



Garden Project

# Creating Healthy Schools 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.

- ❑ Installed irrigation system, fence, and green house to extend Elementary and Middle school garden growing season. Students grow and harvest vegetables that are added to school meals, when feasible.
- ❑ Began expanding garden project to the High School campus.
- ❑ Installed a new hydration station, to ensure access to free, safe drinking water throughout the school day.
- ❑ Increased the quality and quantity of Physical Education (PE) and recess equipment to provide more opportunities for physical activity for all students. Purchases included pickle ball, a fun ball set, and soccer equipment.

“Promoting health and wellness in schools is important because we need to provide children with the nourishment they need to grow and develop strong minds and bodies; and that starts with healthy food. Since two of their meals are eaten at our school, it's important that we give our students the best nutrition we can.”

- James Bullock, School Champion



NYS Obesity Prevention Center for Excellence



## Looking Ahead

- ❑ CHSC will continue to provide resources and mini grants to support action plan goals and wellness policy implementation.
- ❑ Distribute harvest from the expanded school vegetable gardens through the school back pack program, community food banks, school meals, and taste tests.
- ❑ Assess the feasibility of expanding Farm to School activities to increase use of locally-grown produce in school meals.
- ❑ 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 your School Champion, James Bullock.
- ❑ 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.ticonderogak12.org](http://www.ticonderogak12.org)

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## 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:

- Greenhouse
- Irrigation system
- Garden fencing
- PE and recess equipment
- Hydration Station
- Desk cycles
- Go Noodle subscription

## Contact

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School Coordinator  
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Desk Cycles



Garden and Green House



Hydration Station

