

Glassboro Education Foundation, Inc.

Send the completed application to Grants@glassboroed.org

or

Send the completed to the attention of:

Beach Administration Building
Joseph L. Bowe Blvd
Glassboro, NJ 08028

A. General Information

Applicant(s): Maureen Morrison/Cynthia Badden

School: Glassboro High School

Principal: Dr. Danielle Sweathen

Grade Level or Subject: Gr. 9-12

Phone: (school) 856 652 2700

(Home): 856 304 3424

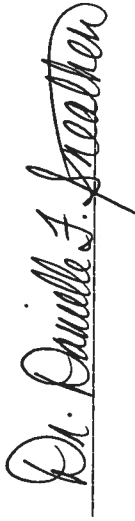
E-mail(s): mmorrison@gfd.us cbadden@gfd.us

B. Statement of Assurances:

The applicant hereby assures the Glasboro Education Foundation that:

1. The applicant(s) meet(s) the eligibility criteria.
2. The activities and services for which the grant is sought will be implemented as written.
3. Any monies not expended within the school year shall revert back to the Glasboro Education Foundation, unless permission to carry it into the next school year is granted.
4. All publicity releases regarding a funded project will acknowledge the Glasboro Education Foundation and/or a particular mini-grant sponsor as the funding agency.
5. The grant recipient(s) will submit a final report summarizing the project's evaluation results.
6. The Board of Education authorizes the filing of this application. We do hereby certify that all of the facts, figures and representations made in this application are true and correct to the best of our knowledge and that the assurances as stated above are understood and will be followed in their entirety.

Mawren Morrison



Signature of Applicant

Signature of Principal

Please note: from this page on, please do not include your name or your school in any of your descriptions as all applications are coded to prevent bias.

C. Project Title and Description

Title of Project: *Slow Down Your Brain and Breathe*

Subject Area(s): *Mindfulness and Relaxation*

Approximate Number of Students/Staff Participating: *50-100*

Project Starting Date: *10/2018* Project Completion Date: *On-going*

Need: *Describe the problem or deficiencies that exist which require the improvements described.*

Adolescent stress affects emotions, behavior and is linked with changes in stress hormones. Once into adulthood, the effects can continue. Offering strategies for reducing stress in teens and adults alike could lower behavior and stress levels for the student and faculty population of Glassboro High.

Describe your plan to alleviate the need/problem.

The simple act of coloring is said to help with relaxation and reduce stress. Carl Jung used to prescribe coloring books to his psychiatry patients. Coloring allows the amygdala (the fear center of the brain) to relax. Resting the amygdala prevents panic and anxiety and can help the brain to respond more calmly in stressful situations such as lunch detention and in school suspensions where students with multiple discipline referrals tend to become frequently seen.

Coloring books would also be used during AP Testing months. Students quoted in the School Library Journal stated that "Coloring during the stressful month of AP testing was a way to let go of the anxiety of testing and allowed them to focus their energy on creating art instead of stressing over their futures."

10 minute coloring sessions would also be offered before and after school for students and staff members wishing to participate in a stress-relieving activity.

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D. Objectives, Activities and Evaluation Techniques (This page may be duplicated if necessary)

<i>Objectives</i>	<i>Program Activities to Accomplish Objectives</i>	<i>Completion Date</i>	<i>Evaluation Techniques</i>
<p>To lessen the stress levels and promote relaxation, concentration, and artistic expression of students by providing opportunities during lunch detentions, after school suspensions, Saturday Detentions and while preparing for AP testing, by providing coloring books to students.</p>	<p>Coloring designs will be subdivided by type of design (Mandala, geometric, floral, phrases). Paper trays will be provided for works in progress, to keep the area neat, along with packages of colored pencils and markers to be kept in cups.</p>	<p>On-going</p>	<p>Supervisory Feedback from detention/Saturday School staff</p>

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E. Itemized Budget

Materials/Equipment	Services	Evaluation Techniques
<u>Item(s)</u> <u>Cost</u> <u>Good Vibes Coloring Book</u> (Coloring is Fun Design Originals): 25 Beginner-Friendly Relaxing & Creative Art Activities on High-Quality Extra-Thick Perforated Paper that Resists Bleed Through Paperback Studio series colored pencil sets	<u>Item(s)</u> 25 10 <u>Sub-total: 274.65</u>	<u>Item(s)</u> Data from discipline reports <u>Sub-total:</u>
	<u>Cost</u> 7.79 7.49	<u>Cost</u> 0.00

Grand Total- 274.65

