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**The University of Kentucky Center of Excellence in Rural Health is**

**Requesting Proposals for the 2023-24 Healthy WAY Program**

*Healthy WAY (Wellness in All Youth) is a leadership development and research training program designed to empower rural Kentucky high school students with skills to identify and develop solutions to health and social issues at the school level.  Student-led teams have the opportunity to work with school personnel to address real world concerns youth are facing today that impact their health and well-being.  Project funding, hands-on research experience, technical support and research mentoring are available to student teams selected for this competitive program. Healthy WAY was established in 2019 as a signature program of the UK Center of Excellence in Rural Health (UK CERH).*

*This proposal must be submitted to*[***beth.bowling@uky.edu***](mailto:beth.bowling@uky.edu) ***by October 17, 2023****.*

*Up to 6 proposals will be accepted. The scoring guide (attached) will be used to judge proposals.*

*Winners will be notified no later than October 31, 2023****.***

|  |  |
| --- | --- |
| **School Name:** | *Number of students involved:*  *Number of faculty/staff members involved:* |
| **Student Team Members:**  1. 5.  2. 6.  3. 7.  4. 8. | |
| **Team Lead (faculty or staff name):** | **Team Lead Email:** |
| **County:**  **(only schools in rural counties\* of KY will be accepted)** | **School Phone Number:** |
| **School Address: City Zip Code** | |

\*Adair, Anderson, Ballard, Barren, Bath, Bell, Boyle, Breathitt, Breckinridge, Caldwell, Calloway, Carlisle, Carroll, Carter, Casey, Clay, Clinton, Crittenden, Cumberland, Elliott, Estill, Fleming, Floyd, Franklin, Fulton, Garrard, Graves, Grayson, Green Harlan, Harrison, Hart, Hickman, Hopkins, Jackson, Johnson, Knott, Knox, Laurel, Lawrence, Lee, Leslie, Letcher, Lewis, Lincoln, Livingston, Logan, Lyon, Madison, Magoffin, Marion, Marshall, Martin, Mason, McCracken, McCreary, Menifee, Mercer, Metcalfe, Monroe, Montgomery, Morgan, Muhlenberg, Nelson, Nicholas, Ohio, Owen, Owsley, Perry, Pike, Powell, Pulaski, Robertson, Rockcastle, Rowan, Russell, Simpson, Taylor, Todd, Trigg, Union, Washington, Wayne, Webster, Whitley and Wolfe.**Project Proposal**

**Please answer the 10 guiding questions below to propose an innovative project that can be implemented at your school to improve student wellness during a project window of November 1, 2023 thru March 1, 2024.**

1. What is the title of your Healthy WAY project?
2. What is a problem your team would like to address? (ex: mental health, physical activity, oral health, disability, school safety, smoking/vaping, bullying, food insecurity, environmental health, impact of recent natural disasters/tornadoes/flooding on students and schools, or any other wellness issue you would like to tackle.)
3. How do you know the issue you have identified is a problem?
4. What is your main research question about this issue?
5. What innovative strategies and activities will you implement during the project window to address the problem?
6. Describe your project goal(s), project design, including project activities, project research, project timeline, necessary resources, personnel and etc.
7. What outcomes will prove that your project has succeeded?
8. How will you measure those outcomes?
9. How do you believe your project will impact students at your school?
10. How will you share the outcomes of your Healthy WAY project with your school and community?
11. Describe the sustainability plan for your project.

**Project Budget**

1. Project funds must be spent during the school year (2023-2024).
2. Funds will be requested on an official Healthy WAY invoice (template will be supplied by the UK CERH).
3. A final expense report will be required by­­­­­­­­­­­­­­­­­­ March 1, 2024.

**Pleas list line items and descriptions below.**

|  |  |
| --- | --- |
| **Description of Item/Activity** | **Dollar Amount** |
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|  |  |
| **\*TOTAL** |  |

\*Total amount requested should not exceed $1,000.

**Budget Narrative**

Please write a brief description in the space below explaining how the costs listed in your budget relate to the proposed activities you will implement to address the school problem you have identified. All budget items must have a direct impact on addressing student wellness.

**Signatures of Commitment**

**Application must be signed by all team members acknowledging their full support and active participation in carrying out the team’s proposed project to address student wellness.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** | **Title (i.e. teacher, student, staff)** | **Email Address** | **Signature** | **Date** |
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**We acknowledge our team will:**

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|  | **Make a commitment to engage in a research project addressing student wellness.** |
|  | **Participate in at least 3 virtual training modules offered by UK CERH that are designed to improve student success in project management, research, evaluation and related topics. Modules are approximately 20 minutes in length and are available on demand.** |
|  | **Participate in scheduled monthly check-in calls/Zoom meetings with the UK CERH Healthy WAY Project Manager and a University of Kentucky Research Mentor.** |
|  | **Complete a final budget report, PowerPoint presentation and a research poster highlighting the outcomes of your Healthy WAY project no later than March 1, 2024.** |
|  | **Present your school’s project during a Healthy WAY graduation event hosted by UK CERH.** |

***I understand that by accepting this award and our school district serving as a fiscal agent and we agree to abide by the approved guidelines listed above.***

Signature of Lead Teacher for project \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_

***School leadership acknowledges our support of the implementation of this project.***

Signature of School Principal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_

Signature of Superintendent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_

**Scoring Guide**

**Healthy WAY Proposal**

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| --- | --- | --- | --- |
|  | 3 | 2 | 1 |
| **A.**  **Innovation** | Proposal directly addresses innovation with the intent of improving health/wellness and/or teaching/learning and has the potential for direct impact of positive student/family outcomes and/or experiences. | Proposal’s innovation may be stated or inferred and/or only minimal evidence is provided to support its claims to improve health and wellness behaviors and/or teaching and learning. | Innovation may be inferred but is not directly addressed to support its claim to improve health/wellness and/or teaching and learning. |
| **B.**  **Research Question & Project**  **Goals** | Research question and goal(s) for the project are clearly described and thoroughly documented; proposal supports innovative practices. | Research question and goal(s) are stated and somewhat aligns with the innovative practices. | Project’s research and goal(s) are unclear or does not address the Innovative practices. |
| **C.**  **Project**  **Design** | Project has a strong design with procedures and activities that are well defined, fully explained, and link to project goals. Educators and students are actively involved in the work. | Project has adequate design with procedures and activities that are defined but somewhat lacks innovation and a comprehensive nature. Addresses the issue one dimensionally. | Project design is vague and not clearly linked to project goals or innovation. Program not based on evidence and unclear in how it will be implemented. |
| **D.**  **Impact** | Proposal describes the short-and long-term impact to students, the school and/or larger community. | Proposal describes impact but does so only in general terms. Specifics are lacking. | Proposal does not describe either short or long-term impact for audience(s). |
| **E.**  **Plans for**  **Project**  **Evaluation** | Proposal includes a variety of methods to evaluate the project. Improved health/wellness and teaching/learning outcomes addressed. | Proposal includes at least one method to assess participants or evaluate the project. | Proposal does not include any methods to assess participants or project. Or, the methods are vague. |
| **F.**  **Budget** | Budget is complete and contains all required information. Budget is cost effective and linked to activities and outcomes that will be sustainable. | Budget is complete but is not cost effective and/or related to activities and outcomes and does not address sustainability. | Budget lacks required information or includes unallowable expenditures. |
| **G. Sustainability** | Proposal directly addresses sustainability and provides compelling evidence to support its claim(s). | Proposal’s sustainability may be stated or inferred and/or only minimal evidence is provided to support its claim(s). | The proposal does not address or fails to provide evidence of sustainability. |