

WELLNESS CHAMPIONS UPDATE

February 2017

Get Your Game On with Action for Healthy Kids

Got an idea for a physical activity or nutrition initiative your school would like to tackle? Action for Healthy Kids will be awarding approximately 600 Game On grants for the 2016-17 school year. [Learn more](#) how you can earn up to \$1,000 for your school by seeing what other schools have done and registering for a webinar scheduled later this month. Applications are due Friday, April 7th, with awards announced May 5th. Contact Carol if you want assistance developing a plan and Lisa in Grants if you decide to apply.

Spring Cycling Ahead

Do you know an SPPS family that could really use a bike? SPPS and Allina are teaming up again for a bike distribution event on April 22nd at Hazel Park. Allina has 200 refurbished bikes available. We are ask that names, along with heights, be submitted by Feb. 27th to ensure that inventory match requested sizes. Please email Carol with student requests or if you'd like to have some bikes for a potential school fleet.

Congratulations to Wellness Champion Alicia Ekegren from Ramsey! Alicia is one of the 13 SPPS teachers nominated for the 2017 Teacher of the Year

The groundhog may have predicted that spring is still 6 weeks away but it will be here before you know it. And with spring comes – **Bike/Walk to School Day!** Get your school involved doing a **Bus/Drop/Walk** event. Bike/Walk to School Day is Wednesday, May 10th. Contact Carol if you'd like to join our growing group of participants. A year ago we had five schools and we currently have 8 schools that are planning remote drops.

Congratulations also to Washington Tech, Expo and Randolph Heights. All 3 schools are the beneficiaries of Met Council infrastructure grants to St. Paul. The SRTS work done by the schools helped pave the way for the funding.

Save the date:
Wellness Week 2016-17
May 8th – May 12th
Stay tuned for details

Contact info:

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