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Purdy and Prairieview Schools Make Healthy Changes

Battle Creek, MI (*April 2, 2009*) – Students at Purdy and Prairieview elementary schools will find it easier to move more and eat better thanks to a grant from Action for Healthy Kids, funded by the Kellogg’s Corporate Citizenship Fund. The ultimate goal of the grant is to help kids be the best they can be by making sure they are fit, healthy and ready to learn.

Principals, Jane Haudek at Purdy and Caril Disler at Prairieview, fully supported the process of bringing stakeholders together to form a Coordinated School Health Team in their schools. Each team completed a thorough assessment of current policies and environments that impact the health of their students and staff, using Michigan’s “Healthy School Action Tools”. Once the results were in, teams decided on Healthy School Action Plans that will lead to sustainable change.

Purdy’s Action Plan included the purchase of a new salad bar to encourage kids to eat more vegetables and fruit; staff trainings; and establishing a walking club with incentives.

Prairieview’s Action Plan included a community meeting with parents and other members from the community including Paul Yetaw from Lakeview food service; launching a “Girls on the Run” running program; hosting a “Get Smart About Food” Fair; and purchasing equipment to encourage activity before and after school, in the classroom, and during recess.

Strong Coordinated School Health Teams at the school level and the school district level are essential for sustainable change. They will continue to advocate for healthy school environments and policies to benefit the students and staff of Purdy and Prairieview. Their success stories will be added to the growing list of successes posted on Michigan’s School Success Story Website at www.mihealthtools.org/schoolsuccess.

In addition to supportive principals, key players included physical education teachers Karen McCafferty at Purdy and Jen Lacy at Prairieview; Calhoun County Public Health department staff Karen Lukowski, school nurse at Purdy, and Sharon Davids, school nurse at Prairieview. Guidance came from Calhoun County Public Health Department School Nurse Supervisor Regina Crooks and Michigan Action for Healthy Kids Co-Chairperson Dru Szczerba of the American Cancer Society.

About Action for Healthy Kids and Michigan Action for Healthy Kids

Action for Healthy Kids[®] is a national non-profit organization that addresses the epidemic of overweight, undernourished and sedentary youth by focusing on improving nutrition and physical activity policies and practices in schools. This grassroots public-private partnership of 60 organizations and government agencies supports the efforts of Teams – comprised of

more than 11,000 volunteers – in all states and the District of Columbia. *Progress or Promises? What's Working For and Against Healthy Schools*, which reveals the status of school wellness in America, is Action for Healthy Kids' most recent report. Michigan Action for Healthy Kids was formed in October 2002 following the first Healthy Schools Summit. The Michigan Team is comprised of health and nutrition professionals, school personnel, parents, and community leaders. To learn more or to get involved with the Michigan Team, visit www.ActionForHealthyKids.org.

About Kellogg's Corporate Citizenship Fund

Kellogg's Corporate Citizenship Fund is the charitable arm of Kellogg Company. With 2008 sales of nearly \$13 billion, Kellogg Company is the world's leading producer of cereal and a leading producer of convenience foods. Kellogg products are manufactured in 19 countries and marketed in more than 180 countries around the world. Kellogg contributed more than \$40 million in cash and \$120 million in product to various charitable organizations around the world over the last five years. Visit www.kelloggcompany.com.

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