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[Put Your School Name Here]

Funding Request to Support Student Physical, Emotional, and Academic Well-Being through Real-Time Biofeedback Technology

What:

At [Your School Name], we are committed to providing a world-class education that nurtures the whole child - mind, body, and spirit. Recognizing the deep connection between movement, emotional regulation, and academic success, we seek to expand our commitment to physical health, social-emotional learning (SEL), and student-centered instruction through innovative, real-time biofeedback technology.

Emerging brain-body research confirms that heart rate is the most effective and immediate biomarker for both physical exertion and emotional regulation. With this in mind, we are requesting support to integrate Interactive Health Technologies' (IHT) Spirit System - a student-specific, wireless, wrist-based heart rate and assessment solution - into our PE, SEL, special education, and online learning programs.

IHT's Spirit System empowers students to see and understand their physical and emotional responses in real time, promoting self-awareness, self-management, and ownership of their health. The system consolidates individualized data into teacher and district dashboards, providing a centralized, real-time view of physical fitness, emotional wellness, and academic impact across all student groups — including students with special needs.

With IHT, students build the skills needed to recognize and regulate their emotional and physical states — critical abilities that extend far beyond the gym or classroom. The platform also enhances family engagement by automatically sending daily summary reports to parents and students, strengthening the school-home connection.

The IHT Spirit Monitor is the only wearable heart rate technology purpose-built for education, and the only solution capable of integrating into virtual PE, online learning, and credit recovery programs.

Aligned with our district and campus mission (insert district or campus mission here), this program would enhance our Whole Child approach by:



- Building lifelong healthy habits physically and emotionally.
- Teaching daily emotional self-regulation strategies and staying physically fit..
- Centralizing critical health and behavioral data for instructional and programmatic decision-making.

- Engaging parents daily and connecting all stakeholders through data that supports every student.

Why:

Physical and emotional health are foundational to academic success. In a world where technology touches every aspect of our students' lives, it must also empower their well-being. Through daily use, students will build the resilience, self-regulation, and personal responsibility that underpin lifelong health and success.

Early and consistent intervention fosters long-term healthy habits, reducing the risk of physical and mental health challenges and improving academic achievement. By empowering students with immediate, personalized biofeedback, IHT transforms every PE class, SEL session, and school day into an opportunity for growth.

This request directly supports eligibility for funding under ESSA Title IV, Title I, Technology Grants, and other health and wellness initiatives.

Investing in IHT's Spirit System will allow us to:

- Serve every student individually, every day.
- Strengthen school-family-community partnerships.
- Document and demonstrate measurable outcomes across physical, emotional, and academic domains.

Key Features of the IHT Spirit System:

- **Whole Child Focus:** Aligns with the "Whole School, Whole Community, Whole Child" model.
- **1:1 Personalized Learning:** Each student receives real-time, individualized biofeedback to support autonomy and ownership of learning.
- **Parent Engagement:** Optional instant daily email reports connect families to their child's growth and progress.
- **SEL Integration:** Built-in journal prompts, and self-reflection tools extend learning beyond class time.
- **Seamless Data Management:** Integrates with student information systems to automate rostering and class management.
- **Evidence-Based Curriculum:** Teacher and student resources based on the **Understanding by Design® (UbD™)** framework for meaningful and lasting impact.

Funding Request Amount: \$

(see quote for line item cost)



Implementation Logistics:

Once funded, the Spirit Monitors will be used daily during PE and can also be integrated into our school counseling and special education programs. Counselors typically use 5–20 monitors during targeted SEL intervention cycles, enhancing self-regulation skills in real-time settings.

IHT provides a proven implementation roadmap, helping our team maximize the technology's benefits while aligning it seamlessly with our campus goals.

The IHT Spirit System Will Help Us Prove:

- **Heart rate data is the most accurate indicator of emotional distress**, enabling proactive emotional regulation support. Schools using IHT have seen measurable reductions in behavioral referrals, absenteeism, and suspensions.
 - **Fitness and SEL data** are centralized in a single platform, aligned with state standards, CASEL SEL standards, and academic goals.
 - **Family engagement rises**, as students become “health champions” who inspire positive habits in their households and communities.
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In Summary:

Investing in IHT's Spirit System is an investment in the whole health, whole heart, and whole potential of every student we serve.

Together, we can empower our students to thrive — physically, emotionally, and academically — now and into the future.

