



**WACO ISD EDUCATION FOUNDATION
COVER SHEET – PART II
Application for Grant:
2025-2026 Funding Cycle**

Assigned Grant Proposal #: _____

Project Title: _____

Grade Level(s): _____ **# of Students DIRECTLY involved:** _____

Subject Area(s): _____

Amount Requested: \$ _____

Grant Focus Area(s): In order to be considered, Waco Education Foundation Innovation Grant proposals must fall under one or more of the E4 focus areas: early childhood development, enhanced programming for advanced students, extended education for staff, and emphasis on student performance. NOTE: In addition to meeting one of the E4 focus areas above, grant readers are especially interested in creative and innovative grant requests that target fine arts, STEM, literacy, or enrichment.

(check all that apply)

Early Childhood Development

Enhanced Programming for Advanced Students

Fine Arts

Literacy

Extended Education for Staff

Emphasis on Student Performance

STEM

Enrichment

1. Rationale:

This project aligns with the funding focus areas of the Waco Education Foundation, specifically in the categories of **creative classroom projects** and **district initiatives**. By introducing a comprehensive "Weights and Wellness" program that integrates physical wellness and mental health support, the project will provide teachers and students with innovative, hands-on tools for managing stress, improving well-being, and boosting overall performance. This initiative enhances the classroom experience by promoting a balanced approach to mental and physical health, fostering an environment where both educators and students can thrive academically and personally. The project is a creative solution to current challenges faced in the classroom and will serve as a model for future initiatives within the district.

2. Goals:

Promote Physical Health:

- Increase overall physical fitness by integrating weight training and other wellness activities.
- Improve cardiovascular health, strength, and flexibility through structured exercise programs.
- Provide opportunities for teachers and students to engage in regular physical activity that promotes energy and reduces fatigue.

Enhance Mental Health:

- Reduce stress and anxiety through physical activity, focusing on the mental health benefits of exercise.
- Encourage mindfulness and mental clarity through wellness practices such as stretching, yoga, and deep breathing exercises.
- Foster a supportive environment where both teachers and students can openly discuss mental health and stress management.

3. Plan of Operation:

Week 2-4	Weekly Weight Training Sessions	Structured workout sessions 2-3 times a week for students and staff.
Month 2	Mindfulness Workshop	Monthly session on mindfulness, meditation, and stress reduction.
Month 3	Parent-Teacher Wellness Event	Interactive event with parents on fitness and mental health.
Month 4	Family Wellness Challenge	Launch a "30-day fitness challenge" with a focus on daily activity.
Month 5	Group Fitness Event	A school-wide wellness walkathon or group workout event.
Month 7	Quarterly Review & Progress Check	Evaluate physical fitness and mental health progress.
Month 8	Mental Health Awareness Campaign	Launch a mental health awareness campaign with guest speakers.

Month 9	End of Year Wellness Celebration & Parent Involvement	Celebrate the achievements and progress made throughout the year.
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4. Communication & Dissemination: The Foundation has an open invitation to attend our afterschool adult group workout as well as any of the PE classes daily. Our campus is exceptionally active on social media where we can share our student and staff physical and mental health growth.

5. Evaluation: Quarterly Review & Progress checks will be conducted to evaluate physical fitness and mental health progress for both students and staff.

6. Long Term Implications:

The items being purchased through this grant are not consumable and can be used for the foreseeable future by every member of the school community. All items will be stored in a designated lock area

7. Key Personnel:

_____ is a devoted physical education teacher at _____ and has been involved in the district and community for 18 years. Her personal passion for physical fitness and dedication to education; she is committed to growing both students and staff. She creates fun, effective and age appropriate workouts for all. The school gym is where the equipment purchased will be stored.

_____ is a dedicated school counselor with experience in both middle school and now elementary. She is committed to empowering students and staff with healthy coping skills. Exercise is an effective strategy for all ages.

The two staff members are enthusiastic about marrying physical education and mental health awareness for students and staff.

8. Budget and Budget Narrative/Justification:

Attached

Waco Education Foundation

Grant Budget Form

Assigned Proposal #	64
Project Title:	Enhancing Physical Wellness and Mental Health through Weights and Wellness for Teachers and Students
Number of Students Served by Grant:	

Qty	Budget Item	Verify Vendor (Y or N)	\$ Requested from the WISD Foundation	Other Secured Source	\$ from Other Source (if applicable)	Total Amount
Consumable Supplies						
						\$ -
						\$ -
						\$ -
						\$ -
						\$ -
						\$ -
total Consumable Supplies			\$ -		\$ -	\$ -
Technology						
						\$ -
						\$ -
total Technology			\$ -		\$ -	\$ -
Long-Term Supplies / Equipment (items that will last beyond the grant year)						
2	Kettle Bells	Y	\$ 141.10			\$ 282.20
1	Weight Rack	Y	\$ 129.99			\$ 129.99
1	Dumbbells	Y	\$ 177.77			\$ 177.77
1	Slam Balls	Y	\$ 165.99			\$ 165.99
3	Resistance Bands (w/handles)	Y	\$ 9.99			\$ 29.97
3	Resistance Bands	Y	\$ 9.99			\$ 29.97
1	Weighted Rope	Y	\$ 29.99			\$ 29.99
2	Yoga Balls	Y	\$ 30.99			\$ 30.99
			\$ -			\$ -

total Long-Term Supplies			\$ 695.81		\$ -	\$ 876.87
Contracted Services						
						\$ -
						\$ -
total Contracted Services			\$ -		\$ -	\$ -
Personnel						
						\$ -
						\$ -
total Personnel			\$ -		\$ -	\$ -
Travel / Other						
						\$ -
						\$ -
						\$ -
						\$ -
total Other			\$ -		\$ -	\$ -
Totals		Total Requested from the WISD Foundation		Foundation Cost Per Student	Total from Other Sources	Total Cost of Project
		\$ 695.81		#DIV/0!	\$ -	\$ 876.87