

Grant Application

Organization Name Unity High School / Area Learning Center
 Organization Address 215 North 1st Avenue East
 City Duluth State MN Zip 55802 County St. Louis
 Telephone (218) 336-8756 Fax (218) 336-8770
 Adult Contact Person Peter Spooner
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 Youth Contact Person Justice Lundquist / Amber Workman Grade 12 (both)
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 Is your organization an IRS 501(c)(3) non-profit? Yes No
 Organization IRS Federal ID Number 41-6003776
 Please attach a copy of the Applicant Organization or Fiscal Agent's Internal Revenue Service Determination Letter.
 If no, please provide information about your Fiscal Agent in the following section.

FISCAL AGENT

Organization _____
 Address _____
 City _____ State _____ Zip _____
 Contact Person _____ Title _____
 Telephone _____ Fax _____
 Organization IRS Federal ID Number _____
 Please attach a copy of the Applicant Organization or Fiscal Agent's Internal Revenue Service Determination Letter.

GRANT REQUEST

Project Title Healthier Futures
 Amount of Request (not to exceed \$1,000) \$1,000
 Date of Request January 1, 2013
 Please provide narrative information and complete the budget form.

What is the goal of your proposed project? Describe the project. Please include details that give a clear picture of your project.

Students at Unity High School/Area Learning Center seek support for the “Healthier Futures” project.

“Healthier Futures” is part of a larger plan to modernize Physical Education and locker room facilities at the school. We respectfully request \$1000 from Northland Foundation, Kids Plus Youth in Philanthropy program, to assist with the purchase of fitness equipment for the fitness room, related instructional materials, and presentations by local fitness professionals.

The project has two main goals, and each goal has a set of action items.

1. involve Unity High/ALC students in improving the school environment for themselves and for future students by helping to create attractive and functional spaces for physical activity and life skills for all students
 - a. student ownership of the fitness room is important, so the core student group is involved in planning access to, expectations for, and décor of fitness room and locker rooms
 - b. Healthier Futures logo and T-shirt design produced by students
 - c. student feedback helps shape future PE curriculum
2. use this project to support PE/Health curriculum which stresses life-long fitness and wellness practices, and career options in health/wellness, fitness, and recreation in our area
 - a. 2 health/fitness professionals from our community will address students at an assembly
 - b. for the fitness room, purchase poster sets addressing careers in fitness/recreation, exercise, and health
 - c. with student input, staff develops PE course units and lessons specific to needs of Unity/ALC students

Who will benefit from this project?

Unity High School is an alternative school that supports students who want complete their secondary education. Unity serves a diverse population that includes some of the most challenged students in the district. Some dropped out and are trying to finish school, some are teen parents, and most struggle with combined challenges including poverty, chemical dependence, transience, and less than supportive home environments.

Unity enrolls 65 students in seat-based classes, and another 200 are enrolled in Independent Study options. The majority of these students qualify for free and reduced lunch.

Projects like this are run by students and staff school-wide, and may involve students from several classes. A core group takes a leadership role, and those students spend time working on service projects. For their positive efforts, they can earn elective credit (1/2 credit= 60 hrs / 1/4 credit=30 hrs). This particular project, Healthier Futures, is based in the Unity High School Phy Ed program, but students may participate from anywhere in the school.

Identify how many people will work on the project; Youth 4-5 Adults 2

Estimate the number of people to be served; Youth 150 Adults 10

Why is this project needed and important to your organization?

Unity High / ALC is in the district's oldest building, Old Central High School in Duluth's central hillside. Our Physical Education program and a number of Central Hillside youth programs operate out of antiquated and unattractive weight room, gymnasium and locker rooms.

Over the years, the equipment has become inoperable and unsafe. The locker rooms have not been habitable for several years. Our breakfast and lunch programs, which are absolutely essential to these students, also operate out of the gymnasium. Compared to other school facilities, Unity's is sub-standard, and tends to enforce public stereotypes about our students.

Some of our students do not have consistent access to showers or laundry facilities, and certainly not to fitness equipment. Our project helps meet a real, practical need. It also provides a platform for fitness and health education.

We strive to maintain an environment that positively impacts every student's health, well-being and readiness for post-graduation life. This includes promoting healthier choices regarding physical fitness and nutrition.

Our students need to exposure to the broadest range of employment options possible. Including information and local speakers on fitness and recreation careers.

How will the project happen? List activities that will be done.

Students who have a voice in planning and facilitating projects in school are more invested in the outcomes, and are automatically engaged in work and planning processes. The planning and facilitation of Healthier Futures involves a core student group and a faculty leader, who solicit ideas and suggestions from the larger student body.

The students are involved in the project activities. Below is the timeline:

December 2012

- Assess the current space for Phy Ed, workout room, and locker rooms, gather information, take pictures.

December 2012 – Jan 15, 2013

- Look for supportive partners, funding opportunities, future in-kind resources (ISD 709, Harbortown Rotary, Northland Foundation, Anytime Fitness)

Jan 15 - 31, 2013

- Gather information about student needs and preferences, and about age-appropriate educational opportunities and future occupational possibilities in fitness/recreation

Jan 15 - 31, 2013

- Identify and contact fitness professionals in the community, who will later address the students at an assembly. A field trip may be arranged.

Jan 15 - 31, 2013

- Develop curriculum unit on fitness and fitness professions (instructional period Feb – April 2013)

Feb 1 – 20, 2013

- Solicit designs for a Logo, T-shirt and related Fitness Center mural. Collect all designs, solicit feedback, select final.

Feb 1 – April 15

- Creation of Fitness Center mural, Logo, and T-shirt sale and distribution
- Work with school art teacher to complete painting of the mural.

Mar 20, 2013

- School-wide assembly, demonstrations of fitness equipment for all students will be given, and a local fitness center owner will discuss careers and trends in the industry.

Apr 1 - April 15, 2013

- Final project period, write reports, thank you notes.

When and Where will this project take place?

Unity High School is located in ISD 709's Old Historic Central High School, at 215 North First Street East, Duluth MN 55802.

The attached photos show the current state of these facilities. With your help, we can create an "after" picture showing vastly improved facilities for the student at Unity High School. In December 2012, an ISD 709 construction crew began the locker room renovation.

Access to showers, clothes washer and dryer, and lockers will go a long way toward improving student's everyday lives. The fitness center is directly below the locker rooms, adjacent to the gym and to the area where students eat breakfast and lunch..

We expect the Fitness Center portion of the project to be completed by May 30, 2013.

PLEASE RETURN THIS FORM TO

Northland Foundation

202 W. Superior St., Suite 610

Duluth, Minnesota 55802

(218) 723-4040 (800) 433-4045 Fax: (218) 723-4048

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Project Budget

Organization: Unity High School

Project Name: Healthier Futures

Implementation Time Line: From 11/20/2012 To 7/1/2013

Budget Line Item (List each item separately)	KIDS PLUS Youth in Philanthropy (Not to exceed \$1,000)	LOCAL SUPPORT		TOTAL (Line Item)
		*Cash	**In-Kind	
1. Fitness equipment – Elliptical machine	\$ 700.	\$ 1500. (Harbor Rotary)	\$	\$ 2200.
2. Instructional materials, poster sets for fitness center	\$ 100.	\$ 100. (Unity HS)	\$	\$ 200.
3. Staff time	\$	\$	\$ 400. (20 hrs)	\$ 400.
4. Support staff time	\$	\$	\$ 350. (20 hrs)	\$ 350.
5. Art materials, paint, mural supplies	\$ 100.	\$	\$	\$ 100.
6. T-shirt transfers and printing	\$ 100.	\$ 100. (Unity HS)	\$	\$ 200.
7.	\$	\$	\$	\$
8.	\$	\$	\$	\$
9.	\$	\$	\$	\$
10.	\$	\$	\$	\$
11.	\$	\$	\$	\$
12.	\$	\$	\$	\$
Column Totals Total Each Column →	\$ 1000.	\$ 1700.	\$ 750.	\$ 3450.

*CASH refers to funds donated by local businesses/civic groups/schools/churches/etc.; also fundraising efforts.

**IN-KIND refers to any supplies, staff time, use of space, or other non-cash contributions that are provided by your organization or others.