



For October Release

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Let's Move Pittsburgh Takes Two Elementary Students to Harvest with Michelle Obama

Pittsburgh, Pa. — Let's Move Pittsburgh, a program of Phipps Conservatory, has chosen Urban Pathway's College Charter School to take its healthy strides all the way to the White House to participate in a garden harvest with First Lady Michelle Obama. Mary Kathryn Poole, Let's Move Pittsburgh director, was chosen to go to the White House to represent museums and gardens in the U.S. that have made a commitment to healthy living and was asked to choose the program's most active participants to accompany her.

For the third year, Urban Pathways College Charter School K-5 was named a Let's Move Pittsburgh Champion School, a mini-grant program through Phipps Conservatory that celebrates and rewards schools for leading new or existing programs to improve children's health. "Let's Move Pittsburgh chose students from Urban Pathways to go to the White House because of the efforts of school leadership and two outstanding staff members, Linda Williams and Janine Macklin, who have continually embraced the values of healthy lifestyles and grown the program," says Mary Kathryn Poole, director of Let's Move Pittsburgh. Modeled after First Lady Michelle Obama's *Let's Move!* campaign, Let's Move Pittsburgh ultimately seeks to better understand the challenges to practicing a healthy lifestyle, and then tackle them with a unified approach that anyone can follow.

Urban Pathways College Charter School K-5 uses its grant funds to support its 'Time to Healthy' Snack UP program, that aims to expose students to fresh fruits and vegetables, as well as its 90-day program with NutriBullet. In addition, Urban Pathways has embraced a healthy school environment by incorporating yoga, exercise and health education into every school day.

Linda Williams, Urban Pathways College Charter School K-5 Yoga Teacher, identified two active students to best represent the school and its initiative. Fifth grade student Bruce Allen, who is known as the spokesmen for NutriBullet University, and fourth grade student, Lemiah Cross, a basketball player and aspiring actress, will be actively involved in the garden harvest from picking vegetables to helping prepare a meal with the White House chefs.

A pep rally at Urban Pathways College Charter School K-5 cafeteria has been planned as the perfect send off for these health-conscious students. On Wednesday, Oct. 5 at 10:45 a.m., kindergarten through fifth grade students, staff, and representatives from Let's Move Pittsburgh will wish them safe travels with inspirational signs and cheers. The students will depart at 4 p.m. from the school and are slated to return Friday, Oct. 7 at 2 p.m.

To date, Let's Move Pittsburgh has awarded \$100,060 to 102 early childhood centers, preschools and elementary schools reaching over 25,000 children.

Phipps Conservatory and Botanical Gardens: Founded in 1893, Phipps Conservatory and Botanical Gardens in Pittsburgh, Pa. is a green leader among public gardens with a mission to inspire and educate all with the beauty and importance of plants; to advance sustainability and promote human and environmental well-being through action and research; and to celebrate its historic glasshouse. phipps.conservatory.org

Let's Move Pittsburgh — modeled after First Lady Michelle Obama's national *Let's Move!* campaign to raise awareness about the benefits of healthy foods, increased exercise and decreased screen time — is a program of Phipps and a collaborative effort to improve the health of children in southwestern Pennsylvania. letsmovepittsburgh.org

Urban Pathways K-5 College Charter School is a leader in urban education. We are a free charter school located in Downtown Pittsburgh. Upon opening our doors in August of 2011, we have created a learning environment where students thrive. We are the only school in Pennsylvania to fully implement the Core Knowledge Curriculum. Using rigorous educational standards, and connecting learning with experiences in the Pittsburgh Cultural Trust and City of Pittsburgh, we help students achieve their full potential. Upck5.net