

**Healthy Communities of the Capital Area is pleased to announce
mini-grants to fund Take Time!**

Healthy Communities of the Capital Area is offering a limited number of **mini-grants in the amount of \$200** to stipend **Champions who implement or expand Take Time!** within their schools during School Year 2010-2011. Participating classrooms at winning schools will also be **eligible for monthly drawings for incentives** to support Take Time!

What is Take Time!?

Because most Maine schools do not currently attain the recommended 150 minutes per week (elementary) or 225 minutes per week (middle and high school) of physical education, Take Time! was designed as a way to **increase physical activity among all students**. Increasingly, research is being linked to the positive effects of physical activity on the brain and the connection between increased physical activity and improved academic outcomes, behavior, attendance, and overall sense of wellbeing. Take Time! is a program that incorporates **10-20 minutes of accumulated physical activity during the school day**. Many of the strategies for integrating this physical activity are aligned with existing curriculum, so **instruction time is not compromised**. The **learning environment is improved** by offering daily physical activity opportunities in addition to physical education classes, which **benefits both the mental and physical health of all students**, creating a true culture shift in the school. Minutes spent engaging in physical activity are tracked on monthly calendars that are collected by each school's **Take Time! Champion**. For more information on Take Time! visit <http://www.maine-nutrition.org/Projects/MNTT.htm>.

How do I Apply?

Applications are available at www.healthycommunitiesme.org or by contacting Renee Page at rpage@mcd.org or 207.588.5020.

Application Deadline: September 17, 2010 at 5:00 PM.

Awards will be announced on September 24, 2010.



Mini-Grant Application to Support Take Time! Implementation

To effectively implement Take Time!, each school is required to have a Take Time! Champion who oversees implementation and sustainability of the program. To properly evaluate the program, participating classrooms are expected to track the number of minutes spent doing Take Time! on monthly calendars. The mini-grant is intended to provide a stipend to the Champion who will:

- Promote implementation/expansion of Take Time! in his/her school
- Collect monthly Take Time! calendars from participating classrooms in your building (provided by HCCA) and return to HCCA (via mail, electronically by e-mail, or by FAX) to be eligible for monthly incentive drawings. There will be one incentive (value approx. \$25) awarded per school per month. Monthly participation calendars are required **October, 2010 – June, 2011**.
- Participate in Take Time! training if you have not already. Location and time to be determined.
- Recruit teachers in his/her district to participate in the training and implement Take Time!

Champion Name and Contact Information: _____

Champion school: _____

Do you have approval from administration to implement Take Time!? Yes No

Is Take Time! currently being done in your school? Yes No

How many students will benefit as a result of Take Time! implementation? _____

Tell us why you would like to be a Take Time! Champion.



List at least three ways you will ensure Take Time! is implemented and/or expanded at your school.
(for example: presentation at staff meetings, meeting with principal, direct communication with staff)

How do you plan to sustain the work after the funded activity is over?

Do you have additional funding and/or resources to supplement this project? Yes No

If Yes, Describe:

Will this mini-grant supplement an initiative you are currently engaged in? Yes No

If Yes, Describe:

Will you be able to participate in a Take Time! Training if you have not already?

Yes No

Will you be able to recruit other teachers to attend the training? Yes No

If Yes, How many?

Please return completed application via mail, e-mail, or FAX by September 17, 2010 5:00 PM to:

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