

Equipment for in-class exercise



Party wagon with active games



Creating Healthy Schools and Communities

"I think it's important that we show students, model for them, and actually have them participate in making healthy choices by growing their own food."

- Lisa Silver,
Principal, NAC
Elementary School

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.
- ❑ Incorporated gardening and school-grown vegetables in elementary school educational curriculum and school meals with the use of grow carts in classrooms and the cafeteria. Students helped grow, harvest, and hosted taste-tests with the greens they grew.
- ❑ Expanded popular in-classroom growing initiative by purchasing a new cart with the capacity to grow root vegetables, such as carrots and radishes.
- ❑ Increased physical activity in classroom by assessing and utilizing *Go Noodle* in the Middle and High School, and adding additional standing desks.



NYS Obesity Prevention
Center for Excellence



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.
- ❑ Introduce National Archery in School Programs (NASP) into the Physical Education (PE) curriculum.
- ❑ Incorporate school-grown root vegetables into school meals and offer taste-tests for students and faculty.
- ❑ Encourage healthy celebrations by utilizing the outdoor party wagon as an alternative to sugary treats.
- ❑ 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, Pamela Boulerice.
- ❑ 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.nacs1.org

9.20.18

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:

- ADA Cafeteria Tables
- Indoor Grow Cart
- Party Wagon for Healthy Celebrations
- Standing desks, desk cycles, and other classrooms equipment
- Go Noodle subscription
- Archery equipment

Contact

Pamela Boulerice
Health Coordinator
pboulerice@nacs1.org

Stefanie Miller
School Coordinator
smiller@co.essex.ny.us
(518) 873-3813

Grow Carts in classrooms supply fresh produce for school meals



NYS Obesity Prevention
Center for Excellence



HEALTH
DEPARTMENT



Creating Healthy Schools
and Communities in
Clinton and Essex Counties