



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 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-**
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