

2024-2025 Yoga for Social Emotional Learning Grant GRANT APPLICATION GUIDELINES and EXPECTATIONS

Purpose:

The United States is facing a mental health crisis. According to the National Education Association, more and more students and educators are reporting anxiety, depression, thoughts of suicide, and other mental illnesses. When students are not well, they cannot learn. When teachers are not well, they cannot teach. To support the academic success of our students and the professional success of our educators, we must provide them with avenues to strengthen their social-emotional well-being. Yoga is an activity that has proven to help students and educators alike to regulate their emotions, hone concentration, attention, and memory, reduce anxiety and tension, build resilience, decrease negative behaviors, improve physical, mental, and overall well-being, and enhance the culture in buildings offering yoga (greatergood.berkeley.edu).

The Yoga for Social Emotional Learning Grant (SEL), in partnership with The United Way of Central Maryland and Breathe for Change, will bring Mindfulness, SEL, and Yoga techniques to schools and communities across Baltimore County by training staff to become Yoga Instructors and SEL Facilitators.

Award:

- Funding for one staff member to attend the Breathe for Change 200-Hour Mindfulness, SEL, Yoga Certification October 2024 - March 2025
- A set of Yoga Mats

Key Criteria & Eligible Projects:

Review and award of grant materials will be based on the project's anticipated need of supplies, resources, and opportunities/experiences to fulfill community needs and improve the academic, social-emotional, and physical well-being of students and staff.

The grant:

- Provides funding to pay the registration costs for one staff member per selected school to participate in the Breathe for Change Virtual 200-Hour Mindfulness, SEL, Yoga Certification.
Please note there are two training schedule options:
 - Option 1: The October 2024 – March 2025 Weekend Cohort requires 12 Hours of individual asynchronous work and synchronous workshops from 12:00 p.m. – 6:00 p.m. on the following Saturdays and Sundays:
 - October 19 & 20, 2024
 - November 16 & 17, 2024
 - December 7 & 8, 2024
 - January 4 & 5, 2025
 - February 1 & 2, 2025
 - March 1 & 2, 2025
 - Option 2: The October 2024 – March 2025 Evening Cohort requires 12 Hours of individual asynchronous work and synchronous workshops from 7:00 pm – 9:00 pm. on the following Thursdays:
 - October 17 & 24, 2024
 - November 7, 14, & 21, 2024
 - December 5, 12, & 19, 2024
 - January 9, 16, 23, & 30, 2025
 - February 6, 13, 20, & 27, 2025
 - March 6, 13, & 20, 2025
 - A stipend for participating in these training courses will **not** be provided.
- Offers an **optional** Yoga for SEL Virtual Information Session to answer questions for potential applicants on **June 12, 2024**, from 5:30 p.m.– 6:30 p.m.
- Provides a **required** Orientation for selected participants on **October 9, 2024**, from 5:30 p.m.-7:00 p.m. at the Exchangee: Gizmos & Gadgets Galore Rosedale /Golden Ring.
- Provides yoga resources and supplemental materials to each participant,
- Hosts a planning/sharing **required** event for participants to share their plans for integrating Yoga for SEL into their school communities. **Date TBD.**
- Requires the submission of a grant project summary and storyboard to The Foundation on or before **May 23, 2025.**



In Partnership with



Projects must be conducted and supervised in partnership with BCPS professional personnel who work directly with students, including teachers, school counselors, media specialists, nurses, etc. Projects must address an identified need that is aligned with The Education Foundation of Baltimore County Public Schools, *Contributing to a Brighter Future*, and the school's progress plan. The proposal must describe a quantitative and/or qualitative method to evaluate the project's success.

Application Deadline: September 6, 2024, on or before 5:00 p.m.

Notification of Recipients: Recipients will receive an e-mail notification from the foundation’s Associate Director on or before **September 25, 2024**. A media release/Mission Moment blog post and announcement on [The Education Foundation of Baltimore County Public Schools website](#) and all social media outlets will be released on **September 30, 2024**.

Awarding of Materials: Materials will be distributed at the required Yoga for SEL Grant Recipient Orientation on **October 9, 2024**, from 5:30 p.m.– 7:00 p.m. at the Exchangeree: Gizmos & Gadgets Galore – Rosedale/Golden Ring.

Proposal Review: Proposals will be competitively reviewed by the Programs and Allocations Committee of The Education Foundation of BCPS, Inc., BCPS curriculum and instruction and/or business services professionals may be consulted as part of the proposal review for the purpose of compliance and alignment. All applications will be scored by three experts in the field.

Initiative Summary: A final project summary and storyboard with photos and grant highlights must be submitted to the Education Foundation by **May 23, 2025**. (A Yoga for SEL storyboard template will be sent electronically to the grant recipient in the congratulatory e-mail notification).

A grant recipient who does not submit a summary and storyboard **will not** be eligible for future funding consideration until both have been received.

2024-2025 Yoga for SEL Grant GRANT APPLICATION COVER SHEET*

Name of Principal or Supervisor: _____	Principal's E-mail address: _____
School/Office: _____	School/Office Phone Number: _____
Name of Applicant: _____	Applicant's Position _____
Applicant's E-mail address: _____	Applicant's Cell Phone Number: _____
Unisex Tee-Shirt Size: _____	Gender-Specific Tee-Shirt Size: _____

Title of Proposed Project: _____

Applicant, place a ✓ in each of the boxes below to indicate your acceptance of the following requirements.

- I agree to participate in the Breathe for Change Virtual 200-Hour Yoga Certification and SEL Facilitator Certification Training.
- I commit to participate in either the **October 2024 – March 2025 Weekend cohort** or the **October 2024 – March 2025 Evening Cohort (Please select the one you commit to):**
 - Option 1: October 2024 – March 2025 Weekend Cohort requires 12 Hours of individual asynchronous work and synchronous workshops from 12:00 pm – 6:00 pm on the following Saturdays and Sundays:
 - October 19 & 20, 2024
 - November 16, & 17, 2024
 - December 7 & 8, 2024
 - January 4 & 5, 2025
 - February 1 & 2, 2025
 - March 1 & 2, 2025
 - Option 2: The October 2024 – March 2025 Evening Cohort requires 12 Hours of individual asynchronous work and synchronous workshops from 7:00 pm – 9:00 pm. on the following Thursdays:
 - October 17 & 24, 2024
 - November 7, 14, & 21, 2024
 - December 5, 12, & 19, 2024
 - January 9, 16, 23, & 30, 2025
 - February 6, 13, 20, & 27, 2025
 - March 6, 13, & 20, 2025
- I understand that a stipend for participating in these training courses will **not** be provided.
- I will attend the optional Yoga for SEL Virtual Information Session on **June 12, 2024**, from 5:30 p.m. – 6:30 p.m. if I have questions before submitting my application.
- If I am selected as a recipient of this grant, I commit to attending the Yoga for SEL Orientation for selected participants on **October 9, 2024**, from 5:30 p.m. – 7:00 p.m. at the Exchangeree: Gizmos & Gadgets Galore | Rosedale/Golden Ring.
- I will attend the required planning/sharing event for participants and share my plans for facilitating Mindfulness, SEL, and Yoga sessions for students, staff, and/or community members. **Date TBD.**
- I will use the provided yoga resources and supplemental materials to facilitate Mindfulness, SEL, and Yoga training to my school community members.
- I will submit a grant project summary and storyboard to The Foundation on or before **May 23, 2025**.

Please place a ✓ in all your school's social media platforms and provide the handles that will be used to celebrate this project:

- Twitter (X)
 Instagram
 Tik Tok
 Facebook



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LinkedIn

Website

Other

***NOTE:** The application must be completed and submitted electronically on or before September 6, 2024, at 5 p.m. This cover sheet will not be included as part of the actual selection process by the Programs and Allocations Committee. Consideration of your request will be based entirely on the following proposal.

Foundation Headquarters Use Only:

Applicant Number:

Date Received:

2024-2025 Yoga for SEL Grant GRANT APPLICATION PROJECT DESCRIPTION

DIRECTIONS: Respond clearly and specifically to each of the statements/questions below, limiting your response to a maximum of two (2) typed pages. A rubric is attached for reference of assessment of the project.

1. Describe why it is important for **you** to participate in the Breathe for Change virtual 200-Hour Mindfulness, SEL, Yoga Certification training. (20 points)
2. Describe why it is important for **your school community** to have access to Yoga for SEL. How will participation in this project align with The Education Foundation of Baltimore County Public Schools, Inc.'s *Contributing to a Brighter Future*, and your school's progress plan. (20 points)
3. What impact do you hope this project will have on your school community? Explain specifically who you intend this project to impact the most and how. (20 points)
4. How will you measure the following intended outcomes and the success of this program? (20 points)
 - a. Students/Adults will report a decrease in anxiety and tension.
 - b. Students/Adults will decrease the number of days they are absent from school/work.
 - c. Students will have a reduction in disciplinary incidents.
 - d. Students/Adults will report an increase in overall well-being, physical well-being, and emotional well-being.
 - e. Students/Adults will report an increase in their sense of belonging to their school community.
 - f. Students/Adults will report an increase in their ability to manage their emotions and overcome obstacles in their way.
 - g. Adults will report a decrease in feelings of frustration and burnout due to their work.
5. Logistics: (20 points)
 - Do you have your principal's permission to participate in this training and to implement mindfulness, SEL, and Yoga sessions within your school community?
 - Do you commit to participating in the Orientation for Grant Recipients on **October 9, 2024**, from 5:30 p.m.–7:00 p.m. at the Exchangeree: Gizmos & Gadgets Galore | Rosedale /Golden Ring? What do you hope the Orientation will entail?
 - Do you commit to participating fully in October 2024 – March 2025?
 - How will you balance your work and life with the addition of a 200-hour training course during this cohort's time period?

Self-Checklist for Completion of Application

Project application is appropriate for submission if the following questions can be answered in the affirmative:	YES	NO
• I have indicated my understanding of all requirements by checking each on the cover page.		
• The project clearly describes why it is important for me to participate in the 200-Hour Mindfulness, SEL, and Yoga Training.		
• The project clearly describes why it is important for my school community to have access to Yoga for SEL and how this project is aligned with The Education Foundation of Baltimore County Public Schools <i>Contributing to a Brighter Future</i> , and our school's progress plans.		

<ul style="list-style-type: none"> The project clearly explains who this project will impact the most and how. 		
<ul style="list-style-type: none"> The project articulates the measurable impact of the success of the project. 		
<ul style="list-style-type: none"> Project includes a detailed description of how I will balance work, life, and the addition of a 200-Hour Mindfulness, SEL and Yoga Training. 		

YOGA FOR SEL GRANT | RUBRIC

Key Criteria	4	3	2	1	Score
Description of Why This Project is Important to the Applicant <i>20 Points</i>	Describes a compelling why for the participation of the applicant. 13-20 points	Describes an adequate why for the participation of the applicant. 5-12 points	Describes an inadequate why for the participation of the applicant. 1-4 points	There is no description of a why for the participation of the applicant. 0 points	/20
Description of Why Yoga for SEL is Important for the School Community and will be Aligned with Goals. <i>20 Points</i>	Describes a compelling why for the participation of the school community. Explanation is consistent, aligned with the ED Foundation <i>Contributing to a Brighter Future</i> and the school's progress plan. 13-20 points	Describes an adequate why for the participation of the school community. Explanation is somewhat consistent and somewhat aligned with the ED Foundation <i>Contributing to a Brighter Future</i> and the school's progress plan. 5-12 points	Describes an inadequate why for the participation of the school community. Explanation is not consistent nor aligned with the ED Foundation <i>Contributing to a Brighter Future</i> and the school's progress plan. 1-4 points	There is no description of a why for the participation of the school community. Does not explain how and is not consistent nor aligned with the ED Foundation <i>Contributing to a Brighter Future</i> and the school's progress plan. 0 points	/20
Impact of the Project and How? <i>20 Points</i>	Project has the potential to impact a large number of students/staff/community members within the classroom/schoolhouse making an impact. 13-20 points	Project has the potential to impact a number of students/staff/community members within the classroom/schoolhouse with some impact. 5-12 points	Project has the potential to impact a minimal number of students/staff/community members within the classroom/schoolhouse with little impact. 1-4 points	Project does not have the potential to impact students/staff/community members 0 points	/20
Measurable Impact for Success <i>20 Points</i>	Objectives are clearly defined, attainable, and address the stated needs for the project. Educational outcomes are stated and are measurable. 13-20 points	Objectives are defined and address the stated needs for the project. Educational outcomes are stated with very little measurable outcomes. 5-12 points	Objectives are defined. Educational outcomes are not clearly stated and cannot be measured effectively. 1-4 points	Objectives are not clear. No measurable outcomes are included. 0 points	/20
Logistics <i>20 Points</i>	The logistics are clearly mapped out and all questions are addressed in detail. 13-20 points	Most of the logistics are mapped out and most of the questions are addressed. 5-12 points	Some of the logistics are mapped out and some of the questions are addressed. 1-4 points	The logistics are not mapped out and the questions are not addressed. 0 points	/20
				TOTAL	/100

COMMENTS:



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