

Chelsea Friends and Family Wellness Coalition | Plan Year 6

NAME OF THE INTERVENTION	Beach Middle School Heart Rate Monitors
5HF Element* to Impact	Move More
Fiscal Agent	Chelsea School District
Tax I.D	38-6004124
Implementation Contacts (2 or more required)	Corey Knight and Nick Angel
Contact phones and emails	734.355.3309 cknight@chelsea.k12.mi.us 734.433.2202 nangel@chelsea.k12.mi.us
Date Funding Required	June 2017
Implementation Date	August 2017
Estimated Completion Date	Ongoing
Total Amount Requested from 5HF	\$6500.00

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population. <i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>This proposal is to bring 40 Polar A360 Heart Rate Monitors (HRM's) into the classroom for Beach Middle School students. The HRM's would be used by 7th and 8th graders throughout the entire school year. The HRM's provide data and immediate feedback in real time as the students' workout. The students will be able to see their target heart rate (HR) and know what zone they need to train in. There will be accountability as well when using the HRM's. The monitors will be used as a tool to promote life-long fitness.</p>
<p>2. How does this intervention address the needs identified by your community and the coalition? <i>Please be specific and refer to local data (i.e. HIP, MiPHY, PAC, NEAT, etc.) and/or the coalition strategic plan. Should include specific health/wellness indicators.</i></p>	<p>13% of children ages 6-17 in Chelsea and Dexter get 60 minutes of exercise 0-1 days per week. The HRM's will be used to motivate students and hold them accountable to achieve their target HR. The HRM's will be used to encourage kids to move more and promote life-long fitness habits.</p>
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> 	<p>The goal is to provide 40 Polar A360 HRM's to all students in the Health and Weight/Fitness class so they can track their HR and get real time feedback as a way of promoting life-long fitness.</p> <p>The monitors will provide real time analysis and evaluation of each student's workout and will measure:</p> <ul style="list-style-type: none"> • Heart rate

<ul style="list-style-type: none"> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<ul style="list-style-type: none"> • Target zone • Calories burned • Recovery time <p>Along with the wrist band, a projector will also be set up in the weight room that will display each student's data on screen so they will be able to monitor their progress throughout the class. Success will be measured on an individual.</p> <p>The teacher and students will be responsible for collecting data</p> <p>By promoting life-long fitness ideas and proper technique the hope is that every student will achieve many small goals over the class period and continue for a lifetime.</p> <p>We would like to begin using the HRMs during the 2017-2018 school year</p>
<p>4. What key data will be collected, analyzed, and used to evaluate the intervention?</p> <p><i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>The key data collected will be Heart Rate during exercise. Of course, there will be other things that will be looked at such as calories burned, target zone, endurance, recovery time, and feedback on intensity of workout. But the goal is for each student to see their real time HR and see if they are in the correct zone.</p> <p>We will also record attendance and units of engagement</p>
<p>5. What are the estimated Units of Engagement for the intervention?</p> <p><i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i></p> <p><i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>UNITS OF ENGAGEMENT DO NOT NEED TO BE CALCULATED FOR INFRASTRUCTURE (i.e. parks, sidewalks, trails, etc).</i></p>	<p>60 students (180+ students each year) X 40 minutes per class X 150 days of class= 360,000 Units of Engagement</p>

<p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>I, Corey Knight, will be responsible to buy, educate, store/keep all the HRM's. I will also be responsible for the marketing/social media aspect of the HRM's.</p>
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>No</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this</i></p>	<p>The Chelsea School District</p>

<i>intervention. Indicate in the budget below – the contribution from the organization(s).</i>	
9. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to 5HF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to 5HF?</i> C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding). D. Has the amount requested from the coalition increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?	No
10. Does your intervention have a sustainability plan? <i>How the intervention will be sustained if the coalition does not grant/renew funding?</i>	Yes... The school budget will allow for minor issues each year.
11. Provide citation(s) of similar programs used as a model in developing this intervention.	Saline Area Schools, Edwardsburg Public Schools

~ INSERT A BUDGET which shows all expenses, revenue and in-kind contributions*. Please also indicate which expenses will be covered by the funds from the 5 Healthy Towns Foundation.

* Note: Examples of in-kind contributions include volunteer hours, use of space, items, etc.

Revenue

5HF - \$6,500

Other funds - \$ 61.20*

Expenses

40 Polar A360 Heart Rate Monitors.....\$5,597.20 (5HF \$5,550)*

Web Service.....\$ 350.00 (5HF)

Training fee.....\$ 599.00 (5HF)

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Shipping.....\$ 15.00 *

Total budget: \$6,561.20

* My hope is to get Polar to come down \$62.20. If that does not happen, the school PE budget or myself, would pay the difference

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$6500.00	96%
Total funds from other sources	\$250.00	4%
Marketing/Advertising	0	
Compensation – to one or more people	0	
Infrastructure (structure that lasts 5 years or more)	0	
Other expenses	\$964	

Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to SHF
Year 1				
Year 2				
Year 3				
Year 4				
Year 5				

Additional Information

Polar HRM A360 Beach Middle School Weight and Fitness Class

My name is Corey Knight. I have been teaching and coaching in the Chelsea School District for 20 years. I would like to take this opportunity to ask for help in purchasing 40 Heart Rate Monitors for my classes at Beach Middle School. The HRM's would reach approximately 180 students each year (with the possibility of reaching 400). Data would be used every time the students had the HRM on. The students can see on their wrist and on the screen where they are for overall fitness. The price is \$6,500.00. Any amount helps, as we would purchase what we can afford, and share from day to day. Saline, Edwardsburg and a Chicago school use these HRM's and the feedback has been very positive.

