



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**New Jersey YMCA State Alliance Healthy U school selection  
for 2017-18 school year**

***EARN CREDIT TOWARD HEALTH & WELLNESS ACTION FOR SUSTAINABLE JERSEY FOR SCHOOLS***

***Receive valuable resources to support efforts in Lets Move and Alliance for Healthy Generation efforts***

The New Jersey State Alliance, along with The Horizon Foundation for New Jersey, is in the planning process to select the next cohort of schools to participate in the Healthy U program for the 2017-18 school year. Since 2012, the school-based Healthy U program has impacted 38,000 children in 70 New Jersey schools. Healthy U is based on the CATCH curriculum; research shows that students will be healthier and perform better in school because of the program. To implement Healthy U, the New Jersey YMCA State Alliance partners a local YMCA with their local elementary schools to develop and implement a coordinated School Health Plan.

School selection for the 2017-2018 school year begins now. 10 new schools will be selected. **If your school is interested in being a part of the program, contact Sue Cornell, Healthy U Director at [sue.cornell@ymca.net](mailto:sue.cornell@ymca.net) to learn about the programs resources and benefits.**

**School consideration includes:**

- A sincere interest in creating healthy environments in your school community that promotes physical activity and good nutrition.
- Maintain or develop an active school wellness committee that meets regularly to establish goals and activities that help support positive student health behaviors
- Integrate the Healthy U educational component, as well as the environmental strategies, in all areas of the school: PE, food service, classroom, and other school activities

**Healthy U Partner School Benefits (value: \$6500)**

**Provided to the School:**

CATCH Resource Kits: Value \$3300  
CATCH PE Activity Equipment Bundle  
CATCH Curriculum/Lesson plans for PE  
Classroom Health Nutrition Curriculum/Lesson Plans  
CATCH Coordination Guide book and resources: Value \$225  
CATCH Implementation training: Value \$2500  
On-Line Access to all curriculums  
Printed Informational Promotional materials (t-shirts for all students)  
Technical support for School Wellness Committees  
Resources for additional grants (Fitnessgram)  
George Street playhouse preferred pricing for "Austin the Unstoppable"

***\*HEALTHY U SCHOOLS ALSO EARN CREDIT TOWARD HEALTH & WELLNESS ACTION FOR SUSTAINABLE JERSEY FOR SCHOOLS***

For further information contact **Sue Cornell, Healthy U Director-**  
[sue.cornell@YMCA.net](mailto:sue.cornell@YMCA.net) or 609-619-1717

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