

Let's Move Pittsburgh

Champion Schools Program Report (2015)

Building healthy places for children to learn and grow in Allegheny County



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About the Champion Schools Program

Let's Move Pittsburgh, a program of Phipps Conservatory and Botanical Gardens, is modeled after First Lady Michelle Obama's Let's Move! national campaign to raise awareness about the benefits of nutritious foods and beverages, increased exercise and decreased screen time for children. The Champion Schools program is an opportunity to celebrate and reward schools for being leaders of healthy lifestyle programming for children. Since students spend the majority of their day at school, it is important that kids have the chance to be physically active and eat healthy foods. We want to help every early childcare center, pre-Kindergarten and elementary school in Allegheny County become the healthiest place for kids to learn and grow, and therefore are excited to award up to \$1,000 in grant funds to Champion Schools with new or existing programs geared towards children's health and well-being. Eligible projects for the Champion Schools program focus on at least one of the following areas:



Bag the Junk

Applicants are challenged to increase healthy food and nutrition education in schools through programs such as:

- An initiative to remove junk food from the school setting
- A nutrition education program
- A program to increase access to healthy foods in schools



Get Kids Moving

Applicants are challenged to increase physical activity in and out of schools through programs such as:

- Classroom activity breaks
- An afterschool exercise club
- Structured recess games



Teach Kids to Grow and Cook Food

Applicants are challenged to increase knowledge of how to grow and prepare healthy food among youth through programs such as:

- A school vegetable garden
- An afterschool healthy cooking club
- Healthy cooking lessons from local chefs

Let's Move Pittsburgh launched the Champion Schools program in 2014 with the goal of providing funds, tools, networking opportunities and best practices to schools and partners working in schools in order to implement activities that will improve the health of area students. In addition to awarding funds to support healthy school environments, Let's Move Pittsburgh offers schools toolkits providing fact sheets, lesson plans, and other grant sources, and professional development opportunities for parents/caregivers, educators, food service staff, and administrators.

Projects were selected for funding based on how the applying schools demonstrated project need, sustainability, and impact on student health. For the review process, five reviewers from the Let's Move Pittsburgh Executive Committee scored each application on a scale of one to 100 using criteria: project need, project sustainability, project impact and overall impression score. In order to measure potential project impact, applicants were required to establish three to five learning objectives for their project, and indicate how the learning objectives would be evaluated. Selected schools are required to (a) participate in six-month and twelve-month evaluations of project objectives and (b) support the project during the grant year with a "healthy fundraiser." Fundraisers are a great way to support health and wellness programs and make them sustainable for future school years; therefore, Let's Move Pittsburgh challenges schools to use alternative methods that do not involve unhealthy foods like healthy concession stands, walk-a-thons or craft fairs.

Let's Move Pittsburgh strives to give recognition to Champion Schools and project leaders through press releases and digital media for their persistent efforts to integrate healthy lifestyles into the school setting. Last year, Champion Schools were invited to showcase their work at



the annual Let's Move Pittsburgh Symposium: "5-2-1-0 The Formula for Healthy Families" at Phipps Conservatory and Botanical Gardens. Fifteen schools participated and shared their work with 140 community stakeholders.

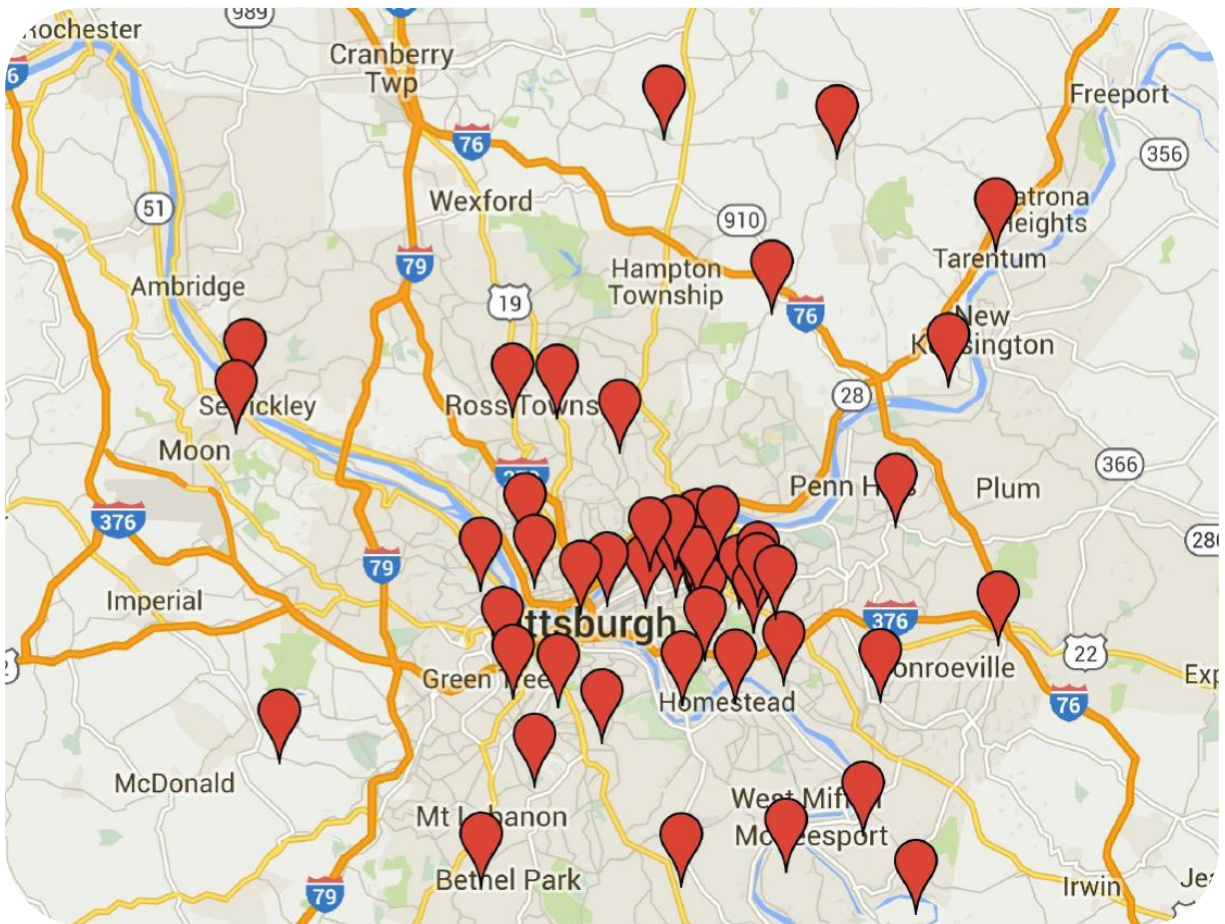
*Champion Schools Poster Presenters
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Summary of Impact and Reach by Grant Year

	2014	2015	2016
Program Sponsor	Giant Eagle	The Heinz Endowments	The Heinz Endowments
# of Children Reached by Program	9,564*	8,554	TBD
# of Grants Awarded	21	41	TBD
# Projects with Bag the Junk Theme	5	8	TBD
# Projects with Get Kids Moving Theme	14	22	TBD
# Projects with Teach Kids to Grow and Cook Food Theme	10	24	TBD
# Gardens Supported	7	16	TBD
# Play-Area Improvements	2	6	TBD
# After/Before School Clubs Supported	13	23	TBD
Total \$ Awarded	\$20,060	\$40,000	\$40,000

**Please note that the 2014 metric is the total number of students enrolled in awarded schools. The 2015 metric is the number of students within awarded schools who are direct participants in Champion Schools grant projects.*

Champion Schools Grant Recipients (2014 – 2015)



Champion Schools (2015): Seed Grants - Barrett, Children's Community on Chadwick Street, Cleveland Steward, Curtisville Primary Center, Eden Hall, Hiland Child Care Center, Mon Valley, Penn Hills / Linton, Pittsburgh Montessori, Pittsburgh Faison, Pittsburgh Liberty, Pittsburgh West Liberty, Pittsburgh Woolslair, Pre-K Counts Founders Hall, Providence Family Support Center, Saint Edmund's Academy, Saint Sebastian, Shady Lane, South Fayette; **Award Grants** - Aiken, Environmental Charter, Falk Laboratory, Grandview, Greenock, Kentucky Avenue, Manchester Academic, Memorial, Myrtle, Pittsburgh Banksville, Pittsburgh Dilworth, Pittsburgh Langley, Pittsburgh Miller, Pittsburgh Minadeo, PLEA, Propel Hazelwood, Shaler Area, South Allegheny, Urban Academy, Urban Pathways, Waldorf, Woodland Hills

Champion Schools (2014): Seed Grants - Barrett, Colfax, Environmental Charter, Hyde, Pittsburgh Concord, Pittsburgh Banksville, Pittsburgh Faison, Rankin Promise, Springdale, Sterrett Classical Academy, Urban Pathways, Waldorf; **Award Grants** - Aiken, Falk Laboratory, Hartwood, Kentucky Avenue, Manchester Academic, Pine Richland, Pittsburgh Miller, PLEA, Winchester Thurston

Summary of 2015 Champion Schools Programs

Aiken Elementary School

Keystone Oaks School District
Kindergarten – fifth grade
Number of children: 195
Award Grant | *Get up and Get Active*

Aiken Elementary School is implementing a Get Up and Get Active initiative that students can participate in before and during school. The overall goal is to get kids moving at least 60 minutes per day. To accomplish this goal, Aiken is incorporating physical activity into every aspect of the day through activities such as morning walking/jogging club, biking in health class, class dance breaks, monthly family fitness challenges, and much more. Students are tracking their progress over six weeks by completing a Kids of Steel Log and monthly home workout challenges. Students are also given the opportunity to develop a workout lesson to teach the class.



Photo of Get up and Get Active Students

Barrett Elementary

Steel Valley School District
Third – fourth grade
Number of children: 110
Seed Grant | *Sugar Shockers*

Barrett's third and fourth grade classes will discover the short and long term benefits of good nutrition and physical activity through hands-on class lessons called Sugar Shockers. Over the course of nine weeks, students participate in activities and experiments to learn concepts of energy balance, menu planning, overall nutrition and physical activity. Each week students are able to taste the healthy foods that they learned about in class.

Success story: "The students were so thrilled to learn about healthy eating and farming. Plus, they enjoyed cooking!" - Project lead

Children's Community on Chadwick Street

Kindergarten – seventh grade

Number of children: 38

Seed Grant | *SPARK and Iron Chef*



Children will participate in weekly competitions to make healthy snacks by using produce grown in the local community garden. Children will be challenged to use an array of healthy ingredients in their recipes, create a recipe book to use at home and will learn about kitchen safety. Children will also benefit from updated fitness equipment and curriculum to keep physically active.

Cleveland Steward Elementary School

Gateway School District

Kindergarten – second grade

Number of children: 75

Seed Grant | *Work Out the Wiggles*

Cleveland Steward is purchasing bouncy bands for each third grade student to attach to personal desks. The bands will assist the students by increasing their attention span and allowing students to engage in movement while working on tasks at their seats. Teachers expect to see a decrease in agitated behaviors and increase in academic performance.

Curtisville Primary Center

Deer Lakes School District

Kindergarten – second grade

Number of children: 480

Seed Grant | *Cultivating Wellness*

Curtisville Primary Center purchased a Tower Garden, a unique vertical gardening system to grow fruits and vegetables. The Cultivating Wellness project will provide students the opportunity to learn about food groups, nutrients, and the role of food in maintaining a healthy lifestyle. In addition, the students will learn about the states and countries where fruits and vegetables are grown and the processed for distribution. This garden will become a year round initiative involving all of the students at some point during their weekly health and physical education classes. The vegetables will be harvested and students will have the opportunity to taste them as part of their school lunch program.

Eden Hall Upper Elementary

Pine-Richland School District

Fourth – sixth grade

Number of children: 50

Seed Grant | *Food Education and Cooking Class*

Eden Hall developed cooking classes that focus on nutritious foods from around the world and easy recipes to prepare at home. Students also completed research projects, presentations and recipes about healthy foods

eaten at home. Students from this class will be encouraged to join the middle school Culinary Adventure Club, a 2014 Champion School project.



Environmental Charter School (ECS)

Pittsburgh Charter School

Second – third grade

Number of children: 150

Award Grant | *Edible Schoolyard*

ECS is improving its Edible Schoolyard program by developing a focused garden curriculum to be integrated into other school subjects, and building an outdoor garden classroom. The Edible Schoolyard transformation utilizes community experts and “Garden Guardians”, who are dedicated parents and students who care for the garden during the year. Edible Schoolyard educators are aligning the kitchen and garden lessons with Common Core standards and are assessing their programming by surveying both students and families.

Success story: “The Potluck Picnic was a huge success! There were 170 attendees (students with their families) eating healthy food together on the lawn, right next to the garden. We also collected much-needed donations for our kitchen program. The greatest impacts of this event were a strengthened sense of community and an increased ownership of the Edible Schoolyard program by the families.” - Project lead

Falk Laboratory School

University of Pittsburgh

Sixth – seventh grade

Number of children: 250

Award Grant | *The Kinesthetic Classroom*

Falk Laboratory School will introduce students to a kinesthetic classroom equipped with standing desks and balance-ball seating. This initiative will improve kids' ergonomic experience, reduce kids sitting time, and provide more opportunities to move and be mindful about their environment and physical well-being. Teachers will compare attention and movement of students at standing vs. sitting workstations and ball vs. chair workstations and explore whether student behavior differs when they are assigned to standing or ball stations as opposed to self-selecting. Data collected to date shows students have expressed satisfaction, comfort and ability to stay focused when using the more kinesthetic workstations in class.



Ball chair in the Kinesthetic Classroom © Leah Northop

Grandview Upper Elementary School

Highlands School District

Third – fifth grade

Number of children: 750

Award Grant | *Fitness Center Makeover*

Grandview will purchase equipment to enhance the student fitness center. New exercise bikes that are "game bikes", allow the rider to pedal while playing interactive and virtual games. Students will have the opportunity to use the equipment during physical education (P.E.) class 1-2 times per week, intramurals, and during other extracurricular opportunities during the school year. The P.E. class also benefits from Adagio Power Up lessons taught by nutrition educators once per month.

Greenock Elementary School

Elizabeth Forward School District

Kindergarten – second grade

Number of children: 200

Award Grant | *Greenock Kids' Kitchen*

Greenock Elementary School transformed an unused grassy area into a flourishing school garden that features 11 raised beds, two compost bins, root and worm viewers, and an outdoor classroom. Each year they grow an assortment of fruits and vegetables and with Champion Schools funding they converted a conference room into a demonstration kitchen. Kids in the demonstration kitchen transform the garden harvest into healthy snacks and meals for other students. Students learn to use kitchen tools, demonstrate kitchen safety techniques and become familiar with MyPlate and various food groups. As a result of this programming, most kids can identify fruits and vegetables and are beginning to understand portion control.

Success story: "We have had parents email our teachers to offer items for the kitchen, as well as to ask for recipes/the specific items the kids ate in the kitchen." - Project lead

Hiland Child Care Center

Early childhood – seventh grade

Number of children: 62

Seed Grant | *Hiland School Garden*

The Hiland School Garden project installed raised garden beds on the center's campus, allowing students to plant seeds, grow plants and taste locally grown fresh fruits and vegetables. Hiland is committed to community involvement by bringing parents and caregivers to visit the garden and staying connected to the Rachel's Neighborhood Garden located at Allegheny Valley School District grounds. Students using the garden are able to draw pictures of what they did to the garden to help get it ready and identify what they grew in the garden. Students will use a journal over the summer to document the garden transformation.



Photo of Rachel's Neighborhood Garden

Kentucky Avenue School (KAS)

Pittsburgh Private School

Kindergarten – third grade

Number of children: 73

Award Grant | *Kentucky Café & Enright Garden*



KAS's garden classroom at Whole Foods' Enright Community Garden and the Kentucky Café are an integral part of the KAS student experience. Students can grow and harvest vegetables in the garden, and bring their homegrown ingredients back to the school's Kentucky Café where parent volunteers prepare and serve healthy lunches on site from scratch. Seasonal weekly lessons on healthy eating, sustainability and life and earth sciences are a part of KAS's garden-based academic curriculum. This school year, KAS has added three new dishes to the menu - Greek, Armenian and Moroccan dishes - and daily lunch participation increased from 52 kids to 57 between September 2015 and January 2016.

Success story: "Power of Positive Peer Pressure: One 1st grade student, who did not participate in the lunch program while in Kindergarten, began to take an interest in what her classmates were eating at lunch. With encouragement from her peers and our policy to encourage kids to try new foods, she taste tested a few lunches and now signs up for several lunches a month. Her mother is thrilled! We'd like to think trips to the garden and participating in harvesting had a positive effect as well." - School principal

Manchester Academic Charter School (MACS)

Pittsburgh Charter School

Kindergarten – eighth grade

Number of children: 300

Award Grant | *Family Nights*

Once a month MACS hosts an all-school, Family Night event for students and their families to come to together to interact with other families, students and their teachers. MACS re-created the Family Night menu to include healthier fare and provide fresh fruits and vegetables. The physical education teacher, school nurse, staff and other teachers will design a spring Family Night event focused on "wellness" to display healthy lifestyles information and activities through food, movement and overall wellbeing.

Memorial School

Bethel Park School District

First – fourth grade

Number of children: 150

Award Grant | *Memorial Movers Run Club*

Memorial School will expand its afterschool running club with boot camp stations to accommodate more than 150 students. Students also complete nutrition logs, with the help of their parents, and the Principal visits each classroom to provide healthy food taste tests. The run club meets March-May. A different group of 25-30 students tries a new food with us each week. Last week was week one and we had 100% participation!

“We have gotten a lot of parents who have come to us and said their child is asking them to buy the foods they have tried at our taste testing. We also have 3 parents who said they started running themselves, because of our program!” - Project lead

Mon Valley School

Allegheny Intermediate Unit 3

Kindergarten – sixth grade

Number of children: 220

Seed Grant | *Mon Valley Grows!*

Mon Valley Grows! Garden is a school project to educate elementary students on environmental sustainability, healthy eating, and gardening life skills. The garden will be constructed of ADA compliant



raised beds and containers, students will plant, maintain, harvest the garden produce, and will prepare it for consumption. Excess food will be donated to needy school families. Students will participate in the program once a week in March-May, July, and September-October and classroom teachers and team leaders will conduct lessons and evaluations.

Myrtle Ave Elementary

Keystone Oaks School District

Fourth – fifth grade

Number of children: 290

Award Grant | *Golden Eagles*

Myrtle Ave Elementary is adding four to five more sports/activities to the intermural program - Golden Eagles - as well as extra recess time for the students. This would allow students to increase their fitness levels, as well as find sports/activities that they will

enjoy their entire life. Intermural programming at Myrtle Ave is very popular among the students and the program staff expect to see increases in participation and sportsmanship in Golden Eagles activities.



Penn Hills Elementary & Linton Middle School

Penn Hills School District

Pre-Kindergarten – sixth grade

Number of children: 200

Seed Grant | *Family Fun Nights on the MOVE*

The goal of Family Fun Nights on the MOVE, a collaborative effort among the elementary and middle school staff, is to engage both students and their families in physical fitness activities while teaching the benefits of healthy nutrition and supporting healthy relationships. Families participating in Family Fun Nights on the MOVE will enjoy Zumba and take home resources on the benefits of physical fitness and healthy nutrition presented by the Greater Pittsburgh Community Food Bank, reusable water bottles and healthy snacks. Guest speakers on the topics of physical movement, healthy nutrition and healthy relationships will be explored.



Pittsburgh Banksville K-5

Pittsburgh Public Schools

Kindergarten - fifth grade

Number of children: 300

Award Grant | *Fitness Fridays, Food is Elementary, Healthy Choices Garden, and Family Evening Events*

Pittsburgh Banksville is continuing its initiative to incorporate physical activity and nutrition education into the classroom. Students taste new foods and learn cooking skills and plan, plant, and maintain the school greenhouse.

Photo of Family Evening Events



Pittsburgh Dilworth Pre K -5

Pittsburgh Public Schools

Kindergarten - fifth grade

Number of children: 453

Award Grant | *School Garden and Bike/Walk to School*

The goal of Dilworth's initiative is to make sure students are having fun while learning where their food comes from and getting families to be physically active together. From September through May, students participate in Bike/Walk to School Days, edible schoolyard activities and Family Fitness Nights. Participation in Bike/Walk to School Events have increased by 10% and Chef in the Garden events haven proven to be popular with 20% of parents giving positive feedback on the school's Facebook page. The staff and volunteers at Dilworth are busy with basketball season, ballroom dancing and K-2 intramurals, with plans to introduce Kids of Steel, swimming and track in the winter and spring.

Pittsburgh Faison K-5

Pittsburgh Public Schools

Fourth – fifth grade

Number of children: 50

Seed Grant | *Faison at the Wheelmill*

Pittsburgh Faison will begin an after school cycling program in partnership with Wheelmill on Friday afternoons during the spring of 2016. This partnership will introduce Faison students to the lifelong benefits of cycling with a unique facility located in the neighborhood. The Wheelmill partnership will provide discounts to students who return with their families.

Pittsburgh Langley K-8

Pittsburgh Public Schools

Fifth grade

Number of children: 96

Award Grant | *Healthy Eating and Culinary Club*

Pittsburgh Langley will expand its Healthy Eating and Culinary Club to reach younger students, teaching them how to use the vegetables and herbs grown in the school garden. Students will learn to use kitchen tools, demonstrate kitchen safety techniques, become familiar with MyPlate and various food groups, and plan menus and shopping lists.



Success story: “The Pittsburgh Langley K-8 After School Academy, in partnership with Citiparks has produced a proven model with real success in the middle school Culinary Club program. Culinary Club students participated in the original City of Pittsburgh, Edible Garden, Bloomberg Grant and Langley Green Partners Initiative that built the Pittsburgh Langley Garden. All garden vegetables are distributed to the community or used in the Culinary Club. The Culinary Club cooks for the Pittsburgh Langley Community Harvest Festival each October and the Teachers Appreciation luncheon each spring. The middle school Culinary Club has produced two full color, professional Culinary Recipe Books. The Pittsburgh Langley Culinary Club has provided After School Academy students with professional knowledge and real hands-on skill. The strong student interest has laid the groundwork for the after school culinary program at Brashear high school.” - Project lead

Pittsburgh Liberty K-5

Pittsburgh Public Schools

Kindergarten – fifth grade

Number of children: 431

Seed Grant | *El Jardín de Libertad*

"El Jardín de Libertad" is an opportunity for Pittsburgh Liberty students to have an authentic agricultural experience while learning about cooking authentic foods of Spanish speaking countries. In the spring months, students will grow, tend to and harvest plants such as tomatoes, peppers, jalepeños and more, and use those plants to cook cuisines of countries other than our own. Tending to the garden will be an "all hands on deck" approach, where all classes have an opportunity to plant, track growth, water and ultimately harvest the food.

Pittsburgh Miller

Pittsburgh Public Schools

Second – fifth grade

Number of children: 30

Award Grant | *Miller Garden Club*

The Miller Garden Club maintains a school garden, affording students an outdoor educational experience for which they grow healthy food and learn about the importance of a healthy diet. A goal of the Garden Club is for students to experience the gratification of harvesting nutritious foods that they have grown from seeds, and better understand plant science.



Parents are invited to attend the closing of the garden in the fall and the last garden club session at the end of the school year. At these events, produce is harvested from the garden and used to produce nutritional food for consumption by all participants.

Pittsburgh Minadeo

Pittsburgh Public Schools

Kindergarten – fifth grade

Number of children: 387

Award Grant | *Fun and Fitness for Recess*

The project is focused on creating areas in the outdoor playground that encourage physical fitness and structured play. Students will have access to the game areas on the playground daily during a 20-minute recess period and parent volunteers will help paint and stencil playground areas. School staff is dedicated to teaching students how to play four square, hop-scotch, and other games in the new playground.

Pittsburgh Montessori PreK-5

Pittsburgh Public Schools

Pre-Kindergarten – fifth grade

Number of children: 350

Seed Grant | *Healthy Montessori Makeover*

The Montessori Health & Wellness Committee helped transform the school cafeteria to make fruits and vegetables a celebrated component of children's days. The cafeteria will feature permanent artwork, placemats and signage; host taste tests; and double as a place for indoor physical activity in winter. The goals of the makeover are to 1) increase awareness, appreciation for and consumption of healthy fruits and vegetables; and, 2) ensure that kids have physical activities during inclement weather or when teachers need a quick, easy way to get kids moving. Grow Pittsburgh partners in this initiative by providing healthy eating instruction, cooking and food preparation demonstrations for all classes. A survey to track the percentage of physical activity during recess for all seasons has been created and electronically sent to teachers and staff.



Pittsburgh West Liberty

Pittsburgh Public Schools

Kindergarten – fifth grade

Number of children: 270

Seed Grant | *West Liberty Grows Garden Initiative*

West Liberty will actively engage students and families in a newly created school garden. The garden initiative includes a Family Kick-off event, where families will learn about the importance of the edible garden and work together to create templates for our garden design; Garden Construction Day, in March, where families will be invited to participate in garden construction; Take a Father to School Day, where students and Watch D.O.G.S. (Dads of Great Students) will take part in student facilitated garden lessons; and Spring Fundraising, where school PTO will lead a Penny Drive to raise money to sustain the garden.



Pittsburgh Woolslair PreK-5

Pittsburgh Public Schools

Pre-Kindergarten – fifth grade

Number of children: 120

Seed Grant | *Woolslair Hanging Vegetable Garden*

Pittsburgh Woolslair is installing a hanging Woolly School Garden. This garden will be used by teachers and afterschool staff to teach students how to grow and maintain vegetables, and will provide students with hands-on education about healthy foods. Through this program, Woolslair utilizes Grow Pittsburgh's materials and expertise to combine these lessons with the in-school and after-school curriculum, also incorporating the new STEAM (Science, Technology, Engineering, Arts, and Math) program.

Success story: "Learning from all the other

Let's Move Pittsburgh [Champion School] awardees during the symposium was a great experience for us. We got some great ideas that we hope to implement in the spring from those who have more gardening experience than us!" - Project lead

PLEA

Pittsburgh School Based Partial Hospital

Early childhood – second grade

Number of children: 40

Award Grant | *Wellness at PLEA*

PLEA is a School Based Partial Hospital, licensed by the Pennsylvania Department of Education. PLEA serves as an alternative education placement for students on the autism spectrum of disorders who also have severe or moderate cognitive delays. The goal of “Wellness at PLEA” is to increase physical activity through skill building and increase socialization through play. PLEA’s wellness initiative will provide a play center, new equipment, and more daily physical activity time for children. Successful activities include building with Legos, playing with trains and pretend play with plastic food, which equip students with the prerequisite skills needed to have friends.



Kids playing in recreation area on equipment purchased with grant funds

Pre-K Counts Founders Hall

McKeesport Area School District

Pre-Kindergarten

Number of children: 66

Seed Grant | *Yoga-to-be Kidding Me - Smoothies are Healthy*

This 20-week program will incorporate yoga poses and 30 minutes of kinesthetic learning activities into classroom instruction. Teachers will lead activities such as letter relay races, zoo phonics and counting repetitions of various exercises. These weekly kinesthetic learning games will be followed by a fruit or vegetable introduction and a taste testing of a class made smoothie, made with the fruit or vegetable of the day.

Propel Hazelwood

Propel Schools

Kindergarten – fifth grade

Number of children: 248

Award Grant | *Adagio Power Up POWER of Play and After-school Healthy Cooking*

Propel was awarded funding to support a few of many healthy lifestyle initiatives. Twice a month, students participate in a healthy living program delivered by certified instructors of the Adagio program. Students learn about making healthy living choices, healthy food choices and tasting healthy foods. Mondays - Thursdays from 8 - 8:25 a.m., students participate in the POWER of Play structured recess program where educators facilitate a fair, healthy, safe and inclusive play community. Mondays through Thursdays, students have access to a cooking cart that is equipped with a small refrigerator, blender, and outlets to support the use of other cooking equipment such as juicers, microwave, etc.

Providence Family Support Center

Kindergarten – seventh grade

Number of children: 40

Seed Grant | *Fit Friends*

The Fit Friends project has youth alternating between healthy cooking classes and active sessions. Every two weeks youth will engage in and learn about nutrition before cooking a healthy meal or snack that is easy for kids to make at home. During the active session on the alternating week, youth will engage in physical activity in the school gymnasium. This will include group dances led by a hip-hop dance instructor, Zumba classes, and Wii Dance programming. The purpose of this active session is to allow youth to engage in nontraditional physical activity and to bring in the arts through dance.



Saint Edmund's Academy

Pittsburgh Private School
Kindergarten - fifth grade
Number of children: 50
Seed Grant | *SEA Grows*

Students will plant and harvest greens and squash in the school garden. Families will be heavily connected to the project as their children take home goods from the garden and the parents take ownership of the garden over the summer by adopting the garden for a week at a time, insuring upkeep and enjoying the ripe harvest for the week.

Saint Sebastian School

Diocese of Pittsburgh
Pre-Kindergarten – eighth grade
Number of children: 400
Seed Grant | *SPARK*

Saint Sebastian School has utilized the SPARK! program to improve physical education offerings to students as well as provide more opportunities in health education. Approximately 400 students K-8 are benefiting from an increase in moderate to vigorous physical activity during their school day. Saint Sebastian School is embracing a Fitness-for-Life



Students in physical education class

model, exposing students to a variety of physical activities that can be maintained through adulthood. Students are learning more about growth and development, the body systems, nutrition and the media's impact on making lifelong healthy decisions. The curriculum is focused on research based practice as well as fulfilling both State and National standards on Health and Physical Education.

Shady Lane School

Pre-Kindergarten

Number of children: 140

Seed Grant | *Neighborhood of Make-Believe*

Shady Lane School transformed its outdoor play area into a Neighborhood of Make-Believe, where students run, play and learn about gardening with fruits and vegetables. With the transformation, enrolled children will increase the amount of time they spend playing each day and enjoy healthy snacks in the play area and garden. Parents and caregivers at Shady Lane School are critical in the development stages and the success of the play space and food service. Educators now write daily to all parents summarizing playground activities and tips to continue the activities at home. Shady Lane parents desire to have healthy snacks and lunches served and are working with the school to tailor menus. Shady Lane proudly reports that children are now eating far more healthy snacks, many of which they grew over the summer.



Kids on new playground © Brian Cohen

Shaler Area High School

Shaler Area School District

Pre-Kindergarten, ninth – 12th grade

Number of children: 50

Award Grant | *Farm to Table: Fresh Food is Fun*

Volunteer high school Gifted and Talented Education (GATE) students, plus high school students enrolled as

"preschool helpers" will teach the preschoolers mini lessons about healthy eating. Four to five mini lessons with topics such as why to try new foods, why to eat veggies, what does organic mean, and why buying local is important will be addressed through simple, hands-on, high school student-led lessons. Preschoolers will sample foods and then their families will be sent home with produce from the CSA share. Families will be asked to complete simple documentation as to what they made with the food. The goals of this initiative are to give younger students the chance to try new healthy recipes, to introduce to parents recipes that are both healthy and budget friendly and to send a positive message of sharing and cooperation.



Students tasting barley soup

South Allegheny Elementary School

South Allegheny School District

Second - sixth grade

Number of children: 584

Award Grant | *Healthy Start*

Students will enjoy new fitness equipment at recess and during the morning Healthy Start program, where students enjoy extra physical activity time every morning before class. Educators will reinforce healthy lifestyles during class instruction and at home with monthly health and wellness worksheets sent home to families.

South Fayette Elementary School

South Fayette Township School District

Kindergarten – second grade

Number of children: 75

Seed Grant | *Farm to Table Family Gathering*



South Fayette Elementary School will host a Farm to Table Family Gathering after school in the spring. This gathering will feature a nutrition lesson about the foods that are grown in the elementary school's Discovery Garden. Families and students will learn about planting vegetables and will prepare a nutritious snack that incorporates one or more of the highlighted foods from the garden. The Farm to Table project will serve as a catalyst to further incorporate the Discovery Garden into the K-2 curriculum.

Urban Academy of Greater Pittsburgh Charter School

Pittsburgh Charter School

Kindergarten – fifth grade

Number of children: 211

Award Grant | *Edible Schoolyard*

The Urban Academy (formerly the Urban League) is supporting its Edible Schoolyard project with weekly gardening and cooking classes, and food education in the classroom. The goals of the project are to instill a sense of wonder for the natural world, encourage environmental

stewardship, promote healthy lifestyles, enhance academic achievement, and engage students in their community. Urban Academy reports that most students are tasting (and liking!) new fruits and vegetables and are spending more time outdoors. Urban Academy's new Winter Cooking Program teaches students about foods native to different regions and cooking recipes that celebrate different cultures.

Success story: "This tastes like everyone is holding hands," said one Urban Academy second grader. Sentiments like these sprinkle our gardening and cooking lessons and make our work feel that much more worthwhile." - Project lead

Urban Pathways College Charter School (UPCS)



Pittsburgh Charter School

Kindergarten – fifth grade

Number of children: 312

Award Grant | *Time to Healthy Snack UP*

UPCS is expanding its healthy food program to deliver more fresh vegetables and fruits to all students. The UPCS healthy lifestyle initiative encompasses third, fourth, and fifth graders collecting data in their journals about healthy foods, as well as learning how to train for a marathon, participating in a Children's Marathon along with their parents and family members, and remaining active through Yoga and other physical fitness activities. The UPCS kitchen manager makes sure students are served whole grains two to three times per week and the yoga instructor and principal make sure that each student receives physical fitness classes at least twice per week.

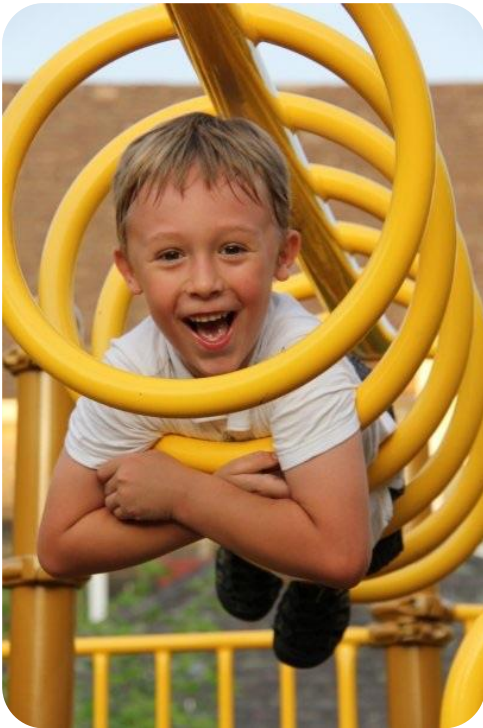
Success story: "We started with a healthy fruits and vegetable snacks idea that metamorphosed into training students for a kids' marathon, teaching

students how to make healthy smoothies and many more healthy initiative programs. Each year we try to enhance our current healthy lifestyle programs, along with adding additional programming as needed." - Project team member

Waldorf School of Pittsburgh

Pittsburgh Private School
Kindergarten – eighth grade
Number of children: 150

Award Grant | *Grades Play Yard Revitalization Project*



The Waldorf School of Pittsburgh is transforming its outdoor space to provide students with a safe, beautiful and fully resourced play environment. The Play Yard will provide more opportunities for children to play freely while also serving a pedagogical tool to meet developmental and learning needs of children. Students, parents and caregivers contributed time, energy, feedback and additional funding towards the Play Yard.

Woodland Hills Academy

Woodland Hills School District
Fourth – sixth grade
Number of children: 108

Seed Grant | *STEAM Garden*

The STEAM Garden will be created mainly by the students with guidance and supervision from teachers. Students will use the garden harvest in healthy recipes and will track their experience in the garden with journals. Students will also install compost at the school for a school-wide composting initiative. Families will adopt the garden during the summer months.



About Let's Move Pittsburgh

Let's Move Pittsburgh is a collaborative effort of organizations in Southwestern Pennsylvania committed to improving children's health and wellness in our region.

Executive Committee

Anna Ardine, MBA, RD, LDN | Clinical Nutrition Manager, Magee-Womens Hospital of the UPMC Health System

Nadine Champsi, MD, MPH | Founder, The Pittsburgh Mommy Blog

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Learn more about us at letsmovepittsburgh.org or send an email to letsmove@phipps.conservatory.org.