



Champion Schools Program Report (2017)

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



UPMC HEALTH PLAN

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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.



Mt. Washington Children's Center

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.

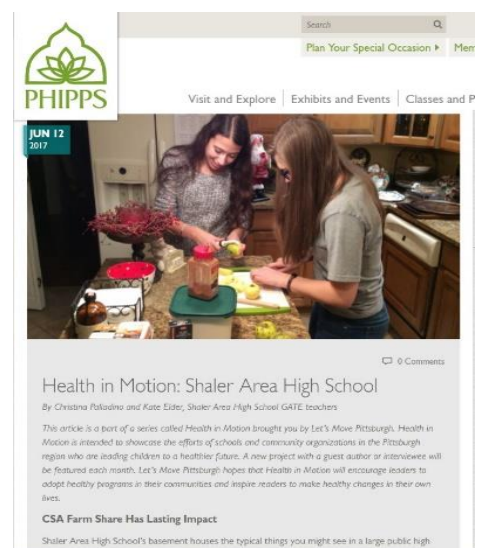
Let's Move Pittsburgh launched the Champion Schools program in 2014 with the goal of providing funds, tools, networking opportunities and best practices to schools that will help them build healthy environments for children. Champion Schools receive stipends for program supplies, toolkits, fact sheets, 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 are selected for funding based on how the applying schools demonstrate project need, sustainability and potential impact on student health. For the review process, a panel of reviewers scores 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 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 six-month and twelve-month evaluations of project objectives and (b) support the project during the grant year with a "healthy fundraiser." Fundraisers are a great way to support health and wellness programs and make them sustainable for future school years; therefore, Let's Move Pittsburgh challenges schools to use alternative methods 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. This year, Champion Schools were also invited to showcase their work at the Let's Move Pittsburgh 5-2-1-0 Speakers Series and biennial Symposium. Champion Schools have the opportunity to share their work with parents, caregivers, health professionals and community providers through an interactive poster session. Additionally, all schools receive a Champion School sticker to display in their school.



Sample blog post by Shaler Area High School

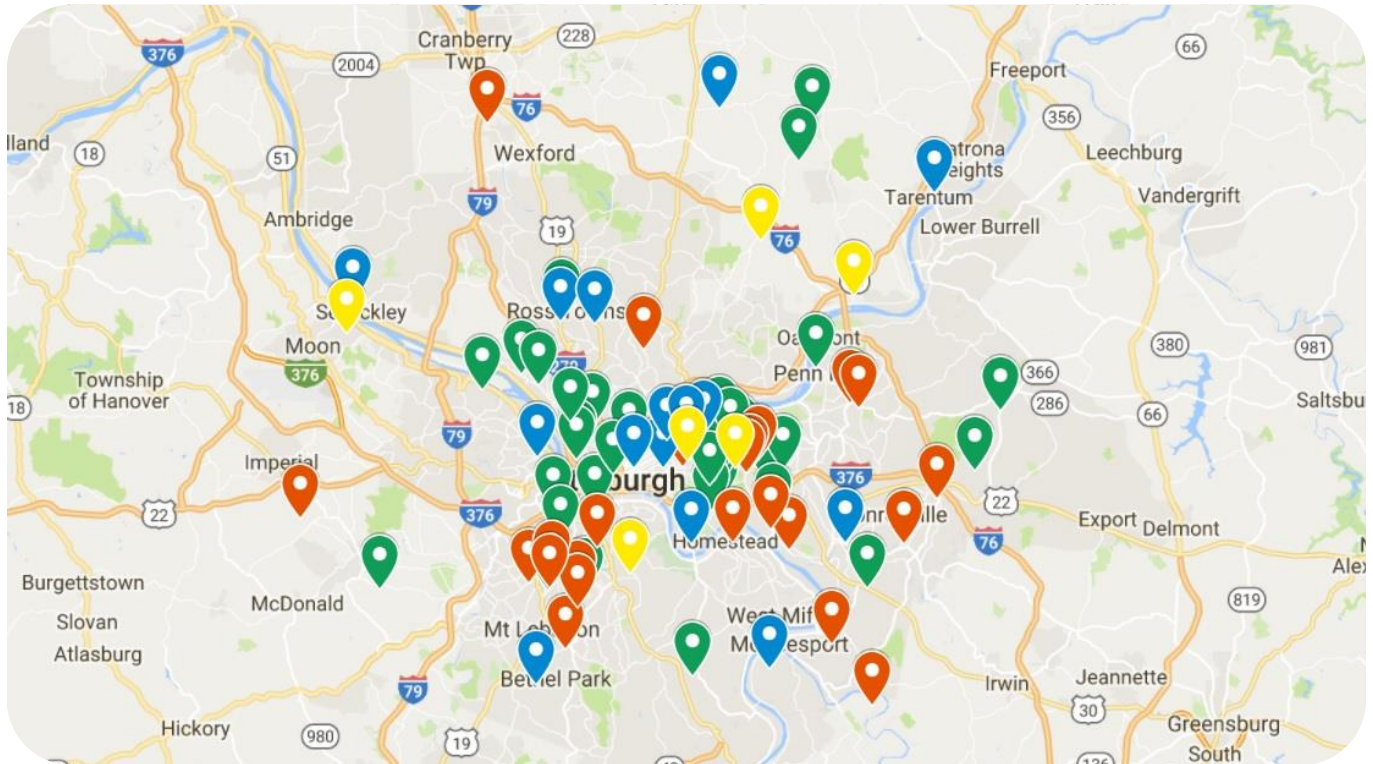
Champion Schools (2014 – 2017)

Summary of Impact and Reach by Year

	2014	2015	2016	2017	Total
Program Sponsor	Giant Eagle	The Heinz Endowments	The Heinz Endowments	The Heinz Endowments	
Children Reached by Program	9,564*	8,554	7,521	8,026	33,665
Grants Awarded	21	41	40	40	142
Projects with Bag the Junk Theme	5	8	8	6	27
Projects with Get Kids Moving Theme	14	22	22	19	77
Projects with Teach Kids to Grow and Cook Food Theme	10	24	23	22	79
School Gardens Supported	7	16	18	18	59
Play-Area Improvements	2	6	10	8	26
After/Before School Clubs Supported	13	23	7	13	56
Total Funds Awarded	\$20,060	\$40,000	\$40,000	\$40,000	\$140,060

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

Champion Schools Grant Recipients (2014 – 2017)



Key:

	2017 Champion School
	2016 Champion School
	2015 Champion School
	2014 Champion School

Champion Schools Grant Recipients (2014 – 2017)

AIU

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

Allegheny Valley School District

Springdale Jr./Sr. High School (2014)

Bethel Park School District

Memorial School (2015)

Deer Lakes School District

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

Diocese of Pittsburgh

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

Elizabeth Forward School District

Greenock Elementary (2015, 2016)

Fox Chapel Area School District

Hartwood Elementary (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 (2014, 2015,
2017)
Myrtle Avenue Elementary (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 (2017)
Bellevue Elementary (2017)

Penn Hills School District

Penn Hills Elem/Linton MS (2015, 2016)

Pine Richland School District

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

Pittsburgh Public School District

Pittsburgh Banksville (2014, 2015, 2016,
2017)
Pittsburgh Concord K – 5 (2014)
Pittsburgh Conroy (2017)

Pittsburgh Public School District

Pittsburgh Dilworth (2015, 2017)
Pittsburgh Faison K – 5 (2014, 2015, 2017)
Pittsburgh Langley K – 5 (2015)
Pittsburgh Liberty K – 5 (2015, 2017)
Pittsburgh Linden K – 5 (2016, 2017)
Pittsburgh Miller African Centered
Academy (2014, 2015)
Pittsburgh Minadeo Pre-K – 5 (2015, 2016,
2017)
Pittsburgh Montessori Pre-K – 5 (2015,
2016)
Pittsburgh West Liberty K – 5 (2015, 2016)
Pittsburgh Woolslair Pre-K – 5 (2015)
Sterrett Classical Academy (2014)

Plum Borough School District

Regency Park Elementary School (2017)

Propel Schools

Propel Hazelwood (2015)
Propel Pitcairn (2016)

Shaler Area School District

Shaler Area High School (2015, 2016)

South Allegheny School District

South Allegheny Elementary School (2015)

South Fayette School District

South Fayette Elementary School (2015,
2016, 2017)

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 (2016)

Woodland Hills School District

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

Child Care Centers

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

Private and Charter Schools

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



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Summary of Champion Schools Programs of 2017

Angels' Place – North Side

Child Care Center

Early Childhood

Number of Children: 20

Award Grant | *Learn, Stretch and Grow*

Angels' Place North Side will be using their Champion Schools grant to continue their Learn, Stretch and Grow program. A child yoga expert will teach the children about different muscle groups, healthy eating habits and ways to incorporate exercise into their daily lives. Families will be encouraged to join their children during these activities and will be kept up to date about the weekly activities and given healthy recipes to make at home.

Angels' Place – Swissvale

Child Care Center

Early Childhood

Number of Children: 20

Award Grant | *Learn, Stretch and Grow*

Angels' Place Swissvale will use their Champion Schools grant to implement the Learn, Stretch and Grow program. The Learn, Stretch and Grow program will focus on teaching science and nutrition through the outdoor garden, providing seasonal fruits and vegetables throughout the school year and providing expertly taught yoga classes designed specifically for the age groups of children they serve.



Avalon Elementary

Northgate School District

Kindergarten – Sixth Grades

Number of Children: 15

Seed Grant | *Kids Can Cook*

Avalon Elementary will be implementing a Kids Can Cook program for their Life Skills students. Along with teaching the students cooking skills, the school will be purchasing a Tower Garden to expose the children to gardening and to provide vegetables for recipes and taste tests.

Bellevue Elementary

Northgate School District

Kindergarten – Sixth Grades

Number of Children: 350

Seed Grant | *Gardens Fill the Gaps that Otherwise May Remain Empty*

Bellevue Elementary will use their Champion Schools grant to buy a Tower Garden for their school. Students will receive hands-on lessons related to growing plants from seed, maintaining proper pH levels and harvesting, as well as what to make with the harvested crops.

“Students have participated in lessons on nutrition which have encouraged them to make healthier choices. Our students have also recently participated in National Walk to School Wellness Day which promotes a healthy active lifestyle. One student commented: ‘I like to walk, it’s was a great way to exercise!’” – Project lead

Beth Shalom Early Learning Center

Child Care Center

Early Childhood

Number of Children: 125

Award Grant | *Namaste & Play*

Beth Shalom Early Learning Center will use their Champion Schools grant to continue their Namaste & Play program. This program provides developmentally appropriate yoga instruction to the children in the Early Learning Center. This program will expose the children to breathing techniques, improve their gross motor skills and act as an outlet for structured physical activity.

Brightside Academy

Child Care Center

Early Childhood

Number of Children: 50

Seed Grant | *Family Meals = Happy Meals*

Brightside Academy will use their Champion Schools grant to implement their Family Meals = Happy Meals initiative. This initiative aims to engage parents and their children in five Family Cooking workshops that will be led by Brightside Academy staff and the Greater Pittsburgh Community Food Bank.



Community Day School

Private School

Second – Fifth Grades

Number of Children: 15

Award Grant | *CDS Farm Stand After-School Program*

Community Day School will use their Champion Schools grant to continue their CDS Farm Stand After-School program for the third year. Activities take students on a journey from farm to table, starting with soil and composting, then to planting, harvesting and finally food preparation and distribution. This year, students will help install a pollinator garden on campus and taste tests will be provided in the lunchroom for all Community Day School students. Read more about this project at phipps.conservatory.org/blog/detail/health-in-motion-community-day-school-farm-stand

Community Day School Farm Stand



Curtisville Primary Center

Deer Lakes School District

Kindergarten – Second Grades

Number of Children: 488

Award Grant | *Revamped Recess*

Curtisville Primary Center, a three-time Champion Schools award winner, will use their grant to implement a Revamp Recess program. They will create three distinct recess zones to provide different options for structured play and provide age appropriate equipment for their students. The school hopes that by providing safe, functional spaces and age appropriate equipment students will have more meaningful activity time during recess.

Earthen Vessels Outreach

Child Care Center

Pre-Kindergarten – Fifth Grades

Number of Children: 60

Award Grant | *Step, Move, Crunch and Go*

Earthen Vessels Outreach will be using their Champion Schools grant to implement their Stop, Move, Crunch and Go program. During this after school program students gather together for educational lessons and are allotted time to be physically active. The Champion Schools award grant will go towards providing healthy snacks to the children multiple times a week.

East Union Intermediate Center

Deer Lakes School District

Third – Fifth Grades

Number of Children: 450

Seed Grant | *Deer Lakes Healthy Fit Kids*

After completing a School Health Index Assessment through Action for Healthy Kids, East Union Intermediate Center plans to use their Champion Schools grant to increase opportunities for their students to be active. They will purchase more PE equipment which will complement their existing health initiatives such as a Tower Garden, smoothie tastings and Health Connect newsletter. Read more about this project at phippss.conservatory.org/blog/detail/health-in-motion-east-union-intermediate-center

Fred. L Aiken Elementary

Keystone Oaks School District

Kindergarten – Fifth Grades

Number of Children: 200

Award Grant | *Ramp Up Recess & Learn the Lifetime Activity of Gardening*

Fred L. Aiken Elementary is using their Champion Schools grant to improve their recess program and incorporate other activities throughout the school year. Students will benefit from new equipment to use in recess and gym class, as well as the implementation of a mileage club and the expansion of existing gardening activities.

The Glen Montessori School

Private School

Pre-Kindergarten – Sixth Grades

Number of Children: 165

Seed Grant | *Glen Gardens*

Gardens are growing at The Glenn Montessori School! They will be using their Champion Schools grant to create a garden and composting system to enhance the beauty of their courtyard. At harvest time the students will create recipes for their families to sample and enjoy at their annual reconnection picnic.



Homewood-Brushton YWCA Childcare Center

Child Care Center

Early Childhood

Number of Children: 48

Seed Grant | *YWCA Discovery Garden*

The YWCA Homewood-Brushton Child Care Center will use their Champion Schools grant to unveil their very own Discovery Garden. This addition will allow children to grow their own food, learn about the life cycle of a plant and get their hands dirty maintaining the garden. Once the garden matures, the child care teachers plan to create and share recipes with the children and their families using the food grown in the Discovery Garden.

Kentucky Avenue School

Private School

Kindergarten – Eighth Grades

Number of Children: 83

Award Grant | *Enright Community Garden*

Kentucky Avenue School will be using their Champion Schools grant to sustain their Enright Community Garden. This eight year garden project is an integral part of the school curriculum and culture at Kentucky Avenue School. During the spring and fall, students will garden on a weekly basis and engage in science, nutrition and service learning lessons.

La Escuelita Arcoiris

Child Care Center

Pre-Kindergarten – Kindergarten

Number of Children: 65

Seed Grant | *El Jardin de Colores*

La Escuelita Arcoiris, a first time Champion Schools grant recipient, will be using their grant money to create El Jardin de Colores.

Their garden committee plans to build two to four raised beds to plant herbs and vegetables to ultimately host an Escuelita Salsa Party for their students and their families.



La Escuelita Arcoiris

“We utilized our new garden bed to grow lots of cherry tomatoes and basil that we used to make pesto and salad. We were able to host a Garden Fiesta! We continued to use the garden beds to grow more tomatoes and herbs and will re-utilize them for the seasons to come.” – Project lead

Manchester Academic Charter School

Charter School

Kindergarten – Fifth Grades

Number of Children: 258

Seed Grant | *MACS Elementary Grows*

Manchester Academic Charter School will use their grant to transform a vacant lot owned by the school into a learning garden focused on growing fruits and vegetables. The elementary school students will be engaged at all stages of the garden from the planning stages through food preparation and tastings. By incorporating knowledge of nutrition information, students will learn the benefits of making healthy food choices!

Mon Valley School

AIU

Kindergarten – Tenth Grades

Number of Children: 48

Award Grant | *Yogamatics & Mindful Movement Matters*

Mon Valley School plans to implement the Yomatics and Mindful Movement Matters programs to increase daily activity and limit sedentary activity in the classroom. The students will practice yoga to increase movement, breathing and mindfulness in hopes of improving their physical and mental health.

Mt. Washington Children's Center

Child Care Center

Early Childhood

Number of Children: 45

Seed Grant | *Grow with Ro*

Mt. Washington Children's Center plans to use their Champion Schools grant to continue their Grow with Ro program. This program educates children about fruits and vegetables from seed to harvest through hands-on gardening and educational activities. Teachers will also provide opportunities for the children to taste the fruits of their labor during harvest season! Read more about this project at phipps.conservatory.org/blog/detail/health-in-motion-mt.-washington-childrens-center/



Mt. Washington Children's Center

Pittsburgh Banksville K – 5

Pittsburgh Public School District

Kindergarten – Fifth Grades

Number of Children: 300

Award Grant | *Banksville Bobcats Fitness Champions*

Banksville Bobcats Fitness Champions are coming! Pittsburgh Banksville will be using their Champion Schools grant to continue to build and develop their fitness program with new equipment and technology. They will continue their garden wall and will also host cooking classes for students to enjoy new foods and learn new skills.

Pittsburgh Conroy

Pittsburgh Public School District

Ages Six – Twenty One

Number of Children: 200

Award Grant | *Conroy On the Move!*

Pittsburgh Conroy will be using their grant money to implement the Conroy On the Move! program. The money will be used to purchase more equipment for PE class to offer a greater variety of activities to the students. The teachers hope the additional equipment and new activities will allow the students to build on their team building skills and stay active during the entire PE class.

Pittsburgh Dilworth Traditional Academy

Pittsburgh Public School District

First – Third Grades

Number of Children: 250

Award Grant | *Edible Schoolyard*

Students at Pittsburgh Dilworth Traditional Academy will be learning how to plant, grow and care for an edible garden thanks to their Champion Schools grant! This edible garden will be taken care of by students, teachers, parents and community members throughout the school year and the summer months.

The school will also offer informational sessions and cooking classes to educate this families and community about the garden and what they can do with the produce!



Pittsburgh Faison K – 5

Pittsburgh Public School District

Fourth – Fifth Grades

Number of Children: 50

Award Grant | *Faison at the Wheelmill*

Pittsburgh Faison will use their grant money to continue their after school cycling program in partnership with the Wheelmill. During the spring and fall of 2017, Faison students will be introduced to the lifelong benefits of cycling at the unique facility located in the neighborhood. The Wheelmill partnership will also provide discounts to students who return with their families. *Read more about this project at phipps.conservatory.org/blog/detail/health-in-motion-pittsburgh-faison-at-the-wheel-mill*

“ After asking a group of students that recently finished a session, how they were feeling on a scale of 1 – 5, with 1 being low and 5 being high, 95% responded, ‘Infinity!’”- Project lead

Pittsburgh Liberty K – 5

Pittsburgh Public School District

Kindergarten – Fifth Grades

Number of Children 500

Seed Grant | *Playground Renovation & Garden Project*

Pittsburgh Liberty will be using their Champion Schools grant to renovate their playground and create a garden for all the classes to utilize. The renovation of the playground and the garden will allow the students to spend more time outside being active.

Pittsburgh Linden K – 5

Pittsburgh Public School District

Kindergarten – Fifth Grades

Number of Children: 373

Award Grant | *Linden Physical Education and Nutrition Curriculum*

Pittsburgh Linden will be using their Champion Schools grant to purchase equipment to improve their PE and Health classes. The school plans to purchase equipment for activities such as: soccer, football, basketball, softball, kickball and jump rope. They will also be purchasing MyPlate resources for the nutrition component of their Health class to ensure their students are receiving the most recent nutrition guideline information.

Pittsburgh Minadeo PreK – 5

Pittsburgh Public School District

Kindergarten – Second Grades

Number of Children: 190

Award Grant | *Healthy Eating*

Pittsburgh Minadeo will be using their money to beautify their existing garden! The garden allows students to care for the plants from seed to sprout to harvest. During harvest time, students will learn how to cook healthy recipes with the fruits and vegetable they grow, and will even receive a recipe book to continue the fun at home!

PLEA

Pittsburgh School Based Partial Hospital

Kindergarten – Twelfth Grades

Number of Children: 35

Seed Grant | *Wellness*

Children who attend PLEA will benefit from the Wellness program, which will allow for more opportunities for the students to be physically active. The Champion Schools grant will be used to buy fitness equipment and a variety of materials for indoor and outdoor activities. Teachers hope that that students will take the skills acquired from the program and use them in daily life and after they leave the program.



Providence Connections

Child Care Center and After-School Program

Pre-Kindergarten – Fifth Grades

Number of Children: 40

Seed Grant | *Follow Our Food Journey*

Providence Connections will be implementing a cooking program that will benefit their students in their after school program. Students will attend a cooking class two to three times a week, work in the garden, create personal recipes and participate in a student cooking show. Staff will also create a monthly newsletter to share with students and their families.

Provident Charter School

Charter School

Third – Fifth Grades

Number of Children: 144

Seed Grant | *Provident Charter School Grow Room*

Provident Charter School will use their grant to build a spherical grow room for their school! They will partner with a local vocational technical school to have carpentry students build the structure, and then the student population will help maintain the garden structure through the growing season. The school will then use the fruits and vegetables grown in the garden to supplement their lunch program, so the students can see and taste the fruits of their labor!

Regency Park Elementary

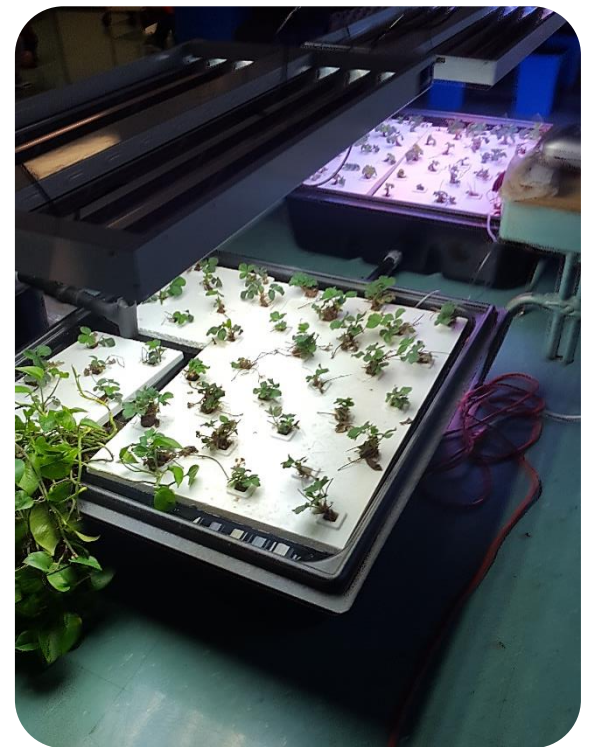
Plum Borough School District

Kindergarten – Sixth Grade

Number of Children: 250

Seed Grant | *The Edible Classroom*

Regency Park Elementary will use their Champion Schools grant to build upon their existing edible classroom by purchasing a Tower Garden. Students and teachers of all grade levels will work to grow a variety of lettuce and other vegetables that will hopefully be able to support the school lunch program. Teachers hope that by including the students in the growing and harvesting of the food they will be encouraged to make healthy choices at school and at home.



Regency Park Elementary Edible Classroom

Riverview Children's Center

Child Care Center and After-School Program

Early Childhood – Fifth Grades

Number of Children: 120

Seed Grant | *I Like to MOVE it*

Riverview Children's Center will be using their grant money to provide developmentally appropriate physical fitness equipment in their newly constructed indoor recreation room. Children will visit the recreation room daily and it will also be available for use during their after school program. Riverview Children's Center hopes that this program will help children find new skills they enjoy and they will choose to seek out these activities in their free time rather than sedentary activities.

South Fayette Elementary

South Fayette School District

Kindergarten – Fifth Grades

Number of Children: 1484

Seed Grant | *South Fayette Yoga Initiative*

South Fayette Elementary will be using their Champion Schools grant to implement a yoga program for their students. School officials will arrange for a certified yoga instructor to teach students yoga postures, relaxation and meditation techniques. Classrooms will also be provided with yoga mats and yoga posture cards to continue yoga practice after the certified yoga instructor completes the staff and student trainings.

“Through this program we have trained over 75 staff members and provided 60 yoga mats for use during PE class. In November we provided yoga sessions for over 1500 students in the Elementary and Intermediate schools. – Project lead”

Southminster Child Care Center

Child Care Center

Early Childhood

Number of Children: 60

Award Grant | *Fun Fitness for Kids*

Children at the Southminster Child Care Center will be 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 will host two separate weekly classes for its students: Stretch-n-Grow for children ages one and up and Yoga for children ages three and up. Throughout both classes, the teachers will discuss the importance of a healthy lifestyle that includes healthy foods and regular exercise.



St. Edmunds Academy

Private School

Pre-Kindergarten – Second Grades

Number of Children: 50

Award Grant | *Collaborative Garden*

Students in preschool and second grade at St Edmund's Academy will collaborate to help care for their expanding school garden! Students will take responsibility for all aspects of the school garden such as tiling the land, planting the seeds and harvesting the crops. The school plans to expand their existing garden by adding additional outside planters and purchasing an indoor Tower Garden. Read more about this program at phipps.conservatory.org/blog/detail/health-in-motion-st-edmunds-academy-garden

“In addition to planning the garden, there are grades learning about composting by designing, building, and installing compost bins in the Outdoor Garden space. – Project lead”

Sto-Rox Upper Elementary

Sto-Rox School District

Fourth – Sixth Grades

Number of Children: 150

Award Grant | *Sto-Rox Upper Elementary Athletics*

Sto-Rox Upper Elementary will be using their Champion Schools award to expand their school athletic program. Students can currently participate in football and baseball, but the school plans to add soccer, basketball and cheerleading to their program. By adding these additional activities to the school's athletic program, students will be exposed to new sports they may have never tried before.

Sunrise School

AIU3

Ages Five – Twenty One

Number of Children: 124

Seed Grant | *Sunrise Garden*

Sunrise School will be creating the Sunrise Garden which will allow their students to learn how to plant and grow vegetables in a Tower Garden. Each classroom will get the opportunity to grow vegetables in the Tower Garden and work first hand with the garden each day. If successful, the school hopes to expand the garden project to the school grounds with a greenhouse in the future.

Thomas Home Child Care

Child Care Center

Early Childhood – Third Grade

Number of Children: 10

Award Grant | *Future Standouts*

Thomas Home Child Care plans to use their Champion Schools grant to implement their Future Standouts program. The child care facility will partner with Chris Edmonds, founder of the Athletic Training Unit (ATU), to provide an organized exercise program for their children and their families on a weekly basis. These family friendly 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 – Fourth Grades

Number of Children: 85

Award Grant | *Urban Pathways Proactive Day Starter Smoothie Program*

Urban Pathways K – 5 will use their grant funds to continue the Urban Pathways Proactive Day Starter (PDS) Smoothie Program. Participating students will arrive for school and immediately make a healthy fruit and vegetable smoothie. After consuming their healthy smoothie, the students will be fueled and ready to have a proactive day of learning. Students will also be exposed to the importance of eating fruits and vegetables during their PE time through various themed games.



UPCS students at the final White House Garden Harvest to represent the Let's Move! initiative.

Woodland Hills Intermediate School

Woodland Hills School District

Fourth – Sixth Grades

Number of Children: 625

Seed Grant | *Healthy Living through Mindful Gardening*

Gardens are blooming at Woodland Hills Intermediate School! The school plans to use their Champion Schools grant to create a school community garden with the help of students, teachers and parent volunteers. The implementation of a school garden will create an avenue for students to understand the importance of cooperation and collaboration to achieve a positive outcome.

Wright Childcare Solutions

Child Care Center

Early Childhood

Number of Children: 27

Seed Grant | *Let's Get Growing*

Who's growing? Wright Childcare Solutions is! They will use their grant money to implement their Let's Get Growing program which will allow students to take part in a variety of activities including planting, tending and harvesting their own gardens. Teachers will utilize resources from Grow Pittsburgh to teach students about the various aspects of creating and harvesting a garden!

Young Scholars of Western PA Charter School

Charter School

Kindergarten – Eighth Grades

Number of Children: 295

Award Grant | *Farming Friends Garden Club*

Young Scholars of Western PA Charter School will be using their first Champion Schools grant to expand their school garden! This project, started in the spring of 2016, has taught the students about a variety of topics such as gardening, composting, pollination, sustainability and local produce. This school year the school hopes to add a pollinator garden, a water garden, a medicinal herb garden, a reading garden and a pumpkin patch! Let's get growing!



Champion Schools Meet Ups (2017)

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 2017!

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.

EXECUTIVE COMMITTEE

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