

Let's Move Pittsburgh

Champion Schools Program Report (2016)

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



UPMC HEALTH PLAN

THE HEINZ ENDOWMENTS

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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.



Community Day School

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.

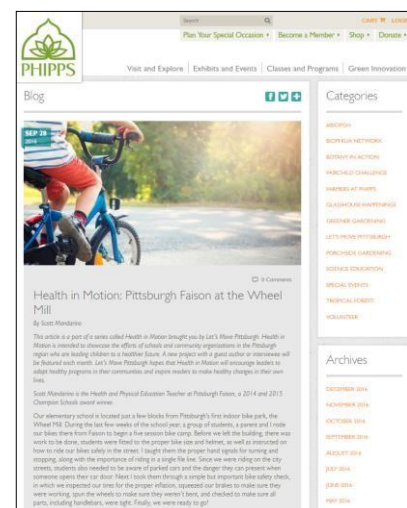
Let's Move Pittsburgh launched the Champion Schools program in 2014 with the goal of providing funds, tools, networking opportunities and best practices to schools that will help them build healthy environments for children. Champion Schools receive stipends for program supplies, toolkits providing fact sheets, lesson plans and other grant sources. Professional development and networking opportunities also are provided for parents/caregivers, educators, food service staff and administrators. Regular "Meet Ups" are hosted at Champion Schools sites that allow recipients to see other school programs in action.



Meet Up at Greenock Elementary School

Champion Schools were selected for funding based on how the applying schools demonstrated project need, sustainability and potential impact on student health. For the review process, a panel of reviewers scored each application on a scale of one to 100 using the following 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. Let's Move Pittsburgh challenges schools to use alternative methods like healthy concession stands, walk-a-thons or 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. This year, Champion Schools were also invited to showcase their work at the Let's Move Pittsburgh 5-2-1-0 Speakers Series. Champion Schools will have the opportunity to share their work with parents, caregivers, health professionals and community providers through an interactive poster session. Aside from media promotion, all schools receive a Champion School sticker to display proudly in their school.



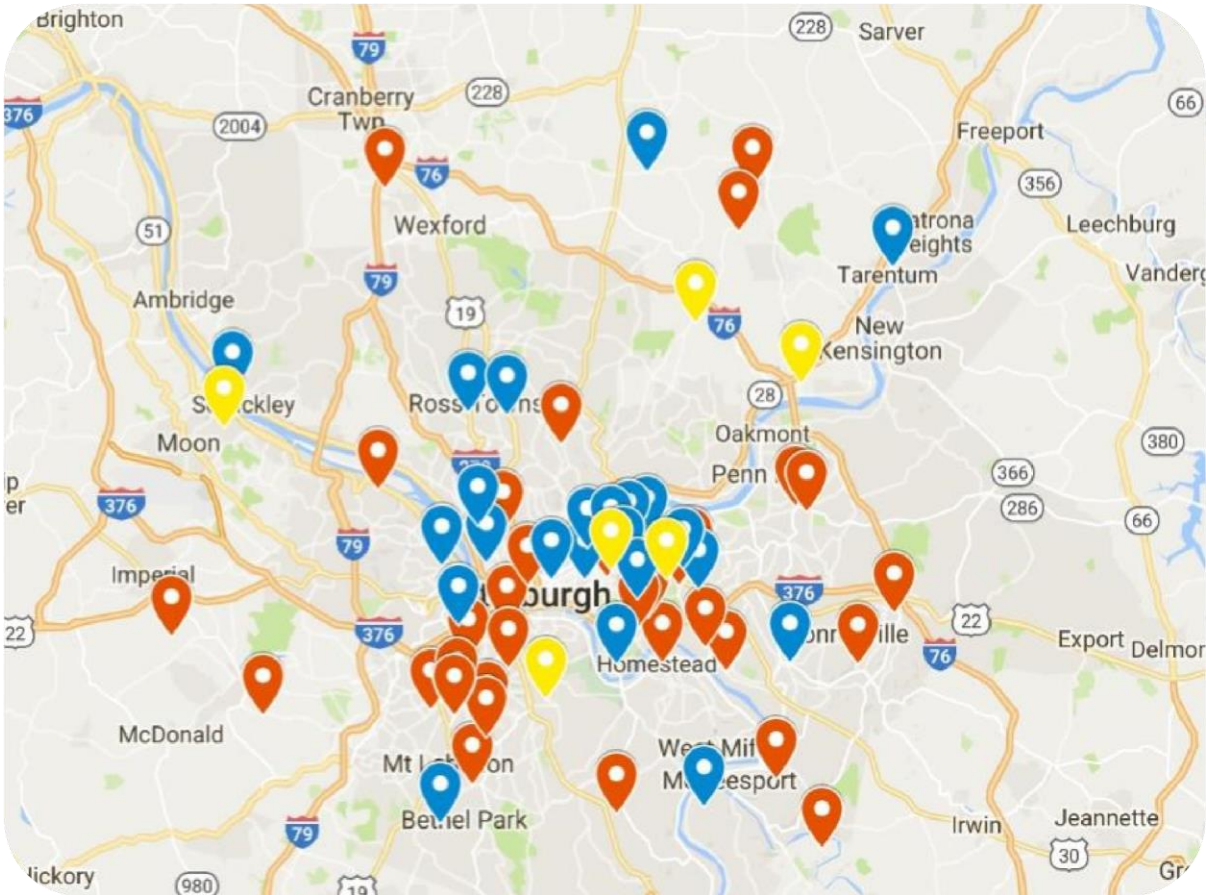
Sample blog post by Pittsburgh Faison

Champion Schools (2014 – 2016) Summary of Impact and Reach by Year

	2014	2015	2016	Total
Program Sponsor	Giant Eagle	The Heinz Endowments	The Heinz Endowments	
Children Reached by Program	9,564*	8,554	7,521	25,639
Grants Awarded	21	41	40	102
Projects with Bag the Junk Theme	5	8	8	21
Projects with Get Kids Moving Theme	14	22	22	58
Projects with Teach Kids to Grow and Cook Food Theme	10	24	23	57
School Gardens Supported	7	16	18	41
Play-Area Improvements	2	6	10	18
After/Before School Clubs Supported	13	23	7	43
Total Funds Awarded	\$20,060	\$40,000	\$40,000	\$100,060

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

Champion Schools Grant Recipients (2014 – 2016)



Key:

	<p>2016 Champion School</p>
	<p>2015 Champion School</p>
	<p>2014 Champion School</p>

Champion Schools Grant Recipients (2014 - 2016)

Allegheny Intermediate Unit

Mon Valley School (2015, 2016)

Allegheny Valley School District

Acmetonia Primary School (2014)

Bethel Park School District

Memorial School (2015)

Deer Lakes School District

Curtisville Primary Center (2015, 2016)

East Union Intermediate Center (2016)

Diocese of Pittsburgh

St. Bernard School (2016)

St. Sebastian School (2015)

Elizabeth Forward School District

Greenock Elementary School (2015, 2016)

Fox Chapel Area School District

Hartwood Elementary School (2014)

Gateway School District

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

Highlands School District

Grandview Upper Elementary School (2015)

Keystone Oaks School District

Fred L. Aiken Elementary School (2014,
2015)

Myrtle Avenue Elementary School (2015,
2016)

McKeesport School District

Pre-K Counts Founder Hall (2015, 2016)

Moon Area School District

Hyde Elementary School (2014)

Mt. Lebanon School District

Jefferson Elementary School (2016)

Mt. Lebanon Montessori School and
Academy (2016)

Washington Elementary School (2016)

North Allegheny School District

Marshall Elementary School (2016)

Penn Hills School District

Linton Middle School and Penn Hills

Elementary School (2015, 2016)

Pine Richland School District

Eden Hall Upper Elementary School (2015)

Pittsburgh Public School District

Pittsburgh Banksville (2014, 2015, 2016)

Pittsburgh Concord K – 5 (2014)

Pittsburgh Dilworth (2015)

Pittsburgh Faison K – 5 (2014, 2015)

Pittsburgh Langley K – 5 (2015)

Pittsburgh Liberty K – 5 (2015)

Pittsburgh Linden K – 5 (2016)

Pittsburgh Miller African Centered
Academy (2014, 2015)

Pittsburgh Minadeo Pre-K – 5 (2015, 2016)

Pittsburgh Montessori Pre-K – 5 (2015,
2016)

Pittsburgh Public School District

Pittsburgh West Liberty K – 5 (2015, 2016)
Pittsburgh Woolslair Pre-K – 5 (2015)
Sterrett Classical Academy (2014)

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)

Steel Valley School District

Barrett Elementary School (2014, 2015,
2016)

Sto-Rox School District

Sto-Rox Elementary School (2016)

West Allegheny School District

Donaldson Elementary School (2016)

Woodland Hills School District

Rankin Promise Program (2016)
Woodland Hills Academy (2015)

Child Care Centers

Angels' Place (2016)
Beth Shalom Early Learning Center (2016)
Children's Community on Chadwick Street
(2015)
Earthen Vessels Outreach (2016)
Heritage Out of School Time (2016)
Hiland Child Care Center (2015)
Hugs Away from Home (2016)
Mt. Washington Children's Center (2016)
PLEA (2014, 2015)
Providence Family Support Center (2015)
Righteous Beginnings Learning Center
(2016)
Shady Lane School (2015, 2016)
Southminster Child Care Center (2016)
University Child Care Center (2016)

Private and Charter Schools

Community Day School (2016)
Environmental Charter School (2014, 2015,
2016)
Falk Laboratory School (2014, 2015)
Hillcrest Christian Academy (2016)
Kentucky Avenue School (2014, 2015)
Manchester Academic Charter School
(2014, 2015)
Shadyside Academy Junior School (2016)
St. Edmund's Academy (2015)
Urban League Charter School (2015)
Urban Pathways Charter School (2014,
2015, 2016)
Waldorf School of Pittsburgh (2014, 2015)
Winchester Thurston Lower School (2014)

Summary of Champion Schools Programs of 2016

Angels' Place

Child Care Center

Early Childhood

Number of Children: 55

Champion Award | *Angels' Place Learning Garden Program*

Children are learning the importance of healthy eating habits and where their food comes from through *Angels' Place Learning Garden Program*. Through gardening, classroom instruction and daily healthy meals, children learn about healthy eating habits, life cycles, nutrition, the origins of their food and basic gardening skills. Plus, the time students spend gardening counts towards their daily minutes of physical activity.



Barrett Elementary

Steel Valley School District

Third – Fifth Grades

Number of Children: 200

Seed Grant | *Barrett Bears on the Move*

Barrett Elementary is implementing the *Barrett Bears on the Move* program for their third through fifth grade students. The goal is to provide students with organized physical activities during recess and an after school program to get them moving with fun activities throughout the day. Barrett Elementary has a reward system for activity participation and distributes materials to students for at-home exercises.

Beth Shalom Early Learning Center

Child Care Center

Early Childhood Number
of Children: 155

Seed Grant | *Namaste & Play!*

Beth Shalom Early Learning Center's *Namaste & Play!* program focuses on introducing basic body awareness concepts for their young students. With the help of a certified yoga instructor, children are learning basic poses, gross motor skills and listening skills through this daily program.

Community Day School

Private School

Third – Fifth Grades

Number of Children: 15

Champion Award | *CDS Farm Stand After School Program*

Through fun, hands-on gardening, cooking, and social entrepreneurship activities, students participating in the *Community Day School Farm Stand After School Program* are cultivating lasting

connections to their food and to nature rooted in the Jewish commitment to creating an ecologically sustainable and socially just world. *Read more about this project at*

<https://phipps.conservatory.org/blog/detail/health-in-motion-community-dayschool-farm-stand>.



Community Day School

Curtisville Primary Center

Deer Lakes School District

Kindergarten – Second Grades

Number of Children: 480

Seed Grant | *Kinesthetic Learning Lab*

Curtisville Primary Center created a kinesthetic learning lab for fun, hands on learning. A traditional classroom was transformed into an action-packed, hands-on lab which is used by all teachers at least once per week. Not only is the lab used to teach lessons in an innovative and engaging way, but it is also utilized for indoor recess time, rewards or incentives

and monthly events. The goal is to increase student rates of weekly physical activity to help them meet the recommendation of 60 minutes of physical activity every day. *Read more about this project at* <https://phipps.conservatory.org/blog/detail/health-in-motion-curtisvilleprimary-educational-garden>.



Curtisville Primary Center

Donaldson Elementary School

West Allegheny School District

Kindergarten – Fifth Grades

Number of Children: 508

Seed Grant | *Tchoukball in Elementary School*

Donaldson Elementary School plans to increase activity by introducing *Tchoukball* to their students. *Tchoukball* enhances hand-eye and gross motor coordination skills which provide students with the necessary skills to participate in a broad range of activities as they mature such as: basketball, baseball, softball, volleyball and football. These acquired skills will generate student interest in adopting sports as lifetime hobbies.

Dr. Cleveland Steward Jr. Elementary School

Gateway School District

Kindergarten – Fourth Grades

Number of Children: 318

Champion Award | *Yoga-Mindfulness in the School*

Students from kindergarten to fourth grade are learning the basics of yoga through the *Yoga-Mindfulness in the School* program. Students are led through yoga activities each morning, and families are invited to participate each month. The school hopes that this program will offer students a new outlet to exercise, reduce stress and provide them with the opportunity to bond with their families.



Earthen Vessels Outreach

Child Care Center

Pre-Kindergarten – Fifth Grades

Number of Children: 50

Champion Award | *Stepping Ahead While Dropping the Junk*

Earthen Vessels Outreach is implementing a program called *Stepping Ahead While Dropping the Junk* to educate their children about the importance of healthy eating and exercise. After school, children engage in physical exercise through song, video, dance, walking and music and receive a healthy USDA snack or meal every day.

East Union Intermediate Center

Deer Lakes School District

Third Grade

Number of Children: 150

Seed Grant | *Tower Gardens*

Through the *Tower Gardens* program, third grade students will be directly involved in the upkeep of the garden while also observing and analyzing aspects of plant growth. Students will learn how to make healthy food choices and the benefits of doing so through nutrition lessons.

Environmental Charter School

Charter School

Kindergarten – Third Grades

Number of Children: 275

Champion Award | *Morning Energize Club*

Students at the Environmental Charter School are participating in the *Morning Energize Club*. This before school club features various equipment and indoor and outdoor activities that initiate play during the early morning. After attending *Morning Energize Club*, students are more awake and ready to learn in their classes during school.

Success Story: "It is definitely awesome and I feel like it helps them to concentrate and focus better in school!!!" - Parent

Greenock Elementary

Elizabeth Forward School District

Kindergarten – Second Grades

Number of Children: 200

Champion Award | *Eat Your Science*

Greenock Elementary created the *Eat Your Science* program to take their existing programs to the next level. Students explore science concepts using food through fun and creative food-based experiments.

Funds are being used to help build an outdoor food dehydrator, purchase cooking supplies and food needed for experiments and extend the garden's growing season by creating a hydroponics lab. *Read more about this project at*

<https://phipps.conservatory.org/blog/detail/health-in-motion-greenockelementary-kids-kitchen>.



Greenock Elementary

Heritage Out of School Time

Child Care Center

Kindergarten – Eighth Grades

Number of Children: 130

Seed Grant | *Heritage Gets Healthy*

Heritage Out of School Time is implementing the *Heritage Gets Healthy* program. The goal of this program is to expand student access to and knowledge of healthy food and habits through hands on cooking experiences and garden activities. Teachers are trained by Grow Pittsburgh and are provided with structured lesson plans and experiential learning activities to utilize in their classroom.

Hillcrest Christian Academy

Kindergarten – Fourth Grades

Number of Children: 160

Seed Grant | *Hillcrest Grows!*

Students from Hillcrest Christian Academy will be participating in the *Hillcrest Grows!* program that aims to cultivate a "farm to table" mentality in students. Each grade level will be provided with a raised-garden bed that they will tend to each week. Students will have the opportunity to eat the fruits (or veggies) of their labors during school lunch.

Hugs Away from Home

Child Care Center

Early Childhood

Number of Children: 75

Seed Grant | *Kids on the Move*

Children at Hugs Away from Home are participating in the *Kids on the Move* program. The goal of this program is to generate excitement about exercise among toddlers and young children. Hugs Away from Home aims for their children to be active for at least 30 minutes a day. They used their award to purchase more equipment for movement and exercise. Example equipment includes mats, gross motor equipment, music and musical instruments.



Jefferson Elementary School

Mt. Lebanon School District
Kindergarten – Fifth Grades
Number of Children: 340
Seed Grant | JES is Growing!

Jefferson Elementary students are participating in the *JES is Growing!* program. To cultivate curiosity and exploration, Jefferson Elementary is using the school garden as an outdoor classroom to promote healthy lifestyles with a focus on learning, nutrition, teamwork and giving back to the community. Hands-on, cross-disciplinary lessons allow the children to explore planting and maintaining gardens, harvesting, preparing and sharing food; working cooperatively in groups; and learning about science and nutrition.



Linton Middle School / Penn Hills Elementary School

Penn Hills School District
Pre-Kindergarten – Sixth Grades
Number of Children: 100
Champion Award | *Zumba Night*

Linton Middle and Penn Hills Elementary are collaborating to create *Penn Hills Family Fun Zumba Night*. Students and their families engage in physical fitness activities and other resources are used to help teach the benefits of nutrition and to support healthy relationships. Zumba is led by a professional instructor, the Greater Pittsburgh Community Food Bank offers healthy snacks and take-home resources are available for students and families.

Marshall Elementary School

North Allegheny School District
Third – Fifth Grades
Number of Children: 422
Seed Grant | *Health Education Class*

Marshall Elementary is using their grant monies to enhance their existing Health Education curriculum with pertinent resources and equipment that allow for the seamless integration of health topics into physical education activities. Having materials that meet the needs of all learners and their learning styles will help children excel in their nutrition unit.

Mon Valley School

Allegheny Intermediate Unit

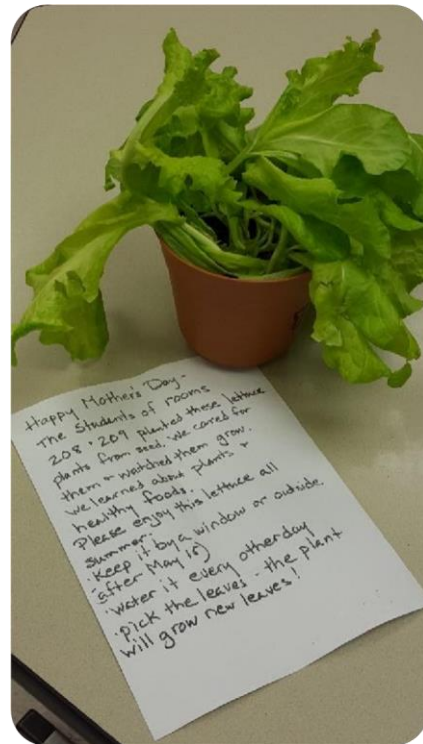
Kindergarten – Fifth Grades

Number of Children: 220

Champion Award | *Mon Valley Grows!*

Mon Valley School elementary students are planting and maintaining a vegetable garden through *Mon Valley Grows!* Students planted and harvested produce to prepare dishes for a tasting event conducted during the Mon Valley Open House in September. Also, students learned about the nutritional benefits of food through researching the health benefits of whole foods versus junk foods. They presented their research findings during the Mon Valley September Open House. *Read more about this project at*

<https://phipps.conservatory.org/blog/detail/health-inmotion-mon-valley-school-garden>.



Mon Valley School

Text from Picture: “Happy Mother’s Day! The students of rooms 208 and 209 planted these lettuce plants from seed. We care for them and watched them grow. We learned about plants and healthy foods. Please enjoy this lettuce all summer. Keep it by a window or outside (after May 15). Water it every other day. Pick the leaves. The plant will grow new leaves!”

Mt. Lebanon Montessori School and Academy

Mt. Lebanon School District

First – Sixth Grades

Number of Children: 45

Champion Award | *Healthy Bodies, Helping Hands*

Through cooking classes, classroom instruction and other planned activities, the students will have the opportunity to learn not only about general nutrition, but also about food and kitchen safety and the importance of eating seasonal, local and organic foods whenever possible. At the end of the 2016-2017 school year, each student will have completed six hours of cooking class, four hours of classroom lessons related to the cooking class, one classroom project, two take home projects and one field trip focused on nutritious foods.

Mt. Washington Children’s Center

Child Care Center

Early Childhood

Number of Children: 37

Seed Grant | *Grow with Ro*

Pre-K students at the Mt. Washington Children’s Center are learning about healthy food through the *Grow with Ro* program. Teachers plan to grow vegetables in their new garden and use these vegetables to practice healthful eating with the children. Along with gardening, the children will read books about food and cooking, create crafts and engage with parents by creating recipes that will be published in a school cookbook.

Myrtle Avenue Elementary School

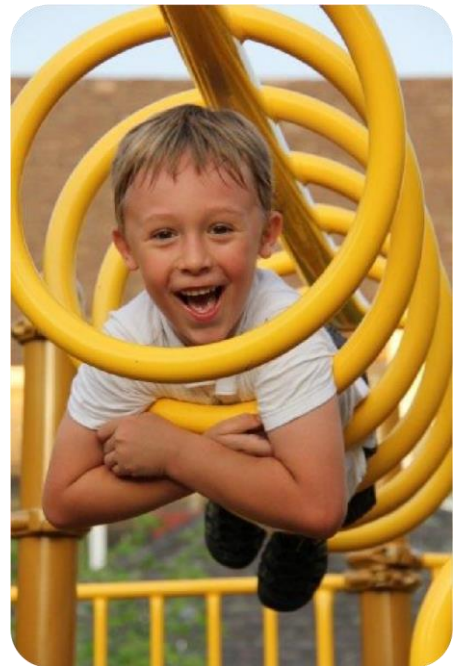
Keystone Oaks School District

Fourth – Fifth Grades

Number of Children: 100

Champion Award | *After School Intramurals*

Myrtle Avenue Elementary is enhancing their after school intramurals program for their fourth and fifth grade students. Through this program the school aims to keep their students active with new, fun sports in hopes that they will lead active lifestyles at school and also at home. Myrtle Avenue Elementary will add flag football, volleyball, wiffleball, baseball and soccer leagues to their existing after school intramurals program.



Pittsburgh Banksville K – 5

Pittsburgh Public School District

Kindergarten – Fifth Grades

Number of Children: 300

Champion Award | *Healthy Kids Initiative*

Pittsburgh Banksville is expanding its *Healthy Kids Initiative* in order to make a positive healthy impact on students’ lives by educating them about the benefits of healthy living and by increasing their knowledge of exercise and its positive effects on the body. Pittsburgh Banksville strives to meet these goals by having a greenhouse and garden, providing healthy snacks and by further funding their Physical Education program.

Pittsburgh Linden K – 5

Pittsburgh Public School District

Kindergarten – Fifth Grades

Number of Children: 200

Champion Award | *Linden Garden*

Pittsburgh Linden is creating their very own *Linden Garden*! Pittsburgh Linden realizes that students learn not only by seeing and listening, but also by touching, smelling and tasting. Students are learning the basics of growing food and about different fruits, vegetables, herbs and spices. In addition, food harvested from the garden will be given to students in the Backpack Initiative program at the end of the week to supplement mostly non-perishable food they receive for the weekend.

Pittsburgh Minadeo Pre-K – 5

Pittsburgh Public School District

Kindergarten – Fifth Grades

Number of Children: 367

Seed Grant | *Fancy Water Program*

Pittsburgh Minadeo is implementing a *Fancy Water Program* in their cafeteria. Fancy Water, consisting of ice water infused with fruit, is displayed in and dispensed from water coolers in the cafeteria to provide a free, refreshing, zero-calorie beverage option during meal service. Students should be reminded and prompted to drink water throughout the day for health, development and wellbeing. *Fancy Water* will get students excited to drink up!



Pittsburgh Montessori Pre-K – 5

Pittsburgh Public School District

Pre-Kindergarten – Fifth Grades

Number of Children: 350

Seed Grant | *Pittsburgh Parks Rx*

Pittsburgh Montessori aims to improve student health through outdoor learning and physical activity in parks and in the community through their *Pittsburgh Parks Rx* program. Teachers receive park-focused materials developed by the Pittsburgh Parks Conservancy that are integrated into existing curricula and augmented with Montessori lessons. Information on out-of-school-time activities is offered to help kids discover more about Pittsburgh's many parks.

Pittsburgh West Liberty K – 5



Pittsburgh Public School District

Kindergarten – Fifth Grades

Number of Children: 264

Champion Award | *AIM: Add more fruits and vegetables, Increase activity, Make smart choices*



Students at Pittsburgh West Liberty are participating in the *AIM* program! *AIM* stands for: Add more fruits and vegetables, Increase activity, Make smart choices. The school is working with Grow Pittsburgh to create a new edible school garden and with Citi-Parks to run an after school intramural program. The student leadership team is creating a “Wellness Wall” to display photos of members of the school community making healthy choices.

Pre-K Counts Founders Hall



McKeesport Area School District

Pre-Kindergarten

Number of Children: 66

Champion Award | *Yoga to be Kidding Me - Smoothies are Healthy*

Pre-K Counts Founders Hall is leading two programs: *Yoga to be Kidding Me* and *Smoothies are Healthy*. These programs expose students to yoga and the chance to taste test smoothies made with fruits and vegetables. Teachers provide weekly information packets about the benefits of the fruit or vegetable of the week and create weekly challenges for families that will help them assess their current eating and exercising habits and set goals for improvement.

Propel Pitcairn



Propel Schools

Third – Fourth Grades

Number of Children: 100

Seed Grant | *Pitcairn Grown*

Students at Propel Pitcairn will take part in the *Pitcairn Grown* program. Propel Pitcairn hopes to assist students in developing their understanding of how a seed becomes a plant and the environmental and biological factors involved by creating a garden. Students will plant tomatoes and beans, and after the plants sprout and grow, the plants will be taken home with a corresponding recipe for the families to enjoy over the summer.

Rankin Promise Program

Woodland Hills School District

Ages 7 – 12

Number of children: 25

Champion Award | *Rankin Garden*

The Rankin Promise Program is creating a *Rankin Garden*. Students will grow vegetables and herbs in an outside garden and also in an indoor aquaponics system. The vegetables and herbs, along with healthy options purchased from the grocery store, will be used to prepare easy, healthy meals. Students will be encouraged to journal about their experience and their feelings about growing food and making better food choices.



Righteous Beginnings Learning Center

Child Care Center

Third – Sixth Grades

Number of Children: 12

Seed Grant | *Future Foodies*

Righteous Beginnings Learning Center has created the *Future Foodies* program for their third to sixth grade students. These students are creating a cooking group using produce from the Righteous Beginnings garden. Each week the group will meet to discuss the snack they will prepare, reflect on their experience, and work on their cookbook. The youth will then publish a cookbook that will be shared with their families and the community.

Shady Lane School

Child Care Center

Early Childhood

Number of Children: 40

Champion Award | *Let's Move! Toolbox + The Neighborhood of Make Believe + Sugar-Free Snack Time*

Shady Lane School is building on its 2015 Champion Schools project by providing resources for teachers to conduct additional healthy activities. Shady Lane School is also implementing a *Sugar-Free Snack* time by serving sugar-free options to the toddlers and providing these recipes and other information with parents to promote healthy eating and active play outside of school.

Shady Side Academy Junior School

Private School

First – Fifth Grades

Number of Children: 150

Champion Award | *Active Learning*

Students at Shady Side Academy Junior School are participating in the *Active Learning* program. The goal of this program is to keep students active in the classroom, outside of recess and in gym class. Students are using equipment such as balance balls and disks during their normal class periods to allow the students to work while keeping their bodies active. This program is already being implemented in one classroom and the award will be used to buy more equipment so it can be used throughout the school, in various classes.

Shaler Area High School

Shaler Area School District

Pre-Kindergarten and High School

Number of Children: 35

Champion Award | *Fun with Farm Food*

Students at Shaler Area High School are participating in the *Fun with Farm Food* program. High school students are responsible for creating and implementing lessons on topics such as eating a colorful plate, making healthy eating fun and cooking together as a family. Students will present the lessons to Pre-K students who will also be involved in planting various vegetables in the high school greenhouse. [Read more about this project at https://phipps.conservatory.org/blog/detail/health-in-motion-the-csa-farm-share-a-shaler-areacommunity-focus.](https://phipps.conservatory.org/blog/detail/health-in-motion-the-csa-farm-share-a-shaler-areacommunity-focus)



Shaler Area High School



Shaler Area High School

Success story: “Overall, the positive feedback from all involved was overwhelming. Students were able to cook and spend time with family, away from electronics, which is another happy outcome. This program was able to positively affect a large group of families with a diverse amount of ages, incomes and eating habits.” – Project lead

South Fayette Elementary School

South Fayette Township School District

First – Second Grades

Number of Children: 464

Champion Award | *Elementary Discovery Garden Curriculum Initiative*

South Fayette Elementary School is planting a new *Discovery Garden*. Students are learning to take care of the *Discovery Garden* during their STEAM classes. Students and parents are gaining hands on experiences with planting, weeding, watering and maintaining the garden. *Read more about this project at <https://phipps.conservatory.org/blog/detail/health-in-motion-familygarden-night-a-catalyst-for-farm-to-table-style-coo>.*

Southminster Child Care Center

Child Care Center

Early Childhood

Number of Children: 57

Champion Award | *Fun Fitness for Kids*

Children at the Southminster Child Care Center are participating in the *Fun Fitness for Kids* program. The program aims to instill the importance of healthy lifestyles through fun, innovative weekly classes that improve children's physical, emotional and social skills. Southminster hosts two separate weekly classes for its students: *Stretch-n-Grow* for all children ages one and up and *Yoga* for all children ages three and up.

St. Bernard School

Diocese of Pittsburgh

Pre-Kindergarten – Eighth Grades

Number of Children: 287

Champion Award | *Gardening and Nutrition*

St. Bernard School is helping students learn through a *Gardening and Nutrition* program. By expanding the planter garden, St. Bernard School is able to yield more produce which is used for various food tastings and harvest parties throughout the year. Students learn through the hands on experience of gardening and are exposed to healthy foods through the food tastings and parties. *Read more about this project at <https://phipps.conservatory.org/blog/detail/health-in-motion-st.-edmunds-academy-garden>.*



Sto-Rox Elementary School / Middle School



Sto-Rox School District

Fourth – Sixth Grades

Number of Children: 100

Seed Grant | *Sto-Rox Intermediate After-School Athletics*



Sto-Rox Elementary and Middle Schools created the *Sto-Rox Intermediate After-School Athletics* program in order to offer programs for students that do not have the opportunity to engage in organized sports. By use of athletics, instructors are teaching character development, sportsmanship and the importance of a healthy lifestyle.

University Child Development Center



Child Care Center

Early Childhood

Number of Children: 155

Champion Award | *Garden to Classroom Table and Beyond*

Students at the University Child Development Center are participating in the *Garden to Classroom Table and Beyond* program. This project takes students through the gardening process from beginning to end, caring for the plants and celebrating by cooking and eating what they grow. The center grows a variety of healthy fruits and vegetables in a variety of ways and hopes to instill the importance of healthy food choices and gardening in their students.

Urban Pathways K – 5 College Charter School



Charter School

Third – Fourth Grades

Number of Students: 85

Champion Award | *Urban Pathways Proactive Day Starter (PDS) Smoothie Program*

Urban Pathways created the *Urban Pathways Proactive Day Starter (PDS) Smoothie Program*. Participating students arrive for school and immediately make a healthy fruit and vegetable smoothie to help fuel them for a proactive day of learning. Students also learn the importance of eating fruits and vegetables during their PE time through various games and activities. *Read more about this project at <https://phipps.conservatory.org/blog/detail/health-in-motion-time-to-healthy-snack-upwith-urban-pathways-k-5-college-c>.*

Success Story: “I had to get used to eating vegetables. I like kale now.” – Jade

Washington Elementary School

Mt. Lebanon School District

Kindergarten – Fifth Grades

Number of Students: 429

Seed Grant | *Eating the Alphabet: Fruits and Veggies from A to Z!*

Washington Elementary School created the *Eating the Alphabet: Fruits and Veggies from A to Z!* program. Nurses and PTA volunteer parents are holding a lunchtime raffle once a month where tickets are given to students who have at least one serving of fruits and vegetables on their lunch tray. The students are entered in a drawing to win one of six fruit and vegetable cookbooks for them to use at home. Also, each week the students participate in a recipe contest involving the current fruit or vegetable of the week.

Champion Schools Meet Ups (2016)

As part of the Champion Schools program, schools are invited to participate in “Meet Ups” at a Champion Schools site. During these Meet Ups, recipients 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 2016.

Beth Shalom Early Learning Center



Greenock Elementary School



Mon Valley School



About Let's Move Pittsburgh

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

EXECUTIVE COMMITTEE

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