

CHRYSALIS AFTER-SCHOOL MIDDLE SCHOOL PROGRAM: CALL FOR PROPOSALS – 2008 - 2009

PROGRAM BACKGROUND

In 1998, the Chrysalis Foundation created its signature project, Chrysalis After-School, a program for middle school girls, to provide leadership development, mentoring, support, and opportunities for girls in the transitional years of early adolescence, focused on out-of-school hours. Need for the program was based on the following research:

1. There are values and benefits of after-school programs, specifically those ensuring that young people have caring and supportive relationships with adults in safe and structured activities during out-of-school time.
2. Opportunities to be valued members of a group of peers, and to be of service to others, are important aspects of youth development that need to be fostered during adolescence.
3. Learning outside the classroom can be an important complement to regular academic programming.

Research more specific to girls indicated that girls emerge from adolescence with poor self-image, relatively low expectations from life, and much less confidence in themselves and their abilities than boys (AAUW: Greenberg-Lake Analysis Group, Inc.). Girls between the ages of 11 and 14 face an array of challenges including hormonal change, physical development, and new social pressures. Without a support system, many succumb to truancy, eating disorders, early sexual experimentation and acting out, teen pregnancy, substance abuse, and dropping out of school.

More recently, as reported by the Youth Policy Institute of Iowa in October 2005:

A 2003 Harvard Family Research Project examination of 27 evaluations of out-of-school time programs found statistically significant improvement in outcomes. Specifically, participation in after-school programs was linked to:

- ***Improved academic outcomes:*** *Better attitudes toward school and higher educational aspirations; better performance in school as measured by achievement test scores and grades; improved school attendance; less disciplinary action.*
- ***Improved prevention outcomes:*** *Avoidance of drug and alcohol use; decrease in delinquency and violent behaviors; increased knowledge of safe sex and avoidance of sexual activity and pregnancy; increased skills for coping with peer pressure.*
- ***Positive youth development results:*** *Decreased behavioral problems; improved social and community skills and/or relationships with others; increased community involvement; increased self-confidence and self-esteem.*

The most promising after-school models in terms of academic improvement are programs that are linked to school-day expectations and curricula, particularly at the middle school level. Simply extending the school day is not appropriate; rather, effective after-school programs employ more experiential, interactive, and self-directed activities than are typically possible in the regular classroom.

Program models that are open to all students and that establish strong, mutually supportive relationships between teachers, administrators, and after-school program personnel are most successful, particularly at the middle-school level.

CALL FOR PROPOSALS

The Chrysalis Foundation will award Core Funding up to \$8,000 per middle school program for the 2008 - 2009 fiscal year beginning July 1, 2008.

Groups selected for funding will deliver experiences for middle school girls to develop:

- **Leadership** (relationships, assertiveness, communication, trust, teambuilding, women's history, community/service learning, volunteerism)
- **Economic empowerment** (financial literacy, life skills, career development, academic success)
- **Resiliency** (self confidence, self sufficiency, physical and mental health)

Selected programs must meet the following requirements:

- meet weekly for a minimum of 2 hours
- begin meetings by the week of September 15, 2008
- actively involve girls in planning and leadership
- include a nonprofit partner or collaborating organization
- be school-linked (nonprofit/school partnership with program located off school grounds) or school-based (program located in school building)
- maintain student to staff ratio no greater than 15 to 1
- cooperate with Chrysalis program evaluation process and accountability standards
- participate in required meetings and trainings as follows:
 - ✓ 2-day training (early August, date to be determined) in Youth Program Quality Assessment, Involving Youth as Partners, and gender-specific programs
 - ✓ 5 group facilitator meetings (after-school hours, dates to be announced) in September (2), November, February, and April
 - ✓ HerStory Annual After-School celebration event (spring 2009)

ELIGIBILITY AND CRITERIA

- Applicant organizations must be middle schools, area education agencies (AEAs), or nonprofit organizations that are tax-exempt under Section 501(c)3 of the Internal Revenue Code.
- Applicant organizations must be based in Polk, Warren, or Dallas Counties in Iowa.
- Applicant organizations that are not middle schools must demonstrate a history of collaboration with school partners involved in grant-funded projects.

Applications for funding must be received by the Foundation office no later than 12 noon on June 6, 2008. Awards will be announced no later than June 20, 2008.

Programs receiving Core Funding will be eligible to apply for additional Program Enrichment Funding according to the Funding Criteria and Application.

CHRYSLIS AFTER-SCHOOL: MIDDLE SCHOOL PROGRAM 2008-2009 FUNDING CRITERIA AND APPLICATION

CORE FUNDING: PROGRAM INFORMATION

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PROGRAM ENRICHMENT FUNDING

Programs receiving Core Funding will be eligible to apply for Program Enrichment Funding 2 times during the school year. This funding may be used for special and unique activities planned and developed by program participants (application information and process will be presented during August training activities). Program Enrichment Funding may be used for activities/partnerships in areas including:

- Outdoor adventure, environment
- Science, mathematics, technology
- Humanities, arts, culture
- Health, wellness, fitness, sports
- Careers, post-secondary education, entrepreneurship
- Financial literacy, life skills
- Civic engagement, women's issues, women's history

Questions or clarification? Call Terry Hernandez at the Chrysalis Foundation (515) 255-1853).

**CHRYSALIS AFTER-SCHOOL: MIDDLE SCHOOL PROGRAM
2008-2009 FUNDING APPLICATION**

Applicant Organization:

Contact Person and Title:

Address:

City/State/Zip:

Phone:

Fax:

E-Mail:

Collaborating Organization:

Contact Person and Title:

Address:

City/State/Zip:

Phone:

Fax:

E-Mail:

School Name (if not Applicant or Collaborating Organization):

Program Lead Facilitator and Title:

Assistant Program Facilitator(s) and Title(s):

IRS Tax Identification number:

(Note: Applicant organization must be exempt from taxes as an Area Education Agency or under 501(c)3 of the Internal Revenue Code)

Funding Request (\$8,000 maximum):

Previous Chrysalis After-School funding (if applicable):

PROGRAM NARRATIVE

Using question numbers as outlined, provide requested information in 2 pages or less (no smaller than 12 point font, single-spaced). Applications exceeding 2 pages of Program Narrative will not be considered.

1. How will you teach leadership through actively involving girls in program planning, implementation, and enrichment (30 points)?
2. How will you implement core program components of leadership, economic empowerment, and resiliency (20 points)?
3. Describe your plan for tracking/accountability for participation (10 points).
4. Describe the economic, ethnic, and racial characteristics of the girls you will serve (10 points).
5. What other after-school or extracurricular programs or activities are available to the girls you will serve (10 points)?
6. What is your experience/qualification in providing gender-specific and/or after-school programming (5 points)?
7. What is your experience with your collaborating partners (5 points)?
8. Describe your program structure (5 points).
 - Total number of girls you will serve
 - Age/grade of participants
 - Meeting day and time
 - Number of adult facilitators
9. Indicate the total number of potential participants (number of girls in your middle school or collaborating partner membership) (5 points).
10. What else would you like Chrysalis to know about your program and/or plans?

PROGRAM BUDGET

	Chrysalis	Other Funding Sources*	TOTAL
Personnel			
Equipment			
Supplies			
Transportation			
Other expenses (Please specify)			
TOTAL			

*Include all sources of support for this project that are pledged, paid, or applied for.

APPLICATION DEADLINE

Original application and 8 copies (collated and stapled) must be received by the Chrysalis Foundation, 300 East Locust Street, Suite 150, Des Moines, Iowa, 50309 by 12 noon on Friday, June 6, 2008. (Faxed or e-mailed applications will not be accepted.)

ATTACHMENTS

Send one copy only of the following:

- IRS determination letter indicating 501(c)3 status or verifying agency status
- Letter of support from each partner/collaborator
- Resume/bio for each program facilitator