

# Healthy Schools Healthy Communities

LET'S BUILD A HEALTHIER FUTURE

**FOR IMMEDIATE RELEASE:**  
**August 9, 2017**

**Contact:**  
**Meredith Pierce**  
**Saint Louis Public Schools**  
**314.345.2367**

## **Five SLPS Schools Earn National Healthy School Award** *Schools top list of America's Healthiest Schools*

**St. Louis, MO (August 9, 2017)** – Adams, Cote Brilliante, Gateway, Gateway-Michael and Woodward elementary schools were just announced as recipients of the Alliance for a Healthier Generation's 2017 "National Healthy Schools Award." The 2017 list of America's Healthiest Schools is comprised of 323 schools from across the country that met or exceeded high standards for creating healthy school environments. As a part of the Healthy Schools Healthy Communities (HSHC) initiative, Saint Louis Public Schools (SLPS) has worked to create a healthier future for children in St. Louis City. These changes were made possible by grant funding from Missouri Foundation for Health and the hard work of school leadership, staff and students.

"Kids spend up to half of their waking hours and consume 50% of their total calories at school," said Leanne White, HSHC Project Director. "SLPS is committed to fostering a healthy environment and giving students a chance to grow up at a healthy weight.

"To accomplish this, we have made changes to some of our practices by increasing movement opportunities with AIM Zones, Peaceful Playgrounds, and providing quality Physical Education classes. We've created policy changes to meet the needs of our students, such as water bottles in the classroom and a district water campaign to promote hydration. The installation of water refilling stations and playground equipment are a couple examples of environmental changes that have taken place because of our participation in the HSHC grant. We have already seen positive changes in our students and are excited to see the effect these changes have over the long-term."

Award winners were recognized for serving healthier meals and snacks, getting students more active, offering high-quality physical and health education and empowering school leaders to become healthy role models. Requirements for the award include complying with federal nutrition standards for school meals, offering school breakfast, implementing district wellness policies and providing students with at least 60 minutes of physical education per week. Studies show that healthy students perform better on tests, get better grades, attend school more often and behave better in class.

"Saint Louis Public Schools has made great strides in increasing kids' access to healthy food and regular physical activity," said Deidre Griffith, Program Director, Missouri Foundation for Health. "The National Healthy Schools Award is a remarkable accomplishment and I look forward to seeing what healthy changes the district makes next!"

SLPS plans to build on this success through its continued partnership with BJC School Outreach and Youth Development. Thanks to the partnership, several community/school events, such as the Double

# Healthy Schools Healthy Communities

LET'S BUILD A HEALTHIER FUTURE

Dutch Showcase, Award Yourself With Health Fair and the Flash Mob, will take occur during the 2017-2018 school year.

## **About Healthy Schools Healthy Communities**

Healthy Schools Healthy Communities (HSHC) empowers communities to build a healthier future for children and families across Missouri. An initiative of Missouri Foundation for Health, HSHC brings together schools, community organizations, businesses, parents, and residents to increase access to healthy food and physical activity where our kids live, learn, and play.

## **About Missouri Foundation for Health**

Missouri Foundation for Health is a resource for the region, working with communities and nonprofits to generate and accelerate positive changes in health. As a catalyst for change, the Foundation improves the health of Missourians through partnership, experience, knowledge, and funding.

To learn more please visit [mffh.org](http://mffh.org)

## **About Alliance for a Healthier Generation**

The Alliance for a Healthier Generation empowers kids to develop lifelong healthy habits, by ensuring the environments that surround them provide and promote good health. More than 25 million children have been helped by the Alliance's work with schools, communities and businesses across the country. Make a difference at [HealthierGeneration.org](http://HealthierGeneration.org) and join us on [Facebook](#) and [Twitter](#).

###