

**Making Kane County Fit for Kids
Fit Kids 2020 Plan Implementation Call for Projects
2019 Application**

APPLICATION INFORMATION

Project Name: Keep Them Fit: Heart Rate Monitors for West Aurora High School

Project Location: West Aurora High School, 1201 W. New York St, Aurora, IL 60506

Applicant Name: Cherie Esposito

Applicant Address: 1877 W. Downer Place

City, State, Zip: Aurora, IL 60506

Contact Name and Title: Cherie Esposito, Grant Application and Accountability Manager

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Fax: (630) 844 - 4442

E-mail: cesposito@sd129.org

Project Period: June 1, 2019 – May 31, 2020

PROJECT FUNDING

- | | |
|---|-----------------|
| 1. Total cost of project identified above: | <u>\$24,670</u> |
| 2. Total funds available (or to be secured) from other sources: | <u>\$15,496</u> |
| 3. Amount requested from Making Kane County Fit for Kids: | <u>\$9,174</u> |

Attach a budget for the project. Include all project expenses and funding sources. Indicate the status of each funding source (i.e. yet to apply, application pending, funding committed, etc.).

FIT FOR KIDS GRANT PROJECT GOALS GRID AND QUESTIONNAIRE

Project Summary: *(Provide a general statement explaining the problem/opportunity the project will address and identify the benefits of implementing the project)*

Health patterns set in youth impact an individual's lifelong health and longevity. In a diverse community the importance of establishing healthy patterns can decrease the number of chronic health related illnesses that disproportionately impact low income, Hispanic and African American people in our country. Physical education is a prime opportunity to set healthy patterns for the youth of Kane County. Alarming, the data at West Aurora High School indicates that as students progress through our system they become less aerobically fit rather than more heart healthy. Our assessments show a 28% decrease in the percentage of students who meet the state aerobic fitness target from 9th until 12th grade (9th grade 54% - 12th grade 26%). Moderate to vigorous physical activity (MVPA) has been correlated to improved cardiovascular health. While adolescents are required to participate in physical education, the choice to engage in MVPA during physical education classes is individual and decreases as students get older. How can we engage our students to increase MVPA and improve their future health outcomes?

Today's young people are tech savvy and comfortable with data. Engaging students in the evaluation of their health and fitness data is one means to increase autonomous investment in improving cardiovascular fitness. West Aurora School District 129 has piloted the use of heart rate monitors in grades 3-10 and found this tool highly engaging for students and resulting in improved cardiovascular fitness for those involved in the action research conducted by these educators. By providing heart rate monitors for the PE teachers of 9th through 12th graders to share, we believe that students will:

- engage with their personal health information,
- increase the amount of time they engage in MVPA,
- improve their cardiovascular health,
- and decrease the likelihood of chronic disease thus increasing life expectancy.

Target Population of your organization and project Students in PE classes West Aurora High School

Project Goal(s)

	Methods or process to reach your goal	How will you know you met your goal? Measures and data collected

<p>Increase the cardiovascular health of West Aurora High School students by 20% from the baseline as measured by the Illinois Fitnessgram Aerobic Capacity Pacer test.</p>	<p>Professional development in the use of Polar armbands will be provided in August 2019.</p>	<p>Sign in sheets will be collected at the professional development sessions by Todd Gingerich, Physical Education Curriculum Coordinator.</p>
	<p>Lesson plans will reflect weekly cardiovascular lessons in all PE courses.</p>	<p>Teachers lesson plans will be written to incorporate activities of moderate aerobic intensity regularly. Lesson plans can be presented if requested from individual teacher.</p>
	<p>Students will use the Polar optical heart rate monitor and evaluate their downloaded progress data.</p>	<p>Student data will be downloaded from the monitor and provided to the student to track progress. Progress charting will serve as a formative assessment for students and teachers.</p>
	<p>Assess progress toward our goal using the benchmark standard of the aerobic capacity pacer subtest of the state fitness assessment. Baseline scores from 2018 are: 9th Girls 52% 9th Boys: 57% 9th Total: 54% 10th Girls: 43% 10th Boys: 51% 10th Total: 47% 11th Girls:31% 11th Boys: 46% 11th Total: 39% 12th Girls :27% 12th Boys: 24% 12th Total: 26% Total Girls 9-12: 38% Total Boys 9-12: 43% Total: 40% of students met the standard of cardiovascular health</p>	<p>The aerobic capacity pacer assessment from the 2020 Illinois state fitness assessment will be used to measure growth in cardiovascular fitness of our students in 9th through 12th grade. Data will be disaggregated by sex, grade, and total to assess our effectiveness. A final report will be provided to the district administration and funders completed by the PE curriculum coordinator following this assessment.</p>

(Each goal will have at least one method and measure. Expand the grid and add more boxes to the table if needed)

In addition to completing the grid above, please provide short answers to the questions below.

Project Questions

1. Provide a detailed description of your project/program, including the target population and geographic area it will serve.

West Aurora High School serves the communities of Aurora, North Aurora, Montgomery and Batavia. This project would target high school students during physical education. Approximately 3500 students are enrolled at West Aurora High School and each takes physical education. Our project would be three-pronged: professional development, data individualization, and progress monitoring.

The single most impactful factor to create change for students is the teacher. We will provide professional development to the educators serving the students in physical education classes in the use and management of optical heart rate monitors. Our district has several teachers who have piloted the use of heart monitors in the PE classrooms in an elementary school, the middle schools, and in the freshman and sophomore levels at West Aurora High School. West Aurora University is an in house professional development platform that encourages teachers to share best practice strategies and allows educators to earn continuing professional development hours toward their certification. Mr. Gingerich, PE curriculum coordinator, will identify early adopters who have experienced success using the heart rate monitors to prepare a PD session for their colleagues. The training will happen during the first two days of teacher inservice in August prior to the 2019-2020 school year. Additional training will be provided in the after school hours through West Aurora University as needed by new staff.

At least one physical education lesson each week will be devoted to cardiovascular activities designed to encourage students to engage in moderate to vigorous physical activity (MVPA). During these activities the students will wear the heart rate monitor. At the end of the class period students will download the data and charge the device in the charging tower. The PE teacher will provide students a personal record of their results and discuss as a class the importance of cardiovascular health and strategies to make individual improvements.

All physical education teachers participate in a professional learning community (PLC) weekly. During these meetings teachers determine what they want students to know (the curriculum), how we will know if they have learned in (the assessment), what we will do if they have already learned it (extension activities), and what we will do if they have not yet learned it (differentiation and intervention activities). These rich discussions around data allow educators to hear colleagues discuss what has worked to improve results in their classrooms and make adjustments to their own teaching approaches. Having heart rate data available from all classes in grades 9-12 will enable vertical planning and enhance the effectiveness of our physical education program. The Illinois Fitnessgram

Aerobic Capacity Pacer test is administered to all students annually and would serve as the instrument to provide summative impact data from our project.

2. Describe the applicant's experience in the administration of this or similar projects/programs, including the qualifications of personnel that will be directly involved in the management of this project/program.

West Aurora School District 129 has extensive experience managing projects and programs funded by federal and state government agencies. Current federal grant programs include: Preschool for All, Preschool for All Prevention Initiative (0-3), Title I-ESSA, IDEA Part B Preschool, IDEA Part B Flow-Through, Preschool Expansion Grant, IEP, LIPLEPS, and Title IIA-ESSA, 21st Century Continuation Grant, Perkins CTE grant, Career and Tech Improvement Grant, and Healthy Community Investment Grant. West Aurora Schools also participates as the school food authority for the national school lunch program. These funding agencies require a Dun and Bradstreet number (DUNS) and a System for Awards Management (SAM) number when receiving grant funds. The school district re-applies annually for the SAM number to ensure that we are in good standing to receive grants. The Dunham fund has provided large grants for Science and Literacy that the school district has managed effectively. The 2018-2019 school year is the first year the district has employed a grant application and accountability manager, Cherie Esposito, who has extensive experience managing federal Title I grants as a school administrator and who has successfully applied for funding through local and international foundations as well as federal grants.

Mr. Ryan Abrahamson, director of finance in School District 129 is responsible for all budgets, financial reporting and auditing, purchasing, bidding, request for proposal (RFP) procedures, district tax levy questions, and the financial health of the district through accurate reporting and monitoring. An internal control narrative is maintained with specific procedures for financial management concerning compensation, disbursements, financing, investments, fund balance, general accounting, capital assets, IBNR, grant revenue, governmental revenue, and property tax revenue. Crowe Horwath LLP out of Oak Brook, Illinois completes an annual single point audit of the internal control over financial reporting and compliance of the school district. The audit was performed in accordance with the government auditing standards.

Todd Gingerich, the K-12 physical education curriculum coordinator for West Aurora School District, has been an integral part of developing our PE curriculum and monitoring our continuous improvement process. Mr. Gingerich attended Purdue University in West Lafayette, IN for his Bachelor of Arts degree in Physical Education graduating in 2003. Later, he obtained his Masters in Educational Leadership from North Central College in Naperville, IL. Mr. Gingerich is a member of the national organization SHAPE America and the Illinois Association of Health, Physical Education, Recreation and Dance (IAHPERD). He has vast knowledge of the impact heart rate monitors can achieve in a quality physical education program. Mr. Gingerich will assist the physical education teachers with the integration of heart rate sensors into the physical education curriculum through the training and monitoring of the staff members using this technology. Students will also access their own heart rate data to assess their physical literacy while tracking their fitness levels through goal setting sessions with teachers.

3. *Is this project/program a collaborative effort with other entities? If so, please elaborate.*

No, this is an independent effort.

Organization Questions

1. *Briefly describe your organization and its history. Include website and/or Facebook page if applicable.*

West Aurora School District 129, established in 1838 as West Division District #4, opened its doors at Wilder Schoolhouse. From this beginning, West Aurora has grown into a large, urban, unit school district with ten elementary schools, four middle schools, one high school, one pre-school, one alternative school, and opening in 2019 one career center. Fostering an environment of equity and opportunity for all students is West Aurora's mission.

Twelve thousand three hundred sixteen students currently attend West Aurora Schools. Twelve of the seventeen schools participate in the community eligibility provision (CEP) from the National School Lunch Program which allows the nation's highest poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students. Twenty-three percent of students are English Language Learners. According to the 2018 Illinois School Report Card demographics for the ethnicity of our students are:

Hispanic	58%
White	25%
Black	12%
Asian	3%
Two or More races	2%

Voters in our district elect Board of Education members to serve four-year terms. Our board meets regularly to conduct the business of the district.

West Aurora School Board Members

Robert Gonzalez - President

Richard Kerns– Vice President

Valerie Brown Dykstra

Ira Lathan

Thomas St. Jules

Christopher Sparks

Melody Saperston

West Aurora School District has 760 teachers. Seventy-three percent of the teachers have a master's degree or higher. With a budget of 170 million dollars, West Aurora is at 57% of the adequacy target which is the minimum amount required to provide a high-quality education. West Aurora spends \$7369.42 per student on instruction (below the state average \$8023.61 per student).

Physical education and the arts have been priorities in West Aurora over time. Educating the whole child is a fundamental belief of our organization. Daily PE in

middle school and high school have established strong patterns as students grow into adults. Recently that investment extended into our elementary schools by adding an extra day of PE for our students in addition to daily recess. There are approximately 70 daily PE classes at West Aurora High School. A graduate from School District 129 is healthy in mind and body through a balanced, active lifestyle.

Our website is located at www.sd129.org. The social media platforms we maintain are:

Facebook: www.facebook.com/westaurora129

Facebook Espanol www.facebook.com/WAurorar129/?fref=ts

Twitter: <https://twitter.com/sd129>

Instagram: www.instagram.com/west-aurorar-129

Youtube: www.youtube.com/user/WestAuroraSD129

APPLICATION CHECKLISTS

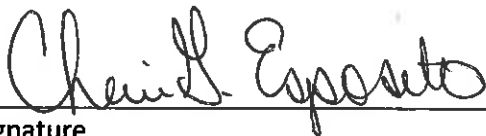
In order to be considered for funding, applicants should submit a properly completed application form, the applicable questionnaire, and a variety of supporting documents, depending on the type of project or program proposed. A checklist of the required documents for each type of activity is provided below.

- Completed application, including project goals grid and questionnaire
- Project budget (itemize all project expenses and funding sources)
- Project timeline (attach a schedule for completing the project with key target completion dates listed)

APPLICANT CERTIFICATION

- Organization has already formally endorsed the Fit Kids 2020 Plan.
- Organization agrees to formally endorse Fit Kids 2020 Plan by October 1, 2019.

Applicant certifies that they have read and fully understand the guidelines that govern the Making Kane County Fit for Kids 2019 grant program. Applicant further certifies that all information furnished in/with this application is true and complete to the best of Applicant's knowledge and belief. If any information provided herein changes following the submission of this application, Applicant agrees to notify Fit for Kids, immediately. Applicant acknowledges that Fit for Kids may verify any information contained in/with this application, and submission of this application shall constitute Applicant's authorization for Fit for Kids to complete such verification as it deems necessary to determine the accuracy of this application and its suitability for funding. Applicant understands and agrees that if false information is provided in/with this application, which has the effect of increasing Applicant's advantage, Fit for Kids may disqualify this application and deem Applicant ineligible to receive any funds in the future. Applicant understands that Fit for Kids retains the right to reject any and all applications, and, in its sole determination, to waive minor irregularities. Applicant acknowledges by execution of this application that Fit for Kids will make such determinations with the fullest discretion allowable by law. Applicant will at all times indemnify and hold harmless Fit for Kids against all losses, costs, damages, expenses and liabilities of any nature directly or indirectly resulting from, arising out of, or relating to the Fit for Kids' acceptance, consideration, approval, or disapproval of this application and the issuance or non-issuance of funds herewith. Applicant further certifies that they do not discriminate on the basis of race, religion, color, sex, age, handicap or national origin; and that they are duly authorized by board resolution to cause this document to be executed.



Signature

5/20/2019
Date

Cherie G. Esposito
Name (Printed)

Grant Application & Accountability Manager
Title (Printed)

KEEP THEM FIT: BUDGET WEST AURORA HEART MONITORS

Budget Item	Total	Source: District Cash Match Committed	Source: In- Kind Match Committed	Making Kane County Fit for Kids Grant Request
2 hours of training x 20 teachers X \$32 per hour	1280		District Salary and benefits \$1280	
CTE curriculum coordinator: 10 hours X \$50 per hour (national average rate *)	500		District Salary and benefits 500	
<i>Subtotal- Personnel</i>	1780		\$1,780	
Non-Personnel Expenses				
2 Polar OH1 Sensor 10 Kit M- XXL Gen x \$549 each-11th and 12th grades	1098			\$1,098
14 Polar OH1 Sensor 10-Kit XS- S Gen x \$549 each 11th and 12th grades +\$ 30 Shipping	7716			\$7,716
4 Ruisi Multi 30 Port USB Charcher Station Dock Portable Wall Charger Adapter x \$90	360			\$360
3 Polar OH1 Sensor 10 Kit M- XXL Gen x \$549 each-9th and 10th grades	1647	\$1,647		
21 Polar OH1 Sensor 10-Kit XS- S Gen x \$549 each 9th and 10th grades	11529	\$11,529		
6 Ruisi Multi 30 Port USB Charcher Station Dock Portable Wall Charger Adapter x \$90	540	\$540		
<i>Subtotal-Non-Personnel</i>	\$22,890	\$13,716		\$9,174
<i>Subtotal- Personnel</i>	1780		\$1,780	
TOTAL PROGRAM COSTS	24,670	13716	1780	9174
* "U.S. Bureau of Labor Statistics." U.S. Bureau of Labor Statistics, U.S. Bureau of Labor Statistics, 2018, www.bls.gov/.				

Budget Narrative:				
<p>Personnel: If training did not occur during the contract hours, the agreed upon rate per the Aurora West Education Association negotiated with the West Aurora board of Education is \$32 per hour. District funds pay salaries and benefits of administrators and teachers. As salaried employees, it is within role expectations so is listed as in kind match support.</p>				
<p>Polar Heart Rate Sensors: Estimates of costs come from proposals submitted by Polar, April 23, 2019.</p>				
<p>30 Port docking station: Estimates of cost come from Amazon.com, May 13, 2019.</p>				
<p>Freshman and Sophomore sensors and docking stations are in place at the WAHS. Use will be expanded to all classes in 2019-2020.</p>				

