

**Let's Move**  
Pittsburgh



## **Champion Schools Program Report (2018)**

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



**UPMC HEALTH PLAN**

**THE HEINZ ENDOWMENTS**  
HOWARD HEINZ ENDOWMENT • VIRA I. HEINZ ENDOWMENT

# About the Champion Schools Program

Let's Move Pittsburgh, a collaborative program of Phipps Conservatory and Botanical Gardens, provides southwestern Pennsylvania's children and their caregivers with the knowledge, tools and support needed to make nutritious food choices and lead active lifestyles.

We want to help every early learning center, pre-kindergarten and elementary school in Allegheny County become the healthiest place for kids to learn and grow. The Champion Schools program is an opportunity to celebrate schools that encourage healthy lifestyles by awarding them up to \$1,000 in grant funds to support new or existing programs geared towards children's health and wellness. 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, lunchroom makeovers, healthy breakfast or healthy snack time.



## **Get Kids Moving**

Applicants are challenged to increase physical activity in and out of schools through programs such as an afterschool exercise club, structured recess games, classroom activity breaks, family fitness nights, innovative physical education units or kinesthetic classrooms.



## **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, tower or wall gardens, healthy cooking lessons with a local chef, or other farm-to-school activities.



## **Sustainable Citizenship**

Applicants are challenged to design programs which empower students to make a positive impact on their community and the environment. Examples include a school recycling or composting program, contributing produce from school gardens to local community centers, an afterschool environment club or a pollinator garden.

Let's Move Pittsburgh launched the Champion Schools program in 2014 with the goal of supporting schools to build healthy environments for their students. In addition to funding for program supplies, Champion Schools Awards recipients receive toolkits with fact sheets, best practices, lesson plans and tips to promote healthier classrooms and lunchrooms. Professional development and networking opportunities are also provided for parents/caregivers, educators, food service staff and administrators. "Meet Ups," which are hosted at Champion Schools sites, allow participants to see other school programs in action.



Meet Up at Regency Park Elementary School

Champion Schools are selected for funding based on project need, sustainability and potential impact on student health. For the review process, a panel of reviewers scores each application on a scale of 1 to 20 in these categories, as well as an overall impression score. In order to quantify potential project impact, applicants are required to establish three to five learning objectives for their project and indicate how the learning objectives will be evaluated. Selected schools are required to (a) participate in 6-month and 12-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. Let's Move Pittsburgh challenges schools to use alternative fundraiser methods like healthy concession stands, walk-a-thons and craft fairs that promote healthy lifestyles.

Let's Move Pittsburgh strives to give recognition to Champion Schools through press releases and social media for their persistent efforts to integrate healthy lifestyles into the school setting. Champion Schools are invited to write a guest blog post on the Phipps blog that is also shared in our monthly Let's Move Pittsburgh e-newsletter. In 2017, Champion Schools were also invited to showcase their work at the Let's Move Pittsburgh biennial Symposium. At the symposium, Champion Schools were given the opportunity to share their work with parents, caregivers, health professionals and community providers through an interactive poster session. In addition, all schools receive a Champion School sticker to display in their school.



2018 Champion Schools Announcement on website.

## Champion Schools (2014 – 2018)

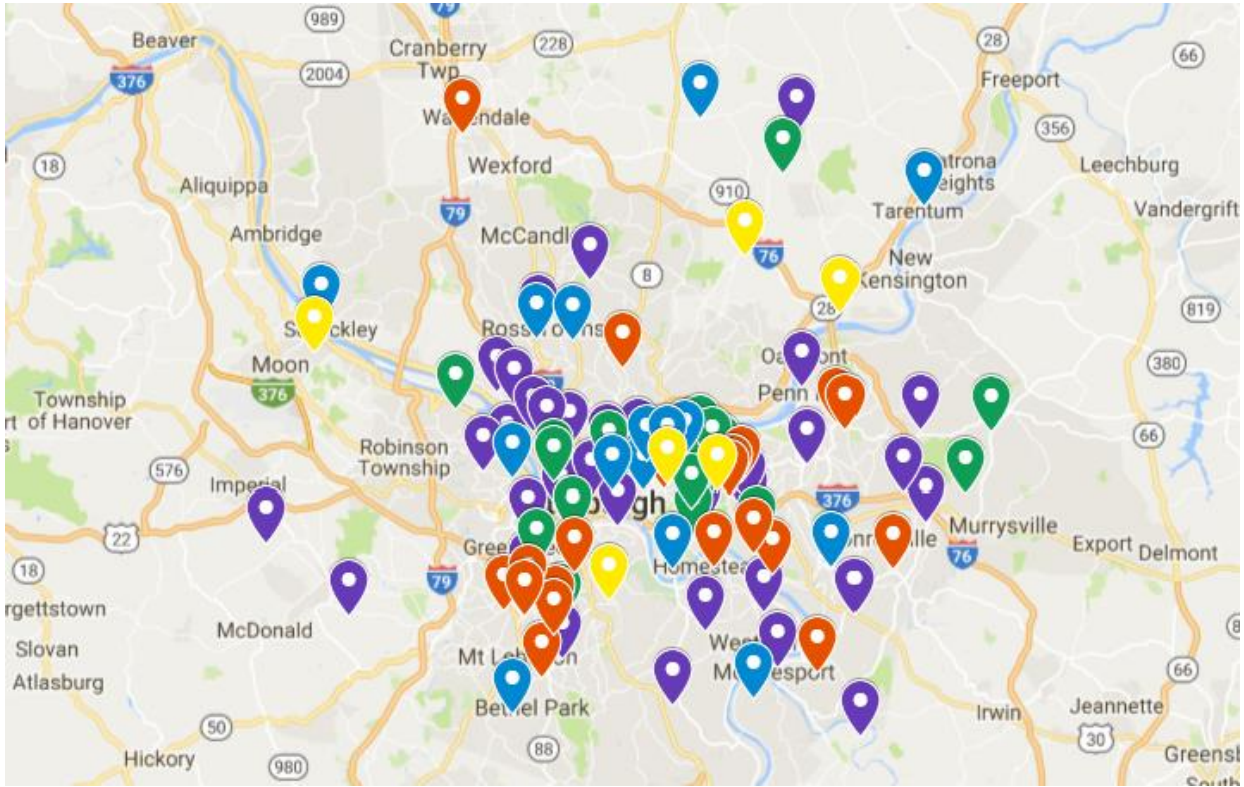
### Summary of Impact and Reach by Year

	2014	2015	2016	2017	2018	Total
Program Sponsor	Giant Eagle	The Heinz Endowments	The Heinz Endowments	The Heinz Endowments	The Heinz Endowments	
Children Reached by Program	9,564*	8,554	7,521	8,026	8,792	<b>42,457</b>
Grants Awarded	21	41	40	40	40	<b>182</b>
Projects with Bag the Junk Theme	5	8	8	6	6	<b>33</b>
Projects with Get Kids Moving Theme	14	22	22	19	19	<b>77</b>
Projects with Teach Kids to Grow and Cook Food Theme	10	24	23	22	21	<b>100</b>
Projects with Sustainable Citizenship Theme	N/A	N/A	N/A	N/A	6	<b>6</b>
School Gardens Supported	7	16	18	18	17	<b>94</b>
Play-Area Improvements	2	6	10	8	4	<b>30</b>
After/Before School Clubs Supported	13	23	7	13	4	<b>60</b>
<b>Total Funds Awarded</b>	<b>\$20,060</b>	<b>\$40,000</b>	<b>\$40,000</b>	<b>\$40,000</b>	<b>\$40,000</b>	<b>\$180,060</b>

\* Please note that the 2014 metric is the total number of students enrolled in awarded schools. The 2015, 2016, 2017 and 2018 metrics are the number of students within awarded schools who are direct participants in Champion Schools grant projects.



# Champion Schools Grant Recipients (2014 – 2018)



## Key:

	<b>2018 Champion School</b>
	<b>2017 Champion School</b>
	<b>2016 Champion School</b>
	<b>2015 Champion School</b>
	<b>2014 Champion School</b>

## **Champion Schools Grant Recipients (2014 – 2018)**

### **Allegheny Intermediate Unit**

Mon Valley School (2015, 2016, 2017, 2018)  
Sunrise School (2017)

### **Allegheny Valley School District**

Springdale Jr./Sr. High School (2014)

### **Bethel Park School District**

Abraham Lincoln Elementary School (2018)  
Memorial School (2015)

### **Deer Lakes School District**

Curtisville Primary Center (2015, 2016,  
2017, 2018)  
East Union Intermediate Center (2016,  
2017)

### **Diocese of Pittsburgh**

St. Bernard School (2016)  
St. Sebastian School (2015)

### **Elizabeth Forward School District**

Greenock Elementary School (2015, 2016,  
2018)

### **Fox Chapel Area School District**

Hartwood Elementary School (2014)

### **Gateway School District**

Dr. Cleveland Steward Jr. Elementary  
School (2015, 2016, 2018)  
Evergreen Elementary School (2018)

### **Highlands School District**

Grandview Upper Elementary School (2015)

### **Keystone Oaks School District**

Dormont Elementary School (2018)  
Fred L. Aiken Elementary School (2014,  
2015, 2017, 2018)  
Myrtle Avenue Elementary School (2015,  
2016)

### **McKeesport School District**

Pre-K Counts Founder Hall (2015, 2016)

### **Moon Area School District**

Hyde Elementary School (2014)

### **Mount Lebanon School District**

Jefferson Elementary School (2016)  
Mt. Lebanon Montessori (2016)  
Washington Elementary School (2016)

### **North Allegheny School District**

Marshall Elementary School (2016)

### **Northgate School District**

Avalon Elementary School (2017, 2018)  
Bellevue Elementary School (2017, 2018)

### **Penn Hills School District**

Penn Hills Elementary School/Linton Middle  
School (2015, 2016)

### **Pine Richland School District**

Eden Hall Upper Elementary School (2015)  
Pine Richland Middle School (2014)

## **Pittsburgh Public School District**

Chartiers Early Learning Center (2018)  
Obama/Peabody Early Childhood Center (2018)  
Pittsburgh Arsenal Elementary School (2018)  
Pittsburgh Banksville (2014, 2015, 2016, 2017)  
Pittsburgh Concord K – 5 (2014)  
Pittsburgh Conroy (2017)  
Pittsburgh Dilworth (2015, 2017)  
Pittsburgh Faison K – 5 (2014, 2015, 2017, 2018)  
Pittsburgh Langley K – 5 (2015)  
Pittsburgh Liberty K – 5 (2015, 2017)  
Pittsburgh Linden K – 5 (2016, 2017)  
Pittsburgh Miller African Centered Academy (2014, 2015)  
Pittsburgh Mifflin (2018)  
Pittsburgh Minadeo Pre-K – 5 (2015, 2016, 2017)  
Pittsburgh Montessori Pre-K – 5 (2015, 2016, 2018)  
Pittsburgh Morrow (2018)  
Pittsburgh Phillips (2018)  
Pittsburgh West Liberty K – 5 (2015, 2016)  
Pittsburgh Whittier (2018)  
Pittsburgh Woolslair Pre-K – 5 (2015)  
Spring Garden Early Childhood Center (2018)  
Sterrett Classical Academy (2014)

## **Plum Borough School District**

Center Elementary School (2018)  
Regency Park Elementary School (2017)

## **Propel Schools**

Propel Hazelwood (2015)  
Propel Pitcairn (2016)

## **Shaler Area School District**

Shaler Area High School (2015, 2016)

## **South Allegheny School District**

South Allegheny Elementary School (2015)

## **South Fayette School District**

South Fayette Elementary School (2015, 2016, 2017, 2018)

## **Steel Valley School District**

Barrett Elementary (2014, 2015, 2016)

## **Sto-Rox School District**

Sto-Rox Upper Elementary School (2016, 2017)

## **West Allegheny School District**

Donaldson Elementary School (2016, 2018)

## **West Mifflin Area School Dist.**

West Mifflin Area Middle School (2018)

## **Woodland Hills School District**

Edgewood Primary (2018)  
Rankin Promise Program (2014, 2016)  
Woodland Hills Academy (2015)  
Woodland Hills Intermediate School (2017)



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## Child Care Centers

Angel's Place – Northside and Swissvale (2016, 2017, 2018)  
Beth Shalom Early Learning Center (2016, 2017)  
Brightside Academy – East Liberty (2018)  
Brightside Academy – McKeesport (2017, 2018)  
Brightside Academy – McKees Rock (2018)  
Children's Community on Chadwick Street (2015)  
Earthen Vessels Outreach (2016, 2017)  
Heritage Out of School Time (2016)  
Hiland Child Care Center (2015)  
Homewood-Brushton Child Development and Education Center (2017)  
Hugs Away from Home (2016)  
La Escuelita Arcoiris (2017)  
Mt. Washington Children's Center (2016, 2017)  
PLEA (2014, 2015, 2017, 2018)  
Providence Connections (2015, 2017, 2018)  
Righteous Beginnings Learning Center (2016)  
Riverview Children's Center (2017, 2018)  
Shady Lane School (2015, 2016)  
Southminster Child Care Center (2016, 2017)  
Thomas Child Care (2017, 2018)  
University Child Care Center (2016)  
Wright Childcare Solutions (2017)

## Private and Charter Schools

Community Day School (2016, 2017, 2018)  
Environmental Charter School (2014, 2015, 2016, 2018)  
Falk Laboratory School (2014, 2015)  
Glenn Montessori School (2017, 2018)  
Hillcrest Christian Academy (2016)  
Kentucky Avenue School (2014, 2015, 2017)  
Manchester Academic Charter School (2014, 2015, 2017)  
Provident Charter School (2017)  
Shadyside Academy Junior School (2016)  
St. Edmund's Academy (2015, 2017)  
Temple Ohav Shalom Center for Early Learning (2018)  
Urban League Charter School (2015)  
Urban Pathways Charter School (2014, 2015, 2016, 2017, 2018)  
Waldorf School of Pittsburgh (2014, 2015)  
Winchester Thurston Lower School (2014)  
Young Scholars of McKeesport Charter School (2018)  
Young Scholars of Western PA Charter School (2017)



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# Summary of Champion Schools Programs of 2018

## Abraham Lincoln Elementary

Bethel Park School District

Pre-K – Fourth Grade

Number of Children: 262

Award Grant | *Lincoln Community Garden*

Abraham Lincoln Elementary will use their Champion Schools grant to launch a community garden. Children and families will be encouraged to participate by joining the After-School Garden Club and contributing to their A Taste of Lincoln community cookbook.

## Angels' Place – North Side

Child Care Center

Early Childhood

Number of Children: 25

Award Grant | *Health Moves and Healthy Foods*

Angels' Place North Side will use their Champion Schools grant to implement a holistic wellness program incorporating science, nutrition and gardening lessons. Parents will be encouraged to contribute through their Family Support Program and Play Connections group.

## Angels' Place – Swissvale

Child Care Center

Early Childhood

Number of Children: 20

Award Grant | *Healthy Moves and Healthy Foods*

Angels' Place Swissvale will also use their Champion Schools grant to implement a holistic wellness program incorporating science, nutrition and gardening lessons. Parents will be encouraged to contribute through their Family Support Program and Play Connections group.

## Avalon Elementary

Northgate School District

Kindergarten – Sixth Grade

Number of Children: 700

Seed Grant | *Avalon Values pLAY Leadership grOWth fuN*

Avalon Elementary will use their Champion Schools grant to give students access to new recess equipment. Their physical activity program will promote active and healthy play, which will provide students with the opportunity to develop self-control, social and communication skills.

### **Bellevue Elementary**

Northgate School District

Kindergarten – Sixth Grade

Number of Children: 250

Seed Grant | *What's Cooking at Bellevue Elementary?*

Bellevue Elementary will use their Champion Schools grant to fund an in-school and after-school program designed to teach students about nutrition and healthy cooking. Their lessons will give students the opportunity to connect math, language arts and science concepts to hands-on experiences, resulting in tools that promote longer, healthier lives!

### **Brightside Academy – McKees Rocks**

Child Care Center

Early Childhood

Number of Children: 15

Seed Grant | *Family Meals = Happy Meals*

Brightside Academy – McKees Rocks will use their Champion Schools grant to fund a series of family cooking workshops aimed at engaging children and families in the production and sustainability of nutritious practices.

### **Brightside Academy – McKeesport**

Child Care Center

Early Childhood

Number of Children: 30

Seed Grant | *Family Meals = Happy Meals*

Brightside Academy – McKeesport will also use their Champion Schools grant to fund a series of family cooking workshops aimed at engaging children and families in the production and sustainability of nutritious practices.

### **Brightside Academy – East Liberty**

Child Care Center

Early Childhood

Number of Children: 80

Seed Grant | *Family Meals = Happy Meals*

Our third Brightside location, Brightside Academy – East Liberty, will use their Champion Schools grant to plant a community garden. Children and families will learn to incorporate garden-grown produce into healthy, sustainable meals.

## Center Elementary School

Plum Borough School District

Kindergarten – Fourth Grade

Number of Children: 500

Seed Grant | *Food Waste? Worms to the Rescue*

Center Elementary will use their Champion Schools grant to expand their student-run farming business. Funding will help in creating a vermicomposting bin (a composting system with worms) and students will learn the importance of decomposers and how their actions affect our environment both positively and negatively.

## Chartiers Early Learning Center

Preschool

Early Childhood

Number of Children: 130

Seed Grant | *“Watch, Grow, Taste”*

Chartiers Early Learning Center will use their Champion Schools grant to plant a community garden! Children and families will be encouraged to participate in student learning by contributing to a class healthy recipe book.



*A student from Chartiers working on some rain drops for the garden-themed mural created last school year.*

## Community Day School

Private School

Early Childhood – Eighth Grade

Number of Children: 285

Award Grant | *Harvest Holiday Explorations*

Community Day School will use their Champion Schools grant to launch a Sukkot Fest and Shavout Fest to teach students about Jewish traditions, environmental ethics and STEAM-based hands-on activities. Community Day School children will also participate in a nature walk on Tu B'Shevat with a naturalist educator from Pittsburgh Parks Conservancy.

## Curtisville Primary Center

Deer Lakes School District

Kindergarten – Second Grade

Number of Children: 460  
Award Grant | *Mileage Club*

Curtisville Primary Center, a four-time Champion Schools Award winner, will use their Champion Schools grant to fund Student Lap Tracker software, which will track the physical activity of faculty, staff and students and promote physical activity school-wide.

## Donaldson Elementary

Elementary School  
Kindergarten – Fifth Grade  
Number of Children: 524  
Seed Grant | *Commit to be Fit*

Donaldson Elementary will use their Champion Schools grant to purchase fitness equipment, which will be utilized in students' physical education classes. The new equipment will provide fun, new ways for the students to be physically active.

## Dormont Elementary

Elementary School  
First through Fifth Grade  
Number of Children: 450  
Seed Grant | *Dormont Elementary Outdoor Classroom*

Dormont Elementary will use their Champion Schools grant to maintain their community outdoor classroom. This year, students will create totem poles adorned with positive messages, paint rain barrels for water collection, begin a composting program and plant herb and vegetable seeds to yield produce that will be sold in their community market.

## Dr. Cleveland Steward Jr. Elementary

Gateway School District  
Third Grade  
Number of Children: 80  
Seed Grant | *PEDAL to the MEDAL: For Championship Behavior, Health, and Grades*

This year, Dr. Cleveland Steward Jr. Elementary will use their Champion Schools grant to purchase desk cycles to be used by their third grade students. These new desks will promote physical activity in a fun, new way, provide “brain breaks” for the students and help keep them engaged throughout the day.



*Students at Dr. Cleveland Steward Jr. practicing their yoga skills.*



## **Environmental Charter School – Pittsburgh**

Private School

Fourth – Fifth Grade

Number of Children: 200

Award Grant | *BikeECS*

Environmental Charter School Pittsburgh will use their Champion Schools grant to launch a BikeECS program, which will educate children on bike safety and operation, roadside repair, civic engagement, and urban navigation. Students will participate in high intensity physical activity by biking through their school neighborhood as part of their regularly scheduled physical education classes.

## **Edgewood Primary School**

Woodland Hills School District

Pre-K – Kindergarten

Number of Children: 100

Seed Grant | *Edgewood Growing Gardeners*

Edgewood Primary School will use their Champion Schools grant to launch a school garden program, which will teach children to grow and harvest fruits and vegetables. The produce grown in the garden will be either consumed as healthy classroom snacks or sent home with students to be enjoyed with their families.

## **Evergreen Elementary School**

Gateway School District

Kindergarten – Fourth Grade

Number of Children: 227

Award Grant | *Evergreen Elementary School Community Garden*

Evergreen Elementary School will use their Champion Schools grant to maintain a community garden. Produce grown in the garden will be made available to students at lunchtime via a healthy snack table or donated to families and local food pantries.

## **Fred. L Aiken Elementary**

Keystone Oaks School District

Kindergarten – Fifth Grade

Number of Children: 195

Award Grant | *Gardening and Composting, Growing Your Meals*

Fred L. Aiken Elementary will use their Champion Schools grant to improve their school gardening program, which provides opportunities for students and families to harvest, photograph, journal, learn about and enjoy seasonal produce.

## **The Glen Montessori School**

Private School

Pre-K – Sixth Grade

Number of Children: 180

Seed Grant | *The Glen Gardens*

The Glen Montessori School will use their Champion Schools grant to expand their garden and composting system, which enhances the beauty of their courtyard. This program teaches students about garden care, healthy eating, plant biology, local climatology and zero-waste composting.

## **Greenock Elementary**

Elizabeth Forward School District

Kindergarten – Second Grade

Number of Children: 60

Seed Grant | *Palate Rangers Cooking Club*

Greenock will use their Champion Schools grant to teach children that healthy snacks can be inexpensive, easy to prepare and delicious. Children and families will learn nutrition basics, portion sizes, proper food handling and essential cooking skills. This program will complement Greenock’s existing programming, which includes a combination science and cooking class called “Eat Your Science,” as well as their Kids of Steel Running Program.



*Greenock’s school garden, captured during a past Meet Up.*

## **Mon Valley Special Education School**

Allegheny Intermediate Unit

Kindergarten – 12th Grade

Number of Children: 96

Award Grant | *Kinesthetic Korner – Extension of the Yomatics and Mindful Movement Programs*

Mon Valley Special Education School will use their Champion Schools grant to implement Yomatics and Mindful Movement Programs to teach self-regulation skills, increase student movement and provide opportunities for sensory input.

## **Peabody Obama Early Childhood Center**

Pittsburgh Public Schools Early Childhood

Early Childhood

Number of Children: 80

Seed Grant | *Breathe and Pose*

Peabody Obama Early Childhood Center will use their Champion Schools grant to implement a Big Day for Pre-K initiative to teach children self-regulation and self-control skills through yoga.

## **Pittsburgh Arsenal K – 5**

Pittsburgh Public Schools

Early Childhood

Number of Children: 80

Seed Grant | *Namaste and Play*

Pittsburgh Arsenal K – 5 will use their Champion Schools grant to launch a Namaste and Play program — a yoga-type class that will teach students basic poses, gross motor and listening skills.

## **Pittsburgh Faison K – 5**

Pittsburgh Public School District

Kindergarten – Fifth Grade

Number of Children: 400

Seed Grant | *Happy Healthy Recess*

Pittsburgh Faison K – 5 will use their Champion Schools grant to fund Playworks training for staff members in an effort to identify games and strategies for implementing play at recess. Playworks lessons include: The Power of Play, Effective Game Facilitation, and Recess Design.

## **Pittsburgh Mifflin Elementary**

Pittsburgh Public Schools

Kindergarten – Eighth Grade

Number of Children: 311

Seed Grant | *Farming with Friends / The Gardens @ Mifflin*

Mifflin Elementary will use their Champion Schools grant to establish a multi-dimensional garden space. Faculty and staff will teach students how to build, cultivate and sustain the space using 97% recycled materials.

## **Pittsburgh Montessori Pre K – 5**

Pittsburgh Public Schools

Pre-K – Fifth Grade

Number of Children: 333

Award Grant | *Edible School Yard*

Pittsburgh Montessori Pre-K – 5 will use their Champion Schools grant to expand their Edible School Yard with edible shrubs, perennials and trees in their pollinator-friendly garden. The gardens support GROW Pittsburgh and seek to increase children’s familiarity with fresh fruits and vegetables.



*Students from Pittsburgh Montessori add their “peas” to the vine, after giving sugar snap peas a try in their lunchroom.*

## **Pittsburgh Morrow Pre K – 8**

Pittsburgh Public Schools

Second Grade

Number of Children: 66

Award Grant | *Second Grade Garden Club*

Pittsburgh Morrow Pre-K – 8 will use their Champion Schools grant to teach second grade students how to plant, grow, harvest and prepare edible plants.

## **Pittsburgh Phillips K – 5**

Pittsburgh Public Schools

Kindergarten – Fifth Grade

Number of Children: 300

Seed Grant | *Phillips Community Tower Gardens*

Pittsburgh Phillips K – 5 will partner with the Juice Plus Company and use their Champion Schools grant to develop tower gardens. The fresh fruits and vegetables grown in the gardens will be featured as culinary initiatives for students.

## **Pittsburgh Whittier Elementary**

Pittsburgh Public Schools

Kindergarten – Fifth Grade

Number of Children: 235

Seed Grant | *Keep Calm & Yoga*

Pittsburgh Whittier Elementary will use their Champion Schools grant to launch an after-school yoga program that will be open to faculty, staff and students.



## **PLEA**

Pittsburgh School Based Partial Hospital

Kindergarten – 12th Grade

Number of Children: 37

Seed Grant | *Kids on the Move*

PLEA will use their Champion Schools grant to fund daytime physical activity instruction for students, which will be led by wellness teachers. The grant will also be used to buy fitness equipment, which can be utilized for both indoor and outdoor activities.

## **Providence Connections**

Child Care Center and After-School Program

Pre-K – Fifth Grade

Number of Children: 105

Award Grant | *Youth Programs Garden to Table*

Providence Connections will use their Champion Schools grant to start a summer camp garden-to-table initiative! Students will learn to grow, harvest and prepare seasonal fruits and vegetables by taking classes led by volunteers, faculty and staff.

## **Riverview Children’s Center**

Child Care Center and After-School Program

Early Childhood – Fifth Grade

Number of Children: 100

Seed Grant | *Riverview Children’s Center*

Riverview Children’s Center will use their Champion Schools grant to maintain their community garden. Children and families are encouraged to help in planting, caring for and utilizing garden plants.

## **South Fayette Elementary**

South Fayette School District

Kindergarten – Second Grade

Number of Children: 250

Award Grant | *Kids of Steel*

South Fayette Elementary will use their Champion Schools grant to coordinate a Kids of Steel before-school running program. Over 18 weeks, student participants will run approximately 26.2 miles — or the length of a marathon!

## Spring Garden Early Childhood Center

Early Childhood

Pre-Kindergarten – Kindergarten

Number of Children: 90

Seed Grant | “Be Big” in Yoga

Spring Garden Early Childhood Center will use their Champion Schools grant to continue their Big Day for Pre-K initiative, which teaches children self-regulation and self-control skills through yoga-type instruction.

## Temple Ohav Shalom Center for Early Learning

Early Childhood

Pre-Kindergarten – Kindergarten

Number of Children: 50

Seed Grant | *Imagination and Movement*

Temple Ohav Shalom Center for Early Learning will use their Champion Schools grant to purchase a set of 100 blocks from Imagination Playground. Students will use these blocks in the classroom and at recess to engage in imaginative play.

## Thomas Home Child Care

Child Care Center

Pre K – Sixth Grade

Number of Children: 50

Award Grant | *Future Standouts*

Thomas Home Child Care plans to use their Champion Schools grant to maintain their Future Standouts program, a physical activity program that is perfect for the whole family. The child care facility will continue their partnership with Chris Edmonds, founder of the Athletic Training Unit (ATU), to provide an organized exercise program for their children and families on a weekly basis. These sessions will allow families to work out together and have fun at the same time. The ATU food truck will also be on site for families to purchase nutritious meals after their workout.



*A fruit-filled “Turkey” thanksgiving creation from a Thomas Child Care visit.*

## Urban Pathways K – 5 College Charter School

Charter School

Third – Fifth Grade

Number of Children: 298

Seed Grant | *Going Green Growing Classrooms*



Urban Pathways K – 5 College Charter School, a now five-time Champion Schools Award winner, will use this year’s grant to maintain a new classroom garden. In working on the garden, students will learn how to grow and harvest flowers and edible plants. Students will also learn the importance of community service by donating flowers to areas in need and nutrition basics by making healthy smoothies from their harvested produce.

## West Mifflin Area Middle School

West Mifflin Area School District

Fourth – Eighth Grade

Number of Children: 1,018

Seed Grant | *Training to Thrive*

West Mifflin Area Middle School will use their Champion Schools grant to purchase fitness equipment to be used in student’s physical education classes. The equipment purchased will help students to enhance their muscular strength, cardiorespiratory endurance and flexibility.

## Young Scholars of Western PA Charter School

Charter School

Kindergarten – Eighth Grade

Number of Children: 150

Award Grant | *Farming Friends / The Gardens @ YSMCS*

Young Scholars of Western PA Charter School will use their Champion Schools grant to maintain a multi-dimensional garden space. Lettuce Turnip the Beet educators will teach students how to build, cultivate and sustain the space using 97% recycled materials. Students will stimulate their senses in the new bee and butterfly garden, water garden, medicinal herb garden, miniature temperate forest and orchid house.



## **Champion Schools Meet Ups**

As part of the Champion Schools program, sites are invited to both host and participate in Meet Ups. During these Meet Ups, attendees have the opportunity to tour the school, learn about the school's Champion Schools project, share resources, ask questions and build relationships. Let's Move Pittsburgh would like to extend a special thank you to the Champion Schools that hosted Meet Ups in 2018! If you're interested in hosting a Meet Up at your site, please reach out to us at [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org).

## **About Let's Move Pittsburgh**

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