.

E. Description of the Project

Be sure to address the following-Describe the impact project activities will have on the children in your school. At the end of the three-year grant, what will be different? What changes will have taken place? The evidence-base or rationale for selecting the proposed strategies and how the strategies will achieve your proposed outcomes. What policies and practices need to be addressed to improve physical activity and healthy eating at your school?

Our new GRHF proposal for 2013-2016 encompasses four major goals: offering new after school services to 30% of our population; reaching 100% participation in 60 minutes of physical activity per day for all our students; increase overall exposure, education and choices for healthy eating within School 12 for 90% of our school population; and offering an increased level of parental engagement, reaching 40% of parents, to help sustain a cultural shift towards the educational benefits of healthy eating and physical activity for our children and overall community.

Each goal is broad, yet woven together to create a fervent, dynamic program for our students and community health. Each goal involves intensive participation from School 12's staff, parents and community partners. The impact of achieving these goals will empower our students with multiple ways to change their lives for a healthier, more active future.

Our after school clubs have designated leaders and stand ready to begin if we secure appropriate funding. These clubs hopefully have enough variety in order to attract a large group of interested students. There will be 3 "seasons" of clubs (similar to the scheduling of sports seasons for middle /high schools). Each club will initially be offered for 6-8 weeks and will focus on a couple of grade levels at a time. For example, Mr. Padron will lead karate for 15-20 students in grades K-2 in the fall, in the winter the same offering will be made for grades 3-4 and the third time will be offered in the spring for grades 5-6. The majority of clubs will meet one a week after school for 60-90 minutes. A minimum of two separate clubs for each of the three ages will

be offered each season. As we discover which clubs attract the greatest interest, we will extend the offerings and identify additional staff to facilitate greater participation.

All of the club offerings being proposed have been suggested and defined by our staff and their interests. People are excited! Our P.E. teacher, Ms. McGuigan, along with Ms. Osgood and PTA volunteers will lead a Running Club and a Cross fit for kids for club primarily grades 4-6. Our HOLA kindergarten teacher, Mr. Padron will offer his skills to lead a Karate Club. Teachers Ms. Kohli and Mr. Rudderman have agreed to lead a cooking/garden club. Mr. Martin will continue to coach the “Mighty Ducks” basketball team, which is part of the KBA (Kids Basketball Association) currently funded by the PTA, also for grades 4-6. Our current GRHF program staff completing our 2009 grant has secured volunteer leadership to lead an intramural basketball team at the South Avenue Recreation Center. School 12 has also written into this grant funds for a consultant, Rhythm Society, to teach a dance and another consultant from Foodlink to assist our cooking and garden clubs and place a focus on local food choices. Additional consultants may be pursued to help train staff and facilitate other clubs that have been asked for but not yet clearly detailed such as step, dance and zumba. The new grant program staff will facilitate these activities and any additional club suggestions that are made by students and staff. Consultants that are hired will be working with students as staff participates in a mentorship capacity that the staff can then lead, ultimately running a sustainable program. Parents will also be encouraged to volunteer, augmenting the staff leadership and instruction as they can.

The physical education staff is taking the lead in development of achieving the goal of 100% participation in 60 minutes of physical activity per day for all our students. The staff training for curriculum integration of physical activity will remain a priority to continue cultural change. And the principal/lead grade teachers/consultants will facilitate the indoor recreation via a new muscle room as well as continue to support outdoor recreation, morning dance, Duffy day (field day) and our well-established and anticipated *Fun Runs*. The changes in space resulting from the facilities modernization process during the second year of our grant will help with indoor space as will the shared use of the south avenue recreation center space. The goal is to have the current recreation center “game room” reclassified as a “muscle room” that will be used throughout the school day and after school by School 12 students and the greater community.

In an effort to better balance our work for both healthy eating and physical activity, School 12 will increase overall exposure, education and choices for healthy eating within School 12 for 90% of our school population. Our teachers, staff and volunteer parents will permeate healthy eating habits into the curriculum and every day culture of our school community. If awarded this grant, we plan to purchase equipment to support simple breakfast preparation in classroom. By making available items such as cutting boards, apple cutters and orange peelers to all classrooms, we expect the consumption of these fresh fruits and vegetables to increase dramatically. As adults, it’s easy to forget that many of our youngest students are missing front teeth and our oldest wear braces, so eating apples is not so straightforward! There will also be items such as food dehydrators, blenders and slow cookers purchased for curriculum integrated food preparation. It is our belief that a program staff hired by Grant funding would help support curriculum integration and special events for our students like Farm to School/lunchroom brought to our school by the consultant, Headwater Foods. The PTA will dedicate efforts to in-school events and programming that incorporate Positive Behavior Incentive System (PBIS) like our new idea for cooking with the principal. And our Healthy Eating Committee will utilize its

energy to adapt vendor food service menu item changes with the Rochester City School system, starting with breakfast. We will collaborate with the Finger Lakes Health Systems Agency to make this happen and hope to engage other grant-funded schools as well. We believe that our cooking and garden clubs organized by a new program staff and PTA volunteers will also create a great opportunity for ongoing education regarding healthy eating choices.

Our last goal of increasing level of parental engagement, reaching 40% of parents, to help sustain a cultural shift towards the educational benefits of healthy eating and physical activity for our children will be accomplished by several existing successful events established in 2009-2012. These include the current volunteer hours by 80 people who volunteer 120 hours per week, the PTA/staff email list, our once a week contact yahoo list that reaches 250 families, the United Way Day of Caring projects, the Rochester Midland Corporation- pencil partner program, the coordination with Recreation center activities, the winter series of sledding/skating and the promotion of after school, break and summer programs (t-ball, flower city soccer, riverflow soccer, love-15 tennis, YMCA swim lessons, etc). With assistance from a new program staff person, we plan to increase First Friday Nights for Families events for families with more roller skating and swimming at local YMCAs, hiking and orienteering in our adjacent Highland park, the cooking with the Principal Series, update and publicize “walking field trip guide.” We will not lose any opportunity to communicate and advocate with our families regarding our activities for all students.

Ultimately we believe our school will be an extended day school as a sample of RCSD schools will be in the Fall 2013. These clubs will be the foundation to make physical activity and healthy eating a focus for all students as we grow into this model. At this point, all students would be offered activities every day and it is our desire that a majority of these activities will involve physical activity. At the end of this three-year grant, we anticipate that our children will expect that a part of their day is spent being physically active. At the start students will “belong to a club” and by the time we are finished the students club will more than likely a part of the extended school day.

What policies and practices need to be addressed to improve physical activity and healthy eating at your school?

To improve physical activity and healthy eating at our school, policies at both the building level and the district need to be addressed. Current district policy mandates 20 minutes of recess daily. However, once all of instructional and curriculum mandates from the district are met, a total of only 30 minutes remain for breakfast in the classroom, intervention time and recess. Our district’s shift to extended day will enable this until then an interim policy change may be necessary. On the healthy eating front, the food service director and staff must embrace the goals of our programming and be willing work with the entire school community (staff, administration, and parents) to help educate our students and assist them in making healthy food choices (for example, plain milk over flavored milk during lunch). Any proposed change/improvement to the meal offerings is extremely difficult to make at the building level as we are provided all of our meals from the central kitchen that supplies all of the elementary school offerings. Support from food service and buy-in from schools across the district would be necessary. Some movement in the positive direction can be made at School 12 following the facilities modernization of our building. Upon our return to the renovated space, we will be working with a “hybrid” kitchen model that is already present in some of the RCSD district

elementary schools. At that point, we may be able to order items for our breakfast and lunch that fit our ideas of healthy eating for our students.

At the building level, physical activity policy with respect to classroom “break aid” time can be addressed. There are currently two building break aids that spend approximately 30 minutes in each classroom every week. There was a policy change made at the time we received our first GRHF grant to allow break aids and paraprofessionals to take classrooms outside. (Prior to this policy change only classroom teachers were allowed to take children outside). At this point, we should consider requiring some form of physical activity when classrooms are with a break aid. This could simply be indoor/outdoor recess or a curriculum based physical activity (march to math, action based learning etc.). These positions could be staffed differently and provided training to help facilitate this shift.

A change in lunch scheduling may also result in a more active time being available to eat lunch and/or few additional minutes made available for physical activity. We currently have 4 distinct lunch periods. Approximately 10 classrooms enter the cafeteria simultaneously and wait in turn to line up to receive their lunch. If classrooms entered the lunchroom in a more staggered fashion, more time would be available for students to actually consume lunch. There may also be time remaining in the 30 minutes allocated for lunch that could be spent on the playground or in recess. Playground monitors and/or additional lunch aids may be necessary to dismiss from lunch to recess where their classroom teacher will pick them up. We will work with the Finger Lakes Health Systems agency to make this happen as soon as possible.

The accumulation of all the above-mentioned efforts to promote healthier lifestyles of our students is largely based on the work of the past three year successes. Our efforts to date have been successful due to the integration of staff, volunteers and parents working together to change attitudes within our walls to stress the importance of physical activity. School 12’s staff and parents are completely committed to improving our students’ well-being in as many areas that we can. We see our ability to affect change in the minds of our students by giving them the confidence to take care of themselves with the best choices that they can make.

As part of our program plan if awarded this grant, we will integrate movement into the curriculum through “Action Based Learning” and “Math In Movement.” This will add to our goal to reach 100% participation of physical activity of 60 minutes per day. Staff will be offered training in both new curriculums. Training materials and classroom supplies will be purchased and made available to staff in our resource library. In addition, some of the materials will be strategically placed in the shared indoor recess spaces. Some materials will be purchased prior to our transition to Franklin for our school’s remodel. We will be sure to bring all our supplies back to School 12.

As School 12 adopts more *Action Based Learning* from the Common Core Curriculum, it strengthens the sustainability of physical activity and healthy food choices within the walls of school 12. If both physical activity and healthy foods are a vital part of the curriculum, then it will continue to be important in the future. For example, our cooking classes can be centered on a theme that is being studied in biology, our yoga can be taught to help with test taking stress, our karate could be utilized for focusing the mind to solve a math problem and our students checking their pulse rates could be an demonstration of their functioning circulatory systems.

Also, we strongly believe that our afterschool programs are safe places for our students to be. The majority of our kids come from high poverty areas of our city where it might be unsafe to play outside. Providing a safe place to learn and play with role models that our students' trust is an amazing gift we can give if awarded this grant.

School 12 seeks to hire a part time project manager to supervise the implementation if awarded the three-year grant. We are also very willing to negotiate a job share with another school grantee. Please see the Project Manager Job Description in Appendix A of Other Attachments at the end of our proposal.

Appendix A

Project Coordinator Job Description

Work hours per week: 20 (10 during summer break)

Benefits: This position does not have vacation or sick time benefits.

Reports to: Principal

Description: The part-time program staff will support the Healthy Hero goals of School 12 and working in partnership with the Greater Rochester Health Foundation to increase physical activity and healthy eating of School 12 students. This position requires creativity, flexibility, diligence and an ongoing eagerness to see the students succeed and thrive.

Duties:

- Coordinate after school clubs, including outreach to students/families, schedule communications, managing rosters of student, gather and file permission slips, supporting staff as necessary for equipment and supervision.
- Managing the grant budget and financial reporting
- Sharing best practice with other grant funded schools and district as a whole (via Carlos Cotto/PE department)
- Ordering equipment
- Working with administrative staff to assist in writing contracts for vendors and consultants
- Liaison to Facilities modernization team, School Based Planning Team and the City of Rochester recreation center for various aspects of the grant programming
- Assist the School Health Advisory committee
- Maintain adequate reporting and appropriate data collection with any entity that the GRHF has identified
- Advocate for increased parental involvement in healthier choices for the students of School 12
- Network with various community organizations in our neighborhood that can assist in our broader efforts