



# NEWS RELEASE

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## **Waterford School District Awarded Blue Cross Blue Shield of Michigan Building Healthy Communities Grant** *Waterford Township Parks and Recreation Department Receives Funding Through Grant*

**May 13, 2010 Waterford, Mich.** – The Waterford School District and Donelson Hills Elementary School were awarded \$33,000 from Blue Cross Blue Shield of Michigan, Building Healthy Communities: Engaging Elementary Schools and their Community Partners Program, which supports school programs focused on reducing childhood obesity. The grant consists of four elements: health assessments, physical activity and nutrition education, walking club, and a 5K run or walk. Donelson Hills Elementary School will implement the following projects during the 2010-2011 school year:

- HOPSports lessons which will enhance PE instruction and increase physical activity
- OrganWise Guys science-based school nutrition and physical activity program
- BodyWorks obesity prevention program designed to help parents improve family eating and activity habits
- Run and/or Walk Day
- Family walking and swim nights at the Waterford School District Pool & Fitness Center

“We are extremely pleased to have been awarded this grant which will allow us to continue our focus on child nutrition and physical activity, two important elements key to student academic success,” says Superintendent Robert Neu.

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The grant encouraged community partnerships and collaborative approaches to obesity prevention. The Waterford School District and Waterford Township Parks and Recreation Department collaboratively proposed a "Ride Your Bike to Work and School Day" which will involve Donelson Hills Elementary School and the local community and was awarded \$17,470 to complete this project. "The Waterford Parks & Recreation Department is excited to be receiving this award. This award will allow us to educate children and their parents about the non-motorized alternatives for getting to and from school, thus saving energy and building a healthy lifestyle," says Thomas Newcombe, Waterford Parks and Recreation Director.

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