



New scooters, bikes, and helmets were incorporated into the PE cycling curriculum.

Creating Healthy School and Communities

Background

Creating Healthy Schools and Communities (CHSC) just finished up year three of a five-year (2015-2020) grant, funded by the New York State Department of Health. CHSC is working with schools and their surrounding communities to increase demand for and access to healthy, affordable food and opportunities for daily physical activity.

Year Three Accomplishments

The school Wellness Committee and CHSC staff worked together to improve the health and wellness of the district through a variety of initiatives linked to the school's wellness policy.

- ❑ CHSC worked with the wellness committee to update the school wellness policy to ensure compliance with the USDA Final Rule requirements.
- ❑ Enhanced the bike skills unit of the Physical Education (PE) curriculum with the addition of elementary bikes and scooters. The new equipment was highlighted at the school's "Bike Rodeo" with demonstrations by High Peaks Cyclery.
- ❑ Collaborated with the Town to install raised platforms at identified crosswalks to support Safe Routes to Schools efforts.
- ❑ Installed a hydration station, to ensure access to free, safe drinking water throughout the school day. Vinyl "Drink More Water" paw prints were placed throughout the school to guide student and staff to the fountains.
- ❑ Increased participation in USDA breakfast program with the use of the breakfast cart.

"This grant has allowed us to get equipment that would normally be out of reach. With our new bicycling program, our students can explore activities that they may not take part in on their own."

-Paul Buehler,
School Champion



NYS Obesity Prevention
Center for Excellence



HEALTH
DEPARTMENT



Creating Healthy Schools
and Communities in
Clinton and Essex Counties

Looking Ahead

- ❑ CHSC will continue to provide resources and mini grants to support action plan goals and wellness policy implementation
- ❑ PE teacher will be certified to teach bike safety.
- ❑ Introduce National Archery in School Programs (NASP) into the PE curriculum.
- ❑ Start growing salad greens in the classroom grow cart, to be incorporated into student meals and taste tests.
- ❑ Encourage healthy celebrations by offering party wagon activities as an alternative to sugary treats. A system will be put in place to track usage.

How To Get Involved

- ❑ Come join us at a Wellness Committee meeting! For more information contact your School Champion, Paul Buehler.
- ❑ For more information about the grant, contact the CHSC School Coordinator, Stefanie Miller.
- ❑ For wellness related events and activities, check out the school Facebook page and website: www.elcsd.org

9.20.18

Resources

CHSC was happy to provide your school with funds and resources to implement your wellness policy. Some of the items purchased this year include:

- Hydration station
- Grow Cart
- Party Cart
- Bike Package (bikes, scooters, and helmets)
- Kick wall
- Archery equipment
- Cafeteria display cases
- Go Noodle subscription
- Desk Cycles

Contact

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Breakfast cart



Hydration Station



GoNoodle Plus

