

Elliptical



Hydration Station



## Creating Healthy Schools 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.
- ❑ A school garden subcommittee was created. They planned and implemented a successful school garden project.
- ❑ The school received a new elliptical to encourage open hours for community members to utilize the fitness center. Silver Bay YMCA also generously donated fitness equipment to the school.
- ❑ Four stand-up desks were purchased to promote physical activity in the classroom.

### 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.
- ❑ Cornell Cooperative Extension hosted a 'Garden Based Learning Workshop' utilizing master gardeners to teach skills related to school gardens.

"The garden is a great place for students to explore, where they can learn new things and share with others what they know. It's their happy place."

-Kathleen Modert,  
School Champion



NYS Obesity Prevention Center for Excellence



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.
- ❑ Evaluate school garden project and develop plans for the future.
- ❑ Solidify fitness center hours that will be open to the public.
- ❑ 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, Kathleen Modert.
- ❑ 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:

- 2 Hydration Stations
- 4 Stand-Up Desks
- Elliptical
- School Garden Equipment
- PE Equipment

## Contact

Kathleen Modert  
Special Education Teacher  
[kmodert@ticonderogak12.org](mailto:kmodert@ticonderogak12.org)

Justin Facteau  
School Coordinator  
[jfacteau@co.essex.ny.us](mailto:jfacteau@co.essex.ny.us)  
(518) 873-3520

### Ticonderoga's School Garden Project



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