

**U.S. Department of Education**  
Washington, D.C. 20202-5335



**APPLICATION FOR GRANTS  
UNDER THE**

**Carol M. White Physical Education Program Application Package**

**CFDA # 84.215F**

**PR/Award # S215F130056**

**Grants.gov Tracking#: GRANT11377559**

OMB No. , Expiration Date:

Closing Date: Apr 12, 2013

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This application was generated using the PDF functionality. The PDF functionality automatically numbers the pages in this application. Some pages/sections of this application may contain 2 sets of page numbers, one set created by the applicant and the other set created by e-Application's PDF functionality. Page numbers created by the e-Application PDF functionality will be preceded by the letter e (for example, e1, e2, e3, etc.).

Application for Federal Assistance SF-424		
* 1. Type of Submission: <input type="checkbox"/> Preapplication <input checked="" type="checkbox"/> Application <input type="checkbox"/> Changed/Corrected Application	* 2. Type of Application: <input checked="" type="checkbox"/> New <input type="checkbox"/> Continuation <input type="checkbox"/> Revision	* If Revision, select appropriate letter(s): <input type="text"/> * Other (Specify): <input type="text"/>
* 3. Date Received: <input type="text" value="04/10/2013"/>	4. Applicant Identifier: <input type="text"/>	
5a. Federal Entity Identifier: <input type="text"/>	5b. Federal Award Identifier: <input type="text"/>	
<b>State Use Only:</b>		
6. Date Received by State: <input type="text"/>	7. State Application Identifier: <input type="text"/>	
<b>B. APPLICANT INFORMATION:</b>		
* a. Legal Name: <input type="text" value="North Brookfield Public Schools"/>		
* b. Employer/Taxpayer Identification Number (EIN/TIN): <input type="text" value="046001247"/>	* c. Organizational DUNS: <input type="text" value="1282303720000"/>	
<b>d. Address:</b>		
* Street1: <input type="text" value="10 New School Drive"/>	Street2: <input type="text"/>	
* City: <input type="text" value="North Brookfield"/>	County/Parish: <input type="text"/>	
* State: <input type="text" value="MA: Massachusetts"/>	Province: <input type="text"/>	
* Country: <input type="text" value="USA: UNITED STATES"/>	* Zip / Postal Code: <input type="text" value="01535-0122"/>	
<b>e. Organizational Unit:</b>		
Department Name: <input type="text"/>	Division Name: <input type="text"/>	
<b>f. Name and contact information of person to be contacted on matters involving this application:</b>		
Prefix: <input type="text"/>	* First Name: <input type="text" value="Jay"/>	
Middle Name: <input type="text"/>	* Last Name: <input type="text" value="Mooney"/>	
Suffix: <input type="text"/>	Title: <input type="text"/>	
Organizational Affiliation: <input type="text"/>		
* Telephone Number: <input type="text" value="508-867-8326"/>	Fax Number: <input type="text" value="508-867-6255"/>	
* Email: <input type="text" value="jmooney@nbschools.org"/>		

**Application for Federal Assistance SF-424**

**\* 9. Type of Applicant 1: Select Applicant Type:**

G: Independent School District

**Type of Applicant 2: Select Applicant Type:**

**Type of Applicant 3: Select Applicant Type:**

**\* Other (specify):**

**\* 10. Name of Federal Agency:**

U.S. Department of Education

**11. Catalog of Federal Domestic Assistance Number:**

84.215

**CFDA Title:**

Fund for the Improvement of Education

**\* 12. Funding Opportunity Number:**

ED-GRANTS-022613-001

**\* Title:**

Office of Elementary and Secondary Education (OESE); Carol M. White Physical Education Program  
CFDA Number 84.215F

**13. Competition Identification Number:**

84-215F2013-1

**Title:**

**14. Areas Affected by Project (Cities, Counties, States, etc.):**

Add Attachment

Delete Attachment

View Attachment

**\* 15. Descriptive Title of Applicant's Project:**

Project WILLPower (Wellness Is Life Long Power)

Attach supporting documents as specified in agency instructions.

Add Attachments

Delete Attachments

View Attachments

**Application for Federal Assistance SF-424**

**16. Congressional Districts Of:**

\* a. Applicant

b. Program/Project

Attach an additional list of Program/Project Congressional Districts if needed.

**17. Proposed Project:**

\* a. Start Date:

\* b. End Date:

**18. Estimated Funding (\$):**

\* a. Federal

\* b. Applicant

\* c. State

\* d. Local

\* e. Other

\* f. Program Income

\* g. TOTAL

**\* 19. Is Application Subject to Review By State Under Executive Order 12372 Process?**

a. This application was made available to the State under the Executive Order 12372 Process for review on

b. Program is subject to E.O. 12372 but has not been selected by the State for review.

c. Program is not covered by E.O. 12372.

**\* 20. Is the Applicant Delinquent On Any Federal Debt? (If "Yes," provide explanation in attachment.)**

Yes  No

If "Yes", provide explanation and attach

**21. \*By signing this application, I certify (1) to the statements contained in the list of certifications\*\* and (2) that the statements herein are true, complete and accurate to the best of my knowledge. I also provide the required assurances\*\* and agree to comply with any resulting terms if I accept an award. I am aware that any false, fictitious, or fraudulent statements or claims may subject me to criminal, civil, or administrative penalties. (U.S. Code, Title 218, Section 1001)**

\*\* I AGREE

\*\* The list of certifications and assurances, or an internet site where you may obtain this list, is contained in the announcement or agency specific instructions.

**Authorized Representative:**

Prefix:  \* First Name:

Middle Name:

\* Last Name:

Suffix:

\* Title:

\* Telephone Number:  Fax Number:

\* Email:

\* Signature of Authorized Representative:  \* Date Signed:

## ASSURANCES - NON-CONSTRUCTION PROGRAMS

Public reporting burden for this collection of information is estimated to average 15 minutes per response, including time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding the burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the Office of Management and Budget, Paperwork Reduction Project (0348-0040), Washington, DC 20503.

**PLEASE DO NOT RETURN YOUR COMPLETED FORM TO THE OFFICE OF MANAGEMENT AND BUDGET. SEND IT TO THE ADDRESS PROVIDED BY THE SPONSORING AGENCY.**

**NOTE:** Certain of these assurances may not be applicable to your project or program. If you have questions, please contact the awarding agency. Further, certain Federal awarding agencies may require applicants to certify to additional assurances. If such is the case, you will be notified.

As the duly authorized representative of the applicant, I certify that the applicant:

1. Has the legal authority to apply for Federal assistance and the institutional, managerial and financial capability (including funds sufficient to pay the non-Federal share of project cost) to ensure proper planning, management and completion of the project described in this application.
2. Will give the awarding agency, the Comptroller General of the United States and, if appropriate, the State, through any authorized representative, access to and the right to examine all records, books, papers, or documents related to the award; and will establish a proper accounting system in accordance with generally accepted accounting standards or agency directives.
3. Will establish safeguards to prohibit employees from using their positions for a purpose that constitutes or presents the appearance of personal or organizational conflict of interest, or personal gain.
4. Will initiate and complete the work within the applicable time frame after receipt of approval of the awarding agency.
5. Will comply with the Intergovernmental Personnel Act of 1970 (42 U.S.C. §§4728-4763) relating to prescribed standards for merit systems for programs funded under one of the 19 statutes or regulations specified in Appendix A of OPM's Standards for a Merit System of Personnel Administration (5 C.F.R. 900, Subpart F).
6. Will comply with all Federal statutes relating to nondiscrimination. These include but are not limited to: (a) Title VI of the Civil Rights Act of 1964 (P.L. 88-352) which prohibits discrimination on the basis of race, color or national origin; (b) Title IX of the Education Amendments of 1972, as amended (20 U.S.C. §§1681-1683, and 1685-1686), which prohibits discrimination on the basis of sex; (c) Section 504 of the Rehabilitation Act of 1973, as amended (29 U.S.C. §794), which prohibits discrimination on the basis of handicaps; (d) the Age Discrimination Act of 1975, as amended (42 U.S.C. §§6101-6107), which prohibits discrimination on the basis of age; (e) the Drug Abuse Office and Treatment Act of 1972 (P.L. 92-255), as amended, relating to nondiscrimination on the basis of drug abuse; (f) the Comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment and Rehabilitation Act of 1970 (P.L. 91-616), as amended, relating to nondiscrimination on the basis of alcohol abuse or alcoholism; (g) §§523 and 527 of the Public Health Service Act of 1912 (42 U.S.C. §§290 dd-3 and 290 ee- 3), as amended, relating to confidentiality of alcohol and drug abuse patient records; (h) Title VIII of the Civil Rights Act of 1968 (42 U.S.C. §§3601 et seq.), as amended, relating to nondiscrimination in the sale, rental or financing of housing; (i) any other nondiscrimination provisions in the specific statute(s) under which application for Federal assistance is being made; and, (j) the requirements of any other nondiscrimination statute(s) which may apply to the application.
7. Will comply, or has already complied, with the requirements of Titles II and III of the Uniform Relocation Assistance and Real Property Acquisition Policies Act of 1970 (P.L. 91-646) which provide for fair and equitable treatment of persons displaced or whose property is acquired as a result of Federal or federally-assisted programs. These requirements apply to all interests in real property acquired for project purposes regardless of Federal participation in purchases.
8. Will comply, as applicable, with provisions of the Hatch Act (5 U.S.C. §§1501-1508 and 7324-7328) which limit the political activities of employees whose principal employment activities are funded in whole or in part with Federal funds.

9. Will comply, as applicable, with the provisions of the Davis-Bacon Act (40 U.S.C. §§276a to 276a-7), the Copeland Act (40 U.S.C. §276c and 18 U.S.C. §874), and the Contract Work Hours and Safety Standards Act (40 U.S.C. §§327-333), regarding labor standards for federally-assisted construction subagreements.
10. Will comply, if applicable, with flood insurance purchase requirements of Section 102(a) of the Flood Disaster Protection Act of 1973 (P.L. 93-234) which requires recipients in a special flood hazard area to participate in the program and to purchase flood insurance if the total cost of insurable construction and acquisition is \$10,000 or more.
11. Will comply with environmental standards which may be prescribed pursuant to the following: (a) institution of environmental quality control measures under the National Environmental Policy Act of 1969 (P.L. 91-190) and Executive Order (EO) 11514; (b) notification of violating facilities pursuant to EO 11738; (c) protection of wetlands pursuant to EO 11990; (d) evaluation of flood hazards in floodplains in accordance with EO 11988; (e) assurance of project consistency with the approved State management program developed under the Coastal Zone Management Act of 1972 (16 U.S.C. §§1451 et seq.); (f) conformity of Federal actions to State (Clean Air) Implementation Plans under Section 176(c) of the Clean Air Act of 1955, as amended (42 U.S.C. §§7401 et seq.); (g) protection of underground sources of drinking water under the Safe Drinking Water Act of 1974, as amended (P.L. 93-523); and, (h) protection of endangered species under the Endangered Species Act of 1973, as amended (P.L. 93-205).
12. Will comply with the Wild and Scenic Rivers Act of 1968 (16 U.S.C. §§1271 et seq.) related to protecting components or potential components of the national wild and scenic rivers system.
13. Will assist the awarding agency in assuring compliance with Section 106 of the National Historic Preservation Act of 1966, as amended (16 U.S.C. §470), EO 11593 (identification and protection of historic properties), and the Archaeological and Historic Preservation Act of 1974 (16 U.S.C. §§469a-1 et seq.).
14. Will comply with P.L. 93-348 regarding the protection of human subjects involved in research, development, and related activities supported by this award of assistance.
15. Will comply with the Laboratory Animal Welfare Act of 1966 (P.L. 89-544, as amended, 7 U.S.C. §§2131 et seq.) pertaining to the care, handling, and treatment of warm blooded animals held for research, teaching, or other activities supported by this award of assistance.
16. Will comply with the Lead-Based Paint Poisoning Prevention Act (42 U.S.C. §§4801 et seq.) which prohibits the use of lead-based paint in construction or rehabilitation of residence structures.
17. Will cause to be performed the required financial and compliance audits in accordance with the Single Audit Act Amendments of 1996 and OMB Circular No. A-133, "Audits of States, Local Governments, and Non-Profit Organizations."
18. Will comply with all applicable requirements of all other Federal laws, executive orders, regulations, and policies governing this program.
19. Will comply with the requirements of Section 106(g) of the Trafficking Victims Protection Act (TVPA) of 2000, as amended (22 U.S.C. 7104) which prohibits grant award recipients or a sub-recipient from (1) Engaging in severe forms of trafficking in persons during the period of time that the award is in effect (2) Procuring a commercial sex act during the period of time that the award is in effect or (3) Using forced labor in the performance of the award or subawards under the award.

* SIGNATURE OF AUTHORIZED CERTIFYING OFFICIAL  Jay Mooney	* TITLE  Superintendent of Schools
* APPLICANT ORGANIZATION  North Brookfield Public Schools	* DATE SUBMITTED  04/10/2013

Standard Form 424B (Rev. 7-97) Back

# DISCLOSURE OF LOBBYING ACTIVITIES

Complete this form to disclose lobbying activities pursuant to 31 U.S.C.1352

Approved by OMB  
0348-0046

<b>1. * Type of Federal Action:</b> <input type="checkbox"/> a. contract <input checked="" type="checkbox"/> b. grant <input type="checkbox"/> c. cooperative agreement <input type="checkbox"/> d. loan <input type="checkbox"/> e. loan guarantee <input type="checkbox"/> f. loan insurance	<b>2. * Status of Federal Action:</b> <input type="checkbox"/> a. bid/offer/application <input checked="" type="checkbox"/> b. initial award <input type="checkbox"/> c. post-award	<b>3. * Report Type:</b> <input checked="" type="checkbox"/> a. initial filing <input type="checkbox"/> b. material change
--	--	--

**4. Name and Address of Reporting Entity:**

Prime     SubAwardee

\* Name:

\* Street 1:     Street 2:

\* City:     State:     Zip:

Congressional District, if known:

**5. If Reporting Entity in No.4 is Subawardee, Enter Name and Address of Prime:**

<b>6. * Federal Department/Agency:</b> <input type="text" value="Dept. of Education"/>	<b>7. * Federal Program Name/Description:</b> <input type="text" value="Fund for the Improvement of Education"/>  CFDA Number, if applicable: <input type="text" value="84.215"/>
---	--

<b>8. Federal Action Number, if known:</b> <input type="text"/>	<b>9. Award Amount, if known:</b> \$ <input type="text"/>
--	--

**10. a. Name and Address of Lobbying Registrant:**

Prefix  \* First Name  Middle Name

\* Last Name  Suffix

\* Street 1:     Street 2:

\* City:     State:     Zip:

**b. Individual Performing Services** (including address if different from No. 10a)

Prefix  \* First Name  Middle Name

\* Last Name  Suffix

\* Street 1:     Street 2:

\* City:     State:     Zip:

**11.** Information requested through this form is authorized by title 31 U.S.C. section 1352. This disclosure of lobbying activities is a material representation of fact upon which reliance was placed by the tier above when the transaction was made or entered into. This disclosure is required pursuant to 31 U.S.C. 1352. This information will be reported to the Congress semi-annually and will be available for public inspection. Any person who fails to file the required disclosure shall be subject to a civil penalty of not less than \$10,000 and not more than \$100,000 for each such failure.

\* Signature:

\* Name: Prefix  \* First Name  Middle Name

\* Last Name  Suffix

Title:     Telephone No.:     Date:

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PR/Award # S215F130056

## NOTICE TO ALL APPLICANTS

The purpose of this enclosure is to inform you about a new provision in the Department of Education's General Education Provisions Act (GEPA) that applies to applicants for new grant awards under Department programs. This provision is Section 427 of GEPA, enacted as part of the Improving America's Schools Act of 1994 (Public Law (P.L.) 103-382).

### To Whom Does This Provision Apply?

Section 427 of GEPA affects applicants for new grant awards under this program. **ALL APPLICANTS FOR NEW AWARDS MUST INCLUDE INFORMATION IN THEIR APPLICATIONS TO ADDRESS THIS NEW PROVISION IN ORDER TO RECEIVE FUNDING UNDER THIS PROGRAM.**

(If this program is a State-formula grant program, a State needs to provide this description only for projects or activities that it carries out with funds reserved for State-level uses. In addition, local school districts or other eligible applicants that apply to the State for funding need to provide this description in their applications to the State for funding. The State would be responsible for ensuring that the school district or other local entity has submitted a sufficient section 427 statement as described below.)

### What Does This Provision Require?

Section 427 requires each applicant for funds (other than an individual person) to include in its application a description of the steps the applicant proposes to take to ensure equitable access to, and participation in, its Federally-assisted program for students, teachers, and other program beneficiaries with special needs. This provision allows applicants discretion in developing the required description. The statute highlights six types of barriers that can impede equitable access or participation: gender, race, national origin, color, disability, or age. Based on local circumstances, you should determine whether these or other barriers may prevent your students, teachers, etc. from such access or participation in, the Federally-funded project or activity. The description in your application of steps to be taken to overcome these barriers need not be lengthy; you may provide a clear and succinct

description of how you plan to address those barriers that are applicable to your circumstances. In addition, the information may be provided in a single narrative, or, if appropriate, may be discussed in connection with related topics in the application.

Section 427 is not intended to duplicate the requirements of civil rights statutes, but rather to ensure that, in designing their projects, applicants for Federal funds address equity concerns that may affect the ability of certain potential beneficiaries to fully participate in the project and to achieve to high standards. Consistent with program requirements and its approved application, an applicant may use the Federal funds awarded to it to eliminate barriers it identifies.

### What are Examples of How an Applicant Might Satisfy the Requirement of This Provision?

The following examples may help illustrate how an applicant may comply with Section 427.

(1) An applicant that proposes to carry out an adult literacy project serving, among others, adults with limited English proficiency, might describe in its application how it intends to distribute a brochure about the proposed project to such potential participants in their native language.

(2) An applicant that proposes to develop instructional materials for classroom use might describe how it will make the materials available on audio tape or in braille for students who are blind.

(3) An applicant that proposes to carry out a model science program for secondary students and is concerned that girls may be less likely than boys to enroll in the course, might indicate how it intends to conduct "outreach" efforts to girls, to encourage their enrollment.

We recognize that many applicants may already be implementing effective steps to ensure equity of access and participation in their grant programs, and we appreciate your cooperation in responding to the requirements of this provision.

### Estimated Burden Statement for GEPA Requirements

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless such collection displays a valid OMB control number. Public reporting burden for this collection of information is estimated to average 1.5 hours per response, including time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. The obligation to respond to this collection is required to obtain or retain benefit (Public Law 103-382). Send comments regarding the burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the U.S. Department of Education, 400 Maryland Ave., SW, Washington, DC 20210-4537 or email [ICDocketMgr@ed.gov](mailto:ICDocketMgr@ed.gov) and reference the OMB Control Number 1894-0005.

**Optional - You may attach 1 file to this page.**

NBSPROJECTWILLPOWERGEPA.pdf

Add Attachment

Delete Attachment

View Attachment

## **GEPA Statement**

### **Steps to Ensure Equitable Participation**

North Brookfield Public Schools, in North Brookfield, MA, encourages diversity and does not discriminate on the basis of gender, race, color, creed, religion, disability, or national or ethnic origin. No student, teacher, or other beneficiary will be denied access to or participation in the programs and activities of initiative due to any of these factors.

North Brookfield Public Schools will recruit youth into the physical education program without discrimination, and those youth who are traditionally underrepresented will be especially encouraged to participate. All facilities used in the proposed project will allow for gender-segregated changing areas. The physical activities will be planned and developed to allow for the physical differences and varying interests of boys and girls.

Students with mental or physical disabilities will be treated with respect at all times, and activities will be modified to allow for their participation. These modifications will include the use of adaptive equipment or different sizes of equipment, allowing an individual staff member to work one-on-one with a student in the class, slowing the tempo of a game, or using lighter weights.

Students with limited English proficiency will be provided with bilingual instructional material.

## CERTIFICATION REGARDING LOBBYING

### Certification for Contracts, Grants, Loans, and Cooperative Agreements

The undersigned certifies, to the best of his or her knowledge and belief, that:

(1) No Federal appropriated funds have been paid or will be paid, by or on behalf of the undersigned, to any person for influencing or attempting to influence an officer or employee of an agency, a Member of Congress, an officer or employee of Congress, or an employee of a Member of Congress in connection with the awarding of any Federal contract, the making of any Federal grant, the making of any Federal loan, the entering into of any cooperative agreement, and the extension, continuation, renewal, amendment, or modification of any Federal contract, grant, loan, or cooperative agreement.

(2) If any funds other than Federal appropriated funds have been paid or will be paid to any person for influencing or attempting to influence an officer or employee of any agency, a Member of Congress, an officer or employee of Congress, or an employee of a Member of Congress in connection with this Federal contract, grant, loan, or cooperative agreement, the undersigned shall complete and submit Standard Form-LLL, "Disclosure of Lobbying Activities," in accordance with its instructions.

(3) The undersigned shall require that the language of this certification be included in the award documents for all subawards at all tiers (including subcontracts, subgrants, and contracts under grants, loans, and cooperative agreements) and that all subrecipients shall certify and disclose accordingly. This certification is a material representation of fact upon which reliance was placed when this transaction was made or entered into. Submission of this certification is a prerequisite for making or entering into this transaction imposed by section 1352, title 31, U.S. Code. Any person who fails to file the required certification shall be subject to a civil penalty of not less than \$10,000 and not more than \$100,000 for each such failure.

### Statement for Loan Guarantees and Loan Insurance

The undersigned states, to the best of his or her knowledge and belief, that:

If any funds have been paid or will be paid to any person for influencing or attempting to influence an officer or employee of any agency, a Member of Congress, an officer or employee of Congress, or an employee of a Member of Congress in connection with this commitment providing for the United States to insure or guarantee a loan, the undersigned shall complete and submit Standard Form-LLL, "Disclosure of Lobbying Activities," in accordance with its instructions. Submission of this statement is a prerequisite for making or entering into this transaction imposed by section 1352, title 31, U.S. Code. Any person who fails to file the required statement shall be subject to a civil penalty of not less than \$10,000 and not more than \$100,000 for each such failure.

<b>* APPLICANT'S ORGANIZATION</b>	
North Brookfield Public Schools	
<b>* PRINTED NAME AND TITLE OF AUTHORIZED REPRESENTATIVE</b>	
Prefix: <input type="text"/>	* First Name: <input type="text" value="John"/> Middle Name: <input type="text"/>
* Last Name: <input type="text" value="Provost"/>	Suffix: <input type="text"/>
* Title: <input type="text" value="Superintendent of Schools"/>	
<b>* SIGNATURE:</b> <input type="text" value="Jay Mooney"/>	<b>* DATE:</b> <input type="text" value="04/10/2013"/>

## Abstract

The abstract narrative must not exceed one page and should use language that will be understood by a range of audiences. For all projects, include the project title (if applicable), goals, expected outcomes and contributions for research, policy, practice, etc. Include population to be served, as appropriate. For research applications, also include the following:

- Theoretical and conceptual background of the study (i.e., prior research that this investigation builds upon and that provides a compelling rationale for this study)
- Research issues, hypotheses and questions being addressed
- Study design including a brief description of the sample including sample size, methods, principals dependent, independent, and control variables, and the approach to data analysis.

[Note: For a non-electronic submission, include the name and address of your organization and the name, phone number and e-mail address of the contact person for this project.]

---

## You may now Close the Form

You have attached 1 file to this page, no more files may be added. To add a different file, you must first delete the existing file.

\* Attachment:

**ABSTRACT** - The North Brookfield Public Schools is a rural district serving 581 students in grades K-12. To rectify severe deficiencies in the areas of curriculum and assessment identified in the district's nutrition and physical education curricula, the PEP Advisory Council (PAC) designed **Project WILLPower (Wellness Is Life Long Power)**, a comprehensive program based on the TEPPS model – Training, Equipment, Policies, Partnerships, and Sustainability – that meets absolute priorities 1 & 2, along with competitive preference priority #2.

The goals of **Project Willpower** are: 1. Improve instruction in healthy eating habits and in the nutritional intake of students; and 2. Utilize fitness education and assessment to help students understand and improve their physical well-being. To accomplish these goals, the district will adopt new research-based curriculum programs; review, update, and create appropriate district policies concerning nutrition and physical education; create a School Garden Program and a Family Fitness Program with the support of local partners; and create an after school fitness and nutrition program in conjunction with the North Brookfield Youth Center.

The district expects the following **nutritional outcomes**:

- \* The percentage of K-12 students that consume 2+ fruits/3+ vegetables per day will increase by 15% during each of the three years of the project.
- \* 100% of students K-8 will receive instruction on nutrition by June 2014
- \* 100% of students will participate in School Garden program by October 2014

The district expects the following **physical education and fitness outcomes**:

- \* The percentage of K-12 students achieving 60+ minutes of daily MVPA will increase 15% during each of the three years of the project.
- \* The percentage of K-12 students achieving a Health Fitness Zone in 5/6 events on Presidential Youth Fitness will increase 15% in each of the three years of the project.

## Project Narrative File(s)

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\* **Mandatory Project Narrative File Filename:**

[Add Mandatory Project Narrative File](#)

[Delete Mandatory Project Narrative File](#)

[View Mandatory Project Narrative File](#)

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To add more Project Narrative File attachments, please use the attachment buttons below.

[Add Optional Project Narrative File](#)

[Delete Optional Project Narrative File](#)

[View Optional Project Narrative File](#)

**Project WILLPower (Wellness Is Life Long Power)**

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**NEED FOR THE PROJECT**

**(A) The extent to which specific gaps or weaknesses in services, infrastructure, or opportunities have been identified and will be addressed by the proposed project, including the nature and magnitude of those gaps.**

The North Brookfield Public Schools (NBPS), in North Brookfield, MA, has identified significant weaknesses in its nutritional and physical education programs. Based on these needs, the district proposes **Project WILLPower (Wellness Is Life Long Power)**, a comprehensive plan that includes upgrades to the nutritional and physical education curricula - including the establishment of a school gardening program, improved fitness equipment, increased student assessments, and professional development for school staff.

NBPS is a small school district consisting of two adjacent schools, a K-6 elementary school with 329 students, and a 7-12 Jr./Sr. high school with 252 students. Forty percent of its students qualify for free/reduced price lunch, and the town's per-capita income of \$27,828 is 20% below the state average. The most current data from the National Center for Educational Statistics (NCES) classifies the District as rural, and as such, it lacks access to both fitness facilities and equipment, and the resources to improve current nutrition and physical education programs.

Student fitness levels are low, with only 10% of students receiving a National Physical Fitness Award on the President's Challenge Physical Fitness test in 2012-13, and 1% receiving a Presidential Award--meaning about *9 out of 10 North Brookfield students are not even achieving "average" fitness levels* for their gender and age (GPRA 2). *Only one in six students eats the recommended daily dosage of 2+ fruits and 3+ vegetables daily (GPRA1)*. Student Body Mass Index (BMI) data from the 2012-2013 school year indicate 59% of students are in the Normal BMI range, 20% are in the Overweight BMI range, and 20% are in the Obese/Extreme Obese BMI range.; worse than the national average, according to the 2010 CDC statistics.

To determine the District's needs, a program assessment was conducted by the PEP Advisory Council (PAC) consisting of the District's three physical education/health teachers, school nurse, Food Services Director, and the Superintendent of Schools. The PAC was established to create a comprehensive and unified program, and will oversee PEP activities over the life of **Project WILLPower**. The program assessment included:

1. Comparison of District's physical education curriculum with Massachusetts State Standards
2. Completion of modules 1-4 of the School Health Index (SHI).
3. Completion of the Physical Education Curriculum Analysis Tool (PECAT)
4. Completion of the Health Education Curriculum Analysis Tool (HECAT)

1. The **Massachusetts State Curriculum Frameworks** lay out comprehensive standards for education, and its *Comprehensive Health Frameworks* includes a **Physical Health Component**, which comprises *Physical Activity & Fitness and Nutrition*. This component aligns perfectly with all core elements of the PEP Grant, with a focus on "individual competence and versatility in movement skills, understanding movement concepts and body dynamics, and relating physical activity to lifelong health." Through mastering Massachusetts' Standard 2, Physical Activity and Fitness, students will –

- 2.3 Perform rhythmic routines and weight transfer to demonstrate fundamental movements
- 2.4 Identify physical and psychological changes resulting from participation in a variety of physical activities.
- 2.5 Explain the benefits of physical fitness to good health and increased active lifestyle.
- 2.6 Identify behaviors that contribute to wellness (exercise, nutrition, hygiene, rest).
- 2.7 Demonstrate responsible personal and social conduct used in physical activity settings.
- 2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and

relieve mental and emotional tension.

2.20 Demonstrate exercises in strength training, cardiovascular activities, and flexibility.

2.23 Meet developmentally appropriate health-related fitness benchmarks.

The current physical education program in the elementary school includes three 40 minute classes every six days; while in grades 7-12 it varies from students having daily physical education classes for the entire school year to students not having it at all. Due to scheduling and staffing issues, this falls short of the National Association of Sport and Physical Education (NASPE) goal of 150 minutes of PE per week for elementary students and 225 minutes of PE per week for middle/high school students, and is insufficient to meet state standards. Due to curriculum and equipment deficiencies, the fitness element of the curriculum (standard 2.4, 2.5, 2.12, 2.20, 2.23) is inadequate, and few rhythmic activities are offered (2.3, 2.10). K-12 nutrition education is inadequate (standard 2.6) due to a nutrition/health curriculum that is 19 years old.

2. A summary of results from the SHI point to the following weaknesses in the district.

**SHI Summary**

<b>SHI Module</b>	<b>SHI Module Scores</b>	<b>Weaknesses</b>
1. School health and safety policies and environment	42 out of 72 points = 58%	<ul style="list-style-type: none"> <li>• School health and safety policies need to be updated or developed</li> <li>• Inadequate physical activity facilities</li> <li>•</li> </ul>
2. Nutrition education	23 out of 39 points = 59%	<ul style="list-style-type: none"> <li>• Nutrition education not taught in all grades</li> <li>• Partial education on topics of physical activity and healthy eating</li> <li>• Current curriculum is from 1994</li> </ul>
3. Physical education and other physical activity programs	32 out of 63 points = 51%	<ul style="list-style-type: none"> <li>• Does not offer sequential physical education curriculum consistent with state standards</li> <li>• Physical education settings do not provide for universal access</li> <li>• Lack of Cardio fitness equipment</li> </ul>
4. Nutrition services	26 out of 36 points = 72%	<ul style="list-style-type: none"> <li>• Lack of variety in school meals</li> <li>• Lack of appealing low fat foods</li> <li>• Lack of healthy food and beverage choices</li> </ul>

3. The PECAT scorecard shows that the District scores significantly low in both content and assessment scores, indicating a tremendous need for curriculum improvement, as 5 (out of 10) was the highest score achieved and most sections scored 3 or lower.

Standard 1: competency in motor skills; 2: understanding of movement concepts; 3: participation; 4: fitness level; 5: responsible behavior; 6: values physical activity.

**PECAT Scorecard Table**

Standard	Content Analysis K-2	Content Analysis 3-5	Content Analysis 6-8	Content Analysis 9-12	Student Assess K-2	Student Assess 3-5	Student Assess 6-8	Student Assess 9-12
1	5	5	5	1	1	0	3	1
2	5	2	2	2	0	0	1	1
3	3	2	3	3	0	0	2	0
4	0	0	2	5	0	0	2	3
5	4	3	2	4	0	0	0	2
6	1	1	2	2	0	0	0	2

The PECAT Curriculum Improvement Plan Worksheet was used to help identify areas for improvement. The following weaknesses, recommendations, and actions were identified:

**PECAT Curriculum Improvement Plan**

Weaknesses	Recommendations	Actions
Lack of nutrition curriculum K-12	Adopt Healthy Kids Challenge's Balance My Day	Staff training/curric. implem. Create School Garden
Deficiencies found in PE curriculum	Adopt SPARK PE Curric. & Adventure Education model	Release time to PE/Health staff for training
Lack of dance/rhythm activities	Adopt SPARK PE	Provide PD to PE staff
Responsible social behaviors of students need improvement	Adopt an Adventure Education model	Install equipment, provide PD to staff
Deficiencies in PE assessment	Provide PD in assessment	Provide PD to PE staff
Lack of fitness opportunities outside of regular PE classes	Create after school fitness program with North Brookfield Youth Center	Initiate after school fitness program with NBYC
Lack of Cardio PE equipment and equipment for students with special needs	Acquire Cardio equipment and universal PE equipment	Use both Cardio and universal PE equipment in classes
Lack of opportunities for PE staff to stay current in the field of PE, and to share knowledge with classroom teachers	Increase opportunities to stay current in field, specific to assessment and brain-based activities	Provide PD for PE staff Attend/present at conferences Incorporate movement into academic classrooms

4. The PEP Advisory Council (PAC) also completed the healthy eating module of the HECAT.

The results of this analysis reinforce the District’s need to improve nutritional education

curriculum materials and instructional strategies and promote positive healthy eating behaviors

**HECAT Analysis**

Health Education Curriculum Analysis Tool (HECAT) Standards	Average Concept Coverage Score for sections (K-2, 3-5, 6-8, 9-12)	Student Skill Score for each section (K-2, 3-5, 6-8, 9-12)	Teacher Instr.& Skill Score for each section (K-2, 3-5, 6-8, 9-12)	Comments
Standard 1 – student comprehension of health promotion and disease prevention concepts	2.5	NA	NA	Current curriculum for grades K-12 needs updating, materials are from 1996
Standard 2 – analysis of outside influences on healthy behaviors	NA	2	2	Curriculum covers concepts vaguely, and terms and strategies need updating
Standard 3 – ability to access information, products, & services to enhance health	NA	2	2	Curriculum covers concepts vaguely, and terms and strategies need updating, access to information has changed greatly over 17 yrs.
Standard 4 – ability to use interpersonal skills to enhance health and avoid health risks	NA	2	2	Use of technology has greatly affected interpersonal skills of students, curriculum needs to be updated to match this need
Standard 5 – ability to use decision-making skills to enhance health	NA	2	2	Curriculum covers concepts vaguely, and terms and strategies need updating
Standard 6 – ability to use goal-setting skills to enhance health	NA	3	3	This standard has not been affected as much by outdated curriculum
Standard 7 – ability to practice healthy behaviors & reduce health risks	NA	2	2	Curriculum covers concepts vaguely, and terms and strategies need updating
Standard 8 – ability to advocate for personal, family, & community health	NA	2	2	Curriculum covers concepts vaguely, and terms, strategies and access to information has changed much over last 17 yrs.

**SIGNIFICANCE**

**(A) The likelihood the proposed project will result in system change or improvement.**

The comprehensiveness of the project is highly indicative of the likelihood of system change or improvement.

<b>Goal 1: Improve instruction in healthy eating habits to improve student nutritional intake</b>	
<b>Objective 1.1:</b> Adopt Healthy Kids Challenge (HKC) Balance My Day nutrition curriculum.	
<b>Identified Need:</b> MA Standard 2.6; SHI Module 1.CC.3, SHI Module 2.CC.7, and SHI Module 4.N.10	
<b>Activities:</b> 1. Purchase SPARK/HKC curriculum and undergo staff training 2. Implement new curriculum 3. Create school garden 4. Implement Family Fitness Program 5. Harvest foods for use in school cafeterias 6. Review and update District policies concerning health and nutrition on a monthly basis with PEP Advisory Council (PAC) 7. Conduct monthly project reviews with PAC	
<b>Outcomes</b>	<b>Measurement Tools</b>
<ul style="list-style-type: none"> <li>• The percentage of students served by the grant who consume fruit 2 or more times per day and vegetables 3 or more times per day as measured in programs serving high school students using the nutrition-related questions from the Youth Risk Behavior Survey and in programs serving elementary and middle school students using an appropriate assessment tool for their populations will increase by 15% during each of the three years of the project (GPRA 3)</li> <li>• 100% of students K-12 will receive instruction on nutrition by June 2014.</li> <li>• 40% of students participate in Family Fitness &amp; Nutrition Program by June 2014; 50% by June 2015; 60% by June 2016</li> <li>• 100% of health/nutrition staff will participate in professional development opportunities during each of the three years of the project</li> <li>• HECAT scores will increase 75% by the end of the project period</li> </ul>	<ul style="list-style-type: none"> <li>• YRBS grades 9-12</li> <li>• SPARK/HKC nutritional assessments for grades K-8</li> <li>• SPARK/HKC assessment tools</li> <li>• School lunch menus</li> <li>• Family Fitness Program attendance logs</li> <li>• Health/Science curriculum activities (Garden Program)</li> <li>• PAC agendas</li> <li>• Conference attendance rates</li> <li>• HECAT scorecard</li> <li>• After school fitness and nutrition programming with NBYC</li> </ul>
<b>Goal 2: Utilize fitness education and assessment to help students understand and improve their physical well-being.</b>	
<b>Objective 2.1:</b> Adopt adventure-based education curriculum.	
<b>Identified Need:</b> MA standards (2.3, 2.4, 2.5, 2.6, 2.7, 2.10, 2.20, 2.23); PECAT - Content Standard 4 and Assessment Standards 1-6; SHI – Module 3.1, 3.4, 3.8, 3.9	
<b>Activities:</b> 1. Purchase curriculum, install equipment and undergo staff trainings 2. Implement new curriculum in physical education and UPASS settings 3. Implement after school fitness activity program with North Brookfield Youth Center 4. Review and update District policies concerning physical education and fitness on a monthly basis with the PEP Advisory Council (PAC) 5. Conduct monthly program reviews with PAC	
<b>Outcome</b>	<b>Measurement Tools</b>
<ul style="list-style-type: none"> <li>a) 60% of students will participate in adventure ed. curriculum activities and associated assessments by June 2014, 80% by June 2015, and 100% by June 2016</li> <li>b) 100% of physical education staff will participate in professional development activities pertaining to adventure-</li> </ul>	<ul style="list-style-type: none"> <li>• Adventure ed. curriculum assessments</li> <li>• Adventure ed. curriculum activities/lesson plans</li> <li>• Youth Risk Behavior Survey</li> </ul>

<p>based education during each of the three years of the project</p> <p>c) The percentage of students served by the grant who engage in 60 minutes of daily physical activity measured by using pedometers for students in grades K-12 and an additional 3DPAR instrument to collect data for students in grades 5-12 will increase 15% during each of the three years of the project (GPRA 1)</p> <p>d) The percentage of students served by the grant who meet the standard of a healthy fitness zone as established by the assessment for the Presidential Youth Fitness Program (PYFP) in at least 5 of the 6 fitness areas of that assessment will increase by 15% each of the three years of the project (GPRA 2)</p> <p>e) PECAT scores will increase by 75% by the end of the three years of the project</p>	<ul style="list-style-type: none"> <li>• PECAT scorecard</li> <li>• Presidential Youth Fitness Program</li> <li>• WIFI Pedometers/Laptops &amp; Apps</li> <li>• 3DPAR</li> <li>• PAC Agendas</li> </ul>
<p><b>Objective 2.2:</b> Adopt SPARK PE curriculum.</p>	
<p><b>Identified Need:</b> MA standards (2.3, 2.4, 2.5, 2.6, 2.7, 2.10, 2.20, 2.23); PECAT - Content Standard 4 and Assessment Standards 1-6; SHI – Module 3.1, 3.4, 3.8, 3.9</p>	
<p><b>Activity:</b> 1. Purchase SPARK curriculum, equipment and undergo staff trainings 2. Implement new curriculum in PE classes 3. Implement after school fitness activity program with North Brookfield Youth Center 4. Review and update District policies concerning physical education and fitness on a monthly basis with the PEP Advisory Council (PAC) 5. Purchase cardio fitness equipment for grades 7-12 5. Conduct monthly program reviews with PAC</p>	
<p><b>Outcomes</b></p>	<p><b>Measurement Tools</b></p>
<p>a) 60% of students will participate in SPARK curriculum activities and associated assessments by June 2014, 80% by June 2015, and 100% by June 2016</p> <p>b) 100% of physical education and nutrition staff will participate in professional development pertaining to SPARK/KHC activities during each of the three years of the project</p> <p>c) The percentage of students served by the grant who engage in 60 minutes of daily physical activity measured by using pedometers for students in grades K-12 and an additional 3DPAR instrument to collect data for students in grades 5-12 will increase 15% during each of the three years of the project (GPRA 1)</p> <p>d) The percentage of students served by the grant who meet the standard of a healthy fitness zone as established by the assessment for the Presidential Youth Fitness Program (PYFP) in at least 5 of the 6 fitness areas of that assessment will increase by 15% each of the three years of the project (GPRA 2)</p>	<ul style="list-style-type: none"> <li>• SPARK curriculum assessments</li> <li>• SPARK curriculum activities/lesson plans</li> <li>• Youth Risk Behavior Survey</li> <li>• PECAT scorecard</li> <li>• Presidential Youth Fitness Program</li> <li>• WIFI Pedometers/Tablets/Apps</li> <li>• 3DPAR</li> <li>• PAC Agendas</li> <li>• Usage logs of Cardio Fitness Equipment (Treadmill, elliptical, bikes, etc.)</li> </ul>

**QUALITY OF THE PROJECT DESIGN**

**(A) The extent to which the proposed project is designed to build capacity and yield results that will extend beyond the period of Federal financial assistance.**

**Project WILLPower's** comprehensive design will build capacity within the District and become a District norm. By following the 5 steps of the District-designed TEPPS (Training, Equipment, Policy, Partnerships, & Sustainability) model, the District will address the needs identified in the PECAT, HECAT, and SHI assessments and prove its ability to meet the grant's priorities.

**1. Training** – All District staff and students will benefit from project trainings. Federal funds will be used to train PE/Health/Food Services staff in the new physical education and nutrition curricula (SPARK PE, SPARK/HKC and an adventure-based physical education model). The trainings will focus on teaching students the benefits of proper nutrition in the classroom, while showing the food services staffs how to better incorporate nutritious foods into the cafeteria. The School Garden program, which will be overseen by the District's health and science teachers and the food services director, will be supplemented by dietitians, nutritionists, and horticulturalists through partnerships with the Coordinated Family and Community Engagement (CFCE) program, and the CHNA5 (Community Health Network Area 5) as part of the grant's Family Fitness Program. Finally, the North Brookfield Board of Health will provide education and support for the School Garden and its Recycling Center will provide compost for the garden.

The physical activity and fitness trainings will include all physical education and health staff, and staff from the North Brookfield Youth Center (NBYC). Trainings will include how to gather data for the GPRA requirements, including the use of wireless pedometers and tracking of MVPA data, the 3DPAR (3 Day Physical Activity Recall) instrument, how to implement the Presidential Youth Fitness Program, and using the Youth Risk Behavior Survey and associated HKC surveys to measure students' daily intake of fruits and vegetables. The NBYC staff will

participate in these trainings as they expand their current after school programming to create a nutrition and fitness/adventure-based activity after school program for students in grades K-12.

School staff from the UPASS (Underachieving Performers Achieving Success) program in grades 7-12, a self designed program that serves the District's at-risk population, will also attend the adventure-based training. Their students will benefit from the self-confidence, cooperation, and teamwork focus of the adventure curriculum. UPASS students will then have access to the adventure equipment in their program and in their regular physical education classes.

As evidenced by the extremely low scores in the PECAT, HECAT, and SHI, professional development is a primary focus of the project. In addition to the formal curricula being adopted, physical education and nutrition staff will focus on opportunities to learn more about brain-based learning and how it's affected by physical movement. All PE and health staff will attend local, state and national conferences; and then disseminate the information throughout the District community concerning developments in this field through the use of staff meetings, curriculum days, professional learning communities, and newsletters.

**2. Equipment** – All equipment purchased with grant funds will be directly related to **Project WILLPower**. All SPARK equipment and the adventure programming equipment will be purchased with warranties and installation of the indoor/outdoor high and low elements challenge courses will be done by insured professionals. The District's lack of fitness equipment, identified through the PECAT, will be addressed through the purchase of professional-grade cardio fitness machines for use in the Jr./Sr. high school. Technology will be purchased for classrooms that will allow GPRA pedometer information to be efficiently tracked and organized.

**3. Policies** – Currently, the District has 12 policies concerning the curriculum, health, and physical activity of its students ranging from course requirements needed for graduation, and

how they are aligned with the Massachusetts graduation requirements, to policies for drug use, athletic eligibility, and student health services.

The District has a great need, as indicated in the SHI, PECAT, and HECAT, in the areas of Nutrition and Physical Education policy and curriculum development. The current nutrition policy is covered in a small section of the District's Wellness Policy; and while the health curriculum follows a sequential implementation process, it has not been updated since 1994. The District's PEP Advisory Council (PAC) has extensively reviewed the SPARK/HKC curriculum, followed District procurement protocol concerning curriculum adoptions, and looks forward to updating all District health, physical education, nutrition, and wellness policies.

**4. Partnerships** – Due to its extremely rural location and lack of local social service agencies, the District depends heavily on the few partnerships it has developed over the years. The North Brookfield Youth Center (NBYC) was founded in 2000 as part of the federal 21<sup>st</sup> Century Community Learning Program. Since its founding, the NBYC has created after school and summer programming to supplement the education of students in grades K-12. These programs have included academic, theatrical, and musical components. The adult and student leaders of the NBYC have been awarded state and national recognition, and have presented at numerous conferences. As evidenced by low scores in the PECAT, HECAT, and SHI, **Project**

**WILLPower** will expand upon this relationship by adding a fitness and nutrition component for students in grades K-12 to the current academic components of the NBYC after school program.

The District will also expand upon its partnerships with the Coordinated Family and Community Engagement (CFCE) program from the Massachusetts Department of Early Education and Care (EEC), and with Community Health Network Area 5 (CHNA5) from Harrington Memorial Hospital. As part of its focus on nutrition, the CFCE and CHNA5 will participate in Family

Fitness Programs held on school grounds twice per year. These programs will align with the SPARK/HKC curricula, and provide opportunities for fitness/nutrition professionals to speak with students and families. The District will also partner with the North Brookfield Board of Health's (BOH) Recycling Center on the School Garden. The BOH will provide advice for students and teachers and composting materials from its recycling center for the School Garden.

**5. Sustainability – Project WILLPower** will remain viable due to its comprehensive planning, organization, and ability to raise funds for equipment maintenance, insurance and course inspections. This program includes adventure-based curriculum and challenge elements not available within a 25 mile radius of the District, and the District will use its rural status to promote its sustainability. The District estimates a total of 12 adults will be trained in the adventure education curriculum and the challenge course elements; this includes staff from the physical education and health programs, the UPASS program, and the North Brookfield Youth Center. At the end of the three year grant project, and under the District's supervision, the North Brookfield Public Schools will organize, publicize and host Adventure Camps designed for both students in grades K-12 and corporate events. The staff that has been trained in adventure curricula will run the camps; to be held during school vacations. Proceeds will then be used for program maintenance and course inspections. With over 4,500 students attending schools in contiguous districts, a camp attendance rate of 3%, and a camp fee of \$200/ea; annual gross proceeds of \$27,000 are expected to cover camp costs and post-award program sustainability.

**(B) The extent to which the design of the proposed project reflects up-to-date knowledge from research and effective practice.**

The PEP Advisory Council (PAC) has met three times per week throughout the grant planning process. After much research and discussion, it was decided to focus on the nutrition and physical education components of SPARK and Healthy Kids Challenge's Balance My Day

curricula, and to complement the project with an adventure-based curriculum; due to the substantial research supporting these programs and how they best fit the needs of the District.

SPARK elementary physical education is the only national program that positively affects all student outcomes associated with this grant: moderate to vigorous physical activity surpasses 50% of class time, improved fitness and sports skills, enjoyment, and academic achievement. The National Institute for Health (NIH) has identified SPARK as the only researched program available that provides coordinated curriculum, training, support, and equipment specifically designed for teachers in grades K-12. In 1993 the U.S. Department of Education honored SPARK as an Exemplary Program, indicating its strong support of the program; and SPARK was identified by the Center for Disease Control (CDC) as a national model for programs designed to increase physical activity and combat childhood obesity in their report School-Based Physical Education: An Action Guide (2009). In 2006, SPARK earned “Gold” rankings for their elementary and middle school PE programs from the prestigious Cooper Institute study examining effective U.S. activity and health interventions. Additionally, SPARK/HKC/Balance My Day has been awarded the National Dairy Council’s “Most Sustainable Grant Project,” and received a “Silver” ranking from the Cooper Institute.

The District feels the SPARK programs will best address the identified needs because of their strong curricular development and support. The North Brookfield Public Schools has also been associated with the New England Dairy Council, a subsidiary of the National Dairy Council, for the last five years. Through this partnership, and in conjunction with its Fuel Up To Play 60 program, the District has been awarded a total of \$6,000 since 2008 to supplement its physical education and nutrition programming.

As the PAC researched methods of meeting students' needs and grant requirements, the benefits of an adventure-based curriculum became evident. The affective skill sets of cooperation, leadership, confidence, empathy, and teamwork that an adventure curriculum develops align perfectly with the needs of our population. Upon further research, the PAC determined that a comprehensive program must be adopted; one that includes a highly experienced vendor with a research based and relevant curricula, able to provide professional development and staff training on all aspects of programming and assume responsibility for installation of all equipment, and be accredited by the AEE (Association of Experiential Education) and a member of ACCT (Association of Challenge Course Technology).

“Adventure-based education has been found to obtain notable outcomes and have particularly strong, lasting effects, as compared to more traditional means of instruction,” according to J. Hattie in a widely respected article in *the Review of Educational Research* (1997). This finding was not indicative of all adventure programs, but those with the following instructional factors corresponded with the greatest gains in outcomes: challenge, risk taking, increased physical activity, feedback, and mutual group support. The first key component of a high quality adventure program involves the use of adventure-based activities which are theoretically grounded in the Experiential Learning Cycle. Students are guided through the four stages of this model during the activities, which maximizes their learning. The second key component involves the use of a contract as a way of establishing a “community of learners.” This process is supported by research that has shown that classroom culture has an impact on overall achievement. The third component of a quality adventure program is the concept of “challenge by choice,” in which students who are given choices within the physical education setting experience an increased level of intrinsic motivation and engagement. The final component of a

high quality adventure-based education program involves the setting and monitoring of goals. Stronger self efficacy results when more proximal goals, rather than distal goals, are set. The curriculum the PAC will choose will provide explicit instruction in the teaching of setting goals.

**(C) The extent to which the proposed project represents an exceptional approach for meeting statutory purposes and requirements.**

**Project WILLPower** was designed by the PEP Advisory Council (PAC), in association with input from its partners - the Coordinated Family and Community Engagement (CFCE) program from the MA Department of Early Education & Care, the North Brookfield Board of Health, the North Brookfield Youth Center, the Community Health Network Area 5, and the North Brookfield Board of Selectmen; thus, the District qualifies for **Competitive Preference Priority #2**. The project also meets the requirements of the **Absolute Priority** by addressing all of the following elements: (1) instruction in healthy eating habits and good nutrition; (2a) fitness education and assessment to help students understand, improve, or maintain their physical well being; (2b) instruction in a variety of motor skills and physical activities designed to enhance the physical, mental, and social or emotional development of every student; (2c) development of, and instruction in, cognitive concepts about motor skills and physical fitness that support a lifelong healthy lifestyle; (2d) opportunities to develop positive social and cooperative skills through physical activity participation; (2e) opportunities for professional development for teachers of physical education to stay abreast of the latest research, issues, and trends in the field of physical education.

**(1) Improving instruction in healthy eating habits and good nutrition.**

To support the PECAT Curriculum Improvement Plan, and address weaknesses identified in the SHI modules 2 and 3, the District will implement the Healthy Kids Challenge (HKC) Balance My Day curriculum in grades K-8. Balance My Day is evidenced-based, aligned with National

Health Standards, HECAT-compliant, and USDA MyPlate-aligned. HKC offers nutrition curricula for three levels-grades K-2, grades 3-5, and grades 6-8--with 30 15-20-minute lessons provided for each level. In addition to HKC resources, the curriculum will be supplemented with materials and support provided by its partners, both in the classroom and through the creation of the Family Fitness Program. Finally, a cooperative effort between the Food Services Director, the local Board of Health, the health teachers, and science teachers will lead to the cross-curriculum creation of the School Garden. This will allow students to realize first hand, the benefits of fresh produce by planting fruits and vegetables on school grounds and harvesting them for consumption in the cafeteria, while also motivating students to meet the GPRA measure of consuming 2+ fruits and 3+ vegetables per day. Professional development opportunities will be provided for nutrition and health staff through the New England Dairy Council and the John C. Stalker Institute of Food and Nutrition at Framingham State University.

**(2) Improving physical fitness activities.**

**(a) Fitness education and assessment to help students' physical well being** – By adopting the SPARK curriculum (an award-winning, research-based, Massachusetts and National standards and PECAT-aligned PE program), an adventure-based curriculum, and the required Presidential Youth Fitness Program, staff will gain the knowledge and assessment instruments (pedometers, 3-Day Physical Activity Recall (3DPAR), Youth Risk Behavior Survey (YRBS), and fitness equipment) to assess all students and assist them in improving their fitness and nutrition levels. To increase transparency, assessment data will be aggregated (ensuring student confidentiality) and made available to the public and personal results will be distributed individually with report cards. PE/Health staff will also administer the Youth Risk Behavior Survey for students in grades 9-12 to measure nutritional intake, while students in grades K-8 will use HKC-developed

tools for this assessment. These assessments will help the District meet standard 2.23 and address the PECAT Curriculum Improvement recommendation to address deficiencies in PE assessment.

**(b) Instruction in a variety of motor skills** – By adopting the SPARK curriculum, an adventure-based curriculum, and creating a K-12 after school fitness program, **Project WILLPower** will ensure students receive instruction in a variety of motor skills and physical activities designed to enhance their physical, mental, and social/emotional development, and Adaptive PE equipment will be purchased to ensure universal access for all students. Through the after school fitness and nutrition program, schedule improvements, and policy developments that will align the PE curriculum with MASS Core (the Massachusetts comprehensive program of studies), the District ensures student progress towards meeting GPRA measurement #1--60 minutes/day of moderate/vigorous physical activity (MVPA). The after school fitness and nutrition program, run in conjunction with the North Brookfield Youth Center (NBYC), will expand on the NBYC academic program currently in place. It will include a range of eight activities such as team-building, fitness/tag games, cooking/creating healthy snacks, life-long sports, adventure, etc. and will consist of a 12 week session each fall and spring for students in grades K-12 – with six hour-long weekly programs each session. Schedule modifications under development in grades 7-12 will create additional PE access for all students as well as improve the UPASS program, thus offering those students greater access to the adventure programming.

**(c) Development of concepts which support a lifelong healthy lifestyle** – The project will supplement the above curricular offerings with partnership activities, including Family Fitness Programs held twice per year focusing on nutrition, healthy eating, and lifetime activities (golf, tennis, biking, etc.) which families can do together. The School Garden program will provide lifelong relevancy and encouragement for all participants to adopt a nutritious and healthy

lifestyle. Students will receive in-depth instruction, as part of the SPARK curriculum, on the use of pedometers and the lifelong benefits associated with them. Finally, through the use of the Presidential Youth Fitness Program (PYFP) to assess student's physical health, an emphasis will be placed on healthy lifestyles of the individual student, rather than on past practice that emphasized the competitiveness of receiving an award.

**(d) Development of positive social and cooperative skills** –By adopting an adventure-based PE curriculum, **Project WILLPower** is implementing a highly regarded, research based program developed to improve students' positive social and cooperative skills. The addition of both indoor high and low challenge elements and outdoor high and low challenge elements will enable the District to address MA Standard 2.7 by teaching and reinforcing positive social and cooperative skills and responsible personal and social conduct; and also address Standard 2.4 as students experience increased confidence as a result of their participation in this curriculum. The project will greatly benefit the District's at-risk students in its newly created program for grades 7-12, UPASS (Underachieving Performers Achieving Success). UPASS students will access the adventure curriculum from both their classroom, and physical education, settings.

**(e) Professional development for physical education teachers** – Teachers will be trained in all facets involved with the adoption of the two new curricula (SPARK and adventure). The project will also offer staff opportunities to attend national conferences (AAHPERD, the Association for Experiential Education Conference, and Adventure Education Conference); as well as the state level MAHPERD fall and spring conferences in order to stay current in the field of physical education. Specifically, staff will seek professional development in the areas of student assessment and cross curriculum development, in order to share the many brain-based benefits of

movement and physical education with all school staff. PE staff will also present program findings at local and state conferences to support replication of successes in other districts.

### **Invitational Priorities**

**Project WILLPower** addresses all seven components of the Invitational Priority:

1. Universal Access – all curricular programs, after school programs, gardening programs, and family nights will allow for universal access for all students; and staff will also receive professional development in the field of adaptive physical education.
2. Range of age appropriate activities – all curricular, partnership, and after school programs in this project will offer a range of age appropriate activities.
3. Aim to reach recommended guidelines on dosage and duration – all activities of the project are research-based and designed to assist students to achieve local, state, and national standards.
4. Engaging and fun for kids – all activities are designed to be engaging and fun for kids; with a focus placed on physical education staff seeking professional development on how to incorporate movement into the regular education classroom.
5. Led by well trained staff – all project activities will be led by well-trained staff, and all training will include staff from the NBYC for the after school fitness and nutrition program.
6. Tracking progress – Policies will be created regarding the public posting of GPRA aggregate data measures on the District's web site and personal results included on individual report cards.
7. Provide consistent motivation and incentives – all activities are designed to provide external, and to develop internal, motivation for students. Students will be motivated by new activities and adventure equipment, wifi fitness tracking technology, new after school programs, and free incentives provided by District partners from the Family Fitness Programs.

**Project WILLPower Meets PEP Requirements**

<b>PEP Requirements</b>	<b>WILLPower Goal 1: Improve instruction in healthy eating habits and improve student nutritional intake</b>	<b>WILLPower Goal 2: Utilize fitness education and assessment to help students understand and improve their physical well-being.</b>
1. Align Project Goals With Identified Needs Of School Health Index	All objectives, activities, and outcomes associated with Goal 1 have been determined by the PEP Advisory Council's (PAC) analysis of the District curriculum, HECAT and School Health Index and address the gaps/weaknesses that have been identified.	All objectives, activities, and outcomes associated with Goal 2 have been determined through the PEP Advisory Council's (PAC) analysis of the District curriculum, PECAT and School Health Index and address the gaps/weaknesses that have been identified.
2. Nutrition & Physical Activity-Related Policies	PAC will create School Garden Policy and update existing policies as needed to create more nutritious environment for students.	PAC will update school physical education requirement policy to align with state graduation requirements, create new physical education safety policy regarding adventure equipment, and adopt new PE curriculum documents.
3. Links To Local Wellness Policies	All nutritional aspects of project are fully aligned with existing District Wellness Policy's Nutritional Guidelines, which are aligned with USDA's National School Lunch Program.	All physical education and fitness aspects of project are fully aligned with existing District Wellness Policy's Physical Education Guidelines, which are aligned with NASPE.
4. Link With Federal, State, and Local Initiatives	Through the SPARK/HKC connection, the project will institute strategies that are recommended by the CDC, National Institute for Health (NIH), the American Academy of Pediatrics, and the USDA; and will continue its local link to National Dairy Council through the Fuel Up To Play 60 activity guides. Links will be created to the Department of Public Health through partnerships with CHNA5 (Community Health Network Area 5) and the local Board of Health.	Project will continue its link with Presidential Youth Fitness Program, and initiate a link to NASPE (National Association of Sport & Physical Education) and AEE (Association for Experiential Education) with adoption of new curricular programs. The project will also partner with the North Brookfield Youth Center to expand its after school program.
5. Updates to Physical Education & Nutrition Curricula	Project will adopt SPARK/Healthy Kids Challenge nutrition curriculum. Nutrition curriculum will also include the creation of a School Garden component.	Project will adopt SPARK PE curriculum for grades K-12 and adopt an adventure-based education curriculum for grades K-12.
6. Equipment Purchases	All equipment purchased for SPARK/HKC curriculum and School Garden are aligned with goals, activities, and outcomes of project.	All equipment purchased for SPARK PE curriculum and adventure-based education curriculum are aligned with goals, activities, and outcomes of project.
7. Increasing Transparency &	GPRA nutritional results will be aggregated and posted on school website	GPRA physical activity and fitness results will be aggregated and posted

Accountability	and reported in school newsletters. Individual nutritional results will be sent home with student report cards on a semester basis.	on school website and in newsletters. Individual physical activity and fitness results will be sent home with student report cards on a semester basis.
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**ADEQUACY OF RESOURCES**

**(A) The extent to which the costs are reasonable in relation to the number of the persons to be served and to the anticipated results and benefits.**

All costs associated with **Project WILLPower** are based upon most recent estimates from suppliers and reflect an accurate measure of fulfilling the requirements of the Carol M. White program. By following the TEPPS design model for **Project WILLPower**, all components of the grant were chosen based on current research and data. The individual facets of the project - Training, Equipment, Policies, Partnerships, and Sustainability - each contain costs that have been verified for accuracy based on available resources. **Based upon the District population of 581 students, the Federal Funds per pupil cost of the project is expected to be \$671 in Y1, \$118 in Y2, and \$114 in Y3; and self-sustaining thereafter.** It must also be noted that the District is contributing **209% more** than the required matching contribution for this project and that this is a one-time cost but that program changes and equipment added will be available for use by many more students for years to come.

**QUALITY OF THE MANAGEMENT PLAN**

**(A) The adequacy of the management plan to achieve the objectives of the proposed project on time and within budget, including clearly defined responsibilities, timelines, and milestones for accomplishing project tasks.**

The North Brookfield Public Schools will hire a 60% FTE Project Director to manage all aspects of this program. The director will be supported by the PEP Advisory Council (PAC), the District Business Manager and the Director of Buildings and Grounds throughout the project. Due to its small size, and close proximity of the schools (the two schools are situated directly

next to each other), minimal distractions are expected and the management of the project will include frequent communications.

The part-time Project Director will be Jay Mooney. Mr. Mooney has over 20 years experience in public education and has been employed by the District since 2001 in many roles in and out of the classroom. He is certified in Massachusetts as a physical education teacher K-12, assistant principal/principal K-6, supervisor/director K-12, and recently completed a Certificate in Advanced Graduate Studies (CAGS) degree in Curriculum & Instructional Strategies. In addition, Mr. Mooney has 8 years of experience in the District as a project director for numerous public, private, state, and federal grants; and has the experience to oversee the daily activities of the project. His duties will include, but are not limited to: purchasing curricular programs and orchestrating training and implementation of such programs; approving release time and working with staff to update the physical education and nutrition policies and curriculum; coordinating with NBYC staff to create and administer the after school program; creating the list of equipment to be purchased and following the procurement process; coordinating the design and installation process of the adventure-based education challenge courses; coordinating professional development activities – including updates to District staff upon return from state and national conferences; assisting evaluator with data collection, grant evaluation and reporting process; assisting superintendent with reporting of aggregate data and principals with reporting of individual data; working with grant partners to implement Family Fitness Programs; encouraging grant publicity; and facilitating PAC meetings.

The District anticipates weekly meetings due to high levels of activity during the initial three months of the project, but with its small size and minimal bureaucracy, the PAC will return to its monthly meeting schedule by January 2014.

**Timelines, Responsible Personnel, & Task or Milestone**

Date	Task or Milestone	Responsible Personnel
Oct 2013	PEP Grant Award	ED
Oct 2013	PAC meeting, hire Proj. Dir. (PD), wkly mtgs. until Jan 2014	PD, PAC
Oct/Nov 2013	Purchase SPARK PE/HKC curriculum	PD
Oct/Nov 2013	Purchase GPRA measurement tools	PD
Oct/Nov 2013	Design indoor challenge courses & post/bid for adventure-based curriculum	PD
Oct 2013-15	Attend Fall state MAHPERD conference each year for 3 years	District staff
Nov 2013	Fitness equip. purchased & training completed on equipment	PD
Nov 2013	Attend PEP conference in Washington, D.C.	PD
Nov 2013	Conduct student baseline assessments	PD, District staff, evaluator
Dec 2013	PD in SPARK PE/HKC curriculum	PD
Dec/Jan 2013	Award bids for adventure-based education curriculum & indoor courses	PD
Dec/Jan 2013	Design outdoor challenge courses & post/bid for purchase & install.	PD
Jan 2013	Hold sign-ups for winter/spring after school fitness program	PD, NBYC
Jan 2014	Implementation of SPARK PE and HKC curriculum in all grades	Health/PE staff
Jan 2014	Switch from wkly to monthly meetings	PAC
Jan 2014	Health, Wellness, & PE curriculum and policy updates/review process begins, ongoing through June 2014	PD, District staff, PAC
Jan/Feb 2014	Initiate after school fitness program	PD, NBYC
Jan/Feb 2014	Installation of indoor challenge courses & PD in adventure-based curriculum	PD, District staff, NBYC
Jan/Feb 2014	1 <sup>st</sup> Family Fitness Program	PD, CHNA5 & CFCE
Feb/Mar 2014	Award bids for adventure-based education outdoor challenge courses	Project Director
Mar 2014	Implementation of adventure-based curriculum/indoor courses	District staff
Mar 2014	Conduct mid-year data assessments	PD, District staff, Evaluator
Mar 2014-16	Attend Spring state MAHPERD conference each year for 3 years	District staff
Apr 2014	Purchase equipment for and initiate School Garden Program	PD, District staff
Apr 2014-16	Attend national AAHPERD conference in St. Louis, Seattle & Minneapolis	PD, District staff
May/June 2014	Installation of outdoor adventure-based education challenge courses & PD in adventure-based curriculum	PD, District staff, NBYC
May/June 2014	2 <sup>nd</sup> Family Fitness Program	PD, CHNA5 & CFCE
June 2014	Conduct end of year assessments	PD, District staff, Evaluator

July 2014	Publicly post aggregate data	PD, Supt.
Sept 2014	Continue monthly Health/PE/Wellness policy reviews	PD, District staff, PAC
Sept 2014	Conduct start of year assessments	PD, District staff, Evaluator
Sept 2014	Initiate Fall after school fitness program	PD, NBYC
Sept 2014- June 2015	Adopt new or revised Health/PE/Wellness Policies that were created through review process	School Committee
Sept/Oct 2014	School Garden Program first harvest to be used in cafeterias	PD, Food Serv. Dir.
October 2014	3rd Family Fitness Program	PD, CHNA5 & CFCE
2014-2016	Ongoing - Assessments, professional development, School Garden, Family Fitness Program, After school fitness program, Policy reviews/updates, Posting of data, Publicity	PD, Evaluator, NBYC, CFCE, CHNA5, District staff
July 2016	Summer Adventure Camps for program sustainability	District

**QUALITY OF THE PROJECT EVALUATION**

**(A) The extent to which the methods of evaluation are thorough, feasible, and appropriate to the goals, objectives, and outcomes of the proposed project.**

A comprehensive project evaluation will be conducted by an external evaluator. The District’s procurement process will be followed, and having experience with Federal grant evaluations will be essential. The evaluator will conduct and oversee the evaluation, develop surveys as needed, provide project feedback to assure quality, and prepare and disseminate findings to staff and stakeholders. The evaluator will work with the Project Director to gather and report both qualitative and quantitative data. The project evaluation will include a process component (formative) inclusive of checklists, training logs, timeline accomplishment tracking, staff surveys, budget tracking and reporting, etc. and an outcome (summative) evaluation. The process evaluation will analyze each project component and will include ongoing quantitative and qualitative measures for each of the goals and objectives, identifying benchmarks for all expected outcomes at annual and summative intervals. The process evaluation will assess implementation successes and fidelity to the timeline, and, with regular review, will allow for

changes to be made as needed for continuous program improvement. Data collection will occur at regular intervals and be aligned with all outcomes.

These student performance indicators will be evaluated for ongoing quality improvement: number of minutes spent on daily moderate to vigorous physical activity (MVPA), Presidential Youth Fitness Program, and number of servings of fruit and vegetables eaten daily. The project will use pedometers, Youth Risk Behavior Survey (YRBS), 3 Day Physical Activity Recall (3DPAR), SPARK surveys, Presidential Youth Fitness Program, adventure-based education surveys, attendance logs from both after school NBYC programming and from partner-driven Family Fitness Programs, and school menus indicating the incorporation of the nutritional training and School Gardening program into the Food Services program. The District will post confidential aggregate data on GPRA measures on the school website, in school newsletters, on local cable access television, and in local newspapers. Students will receive individual data with regular report cards. Massachusetts also requires all students to receive individual BMI data.

**Evaluation Plan**

Measured quantity	Evaluation Tool	Data Frequency
<b>Goal 1: Improve instruction in healthy eating habits and improve student nutritional intake</b>		
Number of fruits and vegetables eaten daily (GPRA 3)	Youth Risk Behavior Survey SPARK/HKC survey	Baseline Nov. 2013 2x/year thereafter
Participation in Family Fitness Program	Attendance logs at each Family Fitness Program	Each Family Fitness Program (2x/yr)
Student Nutritional instruction & knowledge	SPARK/HKC assessments	End of each unit
Health/Nutrition Curriculum	HECAT	Baseline and annually
Professional Development for staff	Attendance logs & presentations at local, regional and national conferences	Ongoing
District capacity for new curriculum	Adoption of updated or new Nutrition/Health/Wellness Policies	Ongoing
<b>Goal 2: Utilize fitness education and assessment to help students understand and improve their physical well-being.</b>		
Number of minutes spent on physical activity daily (GPRA 1)	Pedometers 3DPAR (5-12)	Baseline Nov. 2013 2x/year thereafter
Student fitness levels (GPRA2)	Presidential Youth Fitness Program	Baseline Nov. 2013 2x/yr thereafter
NBYC after school fitness	Attendance sheets	Weekly

activities		
Participation in SPARK activities	Lesson Plans & SPARK assessments	End of each unit
Participation in adventure education activities	Lesson Plans and adventure education assessments	End of each unit
Increased teamwork, cooperation, confidence	Adventure education surveys	End of each unit
Use of new cardio fitness equipment in grades 7-12	Equipment usage logs PE Lesson Plans/Assessments	Quarterly
Physical Education Curriculum	PECAT	Baseline/annually
Universal curriculum access	Adaptive PE equipment for SPARK PE and adventure education equipment	End of each unit
District capacity for new curriculum	Adoption of updated or new PE//Wellness Policies	Ongoing
Professional Development for staff	Attendance logs & presentations at local and national conferences	Ongoing

The Project Director and the PE/Health staff will be responsible for the data collection. To ensure student confidentiality, the District will assign each student a “Student PE Identifier (PE/ID)”, a variation of their current Massachusetts Student Identification Numbers. This PE/ID will follow students during and after the grant, assuring confidentiality, and allowing for transfer into future districts, as it’s based on the state assigned ID. The confidential results from these tools will be provided to the external evaluator on a regular basis to assess the outcomes being addressed by the project. These results will then be presented to the PAC. Data-driven decisions regarding **Project WILLPower** programs will be made on an as-needed basis.

The PEP Advisory Council (PAC) will meet weekly to discuss program implementation and evaluation during the first three months of the project, and in January 2014 these meetings will become monthly. For the formative evaluation, due to the small size of our project and District, the PAC will convene meetings as needed to correct or improve a situation that needs attention. If a situation needs to be rectified, the Project Director – with the full authority given to him by the PAC – will oversee the situation and make any changes or improvements needed. Upon the completion of each school year, the PAC will complete a thorough evaluation of all components of **Project WILLPower** and present it to the school committee and file annual federal reports.

## Other Attachment File(s)

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\* Mandatory Other Attachment Filename:

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North Brookfield Public Schools  
10 New School Drive  
North Brookfield, MA 01535  
Telephone (508) 867-9821  
Fax (508) 867-8148

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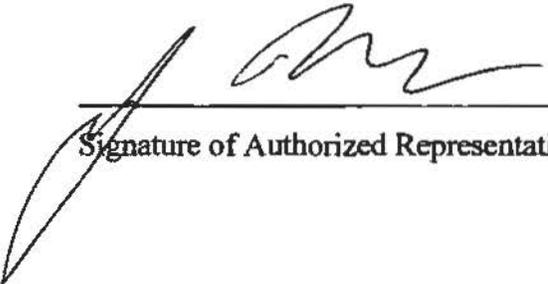
Carol M. White Physical Education Program (PEP) Grant  
Program Specific Assurance

Agency Name: North Brookfield Public Schools

DUNS#: 128230372

As the duly authorized representative of the North Brookfield Public Schools, I certify that the North Brookfield Public Schools shall:

1. Develop, update, or enhance physical activity policies and food – and nutrition – related policies that promote healthy eating and physical activity throughout students' everyday lives, as part of Project WILLPower.
2. Align Project WILLPower with the North Brookfield Public Schools' Local Wellness Policy.
3. Align Project WILLPower with similar ongoing initiatives, whose goals and objectives are to promote physical activity and healthy eating or help students meet Massachusetts standards for physical education, specifically: Fuel Up To Play 60, The National Dairy Council & The New England Dairy Council, Massachusetts Action For Healthy Kids.
4. Align students' use of the equipment with PEP elements applicable to our project, identified in the absolute priority, and any applicable curricula.
5. Report project-level information to the public, in the aggregate, on the key program indicators including both GPRA and program specific measures.
6. Use the PECAT tool as we plan to use grant funds to update our physical education curricula and the HECAT tool as we plan to use grant funds to update our health education curricula.
7. Only purchase equipment with grant funds that is aligned with the curricular components of Project WILLPower.

  
\_\_\_\_\_  
Signature of Authorized Representative

Superintendent of Schools

Title

North Brookfield Public Schools  
Applicant Organization

April 10, 2013

Date Submitted

*The North Brookfield Public Schools does not discriminate on the basis of race, color, sex, religion, national origin, gender identity, sexual orientation, disability, or homelessness.*

**Carol M. White Physical Education Program (PEP) Grant  
Competitive Preference Priority #2  
Partnership Agreement**

**North Brookfield Public Schools**

The LEA (North Brookfield Public Schools) with DUNS # 128230372, agrees to work together with all partners to support the efforts of **Project WILLPower (Wellness Is Life Long Power)**.

**Roles and Responsibilities:** The North Brookfield Public Schools will agree to support all activities associated with Project WILLPower by continuing their support of education and youth activities in the town of North Brookfield.

**Contribution to the Project:**

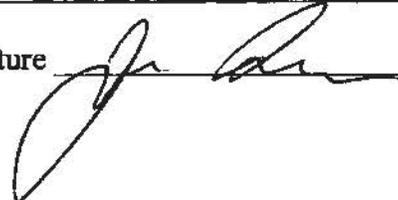
The North Brookfield Public Schools will -

1. Oversee all aspects of project implementation, including but not limited to: hiring project director, curricular programming, policy updates and development, professional development, scheduling, fiscal responsibility, data gathering and working with outside evaluators.
2. Provide airtime on monthly cable-access television meetings for project updates to be shared with the community.
3. Post aggregate data on district website and in school newsletters, and inform all students of individual data scores through the use of reports sent home with report cards each semester.
4. Continue monthly PEP Advisory Council (PAC) meetings throughout the life of the grant, ensuring the physical education/health teachers, school nurses, and superintendent of schools will remain on the PAC for the duration of the project.

Superintendent of N. Brookfield Public Schools \_\_\_\_\_

*John Provost*

Superintendent of N. Brookfield Public Schools Signature \_\_\_\_\_



Date \_\_\_\_\_

*4/5/13*

**Carol M. White Physical Education Program (PEP) Grant  
Competitive Preference Priority #2  
Partnership Agreement**

**North Brookfield Public Schools  
&  
The North Brookfield Youth Center**

The LEA (North Brookfield Public Schools) with DUNS # 128230372, and the Community Based Organization (CBO) known as the North Brookfield Youth Center have consulted and agreed to work together to support the efforts of **Project WILLPower (Wellness Is Life Long Power)**.

**Roles and Responsibilities:** The North Brookfield Youth Center (NBYC) will agree to support all activities associated with Project WILLPower by continuing their support of education and youth activities in the town of North Brookfield.

**Contribution to the Project:**  
The NBYC will –

1. Provide staff to be trained in all curricular programming adopted by Project WILLPower
2. Expand their current after school programming to include all students in grades K-12.
3. Expand their current after school programming to include a focus on physical education, fitness and nutritional activities.
4. Incorporate the School Garden into the NBYC after school programming.
5. Participate in the quarterly Family Fitness & Activity Program.
6. Participate in monthly PEP Advisory Council (PAC) meetings throughout the life of the project.

Director of North Brookfield Youth Center (b)(6)

Director of North Brookfield Youth Center Signature (b)(6)

Date 4-03-2013

**Carol M. White Physical Education Program (PEP) Grant  
Competitive Preference Priority #2  
Partnership Agreement**

**North Brookfield Public Schools  
&  
The North Brookfield Board of Selectmen**

The LEA (North Brookfield Public Schools) with DUNS # 128230372, and the head of local government, (North Brookfield Board of Selectmen) have consulted and agreed to work together to support the efforts of **Project WILLPower (Wellness Is Life Long Power)**.

**Roles and Responsibilities:** The North Brookfield Board of Selectman (BOS) will agree to support all activities associated with Project WILLPower by continuing their support of education and youth activities in the town of North Brookfield.

**Contribution to the Project:** The BOS will provide airtime on monthly cable-access television meetings for project updates to be shared with the community.

Head of Local Government Name (or designee)

Jason M. Petraitis

Head of Local Government Signature (or designee)

(b)(6)

Date March 26, 2013

**Carol M. White Physical Education Program (PEP) Grant  
Competitive Preference Priority #2  
Partnership Agreement**

**North Brookfield Public Schools  
&  
The North Brookfield Public Schools Food Services Director**

The LEA (North Brookfield Public Schools) with DUNS # 128230372, and the Food Services Director of the North Brookfield Public Schools have consulted and agreed to work together to support the efforts of **Project WILLPower (Wellness Is Life Long Power)**.

**Roles and Responsibilities:** The North Brookfield Public Schools Food Services Director will agree to support all activities associated with Project WILLPower by continuing to support the nutrition and health of all education and youth activities in the town of North Brookfield.

**Contribution to the Project:**

The Food Services Director will –

1. Participate in professional development activities concerned with the nutrition and health components of the project.
2. Work in conjunction with all program partners, including but not limited to the local Board of Health and Community Health Network 5 (CHNA5), to implement all nutritional guidelines as they become available.
3. Assist in the development of the School Garden, and the processing of foods to be used in school meals.
4. Participate in district nutritional/health policy updates and developments.
5. Participate as a member of the PEP Advisory Council (PAC) and attend all monthly meetings.

NBPS Food Services Director

*Susan Ford*

NBPS Food Services Director Signature

(b)(6)

Date

*4/2/13*

**Carol M. White Physical Education Program (PEP) Grant  
Competitive Preference Priority #2  
Partnership Agreement**

**North Brookfield Public Schools  
&  
The North Brookfield Board of Health**

The LEA (North Brookfield Public Schools) with DUNS # 128230372, and the head of the local health entity (North Brookfield Board of Health) have consulted and agreed to work together to support the efforts of **Project WILLPower (Wellness Is Life Long Power)**.

**Roles and Responsibilities:** The North Brookfield Board of Health (BOH) will agree to support all activities associated with Project WILLPower by continuing their support of education and youth activities in the town of North Brookfield.

**Contribution to the Project:**  
The BOH will –

1. Provide regular updates to Project WILLPower on nutritional programs as they become available.
2. Provide support to the project by expanding the presence of Community Health Network 5 (CHNA5) and its service providers (including dietitians and nutritionists) into the community of North Brookfield. CHNA5 is a program authorized by the MA Department of Public Health. The BOH agrees to appoint a representative to CHNA5.
3. Provide access to the composting and gardening materials located at the North Brookfield Recycling Center, in order to use them in the School Garden Program, and will continue to support the School Garden Program through its supply of materials and educational resources.
4. Attend monthly PEP Advisory Council (PAC) meetings on an as-needed basis.

Head of N. Brookfield Board of Health

John Alphin

Head of N. Brookfield Board of Health Signature

(b)(6)

Date 4-1-13



### North Brookfield Board of Health Composting Display- Annual Town May Festival 2012

March 25, 2013

Carletta KyserPegram  
Office of Safe and Healthy students  
Office of Elementary And secondary Education  
U.S. Department of Education  
550 12<sup>th</sup> St. SW, Potomac Center Plaza, Room 1007  
Washington D.C. 20202

Dear Ms. KyserPegram;

The North Brookfield Board of Health writes today in support of the grant proposal for Project WILLPower submitted by the North Brookfield School System. North Brookfield is a small town located in central Massachusetts with a population of 4,608. Our school system is not regionalized and therefore all school expenses are borne by the taxpayers in this small blue collar town. This makes the receipt of grants extremely important to our existence as a small school system and our continued efforts to provide quality well rounded programming for all students in grades K-12.

The Board of Health has a strong desire to promote healthy eating habits and physical activity for all residents. In partnership with the schools we propose to expand the presence of the Community Health Network 5 (CHNAS) and develop a school garden. North Brookfield Board of Health operates the town's Recycling Center where we make an excellent compost product from residents' leaves and grass clippings. This compost valued at \$25.00 per yard will be donated to the school for use in the garden. We feel that a school garden creates an opportunity for recreation, exercise, therapy and education for both students and staff. Additionally this partnership provides the board of Health with an opportunity to interact with the community in a positive atmosphere.

Sincerely

(b)(6)

Lucinda S. Thompson  
North Brookfield Board of Health  
Office Manager  
215 North Main St.  
North Brookfield, MA 01535

**Carol M. White Physical Education Program (PEP) Grant  
Competitive Preference Priority #2  
Partnership Agreement**

**North Brookfield Public Schools  
&  
Coordinated Family & Community Engagement (CFCE) Program**

The LEA (North Brookfield Public Schools) with DUNS # 128230372, and the Community Based Organization (CBO) known as the Coordinated Family & Community Engagement (CFCE) Program have consulted and agreed to work together to support the efforts of **Project WILLPower (Wellness Is Life Long Power)**.

**Roles and Responsibilities:** The Coordinated Family & Community Engagement (CFCE) Program will agree to support all activities associated with Project WILLPower by continuing their support of education and youth activities in the town of North Brookfield.

**Contribution to the Project:**  
The CFCE will –

1. Provide resources and staff focused on nutrition and physical activity to be utilized as supplemental classroom resources by Project WILLPower and the North Brookfield Public Schools.
2. Participate in the quarterly Family Fitness & Activity Program.
5. Participate in monthly PEP Advisory Council (PAC) meetings throughout the life of the project.

Director of Coordinated Family & Community Engagement Diane Nichols

Director of CFCE Signature

(b)(6)

Date 4/5/2013



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*Coordinated Family & Community Engagement Grant Program (CFCE)*

April 4 2013

***To Whom It May Concern,***

***We are a nonprofit grant that supports families with children 0 -8 years of age through parent education, parent/child interactive play groups, literacy based family engagement events and by providing resource and referrals .The grant is funded by the Massachusetts Department of Early Education and Care.***

***For the past three years we have, and will continue to provide two weekly free Parent/Child Playgroups. These programs run on the school calendar and provide developmentally appropriate play spaces. The program is facilitated by a licensed pre-school teacher and we ensure we provide activities that promote gross motor skills as well as parent information on health and fitness, diet and exercise and childhood nutrition. We also bring in professional support in the areas of dental health, eyesight and hearing screening as well as education on mental health, particularly post -partum depression.***

***A collaborative (with NB PTO) "Family Fitness" event was offered last year. Working with the local grocery store families were encouraged to participate in a healthy eating scavenger hunt, participate in a family fitness session with a licensed personal trainer and receive information about child development. It connected families to other agencies and community resources and provided a free book to enhance healthy family lifestyles.***

***The CFCE is strongly in support of the school district as it continues to try and improve the nutritional intake and physical fitness and activities of it students and families. We will continue to partner with the district to support its Family Fitness Program, by providing access to nutrition and fitness professionals to promote the many benefits of proper nutrition and physical activity.***

(b)(6)

***Diane Nichols***

***CFCE Grant Coordinator***

**Carol M. White Physical Education Program (PEP) Grant  
Competitive Preference Priority #2  
Partnership Agreement**

**North Brookfield Public Schools  
&  
Community Health Network Area 5 (CHNA5)**

The LEA (North Brookfield Public Schools) with DUNS # 128230372, and the Community Based Organization (CBO) known as the Community Health Network Area 5 (CHNA5) have consulted and agreed to work together to support the efforts of **Project WILLPower (Wellness Is Life Long Power)**.

**Roles and Responsibilities:** The Community Health Network Area 5 (CHNA5) will agree to support Project WILLPower by continuing their support of education and youth activities in the town of North Brookfield.

**Contribution to the Project:**  
The CHNA5 will –

1. Provide access to network resources and staff focused on nutrition and physical activity to be utilized as supplemental classroom resources by Project WILLPower and the North Brookfield Public Schools.
2. Participate in the quarterly Family Fitness & Activity Program.
3. Participate in monthly PEP Advisory Council (PAC) meetings throughout the life of the project.

Community Health Network Area 5 Coordinator *Lauren McLaughlin*

CHNA5 Coordinator's Signature

Date 4/5/13

(b)(6)



## **Letter of Support for Project WILLPower**

April 1, 2013

Jay Mooney  
North Brookfield Public Schools  
10 New School Drive  
North Brookfield, MA 01535

Dear Mr. Mooney,

The Community Health Network of Southern Worcester County (CHNA5) is pleased to support North Brookfield Public Schools' application for Project WILLPower, a comprehensive plan that includes upgrades to the nutritional and physical education curriculums in the North Brookfield Public School system.

CHNA5 is a Massachusetts Department of Public Health sponsored network of public, non-profit, private organizations and individuals from fifteen communities in South Central Massachusetts, including North Brookfield, that partner together to promote the improvement of health, safety, productivity and quality of life for all citizens. Members include residents, health and human service professionals, government officials, business leaders, clergy members and educators. CHNA5 membership works collectively to support communities in improving the physical and social environments that contribute to overall health and wellness.

North Brookfield is a small rural, closely-knit community in Central Massachusetts. Due to fiscal constraints and other factors, the school system is currently lacking: 1) a comprehensive K - 12 nutrition curriculum; 2) opportunities for physical fitness outside traditional physical education classes; and 3) fitness equipment, particularly adaptive equipment for those students with special needs.

The adoption of Project WILLPower by the North Brookfield Public School system will not only directly benefit those in that community, but will undoubtedly enhance our member programs' ability to learn from the experience. CHNA5's broad network of providers will be able to support the North Brookfield effort by sharing resources and information as needed. This mutual sharing of information happens on a regular basis within our organization. It is not uncommon that a successful project by one member program leads to similar projects by other member programs. Conversely, struggling projects of one member group will often benefit from the advice, suggestions or resources of another. Such connections are vital to creating a universal sense of community through shared values, acknowledgement of interdependence and a commitment to the common good.

CHNA5 fully supports the efforts of the North Brookfield Public School district to develop and adopt a comprehensive health and wellness plan for its schools and the children they serve. Many in North Brookfield and beyond will benefit from the success of Project WILLPower.

Sincerely,

(b)(6)

Lauren McLoughlin, Outreach Coordinator

Community Health Network of Southern Worcester County (CHNA5)  
346 Main St.  
Southbridge, MA 01550  
Office: 508-765-6670  
Cell: 774-230-7272



North Brookfield Public Schools  
10 New School Drive  
North Brookfield, MA 01535  
Telephone (508) 867-9821  
Fax (508) 867-8148

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**North Brookfield Public Schools  
Key Personnel**

Superintendent of Schools

Dr. John Provost  
10 New School Drive  
North Brookfield, MA 01535  
508-867-9821

Food Services Director

Susan Ford  
10 New School Drive  
North Brookfield, MA 01535  
508-867-8326

North Brookfield High School Principal

William Evans  
10 New School Drive  
North Brookfield, MA 01535  
508-867-7131

North Brookfield Elementary School Principal

James Graham  
10 New School Drive  
North Brookfield, MA 01535  
508-867-8326

North Brookfield Public Schools Grant Writer & Project Director

Jay Mooney  
10 New School Drive  
North Brookfield, MA 01535  
508-867-8326 Ext. 42  
2005-Present: Project Director of numerous federal and foundation grants.  
MA DESE Certified as Supervisor/Director, Principal/Asst. Principal, Physical Education

**Core Value Statement**

The North Brookfield Public Schools are guided by the belief that all students can become life long learners and productive members of society when provided with a challenging curriculum and individualized support in a safe, tolerant, and diverse learning environment.

national

## Jay F. Mooney

(b)(6)

**Position**      **Project Director**

**Education**      University of New England, Biddeford, ME C.A.G.S. in Curriculum  
And Instruction, May 2013

University of New England, Biddeford, ME M.S. in Education, May 1999

Worcester State College, Worcester, MA B.S. in Natural Science, May 1992

Becker Jr. College, Leicester, MA A.S. in Sports Administration, May 1989

**Admin.  
Experience**      Burgess Elementary School Sturbridge, MA Assistant Principal 1999-2000  
SPED Coordinator, 504 Coordinator, After School Program Coordinator,

North Brookfield Public Schools, North Brookfield, MA Title I Coordinator  
2009-2011 & Grant Writer 2005- Present, Wellness Coordinator, Foundation and  
Federal Grant Project Director

**Teaching  
Experience**      North Brookfield Public Schools, North Brookfield, MA Physical Education  
Teacher Grades K-6, 2001 – Present

Toytown Elementary School, Winchendon, MA Physical Education/Health  
Teacher Grades 1-6 1997-1999 & Science Teacher Grades 4-6 2000-2001

Marymount International School, Rome, Italy Physical Education/Health  
Teacher Grades 6-10 & Varsity Soccer Coach 1996-97

North Brookfield Public Schools, North Brookfield, MA Physical Education  
Teacher Grades K-8, 1995-96

Warren Elementary School, Warren, MA Math & Science Teacher Grade 5  
1994-95

Converse Middle School, Palmer, MA Science Teacher Grades 5/6 1993-94

Kadena Middle School, Okinawa, Japan (DODDS – Kadena AFB) Physical  
Education Teacher Grades 6-8 & Math Teacher Grade 7 1992-93

**Other  
Experience**      Varsity Soccer Coach, High School Soccer Official, New England Collegiate  
Soccer Official, Intramurals Director, Summer Recreation Director

**Honors**      MA Interscholastic Sportsmanship Award – Soccer 2004  
Central MA Soccer Coach of the Year 1991

## Budget Narrative File(s)

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\* **Mandatory Budget Narrative Filename:**

[Add Mandatory Budget Narrative](#)

[Delete Mandatory Budget Narrative](#)

[View Mandatory Budget Narrative](#)

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To add more Budget Narrative attachments, please use the attachment buttons below.

[Add Optional Budget Narrative](#)

[Delete Optional Budget Narrative](#)

[View Optional Budget Narrative](#)

**Budget Narrative: Federal Funds**

The following funds will be used for Training, Equipment, Policies, Partnerships, & Sustainability to assist the North Brookfield Public Schools to implement **Project WILLPower**.

**1. Personnel (\$74,577)**

- **(\$48,925 total: \$22,350 Y1, \$15,100 Y2, and \$11,475 Y3) Project Director:** These funds will be used to employ a person to oversee the elements of this grant. These costs are based on: .3 FTE (12 hrs/wk) x \$74,500 annual salary = \$22,350 in Y1; .2 FTE (8 hrs/wk) x \$75,500 annual salary = \$15,100 in Y2; .15 FTE (6 hrs/wk) x \$76,500 annual salary = \$11,475 in Y3. **NOTE:** It is understood that more time will be needed to oversee a grant of this size; the difference will be made up in release time provided by the district, which will count towards our in-kind contribution (see non-federal funds narrative).
- **(\$5,000 total: \$1,000 Y1, \$2,000 Y2, and \$2,000 Y3) After School Fitness/Nutrition Program Director:** These funds will be used to employ a director for the After School Fitness/Nutrition Program. Duties will include recruiting staff, student sign up, daily management, program development, etc. These costs are based upon a semester schedule rotation and include \$1,000 for directing each semester program, with only a Spring program being run in Y1
- **(\$15,552 total: \$2,880 Y1, \$6,336 Y2, and \$6,336 Y3) After School Fitness/Nutrition Program Staff:** These funds will be used to pay staff to run each of the After School Fitness/Nutrition Programs. These costs are based upon 8 activities after school each semester (16 total activities each school year); 12 hours per activity; and a contractual rate of \$30/hr for Y1 and \$33/hr for Y2 & Y3 (8 x 12 x 30 = \$2,880 Y1; 16 x 12 x \$33 = \$6,336 Y2 & Y3). Note – only the Spring session will be run in Y1.

- **(\$5,100 total: \$1,800 Y1, \$1,650 Y2, and \$1,650 Y3) Policy Update and Review**: These funds will be used to pay stipends to PE/Health/Food Services staff to review, update and create physical education and nutrition policies for the district. These costs are based on 5 staff x 2 hrs/month x 6 months x \$30/hr = \$1,800 Y1, and 5 staff x 1 hr/month x 10 months x \$33/hr = \$1,650 in Y2 & Y3.
- 2. **Fringe Benefits (\$4,402)**
  - **(\$4,402 total: \$2,011 Y1, \$1,359 Y2, and \$1,032 Y3) Fringe Benefits for Project Director**: These funds will be used to pay fringe benefits for the Project Director. The costs are based on a rate of 9% of \$22,350 in Y1, 9% of \$15,100 in Y2, and 9% of \$11,475 in Y3.
- 3. **Travel (\$41,180)**
  - **(\$6,380 total: \$6,380 Y1, \$0 Y2, and \$0 Y3) Travel Expenses for Adventure-Based Equipment Installers**: There will be a total of 22 days of work on site (estimated at \$290/day for travel, meals, and lodging).
  - **(\$4,350 total: \$2,900 Y1, \$580 Y2, and \$870 Y3) Travel Expenses for Adventure-Based Equipment Trainers**: There will be a total of 10 days of training for PE/Health/Nutrition/UPASS staff, (estimated at \$290/day for travel, meals, and lodging) in Y1; a 2-day follow-up training in Y2 and a 3-day training in Y3.
  - **(\$19,350 total: \$6,450 Y1, \$6,450 Y2, and \$6,450 Y3) Professional Development/Grant Meetings/Conferences**: These funds are to provide attendance for two people at the mandatory grantee meetings in years 1-3; attendance for three people to attend the national AAHPERD conferences in years 1-3 in St. Louis, Seattle, and Minneapolis; for six people to attend the state MAHPERD conferences for years 1-3; and for local

conferences associated with PE/Nutrition/Brain-Based Learning. Costs include airfare, lodging, transportation, and meals.

Washington DC Meetings – \$600/airfare/2 staff + \$600 hotel/3 days + \$200 total transportation/meals = \$1,400 in Y1, Y2, and Y3 (\$4,200)

AAHPERD Conferences - \$1,050/airfare/3 staff + \$1,000 hotel/4 days + \$300 total transportation/meals = \$2,350 in Y1, Y2, and Y3 (\$7,050)

MAHPERD Conferences - \$1,200 hotel/6 staff for two nights + \$600 total mileage/meals = \$1,800 Y1, Y2, and Y3 (\$5,400)

Local/State PE/Brain-Based Conferences – \$600 hotel/6 staff for one night each + \$300 total for mileage/meals = \$900 Y1, \$900 Y2, and \$900 Y3 (\$2,700)

- **(\$11,100 total: \$4,700 Y1, \$3,200 Y2, and \$3,200 Y3) SPARK Curriculum Trainings:**

These funds will be used for PE/Health/NBYC/Food Services staff to be trained on site in North Brookfield in SPARK curriculum in Y1, and follow-up trainings at SPARK site in Y2 & Y3. Costs are based on training on school site for up to 12 people in Y1 and for 2 people to attend SPARK training site in Y2 and Y3. Costs include airfare, lodging, transportation, and meals.

Training on site in North Brookfield – SPARK rate of \$4,700 for training up to 12 people

Training at SPARK site - \$800 airfare/2 staff + \$600 hotel/3 days + \$200 total transportation/meals = \$1,600 in Y2 and Y3 (\$3,200)

#### **4. Equipment (\$124,869)**

- **(\$78,123 total: \$78,123 Y1, \$0 Y2, and \$0 Y3) Outdoor Adventure-Based Equipment:**

These funds will be used to purchase outdoor adventure-based education equipment including all installation charges, work to be completed in Spring of 2014

Climbing and Safety Equipment (rope, harnesses, gloves, carabiners, helmets, rescue gear, belay devices) for up to 25 students - \$4,737

Outdoor 10 element low challenge on poles - \$38,469

Outdoor 4 element high challenge on poles - \$34,917

Courses will be installed on area between the two school buildings, equipment will be used primarily by students in grades 7-12.

- **(\$46,746 total: \$46,746 Y1, \$0 Y2, and \$0 Y3) Indoor Adventure-Based Equipment:**

These funds will be used to purchase indoor adventure-based education equipment including all installation charges, work to be completed in Winter/Spring 2014

Indoor 12 element low challenge, including portable elements - \$16,750

Indoor 6 element high challenge - \$29,996

Courses will be installed in Jr./Sr. High School, and be used primarily by students in grades 7-12.

## **5. Supplies (\$182,174)**

- **(\$23,600 total: \$23,600 Y1, \$0 Y2, and \$0 Y3) Fitness Equipment:** These funds will be used to purchase fitness equipment for grades 7-12. Equipment will include: two rowing machines (\$2,200/ea), two fitness bicycles (\$2,000/ea), two elliptical trainers (\$5,500/ea), two treadmills (\$3,000/ea), and two stairmasters (\$1,200/ea)
- **(\$2,500 total: \$2,500 Y1, \$0 Y2, and \$0 Y3) Mulch:** These funds will be used to purchase rubber mulch for the ground covering for outdoor adventure challenge course.
- **(\$97,385 total: \$91,575 Y1, \$2,905 Y2, and \$2,905 Y3) Fitness Technology:** These funds will be used to purchase wifi pedometers in Y1 and extra batteries in Y2 & Y3, (581 students x \$75/each = \$43,575 Y1; and 581 x \$5/battery = \$2,905 Y2 & Y3) Funds

will also be used to purchase one laptop for each classroom to wirelessly and efficiently track GPRA measures (32 classrooms K-12 x \$1,500/laptop = \$48,000 Y1).

- **(\$2,500 total: \$1,000 Y1, \$750 Y2, and \$750 Y3) School Garden Program**: These funds will be used to purchase typical garden supplies in Y1, Y2 & Y3.
- **(\$3,000 total: \$3,000 Y1, \$0 Y2, and \$0 Y3) Supply Storage and Organization**: These funds will be used to purchase one outdoor storage container to store and organize the outdoor adventure education equipment.
- **(\$4,500 total: \$1,500 Y1, \$1,500 Y2, and \$1,500 Y3) Family Fitness Program**: These funds will be used to purchase supplies for Family Fitness Programs held twice per year, and publicity materials for these events. Costs are based on estimated attendance of 250 people per program x \$2/person for supplies, plus \$250 for publicity of program.
- **(\$48,689 total: \$48,689 Y1, \$0 Y2, and \$0 Y3) SPARK Physical Education Curriculum & SPARK/HKC Nutrition Curriculum & Supplies**: These funds will be used to purchase the SPARK PE & HKC Curriculum for grades K-12. PE Costs are (\$10,759) Elementary School, (\$15,863) Middle School, and (\$19,707) High School; HKC costs are \$2,360. These costs include all curriculum materials and equipment.

#### **6. Contractual (\$75,200)**

- **(\$18,800 total: \$12,200 Y1, \$2,400 Y2, and \$4,200 Y3) Adventure-Based Training**: These funds will be used to train PE/Health/UPASS/NBYC staff to implement the Adventure-Based physical education curriculum for outdoor and indoor high elements.  
 Training in Y1 – 10 days total training @ a cost of \$12,200  
 Training in Y2 – 2 days total training @ a cost of \$2,400  
 Training in Y3 – 3 days total training @ a cost of \$4,200

- **(\$3,400 total: \$3,400 Y1, \$0 Y2, and \$0 Y3) Adventure-Based Design Services:** These funds will be used to design the outdoor and indoor adventure education high elements challenge courses. The district estimates 2 days of design time for each course at a cost of \$850/day.
- **(\$3,000 total: \$0 Y1, \$1,500 Y2, and \$1,500 Y3) Adventure-Based Course Inspections:** These funds will be used for annual safety inspections of the challenge courses.
- **(50,000 total: \$18,000 Y1, \$16,000 Y2, and \$16,000 Y3) Grant Evaluation Services:** These funds would be used to contract with a private grant evaluator to conduct the evaluation of this grant and provide all necessary documentation.

**7. Construction \$0**

**8. Other (\$20,475)**

- **(\$19,435 total: \$8,525 Y1, \$5,975 Y2, and \$5,975 Y3)** These funds will be used to pay substitute teachers, conference registrations, and membership dues. These costs are based on 92 days of substitutes x \$75/day = \$6,900 and \$1,625 for registrations/memberships in Y1; and 58 days of substitutes x \$75/day = \$4,350 and \$1,625 for registrations/memberships in Y2 and Y3.

**9. Total Dir. Costs: \$522,877 (\$ Y1, \$Y2, and \$Y3)**

**10. Indirect Costs: \$2,601 total: \$867 Y1, \$867 Y2, and \$867 Y3) Project Administration:**

These funds will be used to pay for costs associated with grant management, and are based on the Massachusetts Department of Elementary & Secondary Education approved rate of 3.47%

**11. Training Stipends \$0**

**12. Total Request of Federal Funds: \$525,478 (\$390,196 Y1, \$68,572 Y2, and \$66,710 Y3)**

**Budget Narrative: Non-Federal Funds**

The following funds will be provided by the North Brookfield Public Schools to fulfill the matching requirement of the Carol M. White Physical Education Program.

**1. Personnel (\$146,040)**

- **(\$48,925 total: \$22,350 Y1, \$15,100 Y2, and \$11,475 Y3) Project Director:** These funds will be provided by the district to employ a Project Director to oversee the implementation of the grant. These costs are based on providing release time from the current teaching schedule and are based on the negotiated CBA: .30 FTE x \$74,500 annual salary = \$22,350 in Y1; .20 FTE x \$75,500 annual salary = \$15,100 in Y2; .15 FTE x \$76,500 annual salary = \$11,475 in Y3.25 FTE.

**NOTE – Project Director costs will be split evenly between District and Federal Funds.**

- **(\$57,200 total: \$25,300 Y1, \$15,950 Y2, and \$15,950 Y3) Training and Conferences:** These funds will be provided by the district to pay teacher's daily salary while they are attending trainings and conferences related to grant implementation. These costs are based on 92 total days for training/conferences in Y1 and 58 days for training/conferences in Y2 and Y3 at an average wage of \$275/day for district staff, (92 X \$275 = \$25,300 Y1, 58 X \$275 = \$15,950 Y2, and 58 X \$275 = \$15,950 Y3).
- **(\$10,500 total: \$3,500 Y1, \$3,500 Y2, and \$3,500 Y3) District Technology Director:** These funds will be provided by the district to pay the Technology Director as she supports the grant with installation, networking, and troubleshooting of new technology supplies. These costs are based on .05 FTE x \$70,000 annual salary in Y1, in Y2, and Y3.
- **(\$10,500 total: \$3,500 Y1, \$3,500 Y2, and \$3,500 Y3) Business Administrator:** These funds will be provided by the district to pay the Business Administrator as he supports

the grant with fiscal management. These costs are based on .05 FTE x \$70,000 annual salary in Y1, in Y2, and Y3.

- **(\$7,500 total: \$2,500 Y1, \$2,500 Y2, and \$2,500 Y3) Director of Buildings & Grounds:**

These funds will be provided by the district to pay the Director of Buildings & Grounds as he supports the project's School Garden and adventure-based education installations.

These costs are based on .05 FTE x \$50,000 annual salary in Y1, in Y2, and Y3.

- **(\$11,415 total: \$3,805 Y1, \$3,805 Y2, and \$3,805 Y3) Classroom Teacher Support:**

These funds will be paid by the district to pay teachers as they support the grant's GPRA data collection process. These costs are based on 5 hrs. of assistance throughout the school year (.0025 FTE) x avg. annual salary of \$47,565 x 32 teaches in Y1, Y2, and Y3.

## 2. Fringe Benefits (\$8,938)

- **(\$4,402 total: \$2,011 Y1, \$1,359 Y2, and \$1,032 Y3) Fringe Benefits for Project**

Director: These funds will be used to pay fringe benefits for the Project Director. The costs are based on a rate of 9% of \$22,350 in Y1, 9% of \$15,100 in Y2, and 9% of \$11,475 in Y3.

- **(\$1,890 total: \$630 Y1, \$630 Y2, and \$630 Y3) Fringe Benefits for Technology**

Director: These funds will be used to pay fringe benefits for the Technology Director.

The costs are based on a rate of 9% of \$7,000 in Y1, Y2, and Y3.

- **(\$945 total: \$315 Y1, \$315 Y2, and \$315 Y3) Fringe Benefits for Business**

Administrator: These funds will be used to pay fringe benefits for the Business

Administrator. The costs are based on a rate of 9% of \$3,500 in Y1, Y2, and Y3.

- **(\$675 total: \$225 Y1, \$225Y2, and \$225Y3) Fringe Benefits Director of Buildings & Grounds:** These funds will be used to pay fringe benefits for the Director of Buildings & Grounds. The costs are based on a rate of 9% of \$2,500 in Y1, Y2, and Y3.
- **(\$1,026 total: \$342Y1, \$342Y2, and \$342Y3) Fringe Benefits Classroom Teachers:** These funds will be used to pay fringe benefits for the classroom teachers. The costs are based on a rate of 9% of \$3,805 in Y1, Y2, and Y3.

**3. Travel \$0**

**4. Equipment \$0**

**5. Supplies (\$8,500)**

- **(\$7,000 total: \$6,000 Y1, \$500 Y2, and \$500 Y3) Fitness Technology & Equipment:** These funds will be provided by the district to purchase four laptops in Y1 of the grant at a cost of \$1,500/ea. and provide maintenance of laptops in Y2 and Y3. These will be used to monitor and track wifi pedometers and GPRA measures.
- **(\$1,500 total: \$500 Y1, \$500 Y2, and \$500 Y3) Composting/Gardening Supplies:** These funds will be provided by the North Brookfield Board of Health’s Recycling Center for the School Garden. Costs based on 20 yards of compost X \$25/yd for Y1, Y2, and Y3.

**6. Contractual \$0**

**7. Construction \$0**

**8. Other \$0**

**9. Direct Costs Provided: \$163,478 total: (\$70,978 Y1, \$48,226 Y2, and \$44,274 Y3)**

**10. Indirect Costs \$0**

**11. Training Stipends \$0**

**12. Total Costs Provided \$163,478 (\$70,978 Y1, \$48,226 Y2, and \$44,274 Y3)**

**Project WILLPower Totals**

(b)(4)
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**U.S. DEPARTMENT OF EDUCATION  
BUDGET INFORMATION  
NON-CONSTRUCTION PROGRAMS**

OMB Number: 1894-0008  
Expiration Date: 04/30/2014

Name of Institution/Organization

North Brookfield Public Schools

Applicants requesting funding for only one year should complete the column under "Project Year 1." Applicants requesting funding for multi-year grants should complete all applicable columns. Please read all instructions before completing form.

**SECTION A - BUDGET SUMMARY  
U.S. DEPARTMENT OF EDUCATION FUNDS**

Budget Categories	Project Year 1 (a)	Project Year 2 (b)	Project Year 3 (c)	Project Year 4 (d)	Project Year 5 (e)	Total (f)
1. Personnel	28,030.00	25,086.00	21,461.00			74,577.00
2. Fringe Benefits	2,011.00	1,359.00	1,032.00			4,402.00
3. Travel	20,430.00	10,230.00	10,520.00			41,180.00
4. Equipment	124,869.00	0.00	0.00			124,869.00
5. Supplies	171,864.00	5,155.00	5,155.00			182,174.00
6. Contractual	33,600.00	19,900.00	21,700.00			75,200.00
7. Construction	0.00	0.00	0.00			0.00
8. Other	8,525.00	5,975.00	5,975.00			20,475.00
9. Total Direct Costs (lines 1-8)	389,329.00	67,705.00	65,843.00			522,877.00
10. Indirect Costs*	867.00	867.00	867.00			2,601.00
11. Training Stipends	0.00	0.00	0.00			0.00
12. Total Costs (lines 9-11)	390,196.00	68,572.00	66,710.00			525,478.00

**\*Indirect Cost Information (To Be Completed by Your Business Office):**

If you are requesting reimbursement for indirect costs on line 10, please answer the following questions:

(1) Do you have an Indirect Cost Rate Agreement approved by the Federal government?  Yes  No

(2) If yes, please provide the following information:

Period Covered by the Indirect Cost Rate Agreement: From: 07/01/2013 To: 06/30/2016 (mm/dd/yyyy)

Approving Federal agency:  ED  Other (please specify): MA Department of Elementary & Secondary Education

The Indirect Cost Rate is  %.

(3) For Restricted Rate Programs (check one) -- Are you using a restricted indirect cost rate that:

Is included in your approved Indirect Cost Rate Agreement? or,  Complies with 34 CFR 76.564(c)(2)? The Restricted Indirect Cost Rate is  %.

Name of Institution/Organization North Brookfield Public Schools	Applicants requesting funding for only one year should complete the column under "Project Year 1." Applicants requesting funding for multi-year grants should complete all applicable columns. Please read all instructions before completing form.	
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**SECTION B - BUDGET SUMMARY  
NON-FEDERAL FUNDS**

Budget Categories	Project Year 1 (a)	Project Year 2 (b)	Project Year 3 (c)	Project Year 4 (d)	Project Year 5 (e)	Total (f)
1. Personnel	(b)(4)					
2. Fringe Benefits						
3. Travel						
4. Equipment						
5. Supplies						
6. Contractual						
7. Construction						
8. Other						
9. Total Direct Costs (lines 1-8)						
10. Indirect Costs						
11. Training Stipends						
12. Total Costs (lines 9-11)						

**SECTION C - BUDGET NARRATIVE (see instructions)**

U.S. DEPARTMENT OF EDUCATION  
SUPPLEMENTAL INFORMATION  
FOR THE SF-424

**1. Project Director:**

Prefix:	First Name:	Middle Name:	Last Name:	Suffix:
	Jay		Mooney	

Address:

Street1:	10 New School Drive
Street2:	
City:	North Brookfield
County:	
State:	MA: Massachusetts
Zip Code:	01535
Country:	USA: UNITED STATES

Phone Number (give area code)	Fax Number (give area code)
508-867-8326	508-867-6255

Email Address:

jmooney@nbschools.org
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**2. Novice Applicant:**

Are you a novice applicant as defined in the regulations in 34 CFR 75.225 (and included in the definitions page in the attached instructions)?

Yes  No  Not applicable to this program

**3. Human Subjects Research:**

a. Are any research activities involving human subjects planned at any time during the proposed project Period?

Yes  No

b. Are ALL the research activities proposed designated to be exempt from the regulations?

Yes Provide Exemption(s) #:

--

No Provide Assurance #, if available:

c. If applicable, please attach your "Exempt Research" or "Nonexempt Research" narrative to this form as indicated in the definitions page in the attached instructions.

	Add Attachment	Delete Attachment	View Attachment
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