Champion Schools Program Report (2018)

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

PHIPPS
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.

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.

Meet Up at Regency Park Elementary School

2018 Champion Schools Announcement on website.
## Champion Schools (2014 – 2018)
### Summary of Impact and Reach by Year

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

*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:

<table>
<thead>
<tr>
<th></th>
<th>2018 Champion School</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2017 Champion School</td>
</tr>
<tr>
<td></td>
<td>2016 Champion School</td>
</tr>
<tr>
<td></td>
<td>2015 Champion School</td>
</tr>
<tr>
<td></td>
<td>2014 Champion School</td>
</tr>
</tbody>
</table>
Champion Schools Grant Recipients (2014 – 2018)

**Allegheny Intermediate Unit**
- 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**
- East Union Intermediate Center (2016, 2017)

**Diocese of Pittsburgh**
- St. Bernard School (2016)
- St. Sebastian School (2015)

**Elizabeth Forward School District**

**Fox Chapel Area School District**
- Hartwood Elementary School (2014)

**Gateway School District**
- Evergreen Elementary School (2018)

**Highlands School District**
- Grandview Upper Elementary School (2015)

**Keystone Oaks School District**
- Dormont Elementary School (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**

**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**
- 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 Concord K – 5 (2014)
- Pittsburgh Conroy (2017)
- Pittsburgh Dilworth (2015, 2017)
- Pittsburgh Mifflin (2018)
- Pittsburgh Morrow (2018)
- Pittsburgh Phillips (2018)
- 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**

**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)
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)
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)
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)
Falk Laboratory School (2014, 2015)
Glenn Montessori School (2017, 2018)
Hillcrest Christian Academy (2016)
Kentucky Avenue 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)
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)
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 Belleview 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.

**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.
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.

**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.

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.
**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.

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 resources needed to make nutritious food choices and lead active lifestyles.

LET’S MOVE PITTSBURGH STAFF
Laura Leiden, M.S. R.D. L.D.N. | Let’s Move Pittsburgh Program Manager
Kelly Regan | Let’s Move Pittsburgh Public Health Associate
Sarah States, Ph.D. | Director of Research and Science Education

Learn more about us at letsmovepittsburgh.org or send an email to letsmove@phipps.conservatory.org. Follow us on Twitter @letsmovepgh and on Facebook at facebook.com/letsmovepittsburgh.