# Bruntsfield Primary School Parent Council

# Funding Grant Application 2018/19

Bruntsfield Primary School Parent Council raises funds for good causes, primarily through events organised throughout the school year, from any surplus generated through running the extensive Clubs programme and through one off initiatives. This process is designed to allow the Parent Council to apply rigour to the distribution of funds, ensuing transparency and good governance.

The Parent Council seek to agree which good causes to support on an annual basis, to allow for considered decision making, and to allow applicants to plan on a reasonable timeframe.  Funding decisions would ideally be made at the time of the AGM, early in the school year, but are possible on an ad hoc basis throughout the year.

This process is designed to provide applicants with the greatest chance of success and this form has been created to provide you with a framework to allow you to consider the criteria against which your application will be assessed. Members of the Parent Council will be available to assist in working these through with you if required. For small value grants (e.g. less than £1,000) we only require sections 2 and 6 to be completed.

Applications for funding are encouraged from the whole school community: teachers, school staff, parents, club organisers and club tutors. Fundamentally, the Parent Council seeks to support initiatives which can have the widest possible enduring impact on the pupils of Bruntsfield Primary School. We encourage applications to be aligned to the curriculum and to be deliverable with the support of the teaching body.

We will assess applications against criteria set out below, agreed by the Office Bearers and co-opted members of the Parent Council. Satisfactory applications of under £1,000 will be actioned by this group, satisfactory applications of over £1,000 will be put forward to the wider Parent Council for approval.

The Office Bearers will work with applicants to help refine any applications which fall short, so that they have the best chance of succeeding. In the event that an application does not receive approval, feedback will be made available to the applicant.

Funding criteria

**Inclusive**: to be relevant to the widest possible pupil body.

**Enduring**: to have impact beyond the funding period.

**Progressive**: to be able to be built upon after the initial project.

**Aligned** to the curriculum; to support one or more area of the curriculum.

Application Details

| Section 1: Application information | |
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| Name of applicant | Carol Kyle |
| Email address of applicant | Carol-Anne.Kyle@bruntsfield.edin.sch.uk |
| Telephone number | 0131 446 9960 (BPS) |
| How much are you applying for in total (£) | £3510 |
| Title of application | Yoga for all |

| Section 2: Impacts and benefits | |
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| Who will benefit from this initiative? | All classes will benefit as the yoga sessions. The proposal is a continuation of the initial Yoga for all sessions that were taught in the 2018/19 school year. will enable these children to become more focused half an hour yoga sessions for all year groups with yoga poses, breathing and mindful activities suited to their age and topics they are learning about where applicable.  The teachers will benefit from 3 classes, one each term so they can experience the benefits of yoga for themselves as well as enabling them to teach aspects of yoga within the classroom environment. |
| Will the initiative progress and provide the opportunity for further development? | Yes, this is a continuation of the Introduction to Yoga initiative of 2018/19 and the aim is for it to continue into the 2020/21 school year. |
| Who will oversee the initiative? | Emma McLachlan  [Emma.McLachlan@Bruntsfield.edin.sch.uk](mailto:Emma.McLachlan@Bruntsfield.edin.sch.uk) |
| Who will run the initiative day to day? | Caroline Phipps-Urch [www.theyogacrow.com](http://www.theyogacrow.com) supported by Emma Mclachlan |
| Who will evaluate the initiative? | Class teachers & Caroline Phipps-Urch |
| Outline how you will evaluate the benefit. | Teachers will observe and feedback on:   * focus and concentration * physical aspects like posture, flexibility, strength * observing the children after the sessions within the classroom environment * what they felt the children most engaged with * what they easily use within the normal school day |

| Section 3: Funding | |
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| Total amount applied for? | £3360 + £150 for 3 x 60 minute yoga sessions for the teachers. |
| Provide a breakdown of how this will be spent? | . 4 sessions for 3 x P1-P7 classes  This is based on £40 per half an hour session. This equates to £5.60 per child for 4 sessions based on 600 children in the school. £1.40 per child per session. |
| Is it a one off payment?  If it is phased, please provide details. | It will be a phased payment. Sessions will be invoiced after each year group has completed their course. |
| Provide beneficiary details for payment by cheque | Caroline Phipps-Urch www.theyogacrow.com |
| Will this give rise to further financial support e.g., maintenance or upkeep | This is the second year of the yoga initiave and the plan is for it to continue into the 2020/21 school year. |

| Section 4: Teaching and curriculum support | |
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| Which area of the curriculum is this proposal aligned to? | Health & Wellbeing and it is also closely aligned with the Building Resilience programme. |
| Is it supported by the school management team? | Yes |
| Who in the school management team supports this application? | Carol Kyle, Head Teacher |
| Detail any practical aspects of delivery e.g., how does it fit in the school day/week/term | Sessions will be delivered during the school day and the timings will be confirmed once the 2019/20 timetable has been confirmed. |

| Section 4: Further details | |
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| Below please provide any further details in support of your application including how you will bring this to life in the school community bearing in mind the criteria that it will be valued against:   1. Inclusive: Yoga is a non-competitive activity that all children can participate in. The yoga teacher is fully trained in children’s yoga and will observe movement issues such and the need to adjust a posture and advise children on modifications for specific conditions i.e. hypermobility, scoliosis, different skeletal proportions. 2. Enduring: Yoga can teach children techniques and strategies to control their own emotions and behaviour. Once the breath can be controlled the mind follows. Self-regulation means they can help themselves   Yoga….  Improves motor control and motor planning skills  Develops physical strength  Promoting flexibility and can encourage correct postural alignment  Increasing self-awareness  Establishes calm and organised mental states,  Improves concentration  Reduces hyperactivity  Relieves respiratory ailments  Develops the ability to relax  Release tension, reduces fear and frustration as well as stress  Yoga can have long lasting effects when practiced regularly   1. Progressive : The sessions will take into account the individual needs of each year group, ASL children, injuries and health concerns. 2. Aligned to the curriculum:   Health & Wellbeing    Meeting the individual targets within the Edinburgh City Council pathways to support  and to ensure equal opportunites for all. | |
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| Signature |  |
| Date |  |