Champion Schools Program Report (2019)

Building healthy places for children to learn and grow in Allegheny County
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 2019, 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.

2019 Champion Schools Announcement on website.
## Champion Schools (2014 – 2019)

### Summary of Impact and Reach by Year

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<td>Children Reached by Program</td>
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<td>Projects with Teach Kids to Grow and Cook Food Theme</td>
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<td>After/Before School Clubs Supported</td>
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<td><strong>Total Funds Awarded</strong></td>
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*Please note that the 2014 metric is the total number of students enrolled in awarded schools. The 2015, 2016, 2017, 2018 and 2019 metrics are the number of students within awarded schools who are direct participants in Champion Schools grant projects.*
Champion Schools Grant Recipients (2014 – 2019)

Key:

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<th>Icon</th>
<th>Description</th>
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<tr>
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<td>2019 Champion School</td>
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Champion Schools Grant Recipients (2014 – 2019)

**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)

**Brentwood Borough Public School District**  
Elroy Elementary School (2019)

**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, 2019)

**Hampton Township School District**  
Wyland Elementary (2019)

**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**  
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, 2019)
Pittsburgh Carmalt K-8 (2019)
Pittsburgh Concord K – 5 (2014)
Pittsburgh Conroy (2017)
Pittsburgh Manchester Elementary (2019)
Pittsburgh Mifflin (2018)
Pittsburgh Morrow (2018, 2019)
Pittsburgh Phillips (2018)
Pittsburgh Weil Elementary School (2019)
Pittsburgh Westwood K-8 (2019)
Pittsburgh Whittier (2018, 2019)
Spring Garden Early Childhood Center (2018)
Sterrett Classical Academy (2014)

Plum Borough School District
Center Elementary School (2018, 2019)
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

Sto-Rox School District
Sto-Rox Upper Elementary School (2016, 2017)

Wilkinsburg School District
Turner Intermediate School (2019)

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, 2019)
Rankin Promise Program (2014, 2016)
Wilkins Elementary (2019)
Woodland Hills Academy (2015)
Woodland Hills Intermediate School (2017)

**Child Care Centers**
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)
Cynthia Franck’s Childcare- Forest Hills and Penn Hills (2019)
Elizabeth Seton Center (2019)
Growing Patch Learning Center (2019)
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, 2019)
Hillcrest Christian Academy (2016)
Kentucky Avenue School (2014, 2015, 2017)
Penn Hills Charter School of Entrepreneurship (2019)
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, 2019)
Summary of Champion Schools Programs of 2019

Angels’ Place – North Side
Child Care Center
Early Childhood
Number of Children: 26
Award Grant | Healthy Moves and Healthy Foods

Angels’ Place North Side will use their Champion Schools grant to implement a holistic wellness program; specifying science, nutrition, gardening, and yoga lessons. Parents are encouraged to contribute through their Play Connections group.

Angels’ Place – Swissvale
Child Care Center
Early Childhood
Number of Children: 19
Award Grant | Healthy Moves and Healthy Foods

Angels’ Place North Side will use their Champion Schools grant to implement a holistic wellness program; specifying science, nutrition, gardening, and yoga lessons. Parents are encouraged to contribute through their Play Connections group.

Barrett Elementary
Steel Valley School District
Fourth Grade
Number of Children: 60
Seed Grant | Exercise In/Junk Out!

Barrett Elementary will use their Champion Schools grant to give students access to information about healthy eating and exercise. Students will be learning about healthy food options and the ways that junk food affects the body. Family members are encouraged to submit nutritious recipes to make a healthy food cookbook!

Center Elementary School
Plum Borough School District
Third through Fourth Grade
Number of Children: 500
Seed Grant | Be Water Wise

Center Elementary will use their Champion Schools grant to fund an in-school water bottle filling station designed to teach students about the importance of drinking water. Their lessons will give students the opportunity to connect healthy effects of drinking water and reducing consumption of sugary beverages.
Cleveland Steward Elementary School
Gateway School District
Kindergarten through Fourth Grade
Number of Children: 320
Seed Grant | Drab to Fab

Cleveland Steward Elementary School will use their Champion Schools grant to acquire recess equipment to help exercise students bodies and minds. The school is seeking to get Imagination Playground blocks for the children to use during recess to promote physical activity, creativity, and cooperation with peers.

Curtisville Primary
Deer Lakes School District
Kindergarten through Second Grade
Number of Children: 441
Award Grant | Walking/Jogging Club and Expansion of our Kinesthetic Lab

Curtisville Primary Center will use their Champion Schools grant to expand the Student Lap Tracker software, which will track the physical activity of faculty, staff, and students. The students will also be participating in walking/jogging sessions that will build connections between the students and staff/faculty.

Cynthia K. Franck’s Child Care, Inc
Forest Hills Location
Early Childhood and After-School Programs
Number of Children: 55
Seed Grant | 5 Minutes to Move It!

Cynthia K. Franck’s Child Care, Inc. will use their Champion Schools grant to purchase various exercise equipment for their “5 Minutes to Move It!” program. The program will increase the amount of time dedicated to physical activity. Students will be doing a variety of yoga poses and aerobic exercises to keep them moving.

Cynthia K. Franck’s Child Care, Inc
Penn Hills Location
One through Twelve Years of Age
Number of Children: 40
Seed Grant | Get in the Groove!

Cynthia K. Franck’s Child Care, Inc. will use their Champion Schools grant to purchase various exercise equipment to make physical activity fun for all students. The students will be working on cooperative play, teamwork, coordination, following directions, and agility!

Edgewood Primary School
Woodland Hills School District
Kindergarten through Third Grade
Number of Children: 360
Award Grant | Nutrition at Edgewood

Edgewood Primary School will use their Champion Schools grant to nutrition component into physical education classes. Students will understand how to make healthier choices in their diet, and why processed foods may not be the best choice. Students will be discovering the information through physical activities.

Elizabeth Seton Center
Preschool 3-5
Number of Children: 85
Seed Grant | Seton Steps it Up!

Elizabeth Seton Center will use their Champion Schools grant to increase the amount of exercise that their children get each day by offering a variety of new equipment. This provides their children with more opportunities for gross motor play, which is necessary for preschoolers.

Elroy Elementary School
Brentwood Borough School District
Kindergarten through Fifth Grade
Number of Children: 331
Seed Grant | Active Gaming

Elroy Elementary School will use their Champion Schools grant to incorporate technology with physical activity. The students will use technology for kinesthetic-based activities.

Evergreen Elementary School
Gateway School District
Kindergarten through Fourth Grade
Number of Children: 250
Award Grant | Jump with Jill, Make Nutrition Rock at Your School

Evergreen Elementary School will use their Champion Schools grant to help students become aware of healthy food options and fun ways to incorporate exercise during the day. The students will learn how to respect their bodies through healthy choices.

Fred L. Aiken Elementary
Keystone Oaks School District
Kindergarten through Fifth Grade
Number of Children: 200
Award Grant | Aiken Learning Garden
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.

**Growing Patch Learning Center School**
3rd through 6th grade  
Number of Children: 50  
Seed Grant | Growing Patch

Growing Patch Learning Center School will use their Champion Schools grant to provide basketball hoops and balls to their students to encourage physical activity outdoors. They will also be planting a garden to have their students grow, care for, and share healthy food.

**Heritage for Kids Early Learning Center**
Early Childhood  
6 mo. to 5 years  
Number of Children: 141  
Seed Grant | Heritage for Kids Horticulturists

Heritage for Kids Early Learning Center will use their Champion Schools grant to build and plant an edible garden, which will be used for education and culinary experiences. Science lessons will feature the garden, and children and their families will play a part in care of the garden through daily interaction and engagement activities.

**Kentucky Avenue School**
First through Eighth Grade  
Number of Children: 82  
Seed Grant | Rise Up Roots

Kentucky Avenue School will use their Champion Schools grant to implement a food and social justice program for students. While learning about food access in communities, the children will have the opportunity to maintain a garden space and a Little Food Pantry.

**Manchester Academic Charter School**
Pittsburgh Public Schools  
K through 5th grade  
Number of Children: 264  
Awards Grant | MACS Elementary Grows
Manchester Academic Charter School will use their Champion Schools grant to engage students in tending, interacting with, and harvesting their gardens. This gives them a deeper understanding of plant life cycles, nutrition, and healthy vegetables.

**Park Elementary School**
Steel Valley School District
3rd – 5th Grades
Number of Children: 50
Seed Grant | Cooking in the Garden

Park Elementary School will use their Champion Schools grant to launch a gardening and cooking program, which will teach their students to tend and harvest a garden. It will also teach them to cook healthy food using produce from their garden that they may not otherwise have access to eating.

**Penn Hills Charter School of Entrepreneurship**
Pittsburgh Public Schools
Kindergarten through 6th Grade
Number of Children: 300
Seed Grant | Grow S.M.A.R.T. Garden of Entrepreneurship

Penn Hills Charter School of Entrepreneurship will use their Champion Schools grant to implement a school garden, in which students will participate in planning, planting, maintaining, harvesting, dividing shares, and eating their fresh fruits and vegetables. The garden will also be used for lessons.

**Pittsburgh Allegheny K-5**
Pittsburgh Public Schools
Kindergarten through Fifth Grade
Number of Children: 570-600
Seed Grant | Jumping with Jill

Pittsburgh Allegheny K-5 will use their Champion Schools grant to fund the Jumping with Jill program. The students will learn about making healthy choices. The program shows that exercising can happen in a fun way!

**Pittsburgh Arsenal K-5**
Pittsburgh Public Schools
Kindergarten through Fifth Grade
Number of Children: 255
Seed Grant | Kinesthetic Awareness

Pittsburgh Arsenal K-5 will use their Champion Schools grant purchase various exercise equipment for the students to use. The program is help students become life-long, kinesthetic learners.
**Pittsburgh Banksville K-5**
Pittsburgh Public Schools
Kindergarten through Fifth Grade
Number of Children: 330
Seed Grant | Fitness Fridays

Pittsburgh Banksville K-5 will use their Champion Schools grant to “Fitness Fridays.” This program will teach students how to grow and cook nutritious food, and how to live a more active lifestyle.

**Pittsburgh Dilworth Elementary**
Pittsburgh Public Schools
Kindergarten through Eighth Grade
Number of Children: 450
Award Grant | Pittsburgh Dilworth Gets Moving!

Pittsburgh Dilworth Elementary will use their Champion Schools grant to expand the existing garden and purchase new recess equipment. Students will be getting more physical activity through the day and learning about healthy eating.

**Pittsburgh Greenfield**
Pittsburgh Public Schools
Kindergarten through Eighth Grade
Number of Children: 390
Seed Grant | Common Threads

Pittsburgh Greenfield will use their Champion Schools grant to used resources from Common Threads for parent workshops and teacher cooking classes. The workshops and cooking classes educate teachers and parents about healthy eating habits and nutritious cooking.

**Pittsburgh Manchester PreK-8**
Pittsburgh Public Schools
Kindergarten through Eighth Grade
Number of Children: 215
Seed Grant | Growing Up Manchester

Pittsburgh Manchester will use their Champion Schools grant to build and plant an education garden, which will give students experience with gardening and trying new fruits and vegetables. Students will be more likely to eat healthy food that they grew.

**Pittsburgh Phillips K-5**
Pittsburgh Public Schools
Kindergarten through Fifth Grade
Number of Children: 300
Award Grant | Tower to Table

Pittsburgh Phillips K-5 will use their Champion Schools grant in planting and maintaining tower gardens. The fresh fruits and vegetables grown in the gardens will be featured as culinary initiatives for students and used to expand lessons.

**Pittsburgh Carmalt PreK-8**

Pittsburgh Public Schools
Kindergarten through Fifth Grade
Number of Children: 215
Seed Grant | Jumping with Jill

Pittsburgh Carmalt PreK-5 will use their Champion Schools grant to fund the Jumping with Jill program. The students will learn about making healthy choices, and shown that exercising could happen in a fun and unique way.

**Pittsburgh Westwood K-5**

Pittsburgh Public Schools
Kindergarten through Fifth Grade
Number of Children: 300
Award Grant | The E.S.T.E.E.M. Group

Pittsburgh Westwood K-5 will use their Champion Schools grant fund classes through The E.S.T.E.E.M. Group. The students will be working with their peers to become better teammates, strengthen social skills, and build the school community.

**Pittsburgh Whittier Elementary K-5**

Pittsburgh Public Schools
Kindergarten through Fifth Grade
Number of Children: 215
Seed Grant | Ballroom Dancing

Pittsburgh Whittier Elementary will use their Champion Schools grant to launch a ballroom dancing program that will be instructed by The E.S.T.E.E.M. Group. The students will develop social and emotional skills and participate in physical activity in a unique and fun way!

**PLEA**

Pittsburgh
Five through Twenty-One Years of Age
Number of Children: 36
Award Grant | Wellness Group
PLEA will use their Champion Schools grant to fund daytime physical activity instruction for students. The grant will also be used to buy fitness equipment, which can be used for both indoor and outdoor activities.

**Providence Connections**  
Pittsburgh  
Pre- Kindergarten through Fifth Grade  
Number of Children: 40  
Award Grant | Providence Connections Outdoor Explorers

Providence Connections will use their Champion Schools grant to start a program to get children exercising in natural environments. Students will participate in weekly, gross-motor, outdoor activities that will educate the students on the importance of exercise.

**Tender Care Learning Center, Whitehall**  
Early Childhood  
Two through Ten Years of Age  
Number of Children: 100  
Seed Grant | Ready, Set, Grow!

Tender Care Learning Center will use their Champion Schools grant to purchase various gardening supplies and tools for the creation of a school garden. The students will understand how to grow and maintain a garden, while learning about the related environmental topics, such as preservations of natural resources. A cook book will be design to base recipes off of the fruits and vegetables grown in the garden.

**The Glen Montessori School**  
Private School  
Pre-Kindergarten through Sixth Grade  
Number of Children: 180  
Award 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

**Turner Intermediate School**  
Wilkinsburg School District  
First through Second Grade  
Number of Children: 200  
Seed Grant | Growing Together

Turner Intermediate School will use their Champion Schools grant to develop a program where students plant fruits and vegetables for a service project and their community
garden. They will use their harvests to learn measuring, weighing, and comparing, and to cook and eat with their families.

**Urban Pathways K-5 College Charter School 🌱**
*Charter School*
*Kindergarten through Fifth Grade*
*Number of Children: 137*
*Award Grant | Going Green Growing Classrooms*

Urban Pathways K-5 College Charter School will use their Champion Schools grant to maintain a classroom garden. Students will learn how to grow and harvest flowers and edible plants. Students will learn the importance of community service by donating flowers to areas in need and nutrition basics by making healthy smoothies from their harvested produce.

**Weil Elementary School 🌻**
*Pre-Kindergarten*
*Number of Children: 60*
*Seed Grant | Sensory Paths to Peacefulness*

Weil Elementary School will use their Champion Schools grant to design and implement a sensory path which will allow students to practice mindfulness through purposeful movement. This offers students support and an outlet for stress, anxiety, emotional tensions and extra energy.

**West Liberty Elementary School 🌍 🐞**
*Pittsburgh Public Schools*
*Third through Fifth Grade*
*Number of Children: 140*
*Seed Grant | Stationary Bike Cool Down*

West Liberty Elementary School will use their Champion Schools grant to purchase stationary fitness bikes to be used for mindfulness. The equipment purchased will help students to channel energy in the form of physical activity.

**Wilkins Elementary School 🐞**
*West Mifflin Area School District*
*Pre-Kindergarten through Sixth Grade*
*Number of Children: 500*
*Seed Grant | Wilkins Wellness*

Wilkins Elementary School will use their Champion Schools grant to fund the Jumping with Jill program. The students will learn about making healthy choices for their bodies, and shown that exercising could happen in a fun way throughout the day.
Wyland Elementary School 🌿
West Mifflin Area School District
First through Fifth Grade
Number of Children: 345
Award Grant | Wyland’s Tower Garden – How to Grow Food

Wyland Elementary School will use their Champion Schools grant to purchase a Tower Garden, LED Light Kit, seeds, and water retaining mat to be used in student’s science education classes. The equipment purchased will help students to enhance their knowledge healthy foods and plant biology.

Young Scholars of Western PA Charter School 🌿 🌻 🐝
Charter School
Kindergarten through Eighth Grade
Number of Children: 327
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. Educators will teach students how to build, cultivate, and sustain the space using 95% recycled materials. Students will stimulate their senses in the bee & butterfly garden, medicinal herb garden, native plant garden, and edible garden beds!

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 2019! 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**

**Maris Altieri, R.D. |** Let’s Move Pittsburgh Program Coordinator  
**Sarah Cullo |** Let’s Move Pittsburgh Program Coordinator  
**Heather Shannon, M. Ed. |** Let’s Move Pittsburgh Senior Program Manager  
**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.*