



Schools on the Move Grant Program

2010-2011 Grant Cycle Summary

March 2012



A program of:



www.wvonthemove.net

PO BOX 4296, Charleston, WV 25364

Funding for this program is provided by WVU Children's Hospital Foundation
Additional support provided by The CARDIAC Project and End Childhood Obesity (ECHO) Race, Wheeling
Initial funding provided by Benedum Foundation

www.wvonthemove.net

Program Overview

West Virginia on the Move, Inc. (WVOM) has been helping West Virginia schools promote physical activity through its signature Schools on the Move (SOM) Grant Program since 2005.

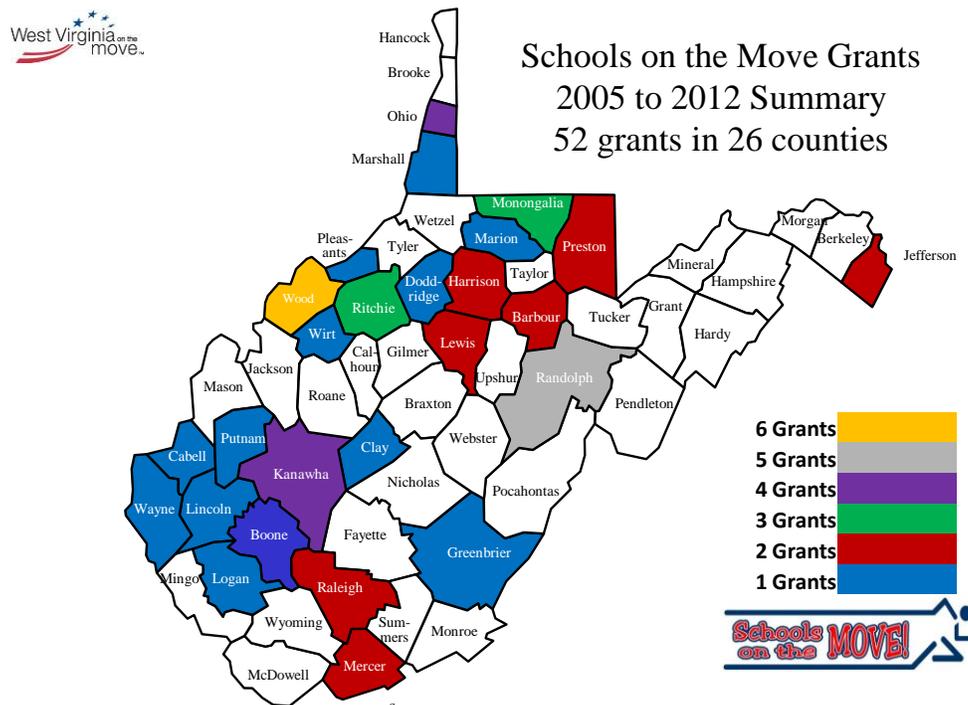
The Schools on the Move Grant Program now awards up to five schools up to \$5,000 each during each competitive grant cycle. Projects awards are typically announced in May before the academic year in which projects are to begin. Projects normally start in August and are typically completed before the end of that same academic year. Final projects reports are completed by June.

This report provides information on the awarded projects for the most recent two years of grant funding: 2010-2011 and 2011-2012. In addition, it summarizes the results of the Final Report Survey for the 2010-2011 SOM Grant Cycle.

As of February 2012 WVOM has awarded and mentored **52 grants** in **26 West Virginia counties**.

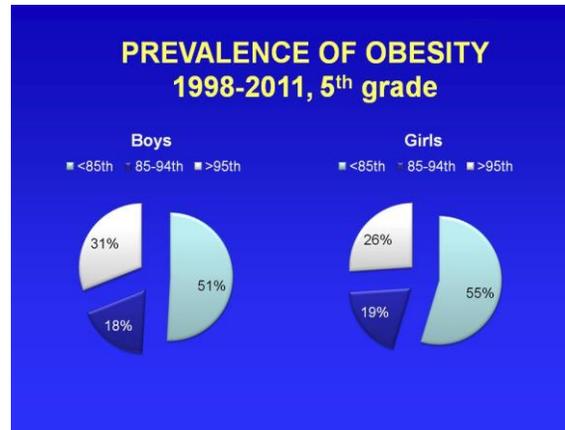
Funding

Current funding for the SOM Grant Program has been generously provided by West Virginia Children’s Hospital Foundation. Initial program funding was provided by The Claude Worthington Benedum Foundation. Additional support received from The CARDIAC Project and End Childhood Obesity (ECHO) Race, Wheeling.



Program Purpose

We recognize that the children in our state are at serious risk. Many statistics relating to the health of WV children are alarming, such as those from the CARDIAC Project in this chart. Schools can play an influential role in reversing these negative trends, since children spend the majority of their day at school. Because of statistics such as these, WVOM offers this program to help create opportunities for comprehensive school physical activity that could not be developed without external funding.



Program Focus

The Schools on the Move (SOM) Grant Program awards Pre-K – 12 public or private schools up to \$5,000 each for projects that support local initiatives that promote comprehensive approaches to youth physical activity: (a) Quality physical education; (b) Alternative before, during or after school programs; (c) Parent/community outreach; (d) Staff/faculty wellness; and (e) Active transportation.

Summary of 2010-2011 Final Report Survey

At the end of each grant cycle, grant contacts complete a Final Report Survey. Below is a summary of the Final Report Survey from the eleven 2010-2011 Grant projects.

- Funded projects reached a reported 8,376 individuals, including 4,932 students, 515 teachers/staff, 1,540 family members and 1,389 community members.
- 58% of grantees were able to leverage additional funding for their project, because of the SOM grant
- 36% were able to obtain up to \$5,000 in additional funding, and 27% were able to obtain more than \$10,000
- 100% indicated they received publicity for their project
- 91% indicated they were able to reach their desired target audience of students, staff, families and community members
- 91% report that their experience with SOM has encouraged them to seek other funding or increased their grant writing capacity



West Hamlin Elementary School Principal, Rick Davis and PE Teacher, Beth Prichard

Future Program Strategies

WVOM continues to monitor the effectiveness of this program and adapt it to the expressed needs of the target audience. Below are key strategies WVOM will implement in response to feedback and requests from previously awarded grant contacts:

- Provide resources for grant applicants, such as evidenced based physical activity program ideas, on our website at www.wvonthemove.net
- Collaborate with CARDIAC area coordinators who help mentor awarded projects
- WVOM Board members continue to provide expertise and leadership support to projects
- Streamline application process further in the next grant cycle
- Seek opportunities to present SOM Grant writing training at appropriate venues
- Disseminate annual program report to target audience in order to share success stories and identify barriers encountered during project implementation.

In their own words...

“The sight of over 100 children staying after school and running happily on a trail that the school community built was the vision we hoped for. [The] school running club is sustainable and continuing. [Children] are learning the basics of health through the activity and parents see it in action.”

“In my classes I have noticed that students that were not normally competitive in sports activities are very successful and enjoy using the climbing wall. “

“Through the creation of this Field of Fitness our school adopted an entire health and wellness initiative”

Story from our parent lead of Running Club: “They took a slow, trudging, injury prone, overweight work horse and turned her into a eager, peppy and healthy race horse who is forty pounds lighter. ...Oh and that running club's last group was 180 kids out of an enrollment of 460 children, more than 1/3 of our school. Crazy amounts of kids are running here thanks ...”

Through training, tournaments and challenges increase physical activity levels of students, staff and families using electronic gaming systems and equipment in cafeteria.

Pleasants County Middle School **Pleasants County** **School Fitness Center**
Create fitness center for students and staff and through collaboration with parks and recreation make available to community to increase physical activity levels and instill lifelong lifestyle habits for all.

Ritchie County Middle School **Ritchie County** **Fitness Center Make-Over**
Improve fitness center for use during physical education classes and establish “Invite Parent Day” in addition to expanding community use of center.

Shepherdstown Elementary School **Jefferson County** **Kids Run Wild**
Implement *Kids Run Wild* program, conduct community walk audits and prepare students, staff and families to participate in community based running events over two years.

Victory Baptist Academy **Raleigh** **The Victory Trail**
Create a trail with fitness stations to increase physical activity for students during physical education class, recess and offer alternative classroom instruction. Activities involve families and community.

Warwood School **Ohio** **Warwood Gets Its Move ON!**
Implement *Power Up* program on new outdoor equipment, create indoor fitness stations for use before school, and promote walking to school.

West Hamlin Elementary **Lincoln** **Climbing to the Top**
Increase upper body strength and aerobic capacity of students, staff and families through training on use of a new climbing wall during after school program, family nights and other community events.