

Assistance League® of Tucson

1307 N Alvernon Way

Tucson, AZ 85712

520-326-8452

info@assistanceleagueticucson.org

Lisa Powell
Amphi Middle

March 14, 2016

Dear Ms. Powell,

Thank you for submitting an application to our Assisteens® Helping Tucson Teens grant program. We received 22 proposals with requests totaling \$114,192.00! You may remember that we have \$20,000.00 to grant to our applicants so we had to make some tough decisions.

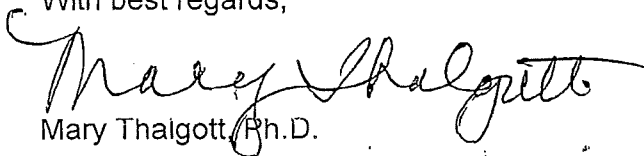
I am pleased to inform you that we are awarding you a portion of your request in the amount of \$1500.00. This funding is to be used for items in the category (music, PE or art) mentioned in your application.

We urge you to go ahead and purchase the supplies needed by April 1st because we must receive your invoices no later than April 16, 2016. Please submit them to our email at Assisteens@ALTucson.org.

Thank you for all you are doing in your classroom and school environment to encourage and motivate your students! We appreciate you!

Please contact me, Mary Thalgott at Assisteens@ALTucson.org if you have any questions.

With best regards,


Mary Thalgott, Ph.D.

Remember:

- Purchase your items by April 1st and submit your invoices.
- April 16th is the final date to submit your invoices.
- After that date we are unable to honor your payment.

Volunteers working in the Tucson community to help those in need.



www.assistanceleagueticucson.org
Serving Tucson since 1959, Chapter of Assistance League
Qualified under IRS Code 501(c)(3) and Arizona Tax Credit Law ARS 43-1088
Tax ID number is 86-6057789

GRANTS PROJECT COORDINATION

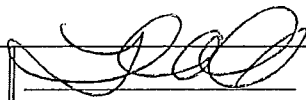
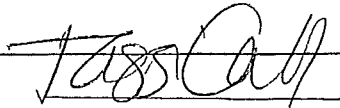
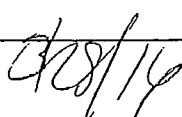
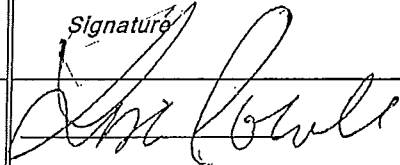
PROJECT PROFILE



*Forms should be submitted to Cathy Eiting, Executive Director of Student Services

| | |
|--|---|
| <p>Working title:</p> | <p>Physical Education/Wellness facilitator/AZN facilitator</p> |
| <p>Target population: <i>(Which schools, grades, staff, etc. are impacted?)</i></p> | <p>Entire Amphi Middle School population.</p> |
| <p>General problem addressed by the project:</p> | <p>Students are not aware the importance of cardio activity in maintaining a healthy life style, and the difference between moderate and vigorous. Developing the understanding that the heart is a muscle and requires exercise so the body can perform at its maximum.</p> |
| <p>Project Synopsis: <i>(Please also attach the proposal abstract or any additional clarifying information needed.)</i></p> | <p>The goal is to have a set of pedometers for every class to use during our cardio days. The students will learn how to jump rope and calculate BPM, interpret data from the pedometer gaining an understanding of their cardiovascular performance and bringing that challenge home to share.</p> |
| <p>Source and amount of funding requested</p> | <p>Funding requested from Assistance League of Tucson</p> <p style="text-align: right;">COST REIMBURSEMENT GRANT? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO</p> |
| <p>Funding will pay for: <i>(People, equipment, materials, training, services, supplies, etc.)</i></p> | <p>Funding will pay for pedometers/batteries for each class and several stethoscopes and jump ropes.</p> |
| <p>District contribution(s):</p> | <p>None</p> |
| <p>Potential partners & their contributions:</p> | <p>Assistance League of Tucson will contribute \$1500</p> |
| <p>Sustainability plan: <i>(Explain how the project will be sustained without committing district funds)</i></p> | <p>This grant is offered only to Title 1 schools, so I will apply every year.</p> |
| <p>Principal/Department</p> | |

Jae

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|----------------|---|---|---|
| Authorization: |  <i>Signature</i> |  <i>Name, printed</i> |  <i>Date</i> |
| Submitted by: |  <i>Signature</i> | Lisa Powell <i>Name, printed</i> | 3/28/2016 <i>Date</i> |
| Phone & Email: | 696-6252 lpowell@amphi.com | | Date: 3/26/2016 |

By signing this document, I acknowledge that purchases must follow the district's required bidding/purchasing process and will adhere to USFR* regulations and any other reporting requirements of the funder. *All fixtures, equipment and instructional materials (or other improvements) received under this grant will become the property of the Amphitheater School District and not the applicant.*

*USFR = Uniform System of Financial Records required by ADE and the Auditor General's office for bookkeeping & reporting methods on expenditures.

Amphi Middle School

315 E. Prince Rd.

Tucson, AZ 85705

CONTACT: Lisa Powell, Athletic Director, P.E. teacher - lpowell@amphi.com , 520-696-6252

NEED: Most students are unaware of the benefits of cardio activity whether it is moderate or vigorous to maintain a healthy life style .Developing the understanding that the heart is a muscle and requires exercise so the body can perform at its maximum.

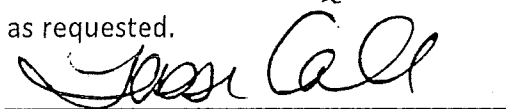
PROPOSED PROJECT: Our P.E. department has incorporated one day a week for cardiovascular workout which includes running a mile or a fitness workout. We would like to expand jump roping, use of pedometers and stethoscopes. Not only would they learn how to jump rope but also monitor their heart rate (BPM). Our diversified population will gain an understanding of their cardiovascular performance and bring that challenge home to share the joy of accomplishments of being fit and pay it forward.

CHILDREN IMPACTED: Six hundred and thirty boys and girls in grades six-eight will participate in Physical Education class by the end of the school year and experience cardiovascular days once a week.

DATE OF IMPLEMENTATION: Implementation will begin in August 2016, and end May 2017 as part of the curriculum.

| BUDGET: | ITEM | QUANTITY | COST | TOTAL |
|--------------|--------------|----------|----------|---------------|
| | Jump Ropes | 300 | \$50/25 | \$600 |
| | Pedometer | 100 | \$200/25 | \$800 |
| | Stethoscopes | 20 | \$5 | \$100 |
| TOTAL | | | | \$1500 |

The program as identified will be fully implemented and an evaluation report will be submitted as requested.



Principle Signature

Date 2/15/16



Teacher Signature

Date 2/15/16