

Garden at Elementary entrance



Climbing wall in gymnasium



Creating Healthy Schools and Communities

“Our school wellness policy is more meaningful now that we all come together to discuss how we can implement it, and we’ve come up with some great ideas. Together, we’ve made the wellness policy come alive.”

- Lynn Galm,
School Champion

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.
- ❑ Completed installation of new climbing wall in the gym.
- ❑ Began planning repairs of nature trail for school and community use, including installation of new benches, solar lights, and signs.
- ❑ Installed four hydration stations, to ensure access to free, safe drinking water throughout the school day. Vinyl “Drink More Water” footprints were placed throughout the buildings to guide students and staff to the fountains.
- ❑ Built and planted raised garden beds, at elementary school entrance, to increase student and community engagement in growing fresh produce.
- ❑ Purchased a party cart with active games to promote healthy celebrations as an alternative to sugary snacks.



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.
- ❑ Incorporate gardening into classroom activities; produce will be used to supplement school meals.
- ❑ Expand Nature Trail restoration for additional trail.
- ❑ Assess the feasibility of increasing the use of locally-grown produce in school meals and adding Farm to School activities.
- ❑ Phase-in components of the Comprehensive Physical Activity Program (CSPAP).

How To Get Involved

- ❑ Come join us at a Wellness Committee meeting! For more information contact one of your School Champions, Lynn Galm or Alicia Slattery.
- ❑ 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.moriahk12.org

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:

- 4 Hydration Stations and filters
- Garden supplies
- Go Noodle subscription
- Nature trail supplies
- Healthy celebration party cart
- Storage for PE equipment
- Desk Cycles
- CSPAP training

Contact

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CSPAP training for K-12 teachers: Strategies to increase student movement in the classroom



Nature trail for PE classes and community activities

