PRESS RELEASE

For Immediate Release

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Lincoln Charter School Receives Mini-grant Funds Totaling $8,000 from Penn State Hershey PRO Wellness Center

(May 30, 2013) York, Pa. – Penn State Hershey PRO Wellness Center, in collaboration with the Pennsylvania Department of Health, has awarded two mini-grants in the total of $8,000 to Lincoln Charter School for their planned efforts to focus on bicycle safety.

Lincoln Charter School partnered with the Eat Play Breathe York Transportation Task force to send in an application, which was chosen amongst 70 received throughout Pennsylvania and was scored based on planned efforts to develop, coordinate and administer Safe Routes to School and/or Capacity Building Mini-grant programs to increase physical activity.

The Safe Routes to School (SRTS) program is an initiative established to encourage students to walk or bike to school. SRTS mini-grants were available to schools in PA that include grades K-8. Programs were funded to make walking and biking to school a safer and more appealing transportation alternative while encouraging health, physical activity and safety.

Lincoln Charter School and the Eat Play Breathe York Transportation Task force have partnered together in the past in order to bring York City bike-friendly activities, such as National Bike to School Day on May 8, where students learned valuable bike safety information. They also conducted surveys with parents and students of Lincoln Charter throughout April and May, in order to provide decision makers with a variety of data that describes the most frequent mode of transportation that is utilized to and from school. The two will continue their bike safety focus with the students of Lincoln Charter School throughout the summer.

Capacity Building mini-grants, totaling $5K, encourage healthy behaviors as it relates to nutrition and physical activity. These grants were also available to schools and community-based organizations that include grades K-12 to increase physical activity opportunities.

The Eat Play Breathe Transportation Task Force again partnered with Lincoln Charter School and the Hope Street Garden & Learning Lab to create safe walking routes for the participating schools in the project. These groups are currently working with a transportation engineer to enhance crosswalks that the children will use to get to and from the local garden. In the meantime, there will be temporary way-finding signage installed along the walking routes.

Lincoln Charter School completed three modules of CDC’s School Health Index. The School Health Index (SHI): Self-Assessment & Planning Guide 2012 is an online self-assessment developed by school administrators and staff, school health experts, parents, and national nongovernmental health and
education agencies. It is a planning tool that schools can use to improve their health and safety policies and programs by enabling schools to identify strengths and weaknesses of health and safety policies and programs, developing an action plan for improving student health, and promoting health-enhancing behaviors and better health throughout the community.

*These mini-grants are delivered by Penn State Hershey PRO Wellness Center. Funding is provided by the Pennsylvania Department of Health through the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.*

**About Eat Play Breathe York**

Through changes in policies and the environment, Eat Play Breathe York is improving the health of those who work, play and live in York City. As a collaboration of community organizations, city government, schools, and private businesses, Eat Play Breathe York is working to increase access to nutritious foods in the community, renovating parks and walkways to encourage play and decreasing access to harmful tobacco. We believe that together we can help make York City a healthier place.

**About Lincoln Charter School**

Lincoln Charter School has served the children of York for thirteen years and continues to reach out to the community developing many partnerships to improve the health equity for our students, parents, and staff. Lincoln Charter School is involved with the Eat, Play, Breathe Initiative, is a leader at the Hope Street Garden & Learning Lab, hosted the first Play Streets Event, and built a new playground just this year. Lincoln Charter School is committed to making York a Healthier Place to live.

**About Penn State Hershey PRO Wellness Center**

Penn State Hershey PRO Wellness Center (formerly Penn State Hershey Center for Nutrition and Activity Promotion) is committed to educating and inspiring youth and their families to eat well, engage in regular physical activity, and become champions for bringing healthy choices to life. Our approach of Prevention, Research and Outreach provides schools, communities and like-minded organizations with educational programs, collaborative partnerships and access to proven wellness interventions.

**About the Pennsylvania Department of Health**

The Department is responsible for planning and coordinating health resources throughout the Commonwealth. It licenses and regulates a variety of health facilities, such as hospitals, nursing homes, ambulatory surgical facilities and other in-patient and out-patient facilities. In addition, the Department supports outreach, education, prevention and treatment services across a variety of program areas. Grants and subsidies to community-based groups are used to provide essential services to the Commonwealth’s citizens including programs for women and children, nutrition, immunization, diagnosis and treatment of certain blood and communicable diseases, cancer control and prevention, and the prevention and treatment of substance abuse.

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