

Some tips on how to create a successful Donors Choose Application to secure funding for Walking Classroom materials for your classroom.

DonorsChoose.org is a United States-based nonprofit organization that allows individuals to donate directly to public school classroom projects, like a set of Walking Classroom materials!

Here is the link to an example of a successful Donors Choose project. It secured full funding for a set of fifth grade materials from The Walking Classroom.

<https://www.donorschoose.org/project/ready-set-walk-and-learn/1669888/?challengeid=164761>

The following is some information to help you complete your Donors Choose application and secure funding for your Walking Classroom materials. There are 5 major sections to your application and we have provided relevant points for each. You will also receive advice from Donors Choose as you complete the application online. Be creative and persuasive!

1. Describe your students

- SES: Free or reduced lunch participation provides a great indicator for your students' demonstrated SES need. To find your school's free or reduced lunch percentage, check out greatschools.org and search for your elementary school. Free or reduced lunch participation can be found under the "Details" tab.
- Obesity rates: To find information on your state's obesity rate, check out the following websites. Both sources indicate the percentage of children 10-17 years old who are either overweight or obese
 - The State of Obesity:
<http://www.stateofobesity.org/children1017/>
 - Kaiser Family Foundation: <http://www.kff.org/other/state-indicator/overweightobese-children/>
- Physical Activity: The CDC recommends children get at least 60 minutes of aerobic physical activity everyday (such as brisk walking).
 - The CDC's latest Physical Activity State Indicator Report provides state-level information on youth physical activity levels. The CDC assess youth physical activity levels through responses from 9-12 grade, however, this data can be generalized to "youth" as shown in the report.
 - Check out Table 1 on page 18 of this report to find the percentage of youth in your state that report meeting the physical activity guideline (last three columns).

- Check out Table 2 on page 19 of this report to see if your state has policy guidelines on recess or the time spent in moderate-to-vigorous physical activity in PE (middle two columns).
- State Indicator Report on Physical Activity 2014:
<http://www.kff.org/other/state-indicator/overweightobese-children/>
- Check out your school/district's PE or physical activity guidelines. Do you currently provide at least 60 minutes of physical activity for your students everyday? What barriers exist to meeting current guidelines (e.g. time, resources, student interest, etc.)?
- Academic: A great indicator for academic need is your school's 4th or 5th end-of-grade reading proficiency. If you are having difficulty locating this number, greatschools.org provides this information under their "Quality" tab.

2. **Go Shopping:** The Walking Classroom materials can be purchased online. However, prices are subject to change. Please contact us (info@thewalkingclassroom.org) for a quote specific to your classroom to include in your Donors Choose application.
3. **Project Title:** This is your chance to personalize your project and make it stand out! Donors Choose offers some great examples that use alliteration, similes and metaphors. Feel free to use your name, describe your classroom, whatever it takes to be unique and creative.

4. **About your Project:**

- TWC combines physical activity and listening to create an innovative and engaging learning experience for students.. The program is simple but impactful: Students take brisk 20-minute walks, as a class, while listening to custom-written content that is aligned to state standards on durable, single-purpose audio players (WalkKits).
 - The CDC recommends children participate in 60 minutes or more of physical activity everyday. The Walking Classroom provides 1/3 of students' daily-recommended physical activity each time it's used.
 - Unlike unstructured recess time, The Walking Classroom ensures students are physically active for the entire 20-minute session.
 - Students take brisk 20-minute walks, as a class, while listening to custom-written content that is aligned to state standards on durable, single-purpose audio players (WalkKits). A school year's worth of academic content is included within each WalkKit and a Teacher's Guide provides extensive lesson plans and comprehension

quizzes for each podcast to help teachers effectively discuss and review the material.

- Share your project goals

TWC has clear objectives:

- To increase opportunities for students to get physical activity. Using the program 2-3 times/week creates 40-60 minutes of added physical activity.
- To establish healthy lifestyle habits and improve health literacy while functioning as an in school obesity prevention initiative.
- To de-stigmatize walking. Walking in low-income areas is often stigmatized because it suggests a family does not own a car. We want to enable low-income children to realize that taking steps to improve their health is empowering, not a mark of shame.
- To improve student performance in the classroom. Students can listen and comprehend 2-3 grade levels higher than their reading level. TWC allows underperforming students to enjoy academic success and participate in grade-level activities with confidence.

5. **Subject Areas:** The Walking Classroom can be associated with many of the subject areas listed by Donors Choose. Commonly used ones are health and wellness, literacy and character development. Feel free to choose the one that most describes what you hope to achieve using The Walking Classroom with your students.