



## 2016 Social Service Funding Application – Non-Alcohol Funds

Applications for 2016 funding must be complete and submitted electronically to the City Manager's Office at [ctoomay@lawrenceks.org](mailto:ctoomay@lawrenceks.org) by 5:00 pm on Friday, May 15, 2015. Applications received after the deadline or not following the attached format **will not** be reviewed by the Social Service Funding Advisory Board.

**General Information:** Each year, the City Commission considers requests for the allocation of dollars to a number of agencies that provide services benefiting the Lawrence community. These funds are to be used to support activities that align with the Community Health Plan which was developed with input from many people throughout the community. The five areas for the plan are listed below:

- Access to healthy foods
- Access to health services
- Mental health
- Physical activity
- Poverty and jobs

More information on the Community Health Plan can be found at <http://ldchealth.org/information/about-the-community/community-health-improvement-plan/>.

Applications will be reviewed by the Social Service Funding Advisory Board at meetings held from 8:00 a.m. to 12:00 p.m. on May 27. **Applicants are asked to make a contact person available by phone at that time in case questions arise.**

Following their review, the Advisory Board will forward recommendations for funding to the City Commission. Recommendations will be based upon the following criteria:

- availability of city funds
- the stated objectives of the applicant's program
- alignment of the program with the Community Health Plan
- the efforts to collaborate and create a seamless system of support for residents
- outcomes that move program participants from total dependency toward measurable levels of independence
- ability to measure progress toward the program objectives and the Community Health Plan
- past performance by the agency in adhering to funding guidelines (as appropriate)

The final decision regarding funding will be made by the City Commission when they adopt the Annual Operating and Capital Improvement Budget in August.

Please note that funds will be disbursed according to the following schedule unless otherwise agreed to in writing:

- First half of funds will not be disbursed before April 1
- Second half of funds will not be disbursed before October 1

**Questions?** Contact Casey Toomay, Assistant City Manager at [ctoomay@lawrenceks.org](mailto:ctoomay@lawrenceks.org) or at 785-832-3409.



City of Lawrence

**2016 Social Service Funding Application – Non-Alcohol Funds**

**SECTION 1. APPLICANT INFORMATION**

Legal Name of Agency: Hilltop Child Development Center  
 Name of Program for Which Funding is Requested: Hilltop CDC Fun Fitness  
 Primary Contact Information (must be available by phone 5/27/15 from 8 a.m. to 12:00 p.m.)  
 Contact Name and Title: Jeremy Fite  
 Address: 1605 Irving Hill Road Lawrence, KS 66045  
 Telephone: 785-864-4940 Fax: 785-864-5389  
 Email: jfite@ku.edu

**SECTION 2. REQUEST INFORMATION**

- A. Amount of funds requested from the City for this program for calendar year 2016: \$ 12,000  
 B. Will these funds be used for capital outlay (equipment or facilities?) NO If so, please describe:  
 C. Will these funds be used to leverage other funds? NO If so, how:  
 D. Did you receive City funding for this program in 2015? NO If so, list the amount and source for funding (i.e. General Fund, Alcohol Fund, etc.):  
 1. How would any reduction in city funding in 2016 impact your agency? NA  
 2. If you are requesting an increase in funding over 2015, please explain why and exactly how the additional funds will be used: NA

**SECTION 3. PROGRAM BUDGET INFORMATION**

- A. Provide a detailed budget for the proposed program using the following categories: personnel (list each staff position individually and note if new or existing), fringe benefits, travel, office space, supplies, equipment, other.

*Purchase of Gross Motor Items for School Wide Use.....9,600*  
*Purchase of Items to Construct Storage Area for Gross Motor Materials.....850*  
*Payment of Labor Fees to Construct Storage for Gross Motor Materials.....900*  
*Purchase of Training for Teachers to Implement Gross Motor Play.....650*

- B. What percent of 2016 program costs are being requested from the City? 50%  
 C. Provide a list of all anticipated sources of funding and funding amount for this program in 2016:

*Building Operation funds (parent tuition) will cover the personnel costs for this project.*

**SECTION 4. STATEMENT OF PROBLEM / NEED TO BE ADDRESSED BY PROGRAM**

- A. Provide a brief statement of the problem or need your agency proposes to address with the requested funding and/or the impact of not funding this program. The statement should include characteristics of the client population that will be served by this program. If possible, include statistical data to document this need.

*At Hilltop CDC we strive to provide children and families with tools for maintaining good health practices while at school as well as at home. We believe in Lawrence's Community Health Plan and strive to keep our children active and healthy as they grow and develop during these early years of their lives. While at school, the children have the opportunity to maintain adequate physical activity during the milder seasons as we provide them with large playgrounds in which they can run, climb, and play. During the colder months, children are not able to play outside if the temperature (with wind chill) is less than 15 degrees Fahrenheit for children ages 3-5 years, and 20 degrees Fahrenheit (with wind chill) for children ages 1-2 years. Similarly, during the warmer months, children can play outside if the temperature is less than 95 degrees Fahrenheit (with heat index). This causes a drastic decline in the amount of time the children are able to be active outside of their classrooms each day. Because*

there are so many days in which the children are unable to play outside, they need another means of activity to ensure that they are staying active and creating healthy habits that will stick with them throughout the years ahead. While the size of each classroom coincides with licensing standards which are calculated by the number of children in the room, the space available in the classroom is limited, since teachers must provide spaces for the children to play, eat, and sleep while indoors. This creates a very small amount of spaces in which children can be active while indoors. In fact, the spaces are limited to about the size of a large area rug, and therefore allow children only to stand and move or dance in a space that is only slightly bigger than their bodies. While this is great for a large group learning experience, it does not serve the purpose of maintaining an ongoing, active lifestyle.

Hilltop regard health and physical activity during school hours as a high priority, in hopes that we can do our part in avoiding childhood obesity and other health-related risks that may occur when children do not form healthy habits from a young age. Health-enhancing physical activity during early childhood serves not only to entrench healthy behaviors throughout life<sup>1</sup> but also plays a role in developmental milestones, such as cognitive functioning, socialization, and emotional well-being (1,2). On average, children ages two to five spend about 25 ½ hours a week watching television (during a year, this is as much time as children spend in school), and this number doesn't include time spent playing video games or working with computers. Some studies show up to 50 percent of American children are not getting enough exercise (3). Research also indicates that:

- 40 percent of five- to eight-year-olds show at least one heart disease risk factor, including elevated cholesterol, hypertension, and obesity;
- the first signs of arteriosclerosis (hardening of the arteries) are appearing at about age five; and
- the number of overweight children has doubled in the last decade.

The program is designed to provide every child (~290/day) with at least 30 minutes of moderate to vigorous physical activity each day without the hindrance of poor weather. The combination of our academic curriculum and this new physical activity program will allow Hilltop to continue to improve the overall well-being of children at the early childhood level.

1. Burdette HL, Whitaker RC. Resurrecting free play in young children: looking beyond fitness and fatness to attention, affiliation, and affect. *Arch Pediatr Adolesc Med.* 2005;159(1):46–50  
[CrossRef](#)[Medline](#)[Web of Science](#)[Google Scholar](#)
2. Ginsburg KR. The importance of play in promoting healthy child development and maintaining strong parent-child bonds. *Pediatrics.* 2007;119(1):182–191
3. Taras, H.L. (1992). Physical activity of young children in relation to physical and mental health. In C.M. Hendricks (Ed.) *Young children on the grow: Health, activity, and education in the preschool setting* (pp.33-42). Washington, DC: ERIC Clearinghouse.

B. How was the need for this program determined?

For years Hilltop has tried various means of providing adequate physical activity during the many days that it is too hot and humid, too rainy, or too cold and windy to go outside. We have utilized hallway spaces, incorporated large motor games and dancing activities, and set up small obstacle courses for the children to utilize. However, we found that while they are good efforts, the children are still not able to exert enough energy to get adequate exercise, particularly during the weeks where almost every day of the week is too hot, cold, or rainy to go outside. During these weeks, we notice changes among our students. They become antsy, slightly more irritable, and sometimes sluggish. We also notice an increase in behavioral issues when the children do not get enough activity over the course of several consecutive days. Along with these issues, we find that many of the children have difficulties sleeping both during nap and at home in the evening, since they are not exerting enough energy during the day.

C. Why should this problem/need be addressed by the City?

Lawrence is committed to building a healthy community. The Community Health Plan's goal is "to create an environment and culture, through policy and systems change, that makes physical activity easier & more rewarding for people of all ages and abilities". The plan recognizes that only "an estimated one-quarter of children [...] get recommended amounts of activity." Our desire is to work together with the City of Lawrence to reach the goal of increased physical activity by 10% by 2018. We recognize that the goal is in place for the good

*of our community, but also that the City of Lawrence will need help in the execution of meeting this goal. We desire to operate as an extension of this goal by working first-hand to develop healthy habits and increase physical activity among the children in our care.*

D. How does the program align with the Community Health Plan (see page one)?

*As referenced in the Community Health Plan, “an estimated one-quarter of children and youth engagement in physical activity suggest that only one-quarter get recommended amounts of activity.” The logical way to turn this statistic around is to find more ways to get the children moving. Because of the hindrances that come with the extreme weather in Kansas, we feel that it is vital that we be proactive in finding a solution so that we can do our part in working toward this community-wide goal of increasing physical activity. By incorporating training for teachers and equipment that enhances large motor play, we are working to correct the epidemic of early childhood obesity, and other health risks associated with a lack of consistent good-health practices.*

### **SECTION 5. DESCRIPTION OF PROGRAM SERVICES**

A. Provide a brief description of the service you will provide and explain how it will respond to the need you identified in Section 4. The description should include how many clients will be served, and should describe as specifically as possible the interaction that will take place between the provider and the user of the service.

*By implementing the plan above, we will be addressing the needs of all children within our facility. This includes 292 children, and therefore it encompasses 100% of our onsite students being served. Because teachers will have access to individual training on increasing physical activity, they will be able to directly work with the children in their classrooms on an ongoing basis. This promotes consistency, and therefore children will have a higher rate of long term healthy habits. Incorporating the above plan will not only establish early health habits, however. It will also create high levels of focus in the classrooms, and an enhanced learning experience for the students.*

B. What other agencies in the community are providing similar types of services. What efforts have you made to avoid duplication or coordinate services with those agencies?

*There are many centers that do what they can to provide children with activities to do. However, there are no centers that have a formalized physical education program for children in early childhood. Centers are using basic licensing requirements as their guide rather than a formalized and structured approach to physical activity. Curricula always states that you should keep children active, but none provide guidance on the need and training for staff to incorporate this program. Our request would allow us to train our teachers and staff at a much greater level in order to meet the physical activity requirements recommended by the National Association of Sports & Physical Education.*

### **SECTION 6. PROGRAM OBJECTIVES**

Please provide three specific program objectives for 2016. Objectives should demonstrate the purpose of the program and measure the amount of service delivered or the effectiveness of the services delivered. A time frame and numerical goal should also be included. Examples include, “75% of clients receiving job training will retain their job one year after being hired,” “increased fundraising efforts will result in a 15% increase in donations in 2016,” “credit counseling services will be provided to 600 clients in 2016,” etc. **Applicants will be expected to report their progress toward meeting these objectives in their six-month and annual reports to the City.**

- 1. 75% of students will have a minimum of 60 minutes of moderate to vigorous physical activity per day.*
- 2. 80% of teachers will receive training on implementing curriculum and will utilize the information within weekly lesson plans regularly.*
- 3. 75% of students will receive instruction at least 2 days per week on healthy eating*