

Arkansas City Middle School

Arkansas City Middle School is being awarded grant funds for their project of converting a community walking trail into a fitness trail. They will accomplish this by adding exercise stations along the trail. Up to 200 7th and 8th grade students can use this trail a day plus community members.

Atchison Middle School

Atchison Middle School is being awarded a grant for their project of AMS Spark, which stands for Atchison Middle School Student Physical Activity, Rehydration and Knowledge. This project is a comprehensive program. It consists of students going through rotations of physical activities including walking, archery, sports, yoga and dance, while also learning the importance of hydration and healthy cooking with the local YWCA to collaborate in offering the healthy cooking classes to the students.

Bonner Springs High School

Bonner Springs High School has been awarded a grant to fund an 18-hole disc golf course. This course will be used for Bonner Springs High School, Clark Middle School and the community. The disc golf course will be used in multiple ways including before and after school programs, physical education classes, creating a league sport, and providing opportunities to the community.

Burrton High School

Burrton High School's KAY club is receiving funding for their flexible seating project. Through surveys and research, Burrton found that having flexible seating options within a classroom encourages movement by being more accommodating. There will be various forms of flexible seating implemented into classrooms all throughout their district, which will allow students to be more active during class.

Clearwater High School

Clearwater High School's KAY club will be receiving a grant. This grant money will be utilized to install fitness equipment along their community's new walking trail. The students as well as the community will be positively impacted by free and easy access to fitness options to promote physical activity throughout the years to come.

Derby North Middle School

Derby North Middle School has been approved for a grant to construct an exercise and walking course. This course will include outdoor fitness equipment as well as a butterfly garden and pond to inspire people to get out and enjoy the environment while being physically active. This project will impact all of the schools in the Derby district as well as the community.

Douglass High School

A grant is being awarded to Douglass High School KAY club. This grant money will be used to make improvements to their current tennis courts as well as investing in tennis equipment. With these improvements and equipment, students as well as the community will be able to use the tennis courts and the club will be hosting a tennis camp in the summers.

Goddard High School

Goddard High School KAY club has been approved for a grant to fund after school programs focusing on physical fitness, mental health and personal safety. There will be weekly activities focused on mind and body such as yoga, Zumba, meditation, and Pilates, while also learning more about making healthy choices. Students, parents and staff will be encouraged to attend these Workout Wednesdays.

Hodgeman County High School

“Get Hooked on Moving” is Hodgeman County High School’s KAY Club’s project that is being funded. This comprehensive program focusses on promoting physical activity in the classroom through flexible seating. Through research, this KAY Club found that flexible seating promotes physical activity within the classroom and this seating project will be used throughout the elementary, junior high, and high schools.

Holton High School and Holton Middle School

Holton High school and Holton Middle School KAY clubs have partnered together and have been approved for a grant to construct phase two of a six-foot wide concrete exercise path. This will feature various exercise stations along its perimeter. This project will greatly impact the students as well as the community by providing a place for walking, jogging, biking, skating and the use of exercise stations.

Macksville High School

Macksville High School KAY and Kayette club partnered together and have been approved for a grant to purchase a traverse rock climbing wall and stencils to paint fun fitness activities. These fitness activities will be painted on the playground, sidewalk and track at their school. The clubs will also provide training and teacher guides on how to incorporate the equipment into their classrooms.

Maize High School

A ping-pong table project will be funded for the Maize High School KAY club. These will be used as a privilege and there will be a reward system that is used with the ping pong tables. These ping pong tables will be available at many different times of the day including before and after school, lunch, Encore, and for free time or reward time during classes.

Meade High School

Meade High School has been approved for a grant to fund a year-long Fitbit challenge. This will incorporate the purchasing of Fitbits for each student at the school, installation of water-filling stations, and installation of stationary bikes with desktops in the school library. Daily, weekly and quarterly challenges will be conducted all throughout the school year.

Norton Junior High School

Norton Junior High School has been approved for wristband heart rate monitors and purchasing exercise equipment including a treadmill, elliptical, and stationary bike. These will enhance not only their school’s physical education department, but also provide physical activity opportunities for students and teachers before and after school. The use of this equipment will

motivate students and teachers to set goals, become more active and stay active throughout the year.

Oxford High School

Oxford High School has been approved for a grant to make improvements for their sand volleyball courts. The improvements will include a net, and improvements to the perimeter and playing area. The sand volleyball courts will be used in multiple ways for example: in the physical education classes, during the summer for the volleyball team, end of the year rewards, KAY events, and all throughout the year by students and community members.

Prairie Trail Middle School

Prairie Trail Middle School has been awarded a grant for water bottle filling stations and their Hike and Hydrate Challenges project. By doing research, the KAY club found that there is an important correlation between an increased hydration level and then decreased injury level. The Hike and Hydrate challenges encourage students to log exercise time daily and compete for different challenges throughout the year.

Santa Fe Trail High School

Santa Fe Trail High School KAY club has been awarded a grant for their Be The Spark Healthy Hearts Movement project. This project includes daily movement opportunities and physical fitness challenges as well as instruction time for Heartsaver First Aid, CPR, and AED training. Overall, this project will have a lasting impact on the students as well as community through the increase in opportunities for physical activity as well as the knowledge on what to do in an emergency health situation.

Southwestern Heights High School

Southwestern Heights KAY club has been awarded a grant to fund their fitness tracker project. This project will have an impact on all the students despite the school being made up of multiple communities. A fitness tracker will be purchased for each student to be used on a checkout basis for various class competitions, spirit activities and in-class projects.

Trego Community High School

Trego Community High School will be receiving a grant to purchase Frog Fitness machines. These will be made available to all students before school, after school, during physical education classes and weights classes. There will be challenges, goal sheets, and prizes used throughout the year to promote overall physical activity.

Wabaunsee High School

Wabaunsee High School will be receiving a grant for the purchase of water bottle filling stations and for school-wide fitness activities. The weight room is used by community members as well as the school so the water bottle filling stations will be utilized by the school and community. These fitness activities will include Zumba, yoga, dodgeball, volleyball and many other activities.