



A Mountain Bike program will be incorporated into the PE curriculum.

# Creating Healthy School and Communities

## Background

Creating Healthy Schools and Communities (CHSC) just finished up year two 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 Two 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.

- ❑ Two hydration stations, to ensure access to free, safe drinking water, were purchased and installed throughout the school buildings.
- ❑ Ten mountain bikes and accompanying equipment were purchased to expand and enhance the PE curriculum.
- ❑ The subscription to Go Noodle Plus was renewed to promote physical activity in the classroom and the technology was promoted at a Staff Development Day.

## Learning Opportunities

- ❑ In the fall of 2016, CHSC hosted a *Reaching the Peaks of Academic Achievement* conference in Lake Placid for local schools to learn more about the link between nutrition, physical activity and academic success.
- ❑ In the spring of 2017, CHSC hosted a *Making the Grade with Wellness Policy* training for school professionals that clarified the USDA Final Rule requirements for each school's wellness policy.

"With this biking program, even small victories are huge. We see the sense of accomplishment in the kids' faces."

-Paul Buehler,  
School Champion



NYS Obesity Prevention Center for Excellence

CCHD  
Clinton County HEALTH Department



HEALTH DEPARTMENT



Creating Healthy Schools and Communities in Clinton and Essex Counties

## Looking Ahead

- ❑ CHSC will work with the wellness committee to update the school wellness policy to ensure compliance with the USDA Final Rule requirements.
- ❑ A Comprehensive Physical Activity Program (CSPAP) will be developed to increase opportunities for physical activity for students, staff and the community.
- ❑ The mountain bike curriculum will be implemented and available within the school's physical education curriculum.
- ❑ The breakfast cart with grab n go options will be available to increase the sale of USDA school breakfast for high school students.
- ❑ CHSC will continue to provide resources and mini grants to help support action plan goals and wellness policy implementation.

## 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, Justin Facteau.
- ❑ For wellness related events and activities, check out the school Facebook page and website.

## 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:

- GoNoodle Plus Subscription
- 2 Hydration Stations
- 10 Mountain Bikes with helmets

## Contact

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'Making the Grade' Training

Hydration stations outside the cafeteria and next to the gym.



GoNoodle Plus