



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

Assigned Grant Proposal #: 31

Project Title: Cruising to Success

Grade Level(s): PreK-5th # of Students DIRECTLY involved: 550

Subject Area(s): Special Education/Behavior

Amount Requested: \$ \$8,498

**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)

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Early Childhood Development     | <input type="checkbox"/> Extended Education for Staff               |
| <input type="checkbox"/> Enhanced Programming for Advanced Students | <input checked="" type="checkbox"/> Emphasis on Student Performance |
| <input type="checkbox"/> Fine Arts                                  | <input checked="" type="checkbox"/> STEM                            |
| <input checked="" type="checkbox"/> Literacy                        | <input type="checkbox"/> Enrichment                                 |

**Proposal Number:** 31

**Project Title:** Cruising for Success

**Description:** With the allocated budget, we are able to purchase 5 stationary cycles with large desk tops for the PreK-2 range and an additional 5 for the 3rd-5th range. This includes delivery and setup. We hope to place these cycles in the library, making them accessible to all students across the school. Our primary focus is to support students with ADHD, behavioral challenges, and other special needs.

Many of our students struggle to remain seated and focused long enough to read effectively. Disabilities and the increasing integration of technology have made it even harder for them to maintain sustained attention. This not only impacts their ability to focus but also hinders comprehension, as their attention tends to be fleeting. By providing stationary bikes, we aim to give students a physical outlet for their extra energy, enabling them to better concentrate on the words on the page.

### **Rationale:**

Waco ISD can implement stationary bikes with desks to help enhance students' reading skills by promoting physical activity while they engage with reading materials. Literacy is a key focus in Waco ISD's District Improvement Plans. Stationary bikes can support this strategy by enhancing engagement during literacy programs. They can be integrated as part of efforts to provide library staff with resources to strengthen literacy initiatives district-wide.

Research supports the integration of physical activity with learning to improve student engagement and academic performance. A study published in *Pediatrics* (2014) found that children who engage in physical activity during learning tasks show increased cognitive function, better focus, and improved academic performance. Additionally, a study by Hillman et al. (2009) in *Neuroscience & Biobehavioral Reviews* demonstrated that moderate-intensity exercise positively affects attention and working memory in children. These findings suggest that stationary bikes with reading desks can significantly benefit at-risk students and those receiving special education services by providing a multisensory approach to learning.

For students with ADHD, anxiety, or other attention-related challenges, the physical movement of cycling while reading helps improve focus, reduce restlessness, and enhance engagement. Research by Pontifex et al. (2013) in *The Journal of Pediatrics* indicates that children with ADHD experience improved attention and cognitive control after brief bouts of exercise. Additionally, the bikes support students who may struggle with sitting still for extended periods,

helping them maintain attention while also addressing physical health needs. This approach creates a more inclusive and supportive learning environment for students with diverse needs.

### **Goal:**

We are seeking a grant to purchase stationary bikes with reading desks for several schools within our district. These bikes would serve all students, with a particular focus on supporting those with special needs, including students receiving special education services and those who are at risk. By integrating physical activity with reading, these bikes can help improve focus, increase engagement, and promote a positive learning environment.

For students with attention-related challenges, such as ADHD, the bikes offer a way to stay physically active while also enhancing their ability to concentrate on reading tasks. Ultimately, this initiative aims to support the academic growth of all students by providing an innovative, inclusive solution that encourages reading and supports their diverse learning needs.

### **Plan of Operation:**

Upon receiving the grant for stationary bikes with reading desks, we will allocate part of our budget to assemble all the bikes. Once the bikes are built, we will collaborate with schools to engage and educate families about our efforts to enhance literacy and foster a love for reading. Through these efforts, we aim to create a community-wide initiative that encourages students to develop stronger reading skills while also promoting the importance of literacy at home. By involving families, we can ensure that this initiative has a lasting impact both in the classroom and beyond.

### **Communication and Dissemination:**

Once we receive the grant, we plan to publicly celebrate the purchase of the stationary bikes through social media and television to raise awareness and excitement. We envision this as a major event that highlights our commitment to promoting literacy and supporting our students. By showcasing the bikes and their impact, we hope to spark enthusiasm within the community and encourage families to embrace and continue growing their children's love for reading. This celebration will not only mark the beginning of our reading initiative but also serve as an ongoing reminder of the importance of literacy both in and outside of the classroom.

### **Evaluation:**

The effectiveness of the stationary bikes purchased through this grant will be evaluated through a survey distributed via Google Forms. At the end of one year, school librarians will complete the form to provide feedback on how the bikes have impacted student engagement, focus, and reading progress. This evaluation will help us assess the success of the initiative and make any

necessary adjustments to improve the program, ensuring that it continues to meet the needs of our students and supports literacy development effectively.

It is our hope that, through the success of this initiative, the district will recognize the positive impact of the stationary bikes and choose to purchase additional bikes for other schools, expanding the benefits to more students across the district.

### **Long-Term Implications:**

If well-maintained, these stationary bikes can last anywhere from 5 to 10 years or even longer.

### **Key Personnel:**

Once the stationary bikes are purchased, they will be placed under the care and responsibility of the school librarians or lead teachers of specialized programs. We hope that the librarians and teachers will take ownership of these bikes, recognizing the positive impact they have on students' engagement and their growing desire to read. By becoming advocates for this initiative, we believe they will see firsthand how these bikes can transform students' reading experiences and foster a love for learning.

### **Budget Form:**

Completed meeting guidelines.

### **Additional Supporting Research & Benefits:**

Stationary bikes with desks for reading are beneficial for students for several reasons:

- **Improved Focus:** Physical activity, like pedaling on a stationary bike, helps increase blood flow to the brain, improving concentration and focus. Research by Fedewa & Ahn (2011) in *The Journal of Pediatrics* confirms that students who engage in movement-based learning perform better on academic tasks.
- **Increased Physical Activity:** These bikes provide a way for students to stay active while engaged in academic tasks, which can be particularly helpful for students who may struggle to get enough exercise outside of school. Regular movement promotes overall physical health and well-being.
- **Better Engagement:** Combining physical movement with learning can make tasks like reading more engaging for students, especially for those who might find it difficult to sit still for long periods.
- **Stress Relief:** Physical activity is known to reduce stress and anxiety. As students pedal, they can release pent-up energy and tension, leading to a more relaxed and productive state for learning.

- **Improved Cognitive Function:** Exercise is linked to enhanced cognitive functions, including memory, attention, and processing speed, which are crucial for academic success (Donnelly et al., 2016, *Preventive Medicine*).

Overall, stationary bikes with desks offer a unique way to balance the need for movement and learning, benefiting students both physically and academically. By incorporating research-based strategies into this initiative, we can ensure its effectiveness in enhancing literacy skills and student success.

# Waco Education Foundation

## Grant Budget Form

Assigned Proposal #	31
Project Title:	Crusing to Success
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
<b>Consumable Supplies</b>						
total Consumable Supplies			\$ -		\$ -	\$ -
<b>Technology</b>						
						\$ -
						\$ -
total Technology			\$ -		\$ -	\$ -
<b>Long-Term Supplies / Equipment</b> (items that will last beyond the grant year)						
5	Self Regulation Classroom Cruisers, Grades 3-6, with large desktop	Y	\$3,710			\$ 3,710.00
5	Self Regulation Classroom Cruisers, Grades PreK-2, with large desktop	Y	\$3,710			\$ 3,710.00
	Copernicus Educational Products- Freight	Y	\$600			\$ 600.00

	Indeco Fright	Y	\$96			\$ 96.00
	Indeco Install		\$382			\$ 382.00
						\$ -
total Long-Term Supplies			\$ 8,498.00		\$ -	\$ 8,498.00
<b>Contracted Services</b>						
						\$ -
						\$ -
total Contracted Services			\$ -		\$ -	\$ -
<b>Personnel</b>						
						\$ -
						\$ -
total Personnel			\$ -		\$ -	\$ -
<b>Travel / Other</b>						
						\$ -
						\$ -
						\$ -
						\$ -
total Other			\$ -		\$ -	\$ -
<b>Totals</b>		<b>Total Requested from the WISD Foundation</b>		<b>Foundation Cost Per Student</b>	<b>Total from Other Sources</b>	<b>Total Cost of Project</b>
		\$ 8,498.00		#DIV/0!	\$ -	\$ 8,498.00