

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 # S215F130269

Grants.gov Tracking#: GRANT11379384

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.).

Nonresponsive

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"/>
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* 3. Date Received: <input type="text" value="04/12/2013"/>	4. Applicant Identifier: <input type="text"/>
--	--

5a. Federal Entity Identifier: <input type="text"/>	5b. Federal Award Identifier: <input type="text"/>
--	---

State Use Only:

6. Date Received by State: <input type="text"/>	7. State Application Identifier: <input type="text"/>
---	---

B. APPLICANT INFORMATION:

* a. Legal Name: <input type="text" value="South Colonie Central School District"/>	
* b. Employer/Taxpayer Identification Number (EIN/TIN): <input type="text" value="14-6001364"/>	* c. Organizational DUNS: <input type="text" value="0533385830000"/>

d. Address:

* Street1:	<input type="text" value="1 Raider Blvd."/>
Street2:	<input type="text"/>
* City:	<input type="text" value="Albany"/>
County/Parish:	<input type="text"/>
* State:	<input type="text" value="NY: New York"/>
Province:	<input type="text"/>
* Country:	<input type="text" value="USA: UNITED STATES"/>
* Zip / Postal Code:	<input type="text" value="12205-2223"/>

e. Organizational Unit:

Department Name: <input type="text" value="Department of Physical Educati"/>	Division Name: <input type="text"/>
---	--

f. Name and contact information of person to be contacted on matters involving this application:

Prefix: <input type="text"/>	* First Name: <input type="text" value="Jason"/>
Middle Name: <input type="text" value="P"/>	
* Last Name: <input type="text" value="Semo"/>	
Suffix: <input type="text"/>	

Title: <input type="text" value="Director of Physical Education and Athletics"/>
--

Organizational Affiliation: <input type="text"/>

* Telephone Number: <input type="text" value="518-459-1220"/>	Fax Number: <input type="text" value="518-435-1719"/>
---	---

* Email: <input type="text" value="jason.semo@southcolonie.k12.ny.us"/>

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:**

WAY of Life

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 matthew tarullo	* TITLE Director of Physical Education and Athletics
* APPLICANT ORGANIZATION South Colonie Central School District	* DATE SUBMITTED 04/12/2013

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

1. * Type of Federal Action: <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	2. * Status of Federal Action: <input type="checkbox"/> a. bid/offer/application <input checked="" type="checkbox"/> b. initial award <input type="checkbox"/> c. post-award	3. * Report Type: <input checked="" type="checkbox"/> a. initial filing <input type="checkbox"/> b. material change
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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:

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

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

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 and reference the OMB Control Number 1894-0005.

Optional - You may attach 1 file to this page.

	Add Attachment	Delete Attachment	View Attachment
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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.

* APPLICANT'S ORGANIZATION South Colonie Central School District	
* PRINTED NAME AND TITLE OF AUTHORIZED REPRESENTATIVE	
Prefix: <input type="text"/>	* First Name: <input type="text" value="Jason"/> Middle Name: <input type="text" value="P"/>
* Last Name: <input type="text" value="Somo"/>	Suffix: <input type="text"/>
* Title: <input type="text" value="Director of Physical Education and Athletics"/>	
* SIGNATURE: <input type="text" value="Matthew Somo"/>	* DATE: <input type="text" value="04/12/2013"/>

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:

WAY of Life
(Wellness Activities for Youth)

Background: WAY of Life (Wellness Activities for Youth) is submitted by the South Colonie Central School District (SCCSD) with support from community partners in response to collected data showing a multitude of student health risks due to poor lifestyle choices and the inability of the current program to meet these needs. Located in Albany County, NY the district serves 5,200 K-12 students on 8 school sites.

Community-Wide Health Risks: Community public health data show high rates of adult obesity and other health risks above the state average. For example, adult overweight/obesity is 63% (NY=59%); only 23.9% eat 5 or more fruit and vegetables (NY = 27.1%), and 25.3% report having high blood pressure. Unfortunately, the SCCSD students also demonstrate unhealthy behaviors related to their own set of obesity-predicting data including high percentages of sedentary lifestyle behaviors (i.e., TV viewing, poor choices with free time), low physical activity levels, high sugar consumption, and poor nutritional behaviors.

Weak Infrastructure: Sadly, the combined district assessments (i.e., SHI, PECAT/HECAT) show a weak, fragmented, and underfunded K-12 physical education program. It is evident that the district lacks the capacity to address the students' health risk without additional assistance.

WAY's PEP Grant Goals: When funded, **WAY of Life** will re-energize weak and disappointing health behaviors with more positive ways and daily habits. A new community-wide collaborative will focus on the following three wellness avenues:

- Demonstrate a Stronger Capacity to Deliver a PE Program Aligned to State Standards,
- Implement a More Focused Physical Activity, Nutrition, and Health Program, and
- Create the Necessary Data Systems to Track and Monitor Student Success.

Project Narrative File(s)

* **Mandatory Project Narrative File Filename:**

[Add Mandatory Project Narrative File](#)

[Delete Mandatory Project Narrative File](#)

[View Mandatory Project Narrative File](#)

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](#)

Non Responsive

Other Attachment File(s)

* Mandatory Other Attachment Filename:

[Add Mandatory Other Attachment](#)

[Delete Mandatory Other Attachment](#)

[View Mandatory Other Attachment](#)

To add more "Other Attachment" attachments, please use the attachment buttons below.

[Add Optional Other Attachment](#)

[Delete Optional Other Attachment](#)

[View Optional Other Attachment](#)

PROGRAM SPECIFIC ASSURANCE

Agency Name: South Colonie Central School District DUNS# 0533385830000

Please ensure you have included a Program Specific Assurance with your application. You must print out your signed Assurance and either (1) upload it with all signed forms to the Other Attachments or (2) fax it (along with the ED 424 and other forms) to the Office of Safe and Healthy Students at (202) 245-

7166 within 3 working days of submitting your electronic application. Be sure to include your Agency name and DUNS# on your Assurance.

As the duly authorized representative of the applicant, I certify that the applicant 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 our PEP project.

2. Align our PEP project with the district's Local Wellness Policy, if applicable.

** Please check here if this requirement is not applicable to your application because your entity does not participate in the school lunch program authorized by the Federal child-nutrition programs as recently amended by the Healthy, Hunger-Free Kids Act of 2010 and therefore is not required to have a Local Wellness Policy and you are not part of a partner group required to have a Local Wellness Policy.**

3. Align our PEP project with similar ongoing initiatives, whose goals and objectives are to promote physical activity and healthy eating or help students meet their State standards for physical education, specifically:

- Coordinated School Health Program
- Team Nutrition Training Grant
- Recovery Act Communities Putting Prevention to Work – Community Initiative
- Others not listed here

We do not have any ongoing initiatives at this time in our community but will coordinate with any that may be initiated during the program period.

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

Use the PECAT tool if we plan to use grant funds to update our physical education curricula and the HECAT tool if 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 the proposed program

(b)(6)

Signature of Authorized Representative

Director of Physical Education and Athletics

Title

4/12/2013

Date Submitted

South Colonie Central School District
Applicant Organization

Albany County Health Department

Roles and Responsibilities: The Albany County Health Department (ACHD) will serve as a resource for the School Health Advisory Council (SHAC) as described in the **WAY of Life** PEP (Physical Education Program) Grant proposal. In assuming this role, ACHD staff will support facets of the PEP activities, to the extent that staffing resources allow, including:

- Assisting and supporting the student leaders with physical activity and nutrition information in their annual grant activities (i.e., Walk-to-School events, cafeteria food nutritional analysis, competitive foods policies, reducing high fat/salt/sugar items from school vending machines, adding healthy choices in all school vending machines, etc.)
- Participate in parent outreach programming as recommended by SHAC groups on an annual basis either through involvement or informational materials;
- Seek and participate in possible future grant opportunities related to sustainability after Year 3 of the proposed PEP Grant;
- Continue to provide the same level of support for activities after PEP funding is over.

Contribution to the Project and Sustainability: In addition to the activities and continued support of the SHAC activities when the PEP Grant is over, we will participate as an active supporter of the school district's SHAC and attempt to participate in one parent outreach event on an annual basis, as staffing resources permit.

Signature of Public Health Entity's Authorized Representative:

(b)(6)



Dated: April 11, 2013

CBO Name: Colonie Youth Center

Roles and Responsibilities: The Colonie Youth Center will serve as one of the lead agency for the after-school program as described in the **WAY of Life** PEP Grant proposal. In assuming this role, the Colonie Youth Center will implement all facets of the PEP activities as seen in this proposal including:

- Coordinating the after-school program at a elementary school site as to increase the levels of physical activity for elementary students;
- Participation of Colonie Youth Center staff in various health and wellness initiatives;
- Participate in health and fitness fair coordinated by the school district each year
- Placement of physical activity and fitness equipment;
- Continued fiscal support of after school staff and associated activities after grant funding

Contribution to the to the project and sustainability: In addition to the activities and continued support of after school staff when PEP Grant is over, we will participate as an active member in the school district's SHAC and participate in at least one parent outreach event on an annual basis.

The agreement is in support of the **WAY of Life** PEP grant project and was developed after timely meaningful consultation between the required partners.

Signature of Colonie Youth Center Authorized Representative:

Dated: 4/2/13

(b)(6)

Food Service Nutrition Director

Name: Renee Hanks

Roles and Responsibilities: The South Colonie Public School’s Child Nutrition Program (SCCNP) will serve as the lead agency for the “Cafeteria is a Classroom” program. This includes helping students to understand key nutrition strategies (“calories in – energy out,” food portion size – “portion distortion”) as described in the **WAY of Life** PEP Grant proposal. In assuming this role, SCCNP staff will coordinate and implement the following activities:

- Implementing the “Cafeteria is a Classroom” model by using and encouraging the use of proven nutrition education teaching tools as recommended by the New York Department of Health and Human Services – Color Me Healthy, Sybershop, Families Eating Smart and Moving More, etc.;
- Participate in the New York Conference for Child Nutrition Administrators on an annual basis;
- Participate in the social media networking tool through the School Nutrition Association.
- Participate in parent outreach programming as recommended by SHAC groups on an annual basis;
- Seek and participate in possible future grant opportunities related to sustainability after Year 3 of the proposed PEP Grant;

Contribution to the Project and Sustainability: In addition to the activities and continued support of the activities listed above when the PEP Grant is over, we will participate as an active member in the school district’s SHAC and participate in at least one parent outreach event (i.e., “Portion Distortion”) on an annual basis. This agreement is in support of **WAY of Life** PEP project and was developed after timely and meaningful consultation between the required partners.

Signature of Child Nutrition Authorized Representative: _____

(b)(6)

Dated: 4-2-13

CBO Name: Ciccotti Family Recreation Center

Roles and Responsibilities: The Ciccotti Family Recreation Center will serve as one of the lead agency for the after-school program as described in the **WAY of Life** PEP Grant proposal. In assuming this role, the Ciccotti Family Recreation Center will implement all facets of the PEP activities as seen in this proposal including:

- Coordinating the after-school program at an elementary school site as to increase the levels of physical activity for elementary students;
- Participation of Ciccotti Family Rec. Center staff in various health and wellness initiatives;
- Participate in health and fitness fair coordinated by the school district each year
- Placement of physical activity and fitness equipment;
- Continued fiscal support of after school staff and associated activities after grant funding

Contribution to the to the project and sustainability: In addition to the activities and continued support of after school staff when PEP Grant is over, we will participate as an active member in the school district's SHAC and participate in at least one parent outreach event on an annual basis.

The agreement is in support of the **WAY of Life** PEP grant project and was developed after timely meaningful consultation between the required partners.

Signature of Ciccotti Family Rec. Center Authorized Representative:

Dated: 4/1/13

(b)(6)

LEA School Health Advisory Council

Name: Tom Greene

Roles and Responsibilities: The South Colonie School District (SCSD) School Health Advisory Council will serve as the lead for the **WAY of Life** PEP Grant proposal. In assuming this role, SCSD School Health Advisory Council will coordinate and implement all facets of the PEP activities as seen in this proposal including:

- Supporting school and community policy development for physical activity and nutrition
- Coordinate efforts with fitness leadership council as to create a shared responsibility for increasing health and fitness venues for students, teachers, and parents
- Develop additional policies designed for healthy eating

Contribution to the Project: We will perform all stated activities and responsibilities as stated in the **WAY of Life** proposal.

This agreement is in support of **WAY of Life** PEP project and was developed after timely and meaningful consultation between the required partners.

Signature of LEA's School Health Advisory Council Chairperson:

Dated: 4/4/13

(b)(6)

LEA School Nurses

Name: Mary Downey, School Nurse

Roles and Responsibilities: The South Colonie School District (SCSD) Nurses will offer assistance for the **WAY of Life** PEP Grant proposal. In assuming this role, SCSD Nurses will participate in various facets of the PEP activities as seen in this proposal including:

- Creating a shared responsibility for increasing health and fitness knowledge among the students, teachers, and parents
- Assist SHAC to refine local wellness policies designed to encourage healthy eating, increasing physical activity and lowering BMI

Contribution to the Project: We will assist with stated activities and responsibilities as stated in the **WAY of Life** proposal.

This agreement is in support of **WAY of Life** PEP project and was developed after timely and meaningful consultation between the required partners.

Signature of LEA's School Nurse Representative: _____

(b)(6)

Dated: 4/8/13

District Nurse Coordinator

CBO Name: Town of Colonie

Roles and Responsibilities: The Town of Colonie will serve as one of the lead agency for the after-school program as described in the **WAY of Life** PEP Grant proposal. In assuming this role, the Town of Colonie will implement all facets of the PEP activities as seen in this proposal including:

- Coordinating the after-school program at a middle and high school site as to increase the levels of physical activity for middle and high school students;
- Participation of Town of Colonie staff in various health and wellness initiatives;
- Participate in health and fitness fair coordinated by the school district each year
- Placement of physical activity and fitness equipment;
- Continued fiscal support of after school staff and associated activities after grant funding

Contribution to the to the project and sustainability: In addition to the activities and continued support of after school staff when PEP Grant is over, we will participate as an active member in the school district's SHAC and participate in at least one parent outreach event on an annual basis.

The agreement is in support of the **WAY of Life** PEP grant project and was developed after timely meaningful consultation between the required partners.

Signature of Town of Colonie Authorized Representative:

(b)(6)

Dated: 4/2/13

School District Authorized Representative

Name: Jason Semo

Roles and Responsibilities: The South Colonie School District (SCSD) will serve as the lead agency for the WAY of Life PEP Grant proposal. In assuming this role, SCSD will coordinate and implement all facets of the PEP activities seen in this proposal including:

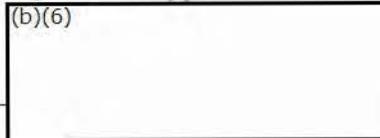
- Program (Implementation of programs/activities. GPRA data collection, reports); Fiscal management (Bids, procurement, etc.)
- Placement of personnel (PEP Grant Program Manager, secretary, etc.); and Community Partnerships (Coordination, oversight, etc.)

Contribution to the Project: As the lead agency we will perform all stated activities and responsibilities as stated in the **WAY of Life** proposal.

This agreement is in support of **WAY of Life** PEP project and was developed after timely and meaningful consultation between the required partners.

Signature of Authorized Representative:

(b)(6)

A rectangular box with a black border, containing the text "(b)(6)" in the top left corner. A horizontal line extends from the right side of the box.

Dated: 3/16/2013

CBO Name: Elected Official

Name: Councilwomen, Linda J. Murphy

Roles and Responsibilities: Will support initiatives of the after-school programs as described in the **WAY of Life** PEP Grant proposal. In assuming this role, will support initiatives to implement all facets of the PEP activities as seen in this proposal including:

- Coordinating the after-school program at the elementary, middle and high school sites as to increase the levels of physical activity for middle and high school students;
- Participation of Town of Colonie staff in various health and wellness initiatives;
- Participate in health and fitness fair coordinated by the school district each year
- Placement of physical activity and fitness equipment;
- Continued fiscal support of after school staff and associated activities after grant funding

Contribution to the to the project and sustainability: In addition to the activities and continued support of after school staff when PEP Grant is over, we will participate as an active member in the school district's SHAC and participate in at least one parent outreach event on an annual basis.

The agreement is in support of the **WAY of Life** PEP grant project and was developed after timely meaningful consultation between the required partners.

Signature of Elected Official Representative:

(b)(6)

Dated: April 4, 2013

Part 6: Other Attachments Form

- Individual Resumes for Project Directors & Key Personnel
- Program Assurances
- Partnership Agreement (if applicable)

PROGRAM SPECIFIC ASSURANCE

Agency Name: South Colonie Central School District DUNS # 0804670610000

Please ensure you have included a Program Specific Assurance with your application. You must print out your signed Assurance and either (1) upload it with all signed forms to the Other Attachments or (2) fax it (along with the ED 424 and other forms) to the Office of Safe and Healthy Students at (202) 245-7166 within 3 working days of submitting your electronic application. Be sure to include your Agency name and DUNS# on your Assurance.

As the duly authorized representative of the applicant, I certify that the applicant 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 our PEP project.
2. Align our PEP project with the district's Local Wellness Policy, if applicable.
 ** Please check here if this requirement is not applicable to your application because your entity does not participate in the school lunch program authorized by the Federal child-nutrition programs as recently amended by the Healthy, Hunger-Free Kids Act of 2010 and therefore is not required to have a Local Wellness Policy and you are not part of a partner group required to have a Local Wellness Policy. **
3. Align our PEP project with similar ongoing initiatives, whose goals and objectives are to promote physical activity and healthy eating or help students meet their State standards for physical education, specifically:
 - Coordinated School Health Program
 - Team Nutrition Training Grant
 - Recovery Act Communities Putting Prevention to Work – Community Initiative
 - Others not listed here
 - We do not have any ongoing initiatives at this time in our community but will coordinate with any that may be initiated during the program period.
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 if we plan to use grant funds to update our physical education curricula and the HECAT tool if 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 the proposed program

(b)(6)

Signature of Authorized Representative

Director of Physical Education and Athletics
Title

South Colonie Central School District
Applicant Organization

4/12/2013
 PR/Award # S215F130269
 Page 26
Date Submitted

School Board Member

Name: Brian Casey

Roles and Responsibilities: The School Board will serve as an agency for the health program for the South Colonie Schools. This includes working with the student health coordinator, county organizations, and agencies to develop an annual student-parent outreach program targeted to increase sound nutritional habits and physical activity levels across the school district. In assuming this role, representatives from the district will coordinate and implement the following activities:

- Advancing and developing a series of social marketing activities as to increase the healthy message being promoted via the **Way of Life** PEP Grant proposal;
- Energize and encourage greater coordination of planning and services among all city and county resources towards the childhood obesity epidemic at the local and state levels;
- Assist the South Colonie Public Schools, South Colonie Health Department, and the Child Nutrition Department in “opening doors” to establish greater reach to underserved parents and families;
- Seek and participate in possible future grant opportunities related to sustainability after Year 3 of the proposed PEP Grant;

Contribution to the Project and Sustainability: In addition to the activities and continued support of the activities listed above when the PEP Grant is over, we will participate as an active member in the school district’s SHAC and participate in at least one parent outreach event on an annual basis. This agreement is in support of **WAY of Life** PEP project and was developed after timely and meaningful consultation between the required partners.

Signature of School Board Designee:

(b)(6)

Dated: 4/2/13

Appendix E: Key PEP Personnel Vitas and Letters of Support

HOPSPORTS™
TRAINING SYSTEMS
24715 Avenue Rockefeller
Valencia, CA 91355

March 21, 2012

HOPSports Letter of Support

The HOPSports Training System has been selected by fourteen PEP grant winners during the past three years to support school physical education programs. As a multi-media, technology driven, standards-compliant and skills-based program, the HOPSports Training System (HTS) is the most comprehensive and robust physical activity content in the market today.

The HTS evolved from more than twenty years' participation in the youth fitness industry by the founders of HOPSports. The program is designed to integrate the disparate interests of organizations focused on children's health and fitness from the Department of Health and Human Services to the National Football League (NFL). The HTS incorporates the talents of a legion of qualified content instructors from the internationally renowned Tezoro (dance) Productions and Sensei Guillermo Gomez to Olympic athletes such as Buddy Lee, Annett Davis, and Nicole Giordano. Professional athletes lend their special perspective to physical activity and its importance along with public service announcements in such critical areas as nutrition, anti-smoking and the importance of physical activity every day.

During the past five years, the HTS has been piloted and tested in a host of venues across the United States. The response from both students and teachers has been phenomenal. Anecdotal reports have shown that the HTS has a positive effect in increasing the percentage of students in moderate-to-vigorous physical activity during PE classes, has a positive effect on participation rates of "turned-off" youth (i.e., non-athletic, under-skilled, overweight, girls as a whole), and other confidence building factors.

For example, a study by the University of Tulsa reports a 43% increase in physical activity in schools using the HTS versus control schools using traditional physical education. The University of New York - Greensboro, Appalachian State and East Carolina State have concluded an evaluation study of the HTS through the support of Be Active New York with dramatic findings that demonstrate the efficacy of the HTS

Cindy Sisson Hensley, President

HOPSports Inc.

24715 Avenue Rockefeller

Valencia, California 91355

(661) 702-8946



Foundational Fitness Letter of Support
March 20, 2012

Since its founding three years ago, the Foundational Fitness program of functionally-based activities and equipment has been implemented in over 200 schools across the nation, including 31 PEP grant programs. This distinguished, model program, was developed by physical education teachers as a result of receiving PEP funding in 2003. The goal of a PEP grant is to build model program that can be copied by other districts to fight childhood obesity and its related diseases. This program actually may be duplicated by other districts, because of its affordability. The Foundational Fitness program has three phases of implementation.

1. Build a "menu" of equipment-less activities and exercises
2. Begin adding simple equipment such as medicine balls, agility ladders, dumbbells, and Jungle Gyms (a piece of equipment that uses body weight as resistance)
3. Add various tubing equipment to add variety and progression

Highlights of this program include:

- It is **effective** because it integrates all the systems of the body at once, with *mindful* movement. The brain-body connection is built on connectedness and synergy, not isolation.
- It is **affordable** and **sustainable**. Since it uses body weight, and simple, affordable equipment, this program will thrive *after* PEP grant funds are no longer available.
- The equipment is **portable**. Teachers can create a "fitness center" anywhere, since the equipment is easy to set-up, take down, and store. This allows fitness development (especially resistance training) to be added to each class. Students will increase total-body strength and decrease body fat.
- Every student succeeds, and every student gets appropriately challenged. **Differentiation, progression, and inclusion**, are the foundations of this program.

This letter of support is an acknowledgement by Foundational Fitness to assist those involved with this PEP submission in the **education, inspiration, and transformation** of their students.

Mike Meeteer, President
John Ditter, CEO
Foundational Fitness, Inc.
7549 Oak Circle Drive
Middleton, WI 53562
(888) 957-8880

InnerLink

Student Health Force is a comprehensive K-12 nutrition, physical activity, and wellness program designed to supplement existing health and physical education programming with a variety of different formats including:

- ✓ To provide core physical activity and nutrition instruction as a part of the regular physical education program for elementary, middle or high school students.
- ✓ To provide additional enrichment opportunities in physical activity and nutrition instruction
- ✓ To evaluate the impact of nutrition and physical activity outcomes within a school district's coordinated school health programs model
- ✓ To measure individual student progress in meeting health and nutrition grade level benchmarks
- ✓ To increase opportunities for parents and students to be engaged in a variety of timely nutrition and health discussions.
- ✓ To create a community-wide platform for positive health messaging

Alignment to the PEP Grant Absolute Priorities: This new physical activity and nutrition resource aligns with each Absolute Priority.

- 1) **Instruction in Healthy Eating Habits and Good Nutrition:** The *Student Health Force (SHF)* nutrition modules were written by registered dietitians and subject matter experts in the field of nutrition. Through a clear K-12 scope and sequence, *Student Health Force* provides the type of educationally sound and age appropriate lessons of proper nutrition and the need to make healthy food choices for a lifetime.
- 2) **Fitness Education Assessment:** The online journaling of nutrition and physical activity helps students (and other family members as well) to make routine entries in *Student Health Force* and helps to track daily progress toward their personal fitness and nutrition goals.
- 3) **Development of Cognitive Concepts:** The pre-loaded instructional resources provide teachers and students with instruction in cognitive concepts about physical fitness that support a lifelong healthy lifestyle.
- 4) **Increases Positive Physical Activity Opportunities:** The tracking and assessment features will increase on- and off-school opportunities to develop positive social and cooperative skills through physical activity participation.
- 5) **Online Professional Development:** School districts can use the Learning Management System to create customized professional development for teachers on the latest research, issues and trends in the field of physical education. Or take advantage of the "ready to use" "Connected Community" staff development modules for up-to-date information.

Budget Narrative File(s)

* **Mandatory Budget Narrative Filename:**

[Add Mandatory Budget Narrative](#)

[Delete Mandatory Budget Narrative](#)

[View Mandatory Budget Narrative](#)

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

[Add Optional Budget Narrative](#)

[Delete Optional Budget Narrative](#)

[View Optional Budget Narrative](#)

SOUTH COLONIE

WAY of Life Budget- Section A

U.S. DEPARTMENT OF EDUCATION						
BUDGET INFORMATION						OMB Control Number: 1890-0004
NON-CONSTRUCTION PROGRAMS						Expiration Date:
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	\$133,200	\$133,200	\$133,200	\$0	\$0	\$399,600
2. Fringe Benefits	\$38,880	\$38,880	\$38,880	\$0	\$0	\$116,640
3. Travel	\$62,500	\$60,500	\$60,500	\$0	\$0	\$183,500
4. Equipment	\$316,776	\$185,300	\$79,145	\$0	\$0	\$581,221
5. Supplies	\$82,985	\$76,152	\$67,442	\$0	\$0	\$226,579
6. Contractual	\$71,780	\$71,780	\$71,780	\$0	\$0	\$215,340
7. Construction	\$0	\$0	\$0	\$0	\$0	\$0
8. Other	\$0	\$0	\$0	\$0	\$0	\$0
Total Direct Costs 9. (lines 1-8)	\$706,121	\$565,812	\$450,947	\$0	\$0	\$1,722,880
10. Indirect Costs	\$18,494	\$18,074	\$17,661	\$0	\$0	\$54,229
11. Training Stipends	\$0	\$0	\$0	\$0	\$0	\$0
Total Costs (lines 9-11)	\$724,615	\$583,886	\$468,608	\$0	\$0	\$1,777,109

ED FORM NO. 524

SOUTH COLONIE

WAY of Life Budget- Section B

Name of Institution/Organization		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.				
NON-FEDERAL FUNDS (matching in-kind contributions)						
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	\$218,280	\$224,310	\$230,340	\$0	\$0	\$672,930
2. Fringe Benefits	\$69,850	\$71,779	\$73,709	\$0	\$0	\$215,338
3. Travel	\$0	\$0	\$0	\$0	\$0	\$0
4. Equipment	\$0	\$0	\$0	\$0	\$0	\$0
5. Supplies	\$0	\$0	\$0	\$0	\$0	\$0
6. Contractual	\$0	\$0	\$0	\$0	\$0	\$0
7. Construction	\$0	\$0	\$0	\$0	\$0	\$0
8. Other	\$0	\$0	\$0	\$0	\$0	\$0
Total Direct Costs 9. (lines 1-8)	\$288,130	\$296,089	\$304,049	\$0	\$0	\$888,268
10. Indirect Costs	\$0	\$0	\$0	\$0	\$0	\$0
11. Training Stipends	\$0	\$0	\$0	\$0	\$0	\$0
Total Costs 12. (lines 9-11)	\$288,130	\$296,089	\$304,049	\$0	\$0	\$888,268
SECTION C - OTHER BUDGET INFORMATION (see instructions)						
ED FORM NO. 524						

Budget Information

Budget Detail

All Personnel and fringe benefit costs are based on the current rates. Travel costs including workshop expenses are based upon the local hotel charges and the District's rates for reimbursing mileage and per diem. Equipment and materials/supplies costs are in accordance with state contract figures or vendor-supplied cost estimates, and contractual rates are in accordance

	Year 1	Year 2	Year 3	Year 1 In-Kind	Year 2 In-Kind	Year 3 In-Kind
PERSONNEL				(b)(4)		
(b)(4)						
experience, graduate degree). Administrative Assistant (1FTE, 12MOE, based on local salary requirements).	\$75,000.00	\$75,000.00	\$75,000.00			
Three Lead PE Teachers (to be paid a stipend of \$3,500) for each year of the grant.	\$36,000.00	\$36,000.00	\$36,000.00			
Certified teacher substitutes, permitting teachers to attend professional staff development programs on project activities in the grant and proper use of physical education equipment, materials and supplies (estimated for 90 substitutes per year at \$130 per substitute)	\$10,500.00	\$10,500.00	\$10,500.00			
	\$11,700.00	\$11,700.00	\$11,700.00			
Personnel Subtotal	\$133,200.00	\$133,200.00	\$133,200.00			
FRINGE BENEFITS						
(b)(4)						
	\$38,880.00	\$38,880.00	\$38,880.00			
Fringe Benefits Subtotal	\$38,880.00	\$38,880.00	\$38,880.00			

TRAVEL				(b)(4)
Travel for one person to attend the two-day project directors' meeting, estimated at \$2,000 per person to include travel, hotel, and per diem)	\$2,000.00			
Travel for two persons to attend the three-day OSDFS National conference (estimated at \$2500 per person to include travel, hotel, and per diem)	\$5,000.00	\$5,000.00	\$5,000.00	
Travel for Program Manager and PE teachers (15 staff total) to a national professional conference to present findings and results of grant project (estimated at \$2,500 to include registration, mid-week airfare, ground transportation, lodging and meals).	\$37,500.00	\$37,500.00	\$37,500.00	
Travel for teachers to attend staff development opportunities related to the grant (I.e., State AHPERD). 15 staff at \$800 to include registration, ground transportation, lodging and meals.	\$12,000.00	\$12,000.00	\$12,000.00	
Travel for project evaluators, consultants/presenters, curriculum developers, program manager, program director. 8 trips @ \$750/trip	\$6,000.00	\$6,000.00	\$6,000.00	
Travel Subtotal	\$62,500.00	\$60,500.00	\$60,500.00	

EQUIPMENT (> \$5,000 per unit cost)			
HYPE physical education equipment packages (5 elementary, 2 middle and 1 high school unit for at \$8,676/elem; \$12,560/middle, \$16,789/high). Plus 10% S&H; to be purchased over 3 years	\$65,187.39	\$28,631.23	
6 Precor TRM885/P80 Treadmill/120V @ \$7,895 Plus 10% S&H; to be purchased over 3 years	\$17,369.00	\$17,369.00	\$17,369.00
6 Precor AMT885/P80 Open Stride 120V @ \$7,995 Plus 10% S&H; to be purchased over 3 years	\$17,589.00	\$17,589.00	\$17,589.00
6 Precor RBK885/P80 Recumbent Bike 120V @ \$4,820 Plus 10% S&H; to be purchased over 3 years	\$10,604.00	\$10,604.00	\$10,604.00
6 Espresso HD Upright Bike @ \$7,395 Plus 10% S&H; to be purchased over 3 years	\$11,814.00	\$11,814.00	\$11,814.00
6 Precor EFX885/P80 DA XTrainer 120V @ \$7,395 Plus 10% S&H; to be purchased over 3 years	\$16,269.00	\$16,269.00	\$16,269.00
Hopsports Cardio-Sports System (3 @ \$18,000) 10% S&H	\$59,400.00		
Peaceful Playgrounds Afterschool Program Package @ \$5999 per school site. 4 schools over 3 years, 10% S/H	\$13,197.80	\$13,197.80	
Edible School Gardens and Nutrition Education Program Package @ \$2500 per school site. 8 schools over 3 years, 10% S/H	\$8,250.00	\$8,250.00	\$5,500.00
Peaceful Playgrounds In-school Program Package @ \$5999 per school site. 5 schools over 3 years, 10% S/H	\$19,796.70	\$13,197.80	
Socci Sports School Multi-Skill Sports Kits (\$2,599 per K-5; \$2999 per 6-12) 5 K-5 and 2 MS kits (\$2999) and 1 HS (\$3299) to be purchased over 3 years, Plus 10% S/H	\$24,521.20		
Foundational Fitness Kits - 8 kits to be purchased over 3 year - (Elementary Kit \$10,995; Middle \$11,995, HS \$12,995; plus 10% S/H.	\$52,778.00	\$48,378.00	
Equipment Subtotal	\$316,776.09	\$185,299.83	\$79,145.00

(b)(4)

SUPPLIES (see budget narrative for additional information)			
Processogram (30 units at \$230/unit)	\$6,900.00		
Suunto Heart Rate School Kits - 3 units		\$17,419.60	\$8,709.80
Wireless Pedometers to collect GPRA data (\$50/unit for each year 1-3) 300 units each year.	\$16,500.00	\$16,500.00	\$16,500.00
Teaching & Assessing PE Power Standards Instructional Packages for teachers; 30@\$599, plus 10% S/H	\$19,767.00		
Aerobic Dance PA system(8 units at \$2,195) over 3 years. 10% S/H	\$4,829.00	\$7,243.50	\$7,243.50
Telephone, Misc Office	\$3,600.00	\$3,600.00	\$3,600.00
30 Notebook Computers @ \$2,000 and 30 printers @\$399 for PE Department staff, plus 10% S/H; to be purchased over 3 years	\$26,389.00	\$26,389.00	\$26,389.00
Misc printing, postage, posters, brochures, etc.	\$5,000.00	\$5,000.00	\$5,000.00
Supplies Subtotal	\$82,985.00	\$76,152.10	\$67,442.30
CONTRACTUAL (see budget narrative for additional information)			
Contracted services for project evaluation, estimated at 5% of total budget (approximately 360 hours contracted services at \$215/hr, distributed over three years of grant project)	\$25,800.00	\$25,800.00	\$25,800.00
VPE Administrator Student Assessment Portal for student assessment and monitoring	\$15,000.00	\$15,000.00	\$15,000.00
curriculum consultants for technical training on nutrition and physical activity (4 @ \$3,995) each year	\$15,980.00	\$15,980.00	\$15,980.00
Student Health Force Nutrition Education Curriculum Resources	\$15,000.00	\$15,000.00	\$15,000.00
Contractual Subtotal	\$71,780.00	\$71,780.00	\$71,780.00

(b)(4)

OTHER				(b)(4)
<i>Other Subtotal</i>	<i>\$0.00</i>	<i>\$0.00</i>	<i>\$0.00</i>	
Direct Costs (Includes all Subto	\$706,121.09	\$565,811.93	\$450,947.30	
Indirect Costs (Calculated at 3.0% on all direct costs except equipment)	\$11,680.35	\$11,415.36	\$11,154.07	
Total (Direct and Indirect costs)	\$717,801.44	\$577,227.29	\$462,101.37	
Total>>	(b)(4)			

**U.S. DEPARTMENT OF EDUCATION
BUDGET INFORMATION
NON-CONSTRUCTION PROGRAMS**

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

Name of Institution/Organization

South Colonial Central School District

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	133,200.00	133,200.00	133,200.00			399,600.00
2. Fringe Benefits	38,880.00	38,880.00	38,880.00			116,640.00
3. Travel	62,500.00	60,500.00	60,500.00			183,500.00
4. Equipment	316,776.09	185,299.83	79,145.00			581,220.92
5. Supplies	82,995.00	76,152.10	67,442.30			226,579.40
6. Contractual	71,780.00	71,780.00	71,780.00			215,340.00
7. Construction						
8. Other						
9. Total Direct Costs (lines 1-8)	706,121.09	565,811.93	450,947.30			1,722,880.32
10. Indirect Costs*	11,680.35	11,415.26	11,154.07			34,249.78
11. Training Stipends						
12. Total Costs (lines 9-11)	717,801.44	577,227.29	462,101.37			1,757,130.10

***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: 07/01/2012 To: 06/30/2013 (mm/dd/yyyy)

Approving Federal agency: ED Other (please specify):

The Indirect Cost Rate is 3.00 %.

(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 South Colonie Central School District	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:
	Jason	P	Semo	

Address:

Street1:	1 Raider Blvd
Street2:	
City:	Albany
County:	Albany
State:	NY: New York
Zip Code:	12205-2223
Country:	USA: UNITED STATES

Phone Number (give area code)	Fax Number (give area code)
518-459-1220	518-435-1719

Email Address:

jason.semo@southcolonie.k12.ny.us

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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