



**U.S. Department of Education**  
**Grant Performance Report Cover Sheet (ED 524B)**

OMB No. 1894-0003  
Exp. 06/30/2017

*Check only one box per Program Office instructions.*

☐ Annual Performance Report    ☒ Final Performance Report

**General Information**

1. PR/Award #: Q215F110144  
(Block 5 of the Grant Award Notification - 11 characters.)
2. Grantee NCES ID#: \_\_\_\_\_  
(See instructions. Up to 12 characters.)
- 3 Project Title: Carol M. White Physical Education Program  
(Enter the same title as on the approved application.)
4. Grantee Name (Block 1 of the Grant Award Notification.): Northern Kentucky Cooperative for Educational Services, Inc.
5. Grantee Address (See instructions.) 5516 E. Alexandria Pike Cold Spring, KY 41076
6. Project Director (See instructions.) Name: Curtis Hal Title: Executive Director  
Ph #: ( 859 ) 442 - 8600 Ext: (16 )      Fax #: ( 859 ) 442 - 7038  
Email Address: Curtis.Hall@nkces.org

**Reporting Period Information (See instructions.)**

7. Reporting Period: From: 10 / 01 / 2011 To: 09 / 30 / 2014 (mm/dd/yyyy)

**Budget Expenditures (To be completed by your Business Office. See instructions. Also see Section B.)**

**8. Budget Expenditures**

	Federal Grant Funds	Non-Federal Funds (Match/Cost Share)
a. Previous Budget Period	\$854,513.32	\$232,626.26
b. Current Budget Period	\$548,472.48	\$107,579.44
c. Entire Project Period (For Final Performance Reports only)	\$1,402,985.80	\$347,565.70

**Indirect Cost Information (To be completed by your Business Office. See instructions.)**

**9. Indirect Costs**

- a. Are you claiming indirect costs under this grant? ☒ Yes    ☐ No
- b. If yes, do you have an Indirect Cost Rate Agreement approved by the Federal Government? ☒ Yes    ☐ No
- c. If yes, provide the following information:  
Period Covered by the Indirect Cost Rate Agreement: From: 03 / 01 / 2012 To: 06 / 30 / 2015 (mm/dd/yyyy)  
Approving Federal agency: ☐ ED    ☐ Other (Please specify): \_\_\_\_\_  
Type of Rate (For Final Performance Reports Only): ☐ Provisional    ☒ Final    ☐ Other (Please specify): \_\_\_\_\_
- d. For Restricted Rate Programs (check one) -- Are you using a restricted indirect cost rate that:  
☒ Is included in your approved Indirect Cost Rate Agreement?  
☐ Complies with 34 CFR 76.564(c)(2)?

**Human Subjects (Annual Institutional Review Board (IRB) Certification) (See instructions.)**

10. Is the annual certification of Institutional Review Board (IRB) approval attached? ☐ Yes    ☐ No    ☒ N/A

**Performance Measures Status and Certification (See instructions.)**

**11. Performance Measures Status**

- a. Are complete data on performance measures for the current budget period included in the Project Status Chart? ☒ Yes    ☐ No
- b. If no, when will the data be available and submitted to the Department? \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (mm/dd/yyyy)
12. To the best of my knowledge and belief, all data in this performance report are true and correct and the report fully discloses all known weaknesses concerning the accuracy, reliability, and completeness of the data.

Curtis Hall

Title: Executive Director

Name of Authorized Representative:

Date: 12 / 15 / 2015

Signature:



**U.S. Department of Education**  
**Grant Performance Report (ED 524B)**  
**Executive Summary**

OMB No. 1894-0003  
Exp. 06/30/2017

PR/Award # (11 characters): Q215F110144

**(See Instructions)**

The Northern Kentucky Cooperative for Educational Services (NKCES) Wellness Alliance was awarded the Carol M. White Physical Education Program (PEP) grant in November, 2011. The grant will conclude on September 30, 2014. NKCES is very grateful and appreciative of the award that has helped to develop five healthier schools over the past three years. The NKCES Wellness Alliance PEP Grant was named the "FIT 4 Life Program" and the grant activities were implemented in five schools across three school districts: Southgate School, Grandview Elementary, Bellevue High School, Lincoln Elementary, and Dayton High School. Children in grades kindergarten through 12<sup>th</sup> grade participated in the grant during the three years of implementation. Over the three years of the grant, the FIT 4 Life program increased by 8% the number of students who are active 60 minutes a day, a 15% increase in the number of students who reached age-appropriate cardiovascular levels, and an 8% increase in consuming two or more fruits and three or more vegetables. In reviewing the quantitative and qualitative data of the FIT 4 Life grant's three year period the team recognized several important reasons that led to the increase in each measurement. We labeled those reasons the 4 C's: collaboration, communication, consistency, and constructive feedback. Over the three years the team collaborated with many people and agencies in the schools and community. The list includes the school district administrators, faculty, and staff; parents of students; and members of community agencies and businesses.

When collaborating with the groups the Fit 4 Life PEP team ensured they met the needs of the students as well as the needs of the groups. Communication was the key to successful collaboration and included monthly updates, regular attendance at meetings, a quarterly newsletter, and professional development activities for personnel involved in the grant. Consistency was very important to ensure correct and accurate data collection and included developing a detailed testing schedule, ensuring all schools received the same opportunities, and most importantly, implementing and completing the activities and other events that were promised. The final key to success for the grant was constructive feedback, from the NKCES staff to the school personnel and vice versa. A survey was completed by the school personnel at the end of each year that gave feedback to the FIT 4 Life staff. The feedback in turn was used to improve the processes and grant activities during the next school year. In addition, the FIT 4 Life staff provided feedback to the school personnel by sharing the results of the WELLSAT, PECAT, and HECAT evaluations as well as other observations of the FIT 4 Life team. By using collaboration, communication, consistency, and constructive feedback throughout the three years of the PEP Grant award the FIT 4 Life team was able to facilitate an increase in each of the tested areas: sixty minutes of daily physical activity, age-appropriate cardiovascular levels, and increased consumption of fruits and vegetables.

In reviewing the data, including the reflections of various personnel involved in the FIT 4 Life grant, several activities were identified as being most influential in achieving the grant's positive outcomes. Several processes and activities were identified as helping to increase the number of students participating in sixty minutes or more of daily physical activity. The collaboration with teachers and administrators, after school programming, family nights, and family fun bags were acknowledged as the most important influences on increasing daily physical activity. Collaboration with school personnel ensured that testing processes and schedules were a priority. After school programming included such activities as swimming, Zumba, gymnastics, martial arts, and soccer. Family Fun nights brought entire families to the school in the evening to participate as a family group in various physical activities. In addition, family fun bags that included such items as Frisbees, jump ropes, beanbags, and exercise bands, were sent home with students to encourage physical activity at home. Perhaps most important to achieving this goal was the purchase of several commercial curricula, SPARK, Take Ten, and FitBits, as well as the professional development that was provided.

To increase cardiovascular levels of children the data indicated that consistency of the PACER testing made a difference for students. They knew and understood the PACER test and used their previous scores as motivation to improve. The Wellness Centers also helped to increase children's cardiovascular fitness through using the elliptical, stationary bikes, and treadmill machines. In addition, the Boys and Girls Club was a community partner that helped to reinforce cardiovascular health through their after school and weekend programming.

Increasing the consumption of fruits and vegetables was the most challenging goal of the grant. The data indicated that several activities helped the Fit 4 Life team achieve success in this goal. The WELLSAT was used to review the wellness policies of each school and as a consequence the policies were changed to emphasize healthy nutritional options, such as limited pre-packaged bagged snacks, fresh fruits and vegetables, and an emphasis on healthy rewards and snacks for celebrations. Another important component to this goal was focusing on the cafeteria staff through providing them with professional development and opportunities to travel to other school districts to observe and discuss how they prepare healthier and tastier food choices for students. Each school also provided taste tests where the cafeteria staff tested new recipes on the students and used their feedback to make changes. All of these activities resulted in healthier menus at each school. In addition, the Garden Heroes Curriculum was infused into each classroom.

In summary, the NKCES Wellness Alliance FIT 4 Life team has established a strong foundation of healthier behavior at each school which should sustain and continue to increase the number of healthier students, as measured by the amount of physical activity, cardiovascular fitness, and daily consumption of fruits and vegetables. The NKCES Wellness Alliance FIT 4 Life team developed a foundation for understanding the importance of developing healthier children and the positive effects that has on students' academic success and school community. In the final follow up survey of school personnel, 79% of the respondents stated the students in the school were healthier than when the grant began three years ago and 60% of respondents stated they believe the positive changes made by the FIT 4 Life grant will be sustained. The data indicates the students in the schools and communities of Southgate, Bellevue, and Dayton, Kentucky are healthier today than when the grant began. The NKCES Wellness Alliance Fit 4 Life team is proud of the progress made and is appreciative of the opportunity given by the grant to focus on increasing and sustaining healthy behaviors of students attending schools in several of the communities of northern Kentucky.



U.S. Department of Education  
Grant Performance Report (ED 524B)  
Project Status Chart

OMB No. 1894-0003

PR/Award # (11 characters): Q215F110144

SECTION A - Performance Objectives Information and Related Performance Measures Data (See Instructions. Use as many pages as necessary.)

1. Project Objective ☐ Check if this is a status update for the previous budget period.

1.a. Performance Measure	Measure Type	Quantitative Data			
		Target		Actual Performance Data	
		Raw Number	Ratio	Raw Number	Ratio
The percentage of students served by the grant who engage in 60 minutes of daily physical activity - baseline data	GPRA		/	137/1334	10%

1.a. Performance Measure	Measure Type	Quantitative Data			
		Target		Actual Performance Data	
		Raw Number	Ratio	Raw Number	Ratio
The percentage of students served by the grant who engage in 60 minutes of daily physical activity -(Project Total)	GPRA		/	176/818	22%

Explanation of Progress (Include Qualitative Data and Data Collection Information)

Students used Sportline 340 multi-pedometers to collect GPRA mandated data on the daily amount of physical activity from all participants from kindergarten through 12<sup>th</sup> grade. Data was collected at 5 sites within 3 schools districts. Logs were sent home with each student, along with instructions on how to read and reset the pedometer. Parents of students in grades K-4<sup>th</sup> grade were asked to record their child's step count nightly, 4 evenings in a row in compliance with the GPRA guidance document. 5<sup>th</sup> grade-12<sup>th</sup> grade students recorded their own data consecutively in logs for 7 days, in accordance with the GPRA guidance document. The 3DPAR survey was also given to the 5<sup>th</sup>-12<sup>th</sup> grade participants on the Wednesday of every data-collection session as an additional way to measure daily physical activity. Every student in the 5 schools enrolled in Physical Education class was a participant in data collection.

The data-collection sessions for site 1 (Southgate Schools) were Jan. 9-17, 2012 [Baseline] (73% response rate), Feb. 10-17 2012, (71% response rate) March 2-9 2012 (64% response), March 23-30 2012 (59% response), April 20-27 2012 (65% response). 2<sup>nd</sup> year data-collection sessions for site 1 were August 27-Sept. 24 2012 (72% response), Sept.24-Oct.2 2012 (72% response), Nov. 12-19 2012 (67% response), and Feb. 4-11 2013 (76% response). The final assessment dates for year 3 were held Aug. 26-Sept. 5 2013 (71% response), Oct. 7-15 2013 (56% response rate), Jan. 13-21 2014 (63% response), and March 3-

11 2014 (63% response). The data-collection sessions for site 2 (Grandview Elementary) were Jan. 13-20, 2012 [Baseline] (27% response rate), Feb. 10-17 2012, (44% response rate) March 2-9 2012 (62% response), March 23-30 2012 (61% response), April 17-24 2012 (46% response). 2<sup>nd</sup> year data-collection sessions for site 2 were Sept. 11-18 2012 (62% response), Oct.22-30 2012 (58% response), Jan. 14-21 2012 (56% response), and March 11-18 2012 (54% response). The final assessment dates for year 3 were held Sept. 23-Oct. 1 2013 (56% response), Oct. 10-Nov.5 2013(38% response rate), Feb. 13-March 4 2014 (43% response), and March 24-April 1(54% response). The data-collection sessions for site 3 (Lincoln Elementary) were Jan. 27-Feb.3, 2012 [Baseline] (64% response rate), Feb.24-March 2 2012, (44% response rate) March 9-16 2012 (34% response), April 9-16 2012 (48% response), April 27-May 4 2012 (46% response). 2<sup>nd</sup> year data-collection sessions for site 3 were Sept. 4-11 2012 (55% response), Oct.15-23 2012 (47% response), Nov. 26-Dec.3 2012 (48% response), and Feb. 25-March 4 2013 (54% response). The final assessment dates for year 3 were held Sept. 9-17 2013 (55% response), Dec.9-16 2013 (48% response rate), Feb.3-11 2014 (36% response), and March 17-25 2014(46% response). The data-collection sessions for site 4 (Bellevue High school) were Jan. 20-27, 2012 [Baseline] (98% response rate), Feb.3-10 2012, (88% response rate) Feb. 16-24 2012 (92% response), March 19-26 2012 (95% response), Jan. 23-30 2012 (91% response). 2<sup>nd</sup> year data-collection sessions for site 4 were Sept.18-25 2012 (95% response), Oct.29-Nov.5 2012 (100% response), Jan. 23-30 2013 (88% response), and Feb. 19-26 2013 (91% response). The final assessment dates for year 3 were held Sept. 4-11 2013 (97% response), Oct. 16-21 2013 (99% response rate), Jan. 27-Feb. 3 2014 (100% response), and March 12-19 2014 (98% response). The data-collection sessions for site 5 (Dayton High school) were Jan. 9-17, 2012 [Baseline] (90% response rate), Feb.3-10 2012, (90% response rate) Feb. 16-24 2012 (91% response), March 19-26 2012 (93% response), April 20-27 2012 (87% response). 2<sup>nd</sup> year data-collection sessions for site 1 were Aug. 20-27 2012 (93% response), Oct.2-9 2012 (92% response), Nov. 12-19 2012 (82% response), and Jan.23-30 2013 (87% response). The final assessment dates for year 3 were held Sept. 4-11 2013 (89% response), Oct. 16-23 2013 (98% response rate), Jan. 27-Feb.3 2014 (96% response), and March 12-19 2014 (97% response).

During the “baseline” data collection, there were 1334 students targeted by the PEP program. During the entire project data-collection windows, an average of 818 students participated in each data collection window throughout the 3 years. The discrepancy of participants was due to averaging participants over the data collection windows and sites per the GPRA guidance document in addition to normal attrition and absences. Below is the complete data showing the number of students who met the goal during each measurement window as well as the return rates for pedometer logs and/or 3DPAR surveys which were used to determine the daily physical activity.

## MEASURE A

Site and Window Number	# of students who engaged in 60 minutes of daily physical activity	# of participating in the program during that window	# of students who returned completed logs and/or 3DPAR	That windows response rate based on site
<b>Site 1 Southgate Baseline</b>	<b>30</b>	<b>197</b>	<b>144</b>	<b>73%</b>
Site 1 Southgate 1st measure	44	178	127	71%
Site 1 Southgate 2nd measure	32	172	97	56%
Site 1 Southgate 3rd measure	27	176	111	63%
Site 1 Southgate 4th measure	30	159	101	63%

Site 2 Grandview Baseline				
	15	381	102	27%
Site 2 Grandview 1st measure	66	370	209	56%
Site 2 Grandview 2nd measure	55	363	138	38%
Site 2 Grandview 3rd measure	57	364	158	43%
Site 2 Grandview 4th measure	54	368	200	54%
Site 3 Lincoln Baseline				
	39	514	328	64%
Site 3 Lincoln 1st Measure	86	514	284	55%
Site 3 Lincoln 2nd Measure	53	513	248	48%
Site 3 Lincoln 3rd Measure	47	500	178	36%
Site 4 Lincoln 4th Measure	82	521	238	46%
Site 4 Bellevue Baseline				
	27	129	126	98%
Site 4 Bellevue 1st Measure	40	75	73	97%
Site 4 Bellevue 2nd Measure	30	73	72	99%
Site 4 Bellevue 3rd Measure	18	60	60	100%
Site 4 Bellevue 4th Measure	26	56	55	98%
Site 5 Dayton Baseline				
	26	113	102	90%
Site 5 Dayton 1st Measure	24	75	67	89%
Site 5 Dayton 2nd Measure	25	52	51	98%
Site 5 Dayton 3rd Measure	16	58	56	96%
Site 5 Dayton 4th Measure	25	62	60	97%
Totals meeting 80% return excluding Baseline Data	837	4709	105/589	17.80% 18%
Divide by # of Windows with more than 80% return times the # of program sites (4 x 2= 8)	104.6 105	588.6 589		

	# who completed 60 minutes of Physical Activity	# of Participants during Window	Ratio	%
Baseline	137	1334	137/1334	10%
Year 1	42	122	42/122	34%
Year 2	29	107	29/107	27%
Year 3	105	589	105/589	18%
Total (Excluding Baseline)	176	818	176/818	22%



U.S. Department of Education  
Grant Performance Report (ED 524B)  
Project Status Chart

OMB No. 1894-0003

PR/Award # (11 characters): Q215F110144

SECTION A - Performance Objectives Information and Related Performance Measures Data (See Instructions. Use as many pages as necessary.)

1. Project Objective [ ] Check if this is a status update for the previous budget period.

2.a. Performance Measure	Measure Type	Quantitative Data			
		Target		Actual Performance Data	
		Raw Number	Ratio	Raw Number	Ratio
The percentage of students served by the grant who achieve age-appropriate cardiovascular fitness levels - baseline data	GPRA		/		642/1334
					48%

1.a. Performance Measure	Measure Type	Quantitative Data			
		Target		Actual Performance Data	
		Raw Number	Ratio	Raw Number	Ratio
The percentage of students served by the grant who achieve age-appropriate cardiovascular fitness levels - (Project Total)	GPRA		/		460/789
					58%

Explanation of Progress (Include Qualitative Data and Data Collection Information)

The NKCES Wellness Alliance Fit 4 Life Team has increased the number of students who have reached age appropriate cardiovascular levels by 10% from the baseline data obtained during year 1 to the end of the PEP grant program. The NKCES Wellness Alliance conducted the PACER test to measure cardiovascular fitness levels while participants were in PE class with the exception of Site 1 who participated in testing during set times during the school day during the testing windows. Please refer to the testing windows stated in GPRA measure 1. The Progressive Aerobic Cardiovascular Endurance Run (PACER) test was administered for 3 reasons: it was recommended in the PEP grant instructions, it provides a time efficient method to gather age appropriate cardiovascular benchmarks, and it is part of the Presidential Fitness Test with all of the Fitnessgram battery of assessments. It is a maximal aerobic fitness test with cones marking off distances of either 15 or 20 meters apart. The 15 meter distance was used for participants in K-4<sup>th</sup> grades while the 20 meter distance was used for all participants from 4<sup>th</sup> grade through 12<sup>th</sup>. The test has runners going continuously between 2 marked off lines in time to recorded prompts played on a CD in the gymnasium. The time between prompts decreases with each minute of the test, requiring an increase in running pace. The runners continue until they



are unable to keep pace with the prompts. There are levels of age appropriate cardio-capacity that correspond to a chart based on gender and age to determine if each participant has attained the goal. The PACER test is easily reproducible to keep testing consistent during every testing window. The testing was conducted during the school day and the response rate to this GPRA measure was always above 80% with only absent or injured students unable to participate. The response rates are in the chart below. The physical education teachers at each site and the Fit 4 Life site coordinators collaborated to conduct the testing and ensure reliability. During the “baseline” data collection there were 1334 students measured by the Fit 4 Life team. During the entire project data-collection windows, an average of 789 students participated in each data collection window throughout the 3 years. The use of the average over the course of the PEP grant was used per PEP grant GPRA instructions.

The 10% improvement was a result of Wellness Alliance programming to increase cardiovascular health. After school programs that focused on aerobic activities such as running programs, swimming, skating, gymnastics, hiking etc. helped participants get into better health during the school year. Each district also had a summer program focused on physical activity for elementary participants while the high schools utilized the PEP provided Wellness Centers which house cardio machines such as elliptical machines, treadmills, and stationary bikes. Family Fun nights that focused on physical activity (Zumba, aerobics, martial arts) and quarterly newsletters with activity guides provided opportunities for participants and their families and communities to improve cardiovascular health as well as site PE teachers having access to the Fitnessgram PACER. Collaborative partners such as the Boys and Girls club would routinely use the PACER as a scheduled activity created practice opportunities and build endurance in our students. The PEP grant provided curriculum provided a research based and standards aligned lessons for the site PE teachers and after school workers to get participants moving during PE class and after school sessions which also increased their cardiovascular capacity.

Site and Window #	Number of Students who met age appropriate cardiovascular fitness levels	Number of participating in the program during that window	Number of students who participated in PACER run	The windows response rate based on site
Site 1 Southgate Baseline	110	197	181	92%
Site 1 Southgate 1st measure	129	168	159	95%
Site 1 Southgate 2nd measure	133	173	154	89%
Site 1 Southgate 3rd measure	119	164	148	90%
Site 1 Southgate 4th measure	108	158	144	91%
Site 2 Grandview Baseline	265	381	352	92%
Site 2 Grandview 1st measure	265	370	348	94%
Site 2 Grandview 2nd measure	265	370	348	94%
Site 2 Grandview 3rd measure	261	367	327	89%
Site 2 Grandview 4th measure	271	366	328	90%

Site 3 Lincoln Baseline				
	245	514	450	88%
Site 3 Lincoln 1st Measure	356	505	457	90%
Site 3 Lincoln 2nd Measure	329	501	447	89%
Site 3 Lincoln 3rd Measure	343	496	444	89%
Site 3 Lincoln 4th Measure	397	495	423	85%
Site 4 Bellevue HS Baseline				
	12	129	118	91%
Site 4 Bellevue HS 1st Measure	3	83	80	96%
Site 4 Bellevue HS 2nd Measure	2	86	78	91%
Site 4 Bellevue HS 3rd Measure	5	86	74	86%
Site 4 Bellevue HS 4th Measure	2	83	71	85%
Site 5 Dayton HS Baseline				
	10	113	96	85%
Site 5 Dayton HS 1st Measure	3	74	66	89%
Site 5 Dayton HS 2nd Measure	4	74	57	77%
Site 5 Dayton HS 3rd Measure	5	69	56	81%
Site 5 Dayton HS 4th Measure	4	73	60	82%
Total excluding Baseline data	3004	4761		
Divide by # of Windows times	158.1	250.5		
# of sites (4 x 5=20) (19)	158	251		
80% return times the # of program sites				
				158/251
				62.9
				63%

GPRa Measure #2	# Who met Age Appropriate Cardio Levels	# of Participants during Window	Ratio	
				%
Baseline	642	1334	642/1334	48%
Year 1	149	278	149/278	54%

Year 2	153	260	153/260	59%
Year 3	158	251	158/251	63%
Total	460	789	460/789	58%



U.S. Department of Education  
Grant Performance Report (ED 524B)  
Project Status Chart

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PR/Award # (11 characters): Q215F110144

SECTION A - Performance Objectives Information and Related Performance Measures Data (See Instructions. Use as many pages as necessary.)

1. Project Objective [ ] Check if this is a status update for the previous budget period.

3.a. Performance Measure	Measure Type	Quantitative Data			
		Target		Actual Performance Data	
		Raw Number	Ratio	Raw Number	Ratio
The percentage of students served by the grant who consumed 2 or more servings of fruit and 3 or more servings of vegetables daily -baseline data	GPRA		/		286/1334
					21 %

3.a. Performance Measure	Measure Type	Quantitative Data			
		Target		Actual Performance Data	
		Raw Number	Ratio	Raw Number	Ratio
The percentage of students served by the grant who consumed 2 or more servings of fruit and 3 or more servings of vegetables daily -(Project Total)	GPRA		/		180/737
					24 %

Explanation of Progress (Include Qualitative Data and Data Collection Information)

NKCES Wellness Alliance Fit 4 Life team raised the percentage of students who consumed fruits 2 or more times per day and vegetables 3 or more times per day by 8% points from baseline in year 3 and raised the percentage 3% from baseline for the project total. The Fit 4 Life team modified the 2 recommended nutrition survey mentioned in the GPRA guidance document. Students in grades K-4 were given questions #20-23 and #26 from the (School Physical Activity and Nutrition) SPAN survey. The survey was also modified in that there were accompanying pictures to illustrate what fruits and vegetables the questions were referencing. Students in 5<sup>th</sup>, 12<sup>th</sup> grade were given questions #73-77 from the Youth Risk Behavior Survey (YRBS) per the GPRA recommendation. Surveys were multiple choice, and given in either physical education class or in homeroom classes during each testing window (please refer to testing windows referenced in Measure 1). The response rates are in the chart below and were well above 80% return rates simply because this survey was taken during school and only absent students were unable to take the survey. During the "baseline" data collection there were 1334 students measured by the Fit 4 Life

team. During the entire project data-collection windows, an average of 737 students participated in each data collection window throughout the 3 years. The use of the average over the course of the PEP grant was used per PEP grant GPRA instructions.

The improvement was a result of Wellness Alliance programming to increase fruit and vegetable intake. NKCES used the PEP grant funds to: allow food service staff to participate in field trips to other school cafeterias to develop more ideas and discuss healthier menu options, provide professional development for food service staff by way of working with professional chefs to develop healthier menu items and healthier cooking techniques, allow food service staff to attend the National Nutrition conference where they attended sessions focused on getting students to eat more fruits and vegetables, quarterly newsletters were sent to every family in each school that included healthy recipes that could be tried at home and supplement the new menu items in the cafeteria, the staff dietitian compiled a nutrition curriculum that the after school workers led with the students in after school programs, and nutrition teaching aids were purchased for both Health Educators and elementary libraries that can be checked out from the school library.

Site and Window #	Number of Students who consumed appropriate number of fruits and veggies	Number of participating in the program during that window	Number of students who participated in Nutrition survey	The windows response rate based on site
Site 1 Southgate Baseline	51	197	197	100%
Site 1 Southgate 1st measure	44	166	152	92%
Site 1 Southgate 2nd measure	57	144	134	93%
Site 1 Southgate 3rd measure	61	160	154	96%
Site 1 Southgate 4th measure	56	153	148	97%
Site 2 Grandview Baseline	96	381	355	93%
Site 2 Grandview 1st measure	93	345	335	97%
Site 2 Grandview 2nd measure	93	338	326	96%
Site 2 Grandview 3rd measure	101	330	320	97%
Site 2 Grandview 4th measure	114	336	328	98%
Site 3 Lincoln Baseline	120	514	465	90%
Site 3 Lincoln 1st Measure	121	490	441	90%
Site 3 Lincoln 2nd Measure	150	476	423	89%
Site 3 Lincoln 3rd Measure	131	487	436	89%
Site 3 Lincoln 4th Measure	175	500	448	90%

Site 4 Bellevue HS Baseline				
Site 4 Bellevue HS 1st Measure	13	129	125	97%
Site 4 Bellevue HS 2nd Measure	28	87	78	90%
Site 4 Bellevue HS 3rd Measure	28	83	77	93%
Site 4 Bellevue HS 4th Measure	15	55	50	91%
Site 4 Bellevue HS 4th Measure	14	60	56	93%
Site 5 Dayton HS Baseline				
Site 5 Dayton HS 1st Measure	6	113	102	90%
Site 5 Dayton HS 2nd Measure	9	78	70	90%
Site 5 Dayton HS 3rd Measure	11	68	57	84%
Site 5 Dayton HS 4th Measure	13	74	67	91%
Site 5 Dayton HS 4th Measure	8	76	67	88%
Total excluding Baseline data	1322	4506		
Divide by # of Windows times	66	225.3		
# of sites (4 x 5=20)		225		
		66/225		29%

	# Who ate fruit 2 or more times & veg. 3 or more daily	# of Participants during Window	Ratio	%
Baseline	286	1334	286/1334	21%
Year 1	57	252	57/252	23%
Year 2	57	260	57/260	22%
Year 3	66	225	66/225	29%
Total	180	737	180/737	24%

## MEASURE A

Site and Window Number	# of students who engaged in 60 minutes of daily physical activity	# of participating in the program during that window
<b>Site 1 Southgate Baseline</b>	30	197
Site 1 Southgate 1st measure	44	178
Site 1 Southgate 2nd measure	32	172
Site 1 Southgate 3rd measure	27	176
Site 1 Southgate 4th measure	30	159
<b>Site 2 Grandview Baseline</b>	15	381
Site 2 Grandview 1st measure	66	370
Site 2 Grandview 2nd measure	55	363
Site 2 Grandview 3rd measure	57	364
Site 2 Grandview 4th measure	54	368
<b>Site 3 Lincoln Baseline</b>	39	514
Site 3 Lincoln 1st Measure	86	514
Site 3 Lincoln 2nd Measure	53	513
Site 3 Lincoln 3rd Measure	47	500
Site 4 Lincoln 4th Measure	82	521
<b>Site 4 Bellevue Baseline</b>	27	129
Site 4 Bellevue 1st Measure	40	75
Site 4 Bellevue 2nd Measure	30	73
Site 4 Bellevue 3rd Measure	18	60
Site 4 Bellevue 4th Measure	26	56
<b>Site 5 Dayton Baseline</b>	26	113
Site 5 Dayton 1st Measure	24	75
Site 5 Dayton 2nd Measure	25	52
Site 5 Dayton 3rd Measure	16	58
Site 5 Dayton 4th Measure	25	62
Totals meeting 80% return excluding Baseline Data	837	4709
Divide by # of Windows with more tha 80% return times the # of program site (4 x 2= 8)	104.6 105	588.6 589

## MEASURE B

Site and Window #	Number of Students who met age appropriate cardiovascular fitness levels	Number of participating in the program during that window
Site 1 Southgate Baseline	110	197
Site 1 Southgate 1st measure	129	168
Site 1 Southgate 2nd measure	133	173
Site 1 Southgate 3rd measure	119	164
Site 1 Southgate 4th measure	108	158
Site 2 Grandview Baseline	265	381
Site 2 Grandview 1st measure	265	370
Site 2 Grandview 2nd measure	265	370
Site 2 Grandview 3rd measure	261	367
Site 2 Grandview 4th measure	271	366
Site 3 Lincoln Baseline	245	514
Site 3 Lincoln 1st Measure	356	505
Site 3 Lincoln 2nd Measure	329	501
Site 3 Lincoln 3rd Measure	343	496
Site 3 Lincoln 4th Measure	397	495
Site 4 Bellevue HS Baseline	12	129
Site 4 Bellevue HS 1st Measure	3	83
Site 4 Bellevue HS 2nd Measure	2	86
Site 4 Bellevue HS 3rd Measure	5	86
Site 4 Bellevue HS 4th Measure	2	83
Site 5 Dayton HS Baseline	10	113
Site 5 Dayton HS 1st Measure	3	74
Site 5 Dayton HS 2nd Measure	4	74
Site 5 Dayton HS 3rd Measure	5	69
Site 5 Dayton HS 4th Measure	4	73
Total excluding Baseline data	3004	4761
Divide by # of Windows times	158.1	250.5
# of sites (4 x 5=20) (19)	158	251
80% return times the # of program sites		

## MEASURE C

Site and Window #	Number of Students who consumed appropriate number of fruits and veggies	Number of participating in the program during that window
Site 1 Southgate Baseline	51	197



Site 1 Southgate 1st measure	44	166
Site 1 Southgate 2nd measure	57	144
Site 1 Southgate 3rd measure	61	160
Site 1 Southgate 4th measure	56	153
<b>Site 2 Grandview Baseline</b>	<b>96</b>	<b>381</b>
Site 2 Grandview 1st measure	93	345
Site 2 Grandview 2nd measure	93	338
Site 2 Grandview 3rd measure	101	330
Site 2 Grandview 4th measure	114	336
<b>Site 3 Lincoln Baseline</b>	<b>120</b>	<b>514</b>
Site 3 Lincoln 1st Measure	121	490
Site 3 Lincoln 2nd Measure	150	476
Site 3 Lincoln 3rd Measure	131	487
Site 3 Lincoln 4th Measure	175	500
<b>Site 4 Bellevue HS Baseline</b>	<b>13</b>	<b>129</b>
Site 4 Bellevue HS 1st Measure	28	87
Site 4 Bellevue HS 2nd Measure	28	83
Site 4 Bellevue HS 3rd Measure	15	55
Site 4 Bellevue HS 4th Measure	14	60
<b>Site 5 Dayton HS Baseline</b>	<b>6</b>	<b>113</b>
Site 5 Dayton HS 1st Measure	9	78
Site 5 Dayton HS 2nd Measure	11	68
Site 5 Dayton HS 3rd Measure	13	74
Site 5 Dayton HS 4th Measure	8	76
 Total excluding Baseline data	 1322	 4506
 Divide by # of Windows times	 66	 225.3
# of sites (4 x 5=20)		225

# of students who returned completed logs and/or 3DPar	That windows response rate based on site
-----------------------------------------------------------------	------------------------------------------------

144	73%
127	71%
97	56%
111	63%
101	63%
102	27%
209	56%
138	38%
158	43%
200	54%
328	64%
284	55%
248	48%
178	36%
238	46%
126	98%
73	97%
72	99%
60	100%
55	98%
102	90%
67	89%
51	98%
56	96%
60	97%

105/589	17.80%
	18%

Number of students who participated in PACER run	The windows response rate based on site
-----------------------------------------------------------	-----------------------------------------------

181	92%
159	95%
154	89%
148	90%
144	91%
352	92%
348	94%
348	94%
327	89%
328	90%
450	88%
457	90%
447	89%
444	89%
423	85%
118	91%
80	96%
78	91%
74	86%
71	85%
96	85%
66	89%
57	77%
56	81%
60	82%

158/251

62.9  
63%

Number of students who participated in Nutrition survey	The windows response rate based on site
------------------------------------------------------------------	-----------------------------------------------

197	100%
-----	------

152	92%
134	93%
154	96%
148	97%

355	93%
335	97%
326	96%
320	97%
328	98%

465	90%
441	90%
423	89%
436	89%
448	90%

125	97%
78	90%
77	93%
50	91%
56	93%

102	90%
70	90%
57	84%
67	91%
67	88%

66/225

29%

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<b>MEASURE A</b>				
	# who completed 60 minutes of Physical Activity	# of Participants during Window	Ratio	%
Baseline	137	1334	137/1334	10%
Year 1	42	122	42/122	34%
Year 2	29	107	29/107	27%
Year 3	105	589	105/589	18%
Total (Excluding Baseline)	176	818	176/818	22%

<b>MEASURE B</b>				
	# Who met Age Appropriate Cardio Levels	# of Participants during Window	Ratio	%
Baseline	642	1334	642/1334	48%
Year 1	149	278	149/278	54%
Year 2	153	260	153/260	59%
Year 3	158	251	158/251	63%
Total	460	789	460/789	58%

<b>MEASURE C</b>				
	# Who ate fruit 2 or more times & veg. 3 or more daily	# of Participants during Window	Ratio	%
Baseline	286	1334	286/1334	21%
Year 1	57	252	57/252	23%
Year 2	57	260	57/260	22%
Year 3	66	225	66/225	29%
Total	180	737	180/737	24%

The Northern Kentucky Cooperative for Educational Services (NKCES) Wellness Alliance was awarded the Carol M. White Physical Education Program (PEP) grant in November, 2011. The grant will conclude on September 30, 2014. NKCES is very grateful and appreciative of the award that has helped to develop five healthier schools over the past three years. The NKCES Wellness Alliance PEP Grant was named the "FIT 4 Life Program" and the grant activities were implemented in five schools across three school districts: Southgate School, Grandview Elementary, Bellevue High School, Lincoln Elementary, and Dayton High School. Children in grades kindergarten through 12<sup>th</sup> grade participated in the grant during the three years of implementation. Over the three years of the grant, the FIT 4 Life program increased by 8% the number of students who are active 60 minutes a day, a 15% increase in the number of students who reached age-appropriate cardiovascular levels, and an 8% increase in consuming two or more fruits and three or more vegetables. In reviewing the quantitative and qualitative data of the FIT 4 Life grant's three year period the team recognized several important reasons that led to the increase in each measurement. We labeled those reasons the 4 C's: collaboration, communication, consistency, and constructive feedback. Over the three years the team collaborated with many people and agencies in the schools and community. The list includes the school district administrators, faculty, and staff; parents of students; and members of community agencies and businesses.

When collaborating with the groups the Fit 4 Life PEP team ensured they met the needs of the students as well as the needs of the groups. Communication was the key to successful collaboration and included monthly updates, regular attendance at meetings, a quarterly newsletter, and professional development activities for personnel involved in the grant. Consistency was very important to ensure correct and accurate data collection and included developing a detailed testing schedule, ensuring all schools received the same opportunities, and most importantly, implementing and completing the activities and other events that were promised. The final key to success for the grant was constructive feedback, from the NKCES staff to the school personnel and vice versa. A survey was completed by the school personnel at the end of each year that gave feedback to the FIT 4 Life staff. The feedback in turn was used to improve the processes and grant activities during the next school year. In addition, the FIT 4 Life staff provided feedback to the school personnel by sharing the results of the WELLSAT, PECAT, and HECAT evaluations as well as other observations of the FIT 4 Life team. By using collaboration, communication, consistency, and constructive feedback throughout the three years of the PEP Grant award the FIT 4 Life team was able to facilitate an increase in each of the tested areas: sixty minutes of daily physical activity, age-appropriate cardiovascular levels, and increased consumption of fruits and vegetables.

In reviewing the data, including the reflections of various personnel involved in the FIT 4 Life grant, several activities were identified as being most influential in achieving the grant's positive outcomes. Several processes and activities were identified as helping to increase the number of students participating in sixty minutes or more of daily physical activity. The collaboration with teachers and administrators, after school programming, family nights, and family fun bags were acknowledged as the most important influences on increasing daily physical activity. Collaboration with school personnel ensured that testing processes and schedules were a priority. After school programming included such activities as swimming, Zumba, gymnastics, martial arts, and soccer. Family Fun nights brought entire

families to the school in the evening to participate as a family group in various physical activities. In addition, family fun bags that included such items as Frisbees, jump ropes, beanbags, and exercise bands, were sent home with students to encourage physical activity at home. Perhaps most important to achieving this goal was the purchase of several commercial curricula, SPARK, Take Ten, and FitBits, as well as the professional development that was provided.

To increase cardiovascular levels of children the data indicated that consistency of the PACER testing made a difference for students. They knew and understood the PACER test and used their previous scores as motivation to improve. The Wellness Centers also helped to increase children's cardiovascular fitness through using the elliptical, stationary bikes, and treadmill machines. In addition, the Boys and Girls Club was a community partner that helped to reinforce cardiovascular health through their after school and weekend programming.

Increasing the consumption of fruits and vegetables was the most challenging goal of the grant. The data indicated that several activities helped the Fit 4 Life team achieve success in this goal. The WELLSAT was used to review the wellness policies of each school and as a consequence the policies were changed to emphasize healthy nutritional options, such as limited pre-packaged bagged snacks, fresh fruits and vegetables, and an emphasis on healthy rewards and snacks for celebrations. Another important component to this goal was focusing on the cafeteria staff through providing them with professional development and opportunities to travel to other school districts to observe and discuss how they prepare healthier and tastier food choices for students. Each school also provided taste tests where the cafeteria staff tested new recipes on the students and used their feedback to make changes. All of these activities resulted in healthier menus at each school. In addition, the Garden Heroes Curriculum was infused into each classroom.

In summary, the NKCES Wellness Alliance FIT 4 Life team has established a strong foundation of healthier behavior at each school which should sustain and continue to increase the number of healthier students, as measured by the amount of physical activity, cardiovascular fitness, and daily consumption of fruits and vegetables. The NKCES Wellness Alliance FIT 4 Life team developed a foundation for understanding the importance of developing healthier children and the positive effects that has on students' academic success and school community. In the final follow up survey of school personnel, 79% of the respondents stated the students in the school were healthier than when the grant began three years ago and 60% of respondents stated they believe the positive changes made by the FIT 4 Life grant will be sustained. The data indicates the students in the schools and communities of Southgate, Bellevue, and Dayton, Kentucky are healthier today than when the grant began. The NKCES Wellness Alliance Fit 4 Life team is proud of the progress made and is appreciative of the opportunity given by the grant to focus on increasing and sustaining healthy behaviors of students attending schools in several of the communities of northern Kentucky.



**U.S. DEPARTMENT OF EDUCATION  
BUDGET INFORMATION  
NON-CONSTRUCTION PROGRAMS**

OMB Control Number: 1894-0008  
Expiration Date: 06/30/2017

Name of Institution/Organization  
Northern Kentucky Cooperative for Educational Services (NKCES)

Applicants requesting funding for only one year should complete the column under "Project Year 1." Applicants requesting funding for multi-year grants should complete all applicable columns. Please read all instructions before completing form.

**SECTION A - BUDGET SUMMARY  
U.S. DEPARTMENT OF EDUCATION FUNDS**

Budget Categories	Project Year 1 (a)	Project Year 2 (b)	Project Year 3 (c)	Project Year 4 (d)	Project Year 5 (e)	Total (f)
1. Personnel	\$134,093.46	\$198,230.89	\$202,162.62	NA	NA	\$534,486.97
2. Fringe Benefits	\$38,499.71	\$62,017.10	\$66,695.77	NA	NA	\$167,212.58
3. Travel	\$16,343.41	\$32,441.61	\$38,516.69	NA	NA	\$87,301.71
4. Equipment	-	-	-	NA	NA	-
5. Supplies	\$141,826.73	\$76,133.96	\$84,211.68	NA	NA	\$302,172.37
6. Contractual	\$19,001.75	\$40,278.38	\$87,141.87	NA	NA	\$146,422.00
7. Construction	-	-	-	NA	NA	-
8. Other	\$11,363.41	\$21,096.37	\$29,116.26	NA	NA	\$61,576.04
9. Total Direct Costs (lines 1-8)	\$361,128.47	\$430,198.31	\$507,844.89	NA	NA	\$1,299,171.67
10. Indirect Costs *	\$29,289.38	\$33,897.16	\$40,627.59	NA	NA	\$103,814.13
11. Training Stipends	-	-	-	NA	NA	-
12. Total Costs (lines 9-11)	\$390,417.85	\$464,095.47	\$548,472.48	NA	NA	\$1,402,985.80

**\*Indirect Cost Information (To Be Completed by Your Business Office):**

If you are requesting reimbursement for indirect costs on line 10, please answer the following questions:

(1) Do you have an Indirect Cost Rate Agreement approved by the Federal government? ☒ Yes ☐ No

(2) If yes, please provide the following information:

Period Covered by the Indirect Cost Rate Agreement: From: 3/01/2012 To: 06/30/2015 (mm/dd/yyyy)

Approving Federal agency: ☒ ED ☐ Other (please specify): \_\_\_\_\_ The Indirect Cost Rate is 8%

(3) For Restricted Rate Programs (check one) -- Are you using a restricted indirect cost rate that:

☒ Is included in your approved Indirect Cost Rate Agreement? or ☐ Complies with 34 CFR 76.564(c)(2)? The Restricted Indirect Cost Rate is \_\_\_\_\_ %



Name of Institution/Organization  
NKCES

Applicants requesting funding for only one year should complete the column under "Project Year 1." Applicants requesting funding for multi-year grants should complete all applicable columns. Please read all instructions before completing form.

**SECTION B - BUDGET SUMMARY**  
**NON-FEDERAL FUNDS**

Budget Categories	Project Year 1 (a)	Project Year 2 (b)	Project Year 3 (c)	Project Year 4 (d)	Project Year 5 (e)	Total (f)
1. Personnel	\$1,360.00	\$149,844.26	\$37,764.44	NA	NA	\$188,968.70
2. Fringe Benefits				NA	NA	
3. Travel				NA	NA	
4. Equipment				NA	NA	
5. Supplies	\$6,000.00	\$82,782.00	\$69,815.00	NA	NA	\$158,597.00
6. Contractual				NA	NA	
7. Construction				NA	NA	
8. Other				NA	NA	
9. Total Direct Costs (Lines 1-8)	\$7,360.00	\$232,626.26	\$107,579.44	NA	NA	\$347,565.70
10. Indirect Costs				NA	NA	
11. Training Stipends				NA	NA	
12. Total Costs (Lines 9-11)				NA	NA	

**SECTION C - BUDGET NARRATIVE** (see instructions)

The PEP grant allowed NKCES Wellness Alliance to implement programming to Southgate, Bellevue, and Dayton Independent school districts that increased daily physical activity, increased the number of students who met age-appropriate cardiovascular levels, and increased fruit and vegetable consumption. The 1<sup>st</sup> category of the approved budget for all years was "personnel". Personnel provided salaries for all 3 projects years for a grant coordinator, 2 full time site coordinators, a registered dietitian, and data specialist. Personnel also provided a portion of the project director salary. The next approved category, "fringe", provided insurance, retirement, etc. for the personnel staff for all 3 years of the program. The approved "Travel" budget category was used all 3 years for allowing the Wellness Alliance to send staff or school personnel to the AAHPERD (American Alliance of Health Physical Education Recreation and Dance), National PE Institute, PEP summit, or SNA (School Nutrition Association) conferences. These conferences provided needed professional development for PE teachers, Wellness Alliance staff, and school cafeteria workers that will serve each district well after the PEP grant

has finished. The approved budget category of "Supplies" allowed both the Wellness Alliance and the involved districts with resources that enabled the increase in all 3 PEP grant categories. The 1<sup>st</sup> year of the grant the approved budget and purchased the standards-aligned and research based SPARK PE curriculum for all 5 sites within the 3 districts. Year 1 also saw the purchase of family kits that were awarded to participants in family fun nights, 2 sites' Wellness centers, pedometers for use during GPRA measurements, office supplies for Wellness staff, and resources for nutrition education. The 2<sup>nd</sup> year of the grant was in line with the approved budget, giving the sites and Wellness Alliance; research based SPARK after school curriculum, 2 more Wellness Center equipment, replacement pedometers, family kits, and day to day supplies. The 3<sup>rd</sup> and final year of the project "supplies" provided the final Wellness Center equipment, replacement pedometers, storage items for equipment, research based SPARK nutrition curriculum, family kits, maintenance contracts, and materials for Wellness Alliance community. The approved budget category of "Contractual" provided compensation for 5 after school activity workers at each site for length of the project and all training costs. The category provided stipends for food service training and food service field trips to learn from other industrial kitchen, in addition to the cost of training. The PEP grant evaluator was compensated out of this category all 3 years as was the cost of producing the quarterly Fit 4 Life newsletter that shared information and the PEP grant successes, for all 3 years. The "Other" category was used in accordance to the approved budget proposal as a fund for all of the sites' enrichment activities. During the entirety of the program, the "other" category was used to pay for activities, including transportation, for outings such as rock climbing, canoeing, nature hikes, swimming, gymnastics, cooking sessions etc. that promoted physical activity or cardiovascular health, or grant nutritional goals. The in-kind contribution numbers in the second chart were compiled by getting the hourly rate of district employees, health department staff, and other staff members who worked on the PEP grant's behalf. These hourly rates were determined by the financial officer at each site or organization and passed along to the Wellness staff. The dates and length of time were put into spreadsheet form along with hourly rates to determine the in-kind contribution for personnel. The in-kind "supply" category was determined by the following the formulas used in the approved budget narrative, including amounts for city provided regular access to parks and fields, walking trails, access to health department resources, resources provided by the schools themselves, and outside resources from business and community.

# Carol M. White Physical Education Program FINAL GPRA and Expenditure Data Summary

Applicant: Northern Kentucky Cooperative for Educational Services Inc.

PR Award #: 0215F110144

GPRA MEASURE	PLEASE PROVIDE RATIO -- <i>(# of participating students meeting measure / # of students measured)</i>
The percentage of students served by the grant who engage in 60 minutes of daily physical activity. BASELINE	137 / 1334
The percentage of students served by the grant who achieve age-appropriate cardiovascular fitness levels. BASELINE	642 / 1334
The percentage of students served by the grant who consumed fruit two or more times per day and vegetables three or more times per day. BASELINE	286 / 1334
The percentage of students served by the grant who engage in 60 minutes of daily physical activity. YEAR ONE	42 / 265
The percentage of students served by the grant who achieve age-appropriate cardiovascular fitness levels. YEAR ONE	53 / 265
The percentage of students served by the grant who consumed fruit two or more times per day and vegetables three or more times per day. YEAR ONE	60 / 265
The percentage of students served by the grant who engage in 60 minutes of daily physical activity. YEAR TWO	29 / 107
The percentage of students served by the grant who achieve age-appropriate cardiovascular fitness levels. YEAR TWO	163 / 260
The percentage of students served by the grant who consumed fruit two or more times per day and vegetables three or more times per day. YEAR TWO	57 / 260
The percentage of students served by the grant who engage in 60 minutes of daily physical activity. YEAR THREE	105 / 589
The percentage of students served by the grant who achieve age-appropriate cardiovascular fitness levels. YEAR THREE	158 / 251
The percentage of students served by the grant who consumed fruit two or more times per day and vegetables three or more times per day. YEAR THREE	66 / 225
The percentage of students served by the grant who engage in 60 minutes of daily physical activity. Project Total	176 / 818
The percentage of students served by the grant who achieve age-appropriate cardiovascular fitness levels. Project Total	460 / 789
The percentage of students served by the grant who consumed fruit two or more times per day and vegetables three or more times per day. Project Total	180 / 737

Total Federal Dollars Spent	TOTAL Matching Dollars	
In YEAR ONE	In YEAR ONE	\$7,360
In YEAR TWO	In YEAR TWO	\$232,626.26
In YEAR THREE	In YEAR THREE	\$107,579.44
TOTAL	TOTAL	\$347,565.70

Southgate  
Elementary

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**School Health Index**  
**Overall Score Card**

For each module (row), write an X in the one column where the Module Score falls\*

	Low 0 – 20%	21% – 40%	Medium 41% – 60%	61% – 80%	High 81% – 100%
School Health Policies and Environment – Module 1				77	
Health Education – Module 2					82
Physical Education and Other Physical Activity Programs – Module 3			47		
Nutrition Services – Module 4			58		
School Health Services – Module 5					
School Counseling, Psychological, and Social Services – Module 6					
Health Promotion for Staff – Module 7					
Family and Community Involvement – Module 8					

\* Some schools like to write the module scores in each box.

Grandview Elem.  
F.Wad

SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

**School Health Index**  
*Overall Score Card*

For each module (row), write an X in the one column where  
the Module Score falls\*

	Low 0 - 20%	21% - 40%	Medium 41% - 60%	61% - 80%	High 81% - 100%
School Health Policies and Environment - Module 1			60		
Health Education - Module 2				80	
Physical Education and Other Physical Activity Programs - Module 3			48		
Nutrition Services - Module 4				67	
School Health Services - Module 5					
School Counseling, Psychological, and Social Services - Module 6					
Health Promotion for Staff - Module 7					
Family and Community Involvement - Module 8					

\* Some schools like to write the module scores in each box.

# Lincoln Elem. Final

## SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

### School Health Index Overall Score Card

For each module (row), write an X in the one column where the Module Score falls\*

	Low 0 - 20%	21% - 40%	Medium 41% - 60%	61% - 80%	High 81% - 100%
School Health Policies and Environment - Module 1				61	
Health Education - Module 2			60		
Physical Education and Other Physical Activity Programs - Module 3			42		
Nutrition Services - Module 4			57		
School Health Services - Module 5					
School Counseling, Psychological, and Social Services - Module 6					
Health Promotion for Staff - Module 7					
Family and Community Involvement - Module 8					

\* Some schools like to write the module scores in each box.

*Belleve H.S.  
Final*

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

**School Health Index**  
*Overall Score Card*

For each module (row), write an X in the one column where the Module Score falls\*

	Low 0 – 20%	21% – 40%	Medium 41% – 60%	61% – 80%	High 81% – 100%
School Health Policies and Environment – Module 1			42		
Health Education – Module 2			47		
Physical Education and Other Physical Activity Programs – Module 3			55		
Nutrition Services – Module 4				73	
School Health Services – Module 5					
School Counseling, Psychological, and Social Services – Module 6					
Health Promotion for Staff – Module 7					
Family and Community Involvement – Module 8					

\* Some schools like to write the module scores in each box.

Dayton H.S. - final

SCHOOL HEALTH INDEX - MIDDLE SCHOOL/HIGH SCHOOL

**School Health Index**  
*Overall Score Card*

For each module (row), write an X in the one column where the Module Score falls\*

	Low 0 - 20%	21% - 40%	Medium 41% - 60%	61% - 80%	High 81% - 100%
School Health Policies and Environment - Module 1				80	
Health Education - Module 2				63	
Physical Education and Other Physical Activity Programs - Module 3				72	
Nutrition Services - Module 4				61	
School Health Services - Module 5					
School Counseling, Psychological, and Social Services - Module 6					
Health Promotion for Staff - Module 7					
Family and Community Involvement - Module 8					

\* Some schools like to write the module scores in each box.



MEASURE A				
	# who completed 60 minutes of Physical Activity	# of Participants during Window	Ratio	%
Baseline	137	1334	137/1334	10%
Year 1	42	122	42/122	34%
Year 2	29	107	29/107	27%
Year 3	105	589	105/589	18%
Total (Excluding Baseline)	176	818	176/818	22%

MEASURE B				
	# Who met Age Appropriate Cardio Levels	# of Participants during Window	Ratio	%
Baseline	642	1334	642/1334	48%
Year 1	149	278	149/278	54%
Year 2	153	260	153/260	59%
Year 3	158	251	158/251	63%
Total	460	789	460/789	58%

MEASURE C				
	# Who ate fruit 2 or more times & veg. 3 or more daily	# of Participants during Window	Ratio	%
Baseline	286	1334	286/1334	21%
Year 1	57	252	57/252	23%
Year 2	57	260	57/260	22%
Year 3	66	225	66/225	29%
Total	180	737	180/737	24%

MEASURE A				
	# of students who engaged in 60 minutes of daily physical activity	# of participating in the program during that window	# of students who returned completed logs and/or 3DPar	That windows response rate based on site
Site 1 Southgate Baseline				
Site 1 Southgate 1st measure	30	197	144	73%
Site 1 Southgate 2nd measure	44	178	127	71%
Site 1 Southgate 2nd measure	32	172	97	56%
Site 1 Southgate 3rd measure	27	176	111	63%
Site 1 Southgate 4th measure	30	159	101	63%
Site 2 Grandview Baseline				
Site 2 Grandview 1st measure	15	381	102	27%
Site 2 Grandview 2nd measure	66	370	209	56%
Site 2 Grandview 2nd measure	55	363	138	38%
Site 2 Grandview 3rd measure	57	364	158	43%
Site 2 Grandview 4th measure	54	368	200	54%
Site 3 Lincoln Baseline				
Site 3 Lincoln 1st Measure	39	514	328	64%
Site 3 Lincoln 1st Measure	86	514	284	55%
Site 3 Lincoln 2nd Measure	53	513	248	48%
Site 3 Lincoln 3rd Measure	47	500	178	36%
Site 4 Lincoln 4th Measure	82	521	238	46%
Site 4 Bellevue Baseline				
Site 4 Bellevue 1st Measure	27	129	126	98%
Site 4 Bellevue 1st Measure	40	75	73	97%
Site 4 Bellevue 2nd Measure	30	73	72	99%
Site 4 Bellevue 3rd Measure	18	60	60	100%
Site 4 Bellevue 4th Measure	26	56	55	98%
Site 5 Dayton Baseline				
Site 5 Dayton 1st Measure	26	113	102	90%
Site 5 Dayton 1st Measure	24	75	67	89%
Site 5 Dayton 2nd Measure	25	52	51	98%
Site 5 Dayton 3rd Measure	16	58	56	96%
Site 5 Dayton 4th Measure	25	62	60	97%

Totals meeting 80% return excluding Baseline Data 837 4709 105/589 17.80% 18%

Divide by # of Windows with more t 104.6 588.6  
 80% return times the # of program s 105 589  
 (4 x 2 = 8)

MEASURE B				
Site and Window #	Number of Students who met age appropriate cardiovascular fitness levels	Number of participating in the program during that window	Number of students who participated in PACER run	The windows response rate based on site

Site 1 Southgate Baseline				
Site 1 Southgate 1st measure	110	197	181	92%
Site 1 Southgate 2nd measure	129	168	159	95%
Site 1 Southgate 3rd measure	133	173	154	89%
Site 1 Southgate 4th measure	119	164	148	90%
	108	158	144	91%

Site 2 Grandview Baseline				
Site 2 Grandview 1st measure	265	381	352	92%
Site 2 Grandview 2nd measure	265	370	348	94%
Site 2 Grandview 3rd measure	261	367	327	89%
Site 2 Grandview 4th measure	271	366	328	90%

Site 3 Lincoln Baseline				
Site 3 Lincoln 1st Measure	245	514	450	88%
Site 3 Lincoln 2nd Measure	356	505	457	90%
Site 3 Lincoln 3rd Measure	329	501	447	89%
Site 3 Lincoln 4th Measure	343	496	444	89%
	397	495	423	85%

Site 4 Bellevue HS Baseline					
Site 4 Bellevue HS 1st Measure	12	129	118	91%	
Site 4 Bellevue HS 2nd Measure	3	83	80	96%	
Site 4 Bellevue HS 3rd Measure	2	86	78	91%	
Site 4 Bellevue HS 4th Measure	5	86	74	86%	
	2	83	71	85%	

Site 5 Dayton HS Baseline					
Site 5 Dayton HS 1st Measure	10	113	96	85%	
Site 5 Dayton HS 2nd Measure	3	74	66	89%	
Site 5 Dayton HS 3rd Measure	4	74	57	77%	
Site 5 Dayton HS 4th Measure	5	69	56	81%	
	4	73	60	82%	

Total excluding Baseline data

3004

4761

158/251

62.9

Divide by # of Windows times

158.1

250.5

63%

# of sites (4 x 5=20) (19)

158

251

80% return times the # of program sites

MEASURE C					
	Number of Students who consumed appropriate number of fruits and veggies	Number of participating in the program during that window	Number of students who participated in Nutrition survey	The windows response rate based on site	
Site and Window #					

Site 1 Southgate Baseline	51	197	197	100%	
Site 1 Southgate 1st measure	44	166	152	92%	
Site 1 Southgate 2nd measure	57	144	134	93%	
Site 1 Southgate 3rd measure	61	160	154	96%	
Site 1 Southgate 4th measure	56	153	148	97%	

Site 2 Grandview Baseline	96	381	355	93%	
Site 2 Grandview 1st measure	93	345	335	97%	
Site 2 Grandview 2nd measure	93	338	326	96%	

Site 2 Grandview 3rd measure	101	330	320	97%
Site 2 Grandview 4th measure	114	336	328	98%
Site 3 Lincoln Baseline	120	514	465	90%
Site 3 Lincoln 1st Measure	121	490	441	90%
Site 3 Lincoln 2nd Measure	150	476	423	89%
Site 3 Lincoln 3rd Measure	131	487	436	89%
Site 3 Lincoln 4th Measure	175	500	448	90%
Site 4 Bellevue HS Baseline	13	129	125	97%
Site 4 Bellevue HS 1st Measure	28	87	78	90%
Site 4 Bellevue HS 2nd Measure	28	83	77	93%
Site 4 Bellevue HS 3rd Measure	15	55	50	91%
Site 4 Bellevue HS 4th Measure	14	60	56	93%
Site 5 Dayton HS Baseline	6	113	102	90%
Site 5 Dayton HS 1st Measure	9	78	70	90%
Site 5 Dayton HS 2nd Measure	11	68	57	84%
Site 5 Dayton HS 3rd Measure	13	74	67	91%
Site 5 Dayton HS 4th Measure	8	76	67	88%
Total excluding Baseline data	1322	4506	66/225	29%
Divide by # of Windows times # of sites (4 x 5=20)	66	225.3 225		

COPY

INDIRECT COST RATE AGREEMENT  
NONPROFIT ORGANIZATION

**Organization**

Northern Kentucky Cooperative for Educational  
Services  
5516 E Alexandria Pike  
Cold Springs, KY 41706

**Date:** AUG 24 2012

**Agreement No:** 2012-169  
**Filing Reference:** Replaces previous  
Agreement No. N/A  
**Dated:** N/A

The approved indirect cost rates herein are for use on grants, contracts, and other agreements with the Federal Government. The rates are subject to the conditions included in Section II of this Agreement and issued by the U.S. Department of Education pursuant to the authority in Office of Management and Budget Circular A-122 (relocated to 2 CFR 230).

**Section I - Rates and Bases**

<u>Type</u>	<u>From</u>	<u>To</u>	<u>Rate</u>	<u>Base</u>	<u>Applicable To</u>
Predetermined	03/01/2012	06/30/2015	8.0%	MTDC	All Programs

**Distribution Base:**

MTDC      Modified Total Direct Cost - Total direct costs excluding equipment, capital expenditures, participant support costs, pass-through funds and each subaward (subcontract or subgrant) above \$25,000 (each award; each year).

**Applicable To:**

All Programs      The rates herein are applicable to All Programs.

**Treatment of Fringe Benefits:**

Fringe benefits applicable to direct salaries and wages are treated as direct costs.

**Capitalization Policy:** Items of equipment are capitalized and depreciated if the initial acquisition cost is equal to or greater than \$1,000.

### Section III - Special Remarks

Alternative Reimbursement Methods: If any federal programs are reimbursing indirect costs by a methodology other than the approved rates in this agreement, such costs should be credited to the programs and the approved rates should be used to identify the maximum amount of indirect costs allocable.

Submission of Proposals: New indirect cost proposals are necessary to obtain approved indirect cost rates for future fiscal years. The next indirect cost rate proposal is due six months prior to expiration dates of the rates in this agreement.

### Section IV - Approvals

#### For the Organization:

Northern Kentucky Cooperative for  
Educational Services  
5516 E Alexandria Pike  
Cold Springs, KY 41706

Curtis Hall  
Signature

Curtis Hall  
Name

Executive Director  
Title

9/4/2012  
Date

#### For the Federal Government:

U.S. Department of Education  
OCFO / FIPAO / ICG  
550 12th Street, SW  
Washington, DC 20202-4450

Mary Gougisha  
Signature

Mary Gougisha  
Name

Director, Indirect Cost Group  
Title

AUG 24 2012  
Date

Telephone Number: (202) 245-8035  
Negotiator: Mary Gougisha