

**Announcing Application for the  
San Dimas Rotary  
Teacher Mini-Grant Program**

Teachers in grades 1 – 12 of a public school located within the city limits of San Dimas are eligible to apply for a one-time Mini-Grant offered by the Rotary Club of San Dimas. Mini-Grants are awarded up to \$500, for classroom materials or programs that would otherwise be unfunded. Teachers must request grants individually. A teacher may apply for one (1) mini-grant per year; an individual teacher may receive no more than one (1) mini-grant per year.

**GRANT APPLICATION FORM**

Date: 10/21/2022  
Teacher's Name: Lindsey Smith  
School: Shull Elementary Grade Level: 3rd  
Address: 825 N. Amelia Ave Phone #: 909-971-8208  
Fax: \_\_\_\_\_ E-mail: l.smith@bonita.k12.ca.us  
Amount Requested: \$ 500.00  
Is your school a public or tax-exempt organization: public

Please provide a brief (500 words or less) description of your intended use for the funds. If appropriate, please indicate how San Dimas Rotary members may offer *active* assistance. (Feel free to add attachments, if needed.)

Attached

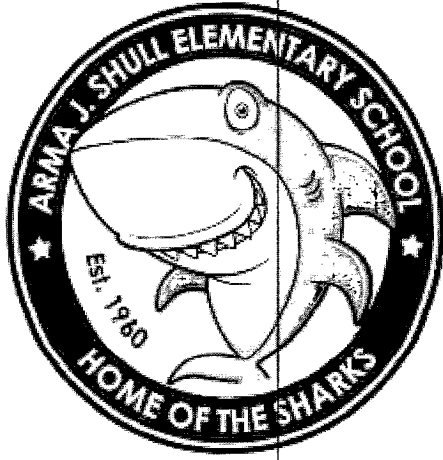
**The deadline for this application period is December 16<sup>th</sup>, 2022**

**Return Applications to: San Dimas Rotary, P.O. Box 713, San Dimas, Ca 91773**  
**or e-mail to: SanDimasRotary@gmail.com**  
**or fax to: (909) 305-1133**

Requests for capital projects such as equipment, tools, etc. are made to enhance a teacher's unique ability to instruct students. Grants for field trips and non-capital expenditures must be used within 120 days of funding.

Grant requests for a current cycle will not be automatically carried forward to the next funding period. However, a teacher may resubmit a similar (or identical) request for an unfunded project in subsequent grant cycles.

The San Dimas Rotary requests that any teacher who receives an award submit some evidence that their project was completed successfully. Photos or newspaper articles submitted by teachers may be used to promote the Mini-Grant Program.



October 21, 2022

San Dimas Rotary: Teacher Mini- Grant

Dear San Dimas Rotary Committee:

In response to your request for a wellness grant, we (third grade team at Shull Elementary) are submitting this proposal to increase the overall wellness at Shull Elementary by improving the students' physical fitness and mental well being of our students in 3rd grade. The teachers at Shull Elementary hope that your foundation will respond favorably to this effort to better serve our students and their overall mental and physical fitness as young children.

Sincerely,

Third grade team  
Shull Elementary  
Robert Conditt  
Lindsey Smith  
Terry Hugar  
Leslie Pichotta  
Amber Peterson

**School Site**

Shull Elementary

**Project Title**

3rd Grade PE Equipment  
- (Equipment Ideas attached)

**Requested By**

Terry Hugar  
Amber Peterson  
Leslie Pichotta  
Robert Conditt  
Lindsey Smith

**Project Description**

Improve the physical and mental wellness of students at Shull Elementary as they participate in 3rd grade physical education. Having new and improved equipment would provide students the opportunity to be involved with more games, team work, physical stamina, and mental grit. It also will expose them to different activities and equipment not normally played at recess and that they might not have access to at home. Teachers are required to provide 100 minutes of physical education each week. This grant would make teaching the state standards easier and provide higher student engagement.

**Objective:**

- a. To increase student participation in Physical Education.
- b. Improve students' overall physical and mental well being.
  - a. Expose students to new equipment and activities students would not be exposed to outside of school.
  - b. Improve childhood obesity
  - c. Improve grit
  - d. To make learning fun and enjoyable

**Goals and Benefits: Who is the project serving**

This grant would service all the students at Shull Elementary as they participate in 3rd grade Physical Education. We could use the equipment purchased with this grant money to help improve the overall fitness and well being of the students. As 3rd grade students, it is required by the state of California for students to participate in 100 minutes of physical activities per week. We do not have a specific

PE teacher in third grade at Shull Elementary. As teachers we use the PE standards to develop, organize, and carry out the physical education activities. Having this equipment would help teachers better reach this goal set for our students.

To help decrease the amount of overweight students and increase overall health of all students is also a main goal of our PE program. Not only will our program help strengthen bones and build muscle, but will help strengthen students' cardiac strength as well. Better exercise also decreases rates of depression according to the CDC and helps increase attention and academic performance.

**Dates/times: Estimated Funds Requested**

- 2022-2023 School year and future
- Estimated funds requested- \$500.00

**Project Status**

We currently have a Physical Education program where each teacher completes their PE minutes with their class individually on most days. We began a running program a few years ago where students are challenged each week to run a mile. Laps are counted and tracked with a program and students can see progress each week. Students can earn incentives for completing a certain number of miles. We encourage our third graders to then participate in our Spring Track Team program where students in grades 3-5 practice track events and then compete against other students in our City Olympics Meet.

We would like to expand our PE activities so we can have multiple classes doing activities together to promote cooperation and engagement of students with other 3rd graders not in their class. Units are set up correlating to the state standards such as motor skills and movement patterns like jumping, balance, throwing and catching activities. Other skills include changing speeds, dribbling a ball with the hand and feet, increasing accuracy when throwing or rolling to a target, and working on rhythmic skills. Students also work on setting goals, fitness concepts and improved health information, and working together and creating a positive team environment.

**Success Measurements:**

Currently Shull Elementary uses a running program to track students progress with running. The students love this program because it shows all the laps they have ran over the week, month and year! They get to run with students from different classrooms and enjoy the time outside. Students look forward to the print out of their total laps, who is in the lead, and most importantly their improvement on running.

We believe new equipment would help foster the running program we already have in place. The new equipment would encourage students to continue their participation in physical activities which will overall improve their stamina in running. The more active students are while enjoying a game or activity the more their lungs are improving and stamina is being made. Success would be measured as students are able to complete longer physical activity tasks, run more laps without walking, and overall student self monitoring improvements.

## Summary

The Shull teachers provide physical education for students K-3rd grade. Having new equipment or even more equipment would help teachers better meet the needs of their students. This grant would allow teachers to continue to fulfill the state's requirements for PE in a fun and enjoyable way.

Exposing students to new games and activities will help improve their physical stamina as well as promote positive mental health and overall well being. This grant would provide for better resources for teachers to plan more effective lessons in a physical education program here at Shull Elementary.