

SCHOOLS FOR HEALTHY LIFESTYLES

lifeline

\$2.7 Million Grant Awarded to SHL

SHL will receive \$2.7 million over the next three years to support their efforts in educating and encouraging elementary students, teachers, and families across the state to make healthy lifestyle choices. The grant is awarded from the US Department of Education and is one of 67 given nationally to Local Education Agencies (LEAs) and community-based organizations that plan to implement comprehensive, integrated physical activity and nutrition programs for their students through the Carol M. White Physical Education Program (PEP).

The grant is the largest received by SHL and is the largest funded in the state. Schools for Healthy Lifestyles will reach more than 35,000 students in 63 schools during the 2014-2015 school year.

"We are thrilled that our grant was funded. To be recognized this way is an honor, but more than that it allows us to offer so many awesome programs, support, and equipment to our schools," said Lindsy Lemons, Program Direc-

tor. "Our ultimate goal is to have every child in Oklahoma living a healthy lifestyle – aware of the decisions they make regarding exercise, nutrition, hygiene, and safety. If we can do that, we will be a success."

SHL students will benefit from increased programming, additional health evaluations, and a more focused health initiative in their schools.

PEP grants are intended to assist programs like SHL with initiating, expanding, or enhancing physical education and nutrition education programs. Through these programs, it is expected that students will develop an appreciation for lifelong, healthy nutrition and physical education habits, and make progress toward meeting their state standards for physical education.

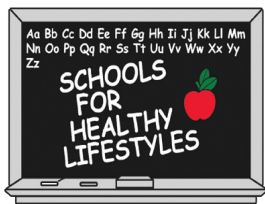
"A healthy, active lifestyle is an important ingredient of academic success," U.S. Secretary of Education Arne Duncan said. "These grants are a resource to help schools and communities develop programs that teach students the importance of staying active and developing healthy lifestyles. We need more states, districts, schools and communities to recognize the critically important role of physical education in improving student engagement and achievement."

SHL to Honor Three with Children's Wellness Award

Schools for Healthy Lifestyles will honor Drs. D. Robert and Mary Anne McCaffree, and former State Superintendent, Sandy Garrett with the John R. Bozalis Children's Wellness Award for their efforts to help make Oklahoma's children the healthiest in the nation. The annual award began in 2010 and has recognized John R. Bozalis, M.D., Stanley F. Hupfeld, H.E. Gene Rainbolt, and Donna Nigh.

The event will be held on April 28th from 6:00 p.m. to 8:00 p.m. at the Oklahoma City Golf and Country Club. Presenting Sponsor is OU Medicine.





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Seven Schools Join SHL

Hundreds of students across the state are enjoying the many benefits of being an SHL school this year for the first time. Seven schools joined the program and were recognized at the annual Summer Health Institute. The schools include:

Arthur Elementary	Putnam Heights Elementary
Lee Elementary	Oakridge Elementary
Nichols Hills Elementary	Spring Creek Elementary
Windsor Hills Elementary	

Several schools were also recognized during the Institute for outstanding efforts in the focus areas.

- Injury Prevention - Atoka Elementary
- Nutrition - Little Axe Elementary
- Physical Activity - ML King Elementary
- Tobacco Use Prevention - Jones Elementary & Hupfeld Academy
- Oral Health Education - Horace Mann
- Principal of the Year - Susie Dougherty - Washington Irving Elementary
- Adopt-a-Dentist - Dr. Rebecca Davis - Harmony Elementary
- Adopt-a-Doc Award - Dr. Courtney Swartz - Indian Meridian Elem/James Griffith Intermediate
- Coordinator of the Year - Diana Irick - Jefferson Elementary
- Beth Ramos Overall School of the Year - Jefferson Elementary, Union

Dr. Michael Crutcher, SHL Board President, former NBA star, Desmond Mason and his wife Andrea Mason honor Diana Irick of Jefferson Elementary with the Beth Ramos Award.



You can become a Healthy Hero!

Join Schools for Healthy Lifestyles in their mission to promote and maintain healthy lifestyle choices in Oklahoma through preventive, community-based school health education programs for students, their families, and faculty.

Healthy Heroes Program

- ✓ Give at least \$100 to SHL
- ✓ Promote SHL to your community
- ✓ Receive recognition in SHL promotions

For more information: Schools for Healthy Lifestyles
405.606.8435 • www.healthyschoolsok.com