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Floyd C. Fretz Middle School awarded a grant through the Highmark Healthy High 5 School Challenge

Grant will provide resources to develop and implement program aimed at a fitness/wellness program.

BRADFORD, PENNSYLVANIA (April 29, 2009) – Floyd C. Fretz Middle School has been awarded a Highmark Healthy 5 School Challenge grant of \$10,000 to implement a wellness and nutrition program aimed to address the growing issue of lack of physical activity and obesity in children. Studies illustrate that the health habits children develop at a young age will continue with them through adulthood. The grant will support Fretz’s efforts in introducing programs that will ultimately create healthier, more successful students.

Fretz will be using the grant to help change our school culture and educate our students the importance of nutrition and physical activity. The program is expected to reach over all students in grades 6th, 7th, and 8th.

“We recognize the importance of providing our students with the resources that will encourage them to adopt healthy habits’,” said Judy Abbey, Health education instructor at Fretz. “This grant will allow us to provide our children with nutrition education so as to build skills and motivate our students to make healthy food choices. Also, the nutrition aspect will concur with the physical fitness component so our students understand the correlation of being a lifelong learner dealing with nutrition, fitness, and overall wellness.” added Mrs. Slaven.

Since 2007, the Highmark Foundation, through the Highmark Healthy 5 School Challenge, has awarded a total of \$3.5 million in grants to 496 schools in 47 counties across Pennsylvania for programs that address bullying prevention and self esteem, improve nutrition education, enhance nutrition choices and provide opportunities for physical activity.

“The Highmark Healthy High 5 School Challenge Grant Program is geared toward helping schools address their unique health and wellness challenges,” said Yvonne Cook, president of the Highmark Foundation. “This grant provides Floyd C. Fretz Middle School with the resources and tools to implement an innovative program that will help their students establish lifelong, healthy habits.”

For more information on the Highmark Healthy 5 School Challenge grant program, visit www.highmarkhealthyhigh5.org.

About Highmark Healthy High 5

Highmark Healthy High 5 is a five-year, \$100 million children’s health promotion initiative of the Highmark Foundation. The mission of the initiative is to improve health of children and adolescents ages 6-18 by providing them with the tools and practices needed to make informed decisions about living healthier lives. Highmark Healthy High 5 addresses five critical children’s health promotion issues – nutrition, physical activity, self-esteem, grieving and bullying prevention – by raising awareness, changing behavior through grants and programs, and providing resources to parents, schools and communities served by the Highmark Foundation. For more information, visit www.highmarkhealthyhigh5.org or call 800-789-1726.