



CELEBRATING 10 YEARS OF GIVING YOUNG MINDS A HEALTHY START.

in cooperation with
Texas Association of Secondary School Principals
Texas Elementary Principals and Supervisors Association
Texas Association of School Administrators
Texas Parent Teacher Association

2011 Fit Campus Award Application



Helping Here.

Purpose

The H-E-B Excellence in Education Fit Campus Award was designed to honor those school campuses that are increasing the health and nutrition of children by developing, implementing and improving physical activity, fitness and health on their campus through educational and/or hands-on nutritional and fitness programs.

Eligibility

All public and private schools K-12 currently located in the H-E-B service area are eligible to apply. Schools located within 60 miles of an H-E-B or Central Market store are considered in the H-E-B service area.

Criteria

- Passion and commitment to a healthy lifestyle
- Raising awareness of the importance of physical activity and nutrition
- Parental and Community Involvement

Evaluation Process

All applications will be screened and scored by a team of professional readers. Regional winners will be selected by a panel of judges comprised of community leaders, nutritionists and fitness experts. There are five identified regions within the H-E-B service area and 2 winning campuses will be selected from each area.

Awards

The overall 10 winning campuses will be announced in May during a special recognition awards dinner. Each campus will receive \$10,000 towards implementing a new health and fitness program or enhancing a current program.

Proper Use of Grant Money

- Educational health and fitness materials
- Innovative technology to provide education on nutrition, physical activity and health
- Purchasing fruits, vegetables or healthy snacks for campus activities
- Gardening projects
- Exercise equipment

Application Guidelines

If you are mailing in your application rather than completing it online, please follow the instructions below:

- Use no more than one page (8.5" X 11") to answer each question.
- Type your campuses name at the top of each page.
- Use no smaller than 10 pt. type and no less than 1.5" line spacing
- Please retain a copy of the application for your records, as materials will not be returned.
- Applications must be postmarked by December 28, 2010.

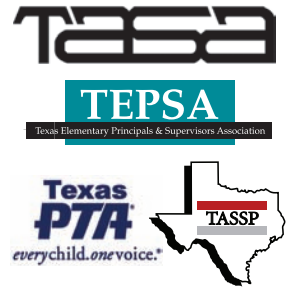
Please submit your completed application to:

H-E-B Excellence in Education
6929 Airport Blvd., suite 176
Austin, TX 78752

Once your application has been received, you will be notified via mail. Please allow 3-5 days for processing.

FIT CAMPUS AWARD APPLICATION FORM

Type or clearly print your answers.



School Name: _____

Type of School: _____

Principal's Name: _____

Dr. ____ Mr. ____ Mrs. ____ Ms. ____

Address: _____

Street

City

State

Zip

Phone: () _____ E-mail Address: _____

School District: _____

UIL Rating:

TEA District Rating Small District (1A, 2A or 3A): _____ Large District (4A or 5A): _____

Classification: _____ Urban _____ Suburban _____ Rural _____

Current Campus Enrollment: _____

Demographic breakdown of the student population: _____

Professional Questions (essays)

Current Campus Programs

1. Describe programs or initiatives your campus currently has in place to educate children on the importance of eating healthy. This should include programs in the classroom as well as before or after school programs that focus directly on healthy eating.
2. Describe programs or initiatives your campus currently has in place to educate children on the importance of physical activity. This should include programs in the classroom as well as before or after school programs that focus directly on physical activity. Please do not include regular sports activities like football, cheerleading, volleyball, etc.
3. How long have the programs or initiatives been in place and what have the results been over time?
4. Does your campus administer assessments on the kids? If so, what are they and how are the screenings done?
5. What types of programs do you have in place in the cafeteria and through nutrition services?
6. What types of healthy choices classes exist on your campus and how was the curriculum developed?

Staff Involvement

7. What is the participation of the administration and teachers on the campus?
How do they lead by example?

Parent Involvement

8. Are parents currently involved in any health and fitness initiatives on your campus?
If yes, please describe the initiative and the parent's involvement.
9. Does your campus offer any programs or literature to parents on health and fitness for children?
10. What are your parents doing to support and inspire good nutrition and activity when the students are at home or off campus?

Community Involvement

11. Does your school partner with any health/ fitness organizations or local businesses?
If yes, name of the organization or business and what does the partnership entail?

Future Campus Program(s)

12. If your campus won the \$10,000 grant, what nutritional and/or fitness programs would you initiate or enhance on your campus?
What percent of your students would be involved? How would you measure results?