



**December 18, 2013**

# Press Release

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## ***Riverview School District Awarded Grant by the Highmark Foundation: Creating a Healthy School Environment Award***

Congratulations to the members of the Riverview School District Wellness Committee for obtaining a grant award of \$5,000.00 from the Highmark Foundation! This funding will be used to purchase cardio equipment and to fund outreach events facilitated by the Riverview Wellness Outreach Program. Once developed, this program aims to encourage healthy eating and regular exercise for our students' well-being. The Highmark Foundation Super+ School District Grant application was introduced and coordinated by Dr. Coudriet, who worked closely with a team of Physical Education Teachers, Principals, School Nurses, and the Nutritionists to develop a proposal for promoting health and wellness.

The Riverview Wellness Committee surveyed our students and determined that the current fitness room lacks a range of state of the art equipment found in many area school districts. This lack of variety in exercise equipment does not offer students a variety of choices for physical activity, though they are learning the importance of exercise as a component to healthy living in their Physical Education classes. Our long-range goal is to use the funds awarded through the grant to purchase equipment to improve our fitness facility by adding more cardio equipment to make cross-training for healthy living possible for our students.

In addition, the Riverview Wellness Committee will use this funding to plan and facilitate several community outreach events focusing on nutrition education. The district will use this improved facility, complemented by the programming aimed to promote healthy living, to collect data that examines students' engagement in higher intensity physical education throughout the year. Analysis of this data may allow the district to expand the Physical Education curriculum to offer an even greater range of specialized course offerings for our students. The Riverview Wellness Committee is seeking additional donations to purchase commercial use equipment to enhance our school fitness facility.