Strive
By California's Valued Trust

# CVT School District Based Health & Wellbeing Program

☐ **Grant Application**

☐ **Sponsorship Application (one day event)**

| **District Name:** | | **Application Date:** |
|---|---|---|
| **District Contact:** | **Address:**<br><br>**Email:** | **Phone:** |

## CVT District Wellbeing Project Description

**Grants must include components that demonstrate wellbeing, a description of the program/ activity and an evaluation of the results.** Which of the following does your wellbeing activity include? (Choose all that apply)

☐ **Physical Activity**

☐ **Healthy Eating and/or Weight Management**

☐ **Mental Health**

☐ **Stress Management**

☐ **Improved Sleep**

☐ **Other:** _____

| **Please describe the project:** |
|---|
| **Describe** how district administration and union chapter leaders will be involved in the success of the project including planning and/or promotion to their employees/members. |

Updated 9-24-26

**Start Date:** _____/_____/_____ **End Date:** _____/_____/_____

| Wellbeing Project Activity Description | Budget Estimates (Example: $50 for healthy snacks; $125 for a yoga instructor; $50 for incentives: total $225) | Evaluation*: How will the success or outcome of the event be measured and evaluated? |
|---|---|---|
| | **Total Amount Requested:** $_____ | |

| If approved, describe any specific district accounting policies or procedures that CVT will need to follow when issuing the funds. |
|---|
| |

By signing below, I attest that the funds for this wellbeing activity or activities will be spent only for the activity(ies) listed in this application. I also agree to share the outcomes of the event with CVT including a brief summary of the event that may be used on the CVT website or in a newsletter.

Please submit your completed application to Robin Wood at **robinw@cvtrust.org** or via mail to California's Valued Trust, 520 E. Herndon Ave., Fresno, CA 93720

_____ _____

School District Representative Date

_____

School District Representative (please print)

Updated 9-24-26