



'Making the Grade' Training



Reusable Salad Plates



## Creating Healthy Schools and Communities

"We have already seen benefits in the classroom from our students making healthy choices and getting plenty of exercise. This makes for a happier, healthier Viking, ready to learn and succeed."

-Luis Garnica  
Special Education  
Teacher & Parent

### 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.

- Purchased SPARK PE curriculum and necessary equipment for K-6 physical education classes.
- Renewed the Go Noodle Plus subscription to promote physical activity in the classroom.
- Finalizing planning, logistics and installation of the traverse wall.
- Acquired reusable salad plates to promote a lunch alternative to encourage increased participation in the USDA school lunch program.

### 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.



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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.
- ❑ Full implementation of the SPARK PE curriculum for grades K-6.
- ❑ Completion and installation of the traverse wall project.
- ❑ 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 one of your school champions, Lynn Galm or Alicia Slattery.
- ❑ 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
- SPARK PE Curriculum K-6
- SPARK PE Equipment
- Salad Plates

## Contact

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## SPARK PE Curriculum



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