



Raise Your Hand for Health

YOUR GUIDE TO SCHOOL-BASED HEALTH AND
WELLNESS RESOURCES FOR ALLEGHENY COUNTY



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INTRODUCTION

Raise Your Hand for Health is a resource guide of health and wellness resources available to schools in Allegheny County. This guide is designed to be used by school administrators, teachers, school wellness committees, parents, caregivers, students and public health professionals. Raise Your Hand for Health was developed by Let's Move Pittsburgh of Phipps Conservatory and Botanical Gardens and the Children's Hospital of Pittsburgh of UPMC by completing a comprehensive inventory of health and wellness programs and services available to Allegheny County schools.

The resources listed in this guide are arranged according to the organizations providing the programs or services. Providers are listed alphabetically with the following detailed information listed where applicable:

RESOURCE	DETAILS	CATEGORIES
NAME OF ORGANIZATION <i>Success Story</i>	Name of Program Description of program. Contact Information	 Nutrition  Physical activity  Youth development  School wellness systems  Program fee  Target age group  Target geographic region  Time of day  Evaluation component

HOW TO USE THE GUIDE

Use the table of contents to locate a provider of nutrition, physical activity, youth development or school wellness systems, or flip through the guide to explore new ideas for services to bring to your school. If you are interested in bringing a program to your school, contact providers directly. For questions about the guide, please contact Let's Move Pittsburgh.

Let's Move Pittsburgh
c/o Phipps Conservatory and Botanical Gardens
One Schenley Park
Pittsburgh, Pa. 15213
letsmovepittsburgh.org
facebook.com/letsmovepittsburgh
twitter.com/letsmovepgh

Children's Hospital of Pittsburgh of UPMC
One Children's Hospital Drive
4401 Penn Ave.
Pittsburgh, Pa. 15224
www.chp.edu
facebook.com/childrenspgh
twitter.com/childrenspgh



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RESOURCE	DETAILS	CATEGORIES
100 MILE CLUB	100 Mile Club The 100 Mile Club is an award-winning, school-based running program that challenges students to run or walk 100 miles in a single school year. From no cost to low cost, this national program has options to fit the needs of all schools. www.100mileclub.com 951/340-2290	 Physical activity  Free and low-cost programs with scholarships available  Grades Pre-K – 12  National  Any time of the day  Evaluation component
5A ELITE YOUTH EMPOWERMENT <i>"When we began piloting this program in 2007, we met many young people from underserved communities who are now enrolled in college based on our mentoring relationships." - Program representative</i>	Sport Education and Leadership Academy 5A Elite Youth Empowerment uses athletic training to build mentoring relationships that teach healthy lifestyle practices. The program also incorporates sports business through creative simulations called Learning Leagues. www.5aelite.org 412/216-3912	 Nutrition  Physical activity  Youth development  Fee for program  Grades K – 12  Allegheny County  During and after school hours; weekends; school breaks  Evaluation component
ACTION FOR HEALTHY KIDS	Game On School Wellness Team Training This free, interactive workshop will use easy-to-follow steps and activities to train staff from schools in the area to work collaboratively to improve students' healthy eating and physical activity habits. This is a great opportunity to learn more in-depth strategies for improving school health, become Healthier U.S. Schools Certified (HUSSC) and to use the School Health Index to review school needs. www.actionforhealthykids.org 412/897-5987	 Nutrition  Physical activity  School wellness systems  Free  Grades K – 12  National  Any time of day  Evaluation component

RESOURCE	DETAILS	CATEGORIES
ADAGIO HEALTH <i>"Students in our program would light up when we entered the room and were always so excited for our programming. Nothing was more rewarding than seeing how much our students learned and hearing how they were using the information we gave them to make healthier choices in their lives." – Nutrition Educator</i>	Power Up The Power Up program provides nutrition education in the classroom and in other environments. With a focus on healthy eating behaviors and an active lifestyle, the program is designed to empower students, families, teachers and communities with nutrition knowledge. www.adagiohealth.org 412/288-2130	 Nutrition  Free, with eligibility requirements  Grades Pre-K – 12  Southwestern Pennsylvania  During school hours  Evaluation component
ALLIANCE FOR A HEALTHIER GENERATION	Healthy Schools Program The Alliance for a Healthier Generation's (the Alliance) Healthy Schools Program helps to create and sustain healthy environments where students, especially those in the greatest need, can learn more and flourish. The Alliance's evidence-based initiative creates sustainable, healthy change in schools and has a proven, positive impact on student health. Children's Hospital of Pittsburgh of UPMC is the local manager for Alliance for a Healthier Generation programs. See Children's Hospital of Pittsburgh of UPMC for local contact information.	 Nutrition  Physical activity  Youth development  School wellness systems  Free  Grades K – 12  National  During and after school hours; school breaks  Evaluation component
	Healthy Out-of-School Time The Alliance's Healthy Out-of-School Time Initiative provides out-of-school time programs across the country with evidence-based professional development, and the processes, tools, and resources needed to increase children's access to healthier foods and physical activity. Children's Hospital of Pittsburgh of UPMC is the local manager for Alliance for a Healthier Generation programs. See Children's Hospital of Pittsburgh of UPMC for local contact information. www.schools.healthiergeneration.org 1-888-KID-HLTH (1-888-543-4584)	 Nutrition  Physical activity  Youth development  School wellness systems  Free  Grades K – 12  National  During and after school hours; school breaks  Evaluation component

RESOURCE	DETAILS	CATEGORIES
AMERICAN HEALTHCARE GROUP, LLC	Farm to Table Program This fun, interactive and educational program uses farm-to-table activities to introduce students to the benefits of healthy eating and good food choices. www.american-healthcare.net 412/563-8800	 Nutrition  Fee, with scholarships available  Grades K – 12  Southwestern Pennsylvania  Any time of the day; weekends; school breaks  Evaluation component
BAM CHOREOGRAPHY, LLC <i>"We recently led a dance station for the 5-2-1-0 program at Phipps Conservatory for Let's Move Pittsburgh. The parents filled out a feedback form and wrote, "Your station was FANTASTIC" and that their kids loved it." — Program representative</i>	Kids/Teen Dance Aerobics Trained performers instruct 45-minute to one-hour dance classes, using fun and easy movements set to positive music. www.bamchoreography.com 724/713-5175	 Physical activity  Fee for program  Grades Pre-K – 12  National  Before and after school hours; weekends
BIKE PITTSBURGH <i>"Students in our program have reported that it was the only reason they showed up for school that day. Other students have commuted to and from school, or started to do more walking or biking for exercise along the trails we practice on." — Program representative</i>	Positive Spin Positive Spin teaches bicycle safety and operations, long-distance navigation, commuting in the city, civic engagement and roadside repair mechanics during out-of-school time programs catered to the school's needs. www.bikepgh.com 412/325-4334	 Physical activity  Free  Grades 5 – 8  City of Pittsburgh  After school hours; school breaks  Evaluation component
BUILD OUR KIDS' SUCCESS (BOKS)	Build Our Kids' Success (BOKS) BOKS, founded by Kathleen Tullie, is powered by communities and teaches parents, teachers, schools and local volunteers how to give kids a body and brain boost that will set them up for a great day of learning. Kids in the BOKS program enjoy free play and running activities, practice a skill of the week and play games to build a sense of community. www.bokskids.org info@bokskids.org	 Physical activity  Free, plus costs for equipment and trainers  Grades K – 12  National  Before, during and after school hours  Evaluation component

RESOURCE	DETAILS	CATEGORIES
CHILDREN'S HOSPITAL OF PITTSBURGH OF UPMC	Healthy Schools and Healthy Out-of-School-Time Programs Children's Hospital of Pittsburgh of UPMC is the local manager for Alliance for a Healthier Generation programs. See Alliance for a Healthier Generation for more information.	 Nutrition  Physical activity  Youth development  School wellness systems  Free  Grades K – 12  Pittsburgh  During and after school hours; school breaks  Evaluation component
	Injury Prevention and Safety Programs These programs provide tips for teachers, parents and kids on preventing injuries and staying safe. Safety topics include: school violence, bike and helmet, street and off-road, holiday and seasonal, home and yard, sports and recreation, and water and sun. www.chp.edu 412/692-5325	 Nutrition  Physical activity  Youth development  School wellness systems  Free  All ages  Pittsburgh  During and after school hours; school breaks  Evaluation component
COMMUNITIES IN SCHOOLS	Site Coordination CIS places trained site coordinators in schools to mobilize existing resources in the Greater Pittsburgh community. Coordinators work directly with students, their families and school personnel and help to change the schools' overall culture. They provide activities or interventions to help meet specific goals that each school identifies. CIS Site Coordinators also engage parents in their children's education and provide the presence of a consistent, caring adult. www.cispac.org 412/361-4945	 Youth development  School wellness systems  Fee, with scholarships available  Grades K – 12  Southwestern Pennsylvania  During school hours  Evaluation component

RESOURCE	DETAILS	CATEGORIES
COMMUNITY KITCHEN PITTSBURGH <i>"Last year, when Arsenal Middle School participated in Project Lunch Tray, they had four students participate. This year, because of the interest and enthusiasm generated by our cooking competition (and our Education and Outreach Manager, Tom Samilson), there is now a cooking club with 16 participating students. Tom reports that the room now looks like the U.N. with so many students from around the world sharing their interest in cooking." – Program representative</i>	Healthy Breakfast, Lunch, Snack and After School Food Community Kitchen pairs food services with food education. The education team leads cooking demonstrations and tastings, and provides popular parent workshops on nutrition and cooking. Through these channels, CKP provides activities to encourage healthy eating and equip youth and families with the tools and knowledge to access new foods and prepare them at home. www.pittsburghcommunitykitchen.org 412/246-4736	 Nutrition  Free  Grades K – 12  Allegheny County  Any time of the day  Evaluation component
FAMILYLINKS <i>"We've had multiple stories of youth who had problematic behaviors in school when our service began, and it either significantly declined or was no longer a problem by the time we ended." – Program Representative</i>	Outpatient Mental Health School Partnership; Prevention (mental health, and alcohol and other drugs); Student Assistance Program Familylinks programs provide a combination of in-school preventive education, diagnosis and treatment for mental health issues. www.familylinks.org 412/343-7166	 Youth development  Fee, but most private insurance accepted  Grades K – 12  Allegheny County  During and after school hours; school breaks  Evaluation component
FIND SOME FLOW	LIVE Game Lab Every week Find Some Flow will help schools explore movement and social engineering through game design and play! Invent, design, test, teach and play your own games and the games of your classmates and coaches!	 Physical activity  Youth development  Fee, with scholarships available  Grades K – 8  Allegheny County  After school hours; weekends; school breaks  Evaluation component

RESOURCE	DETAILS	CATEGORIES
FIND SOME FLOW	Get Game Fit Play games, get fit and have fun! Get Game Fit is a fast-paced athletic experience that requires multitasking, problem solving, speed and agility. Every workout consists of a warmup, followed by several rounds of competitive or collaborative gameplay featuring physical games and puzzles. www.findsomeflow.com 412/596-1779	 Physical activity  Fee for program  Grades 5 – 12  Allegheny County  Any time of day; weekends  Evaluation component
FIRST TEE OF PITTSBURGH <i>"Every other year, a network meeting is held and participants throughout the world are recognized and challenged to be leaders within their communities. One of our participants was named the female participant of the year. She spoke about being a shy introvert until her Pop signed her up for the program. She received a \$15,000 college scholarship, and was instrumental in bringing golf to all of the elementary schools in the Shaler School District. Additionally, a young man got up in front of over 900 people after former President George W. Bush and spoke about the confidence The First Tee of Pittsburgh had instilled in him."</i> – Program representative	Open Clinics First Tee of Pittsburgh offers a seven-week session providing weekly one- to two-hour lessons in putting, chipping, full swinging and understanding the game of golf, while also teaching healthy habits, core values and life skills. www.thefirstteepittsburgh.org 412/622-0108	 Youth development  Fee, with scholarships available  Grades K – 12  National  During and after school hours; weekends; school breaks  Evaluation component
FITUNITED, UNITED WAY OF SOUTHWEST PA <i>"While coaching at Allegheny K – 5, we had a lot of wonderful moments with the kids. During one food tasting, a lot of the kids were skeptical of a bok choy salad. However, once they tried it, they were all asking for more and telling us how great it was. We've had a lot of kids tell us that their favorite day of the week is Wednesday since it is when they get to meet with us. It is great hearing them get so excited about getting active and trying healthy foods!"</i> – Program representative	Project RUN (Reaching Underserved Neighborhoods) In Partnership with P3R and Kids of STEEL, Project RUN provides safe and fun exercise as well as access to healthy snacks. Children count their physical activity minutes leading up to the Toyota of Pittsburgh Kids Marathon and receive nutritious food tastings and recipes. FitUnited also partners with Children's Hospital of Pittsburgh of UPMC for Healthy Out-of-School Time (see page 7). www.uwsdpa.org 412/456-6856	 Nutrition  Physical activity  School wellness systems  Free  Grades K – 4  Pittsburgh  Before, during and after school hours

RESOURCE	DETAILS	CATEGORIES
GIRLS ON THE RUN OF MAGEE-WOMENS HOSPITAL OF UPMC <i>"Girls on the Run is a truly wonderful program. My daughter was excited to go to each session, and she loved her coaches and teammates."</i> – GOTR parent	Girls on the Run Meeting twice a week in small teams of eight to 20 girls, GOTR teaches life skills through fun, engaging lessons that celebrate the joy of movement. It aims to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. The 24-lesson curriculum is taught by certified GOTR coaches and includes three parts: understanding ourselves, valuing relationships and understanding how we connect with the world at large. The program is offered twice per year in 12-week sessions: spring and fall.	 Physical activity  Youth development  Fee, with scholarships available  Grades 3 – 5  National  After school hours  Evaluation component
	Heart & Sole Heart & Sole is Girls on the Run's new program for middle school girls. Heart & Sole creates a positive, structured space for middle school girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections and develop life skills that will help them as they move through adolescence and beyond. www.gotrmagee.org 412/641-1596	 Physical activity  Youth development  Fee, with scholarships available  Grades 5 – 8  National  After school hours;  Evaluation component
GONOODLE <i>"GoNoodle is used by 500,000 teachers in 68,000 schools each month. 10 million kids run, jump, dance, stretch and practice mindfulness with GoNoodle's movement videos, both at school and at home."</i> – Program representative	GoNoodle GoNoodle is a free website with interactive games and videos that get kids moving, dancing, stretching, running, deep breathing and wiggling throughout the day. GoNoodle is projected onto a whiteboard in the classroom or played on a computer at home, but there's no sitting in front of a screen when you GoNoodle! It's all about getting up to move your body and brain. Teachers and parents love GoNoodle because it helps focus, engage and motivate kids. www.gonoodle.com 877/262-9269	 Physical activity  Free  Grades K – 4  National  Before and during school hours; weekends

RESOURCE	DETAILS	CATEGORIES
GREATER PITTSBURGH COMMUNITY FOOD BANK <i>"We connect the community to nutritious meals and resources through our efforts every day." – Program representative</i>	Kids Cook Kids Cook is a program that brings kids into the kitchen. In a series of lessons, kids will learn what a healthy plate looks like, why good nutrition is important and how to make healthy and tasty meals. Greater Pittsburgh Community Food Bank also provides education, outreach and technical assistance for SNAP (Supplemental Nutrition Assistance Program), summer food programs and school breakfast programs. www.pittsburghfoodbank.org 412/460-3663	 Nutrition  Free  Grades K – 8  Allegheny County  During and after school hours; school breaks  Evaluation component
GROW PITTSBURGH <i>"I think it's a great program. It reinforces healthy eating in the learning environment, where my child is ready to absorb such education." – Colfax parent</i> <i>"I think it's a great teaching tool for the kids to learn in a hands-on way about nutrition. [My child] has learned a lot, and he is curious about vegetables when we go to the supermarket now." – Dilworth parent</i>	Grow Pittsburgh School Garden Program Grow Pittsburgh works with schools to establish a thriving school garden program by building an onsite vegetable garden, acquiring tools and lesson supplies, and modeling garden lessons. It also provides ongoing professional development so that the school community can sustainably run the program after two years. www.growpittsburgh.org 412/362-4769, ext. 102	 Nutrition  Physical activity  Free  Grades Pre-K – 12  Allegheny County  During and after school hours  Evaluation component
HEALTHY SCHOOLS PA <i>"It is wonderful to have Chelsea Holmes from Women for a Healthy Environment in my classes. She works patiently with students at their level so they can understand the significance of complicated topics like local food and sulfates in our shampoos. Students leave with a sense of power and responsibility to make informed decisions about their own health, knowing that these decisions will be better for the earth too!" – Elyss Simon, Propel Montour and Propel Northside</i>	Healthy Schools Recognition Program (HSRP) HSRP is an award program that recognizes and celebrates public and private schools across Western and Central Pennsylvania that have taken strides to create a green and healthy school community.	 Nutrition  Physical activity  Youth development  Free  Grades K – 12  Southwestern Pennsylvania  During school hours  Evaluation component

RESOURCE	DETAILS	CATEGORIES
HEALTHY SCHOOLS PA	In-School Environmental Health Programming The director of education from Healthy Schools PA visits schools and community spaces to provide free programming about environmental health issues. The main topics covered are: food and the environment, indoor and outdoor air quality issues, and personal care product safety. www.healthyschoolspa.org 412/404-2872	 Nutrition  Free, plus small cost for professional development trainings for adults  All ages  Southwestern Pennsylvania  Any time of day; weekends; school breaks  Evaluation component
JUMP WITH JILL <i>"The kids at our school truly loved the show. It's the first I've seen the kids participate in an assembly and then continually use what they have learned. I saw so many first and second graders reading food labels at lunch. What you do does make a huge difference, and you have a wonderful way of capturing children's attention so they can learn from your message." – Barre City Elementary Teacher</i>	Jump with Jill As the world's only rock and roll nutrition show, Jump with Jill uses music and dance to celebrate healthy habits by transforming nutrition education into a live concert. Created by a registered dietitian and professional musician, the show uses catchy anthems guaranteed to get students moving and learning about healthy habits. www.jumpwithjill.com 1-800-531-0760	 Nutrition  Fee for program  Grades Pre-K – 8  National  During school hours  Evaluation component
JUST HARVEST	Just Harvest Just Harvest helps parents apply for free or reduced school meals and helps them to connect to Pittsburgh's Grub Up program and other providers of free after-school and summer meals. www.justharvest.org 412/431-8960	 Nutrition  Free  Grades Pre-K – 12  Allegheny County  Any time of day; school breaks  Evaluation component

RESOURCE	DETAILS	CATEGORIES
JUST RUN YOUTH FITNESS PROGRAM <i>"FABULOUS, FANTASTIC, AWESOME, MAGNIFICENT! This is a program we want all schools in California to embrace; healthier kids learn better."</i> — Tom Torlakson, California State Superintendent of Public Instruction	JUST RUN JUST RUN promotes exercise, good citizenship, healthy eating and pride in accomplishment. This turn-key, web-based program has won national awards. www.justrun.org 831/625-6226	 Nutrition  Physical activity  Free  Grades Pre-K – 8  National  Any time of day  Evaluation component
LEAD PITTSBURGH/STUDENT CURRICULUM ON RESILIENCE EDUCATION (SCORE) <i>"Chatham University has required SCoRE for all of its incoming first year students for five years in a row. Also, the Jed Foundation has included SCoRE in their Set to Go website/resource for parents and students preparing for the transition from high school to college."</i> – Program representative	SCoRE (Student Curriculum for Resilience Education) SCoRE is a digital resilience curriculum that provides a unique educational opportunity to promote the mental and emotional health of young people. The program develops resilience skills by covering topics such as stress management, building positive support networks, self-care and goal setting all while focusing on the unique experience of first-year college students. SCoRE exists in three versions: instructor-led, self-paced, and propel for those seeking disability services. www.scoreforcollege.org 412/444-3539	 Youth development  First time use is free; costs occur for continued use  Grades 9 – college  National  Any time of day; weekends school breaks  Evaluation component
LET'S MOVE PITTSBURGH <i>"We started with a healthy fruits and vegetable snacks idea that metamorphosed into training students for a kids' marathon, teaching students how to make healthy smoothies and many more healthy initiative programs. Each year, we try to enhance our current healthy lifestyle programs, along with adding additional programming as needed."</i> — Urban Pathways College Charter School (UPCS) project team member	Champion Schools Awards The Champion Schools program provides funding to schools to lead new projects or support existing projects that provide healthy foods and opportunities to be physically active and get kids cooking and gardening. Champion Schools also receive programming resources and networking opportunities. Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens.	 Nutrition  Physical activity  Free  Grades Pre-K – 5  Allegheny County  Any time of day  Evaluation component

RESOURCE	DETAILS	CATEGORIES
LET'S MOVE PITTSBURGH	5-2-I-0 Goes to School Let's Move Pittsburgh helps 5-2-I-0 School Sites reflect on their school nutrition and physical activity environments, increase healthy eating and physical activity among students and engage school staff, students and parents in the 5-2-I-0 campaign. The 5-2-I-0 Goes to School toolkit is available for free on the Let's Move Pittsburgh website. www.letsmovepittsburgh.org 412/622-6915, ext. 6752	 Nutrition  Physical activity  School wellness systems  Free  Grades K – 5  Allegheny County  Before, during and after school hours  Evaluation component
LET'S MOVE!	Chefs Move to Schools Chefs Move to Schools focuses on the interests and expertise of each chef volunteer and the needs of each school. There are many ways the partnership can work to positively impact the eating habits of children. To make the process easier for you and to get the best match for both chefs and schools, Chefs Move to Schools is built around three tracks — the classroom, the cafeteria and culinary training/demos. www.chefsmovetoschools.org	 Nutrition  Free  Grades K – 12  National  During and after school hours
	Let's Move Salad Bars to Schools Allegheny County schools are eligible to receive a donated salad bar and equipment to increase access to fresh fruits and vegetables served during the National School Lunch Program. www.saladbars2schools.org 303/330-6484	 Nutrition  Free  Grades Pre-K – 12  National  During school hours  Evaluation component

RESOURCE	DETAILS	CATEGORIES
LET'S MOVE! <i>Let's Move! Active Schools is powered by an innovative collaborative of health, education and private sector organizations that strive to bring these benefits to every child across the country. As of 2016, 19,038 schools are enrolled and 10,661,345 students have been served.</i>	Let's Move! Active Schools Let's Move! Active Schools equips schools with the tools they need to increase physical education and physical activity opportunities for students, and to cultivate an Active School environment. Once enrolled, schools evaluate, activate and celebrate. Educators can use the following resources: The Physical Activity Leader (PAL) Learning System, customized professional development and online trainings, which address identified areas in the Let's Move! Active Schools Action Plan. www.letsmoveschools.org 855/972-0876	 Physical activity  Free  Grades K – 12  National  Before, during and after school hours
LIONS QUEST <i>"Each unit has great lessons designed to teach students how to positively deal with emotions, peer pressure, important decisions and more, all designed to help kids have better lives. I smile each time I think of Jason, a very tough blood from the 27th Street Gang, reminding another student who was picking on someone that he "didn't have to blow out Antjuan's candle to make his burn brighter." This was a lesson we had covered months ago, which stuck with him." – Program representative</i>	Lions Quest Lions Quest is a Pre-K – 12 Social and Emotional Learning program (SEL) that promotes positive behavior, connection to school, character education, bullying prevention, drug awareness and service-learning. Lions Quest is research/evidence-based, proven effective and designed to be easily implemented. www.lions-quest.org 844/567-8378	 Youth development  Fee, with scholarships available  Grades Pre-K – 12  National  Any time of day  Evaluation component
LIVE WELL ALLEGHENY <i>"Through collaborating with Live Well North Fayette, we were able to highlight the many ways people are living well in the Live Well West Allegheny School District at a wellness fair." – Program representative</i>	Live Well Allegheny Schools Live Well Allegheny enhances schools' capacity to effectively plan, implement, evaluate and sustain activities and interventions that address physical health, mental wellness, nutrition and more. All schools located within Allegheny County are encouraged to gain Live Well Status. First, a district or school must indicate its intent to work with Allegheny County to accomplish the goals of the campaign — to make Allegheny County the healthiest county in the nation. www.livewellallegheny.com 412/247-7946	 Nutrition  Physical activity  School wellness systems  Free  Grades K – 12  Allegheny County  Any time of day  Evaluation component

RESOURCE	DETAILS	CATEGORIES
MARATHON KIDS	Marathon Kids Running Club Marathon Kids uses running clubs as catalysts for change. Students embark on a 104.8 mile challenge, one marathon at a time, over three, six or nine months. Upon registration, each coach receives a running club kit, which contains Nike rewards and incentives for each child. Core pillars of the program are group tracking, incentivization, celebration, modeling and social support. www.marathonkids.org 512/477-1259	 Physical activity  Youth development  Fee, with scholarships available  Grades Pre-K – 12  National  Any time of day; weekends; school breaks  Evaluation component
MID-ATLANTIC DAIRY ASSOCIATION <i>“According to educator insights in enrolled schools nationwide, 13 million students are eating healthier and 16 million students are more physically active because of Fuel Up to Play 60.” – Program representative</i>	Fuel Up to Play 60 Fuel Up to Play 60 is an in-school nutrition and physical activity program for youth, by youth. Launched by the NFL and National Dairy Council in collaboration with the U.S. Department of Agriculture, it engages and empowers youth to take action for their own health by implementing long-term, positive changes for themselves and their schools. The program encourages youth to consume nutrient-rich foods and achieve at least 60 minutes of physical activity every day. www.dairyspot.com www.fueluptoplay60.com 215/627-8800	 Nutrition  Physical activity  Free  Grades K – 12  National  Any time of day  Evaluation component
NEW BALANCE FOUNDATION BILLION MILE RACE	New Balance Foundation Billion Mile Race The New Balance Foundation Billion Mile Race celebrates walking and running in schools. Use an online tracking tool to record the miles that students have walked, jogged and ran. Also, see how you compare to participating schools in your district, state and the country. All miles achieved at school count, whether kids participate in a walk/run club, physical education class, annual event, or if they walk to school. www.billionmilerace.org 617/636-0943	 Physical activity  Free  Grades K – 8  National  Any time of day  Evaluation component

RESOURCE	DETAILS	CATEGORIES
OUTREACH TEEN & FAMILY SERVICES <i>"In our Choices program, the teens often come in and like to debate what they believe to be the benefits of marijuana. It's wonderful when we can help them to understand the detriment to their development, and potential consequences use can have on their life and futures, and see them commit to making better life choices." – Program representative</i>	Social Skills and Emotional Management Groups Groups can be tailored to fit the need of the school/student group. Over the course of six to eight weeks, students will receive psychoeducation and build skills in the areas of social skills, stress management, anger management and positive communication techniques.	 Youth development  Fee, with scholarships available  Grades K – 12  Allegheny County  During school hours  Evaluation component
	Choices This drug and alcohol education class addresses the effects of various substances on the body and on a child's development. It covers the addiction process and teaches how to make better choices. An optional parent educational component is included.	 Youth development  Fee for program  Grades 9 – 12  Allegheny County  Weekends  Evaluation component
	Outreach Teen & Family Services Counseling The program provides counseling for youth ages 5 to 21 and their families. Youth do not have to have a mental health diagnosis; the program treats a variety of issues, such as anxiety, depression, anger, stress, school problems, social issues and family functioning issues. www.outreachteen.org 412/561-5405	 Youth development  Fee, with scholarships available  Grades K – 12  Allegheny County  After school hours; weekends; school breaks  Evaluation component

RESOURCE	DETAILS	CATEGORIES
PEACEFUL PLAYGROUNDS, INC.	Recess Program Peaceful Playgrounds offers schools more than 100 games to add to blacktop and grass areas.	 Physical activity  Fee, with scholarships available  Grades Pre-K – 4  National  During school hours  Evaluation component
	Fundamental Movement Physical Education Program The program allows schools to create outdoor motor learning labs for pre-school children. An easy, do-it-yourself layout plan transforms the play space into a colorful arrangement of learning games and motor skills activities.	 Physical activity  Fee, with scholarships available  Grades Pre-K – 4  National  Before, during and after school hours  Evaluation component
	Indoor Games Indoor Games give you everything you need to create and implement an exciting indoor Peaceful Playground activity, perfect for use in classrooms, churches or child care centers.	 Physical activity  Fee, with scholarships available  Grades K – 4  National  During school hours
	Fitness Fun Zone The Fitness Fun Zone fitness trail provides 24 permanent stations of fun physical activities, which can be configured throughout the school yard to meet each school's needs. Make a large and continuous 24-station fitness trail utilizing all 24 station stencils, or two smaller 12-station trails.	 Physical activity  Fee, with scholarships available  Grades K – 4  National  During and after school hours

RESOURCE	DETAILS	CATEGORIES
PEACEFUL PLAYGROUNDS, INC.	We Count Pedometer Walking Program This program provides pedometers to help kids track physical activity goals. www.peacefulplaygrounds.com 951/245-6970	 Physical activity  Fee, with scholarships available  Grades K – 4  National  During and after school hours  Evaluation component
PEACEPARTNERS, INC. <i>“The PeaceBuilders way of life is the right fit within our comprehensive guidance and counseling program. It nurtures multiculturalism and supplies the common language and expectations that a positive behavior support school should have. Our junior high campus in the Pacific Island region is full of diversity, and PeaceBuilders helps to foster peace and inclusive behaviors that promote a culturally compatible school community.” – Program representative</i>	PeaceBuilders PeaceBuilders is a science-based, research-validated violence prevention curriculum and professional development program. www.peacebuilders.com 1-877-473-2236	 Youth development  Fee for program  Grades Pre-K – 12  National  Any time of day  Evaluation component
PEAL (PARENT, EDUCATION, ADVOCACY AND LEADERSHIP) CENTER	PEAL (Parent, Education, Advocacy and Leadership) Center PEAL provides training to help parents understand and navigate the education, healthcare, insurance, and home and community service systems. PEAL knows best practices, and assists individuals by referring them to services and identifying resources that will help parents and professionals overcome barriers with schools, healthcare insurers and community providers. Parents also develop leadership skills to help other parents and improve the system of services for children with disabilities. www.pealcenter.org 412/281-4404	 Youth development  Free  Early childcare – college  Pennsylvania  During school hours  Evaluation component

RESOURCE	DETAILS	CATEGORIES
PENNSYLVANIA DEPARTMENT OF EDUCATION DIVISION OF FOOD AND NUTRITION (DFN)	Food and Nutrition Programs The United States Department of Agriculture's Food and Nutrition Service administers several programs that provide healthy food to children, including the National School Lunch Program, the School Breakfast Program, the Child and Adult Care Food Program, the Summer Food Service Program, the Fresh Fruit and Vegetable Program and the Special Milk Program. Administered by State agencies, each of these programs helps fight hunger and obesity by reimbursing organizations such as schools, child care centers and after-school programs for providing healthy meals to children. www.education.pa.gov 1-800-331-0129	 Nutrition  Fee, waived for schools that meet eligibility criteria  Early childcare – adult  Pennsylvania  During and after school hours; weekends; school breaks  Evaluation component
PENNSYLVANIA TRAINING AND TECHNICAL ASSISTANCE NETWORK (PATTAN PITTSBURGH)	Positive Behavior Intervention and Supports (PBIS) PBIS is a proactive approach to discipline that promotes appropriate student behavior and increased learning via a three-tiered model. This system provides support for all students in school via preventative practices and explicit emphasis on teaching and reinforcing expected pro-social student behaviors. www.pattan.net 412/826-2336	 Youth development  Free  Grades Pre-K – 12  National  During school hours  Evaluation component
PITTSBURGH THREE RIVERS MARATHON, INC. (P3R) <i>"Last year, my husband and I decided to keep a running log and do the Kids of STEEL program with my students. We started a half a mile at a time and worked our way up. My husband now runs three to four miles several times a week and has lost about 60 pounds. It's been incredible." – School librarian</i>	Kids of STEEL Kids of STEEL is a physical activity and nutrition program designed to motivate children to pursue quality nutrition and an active lifestyle by incorporating exercise and healthy eating habits into their daily routine. www.p3r.org 412/586-7785	 Physical activity  Free; fee for optional race to complete the program  Grades Pre-K – 8  Southwestern Pennsylvania  Any time of day  Evaluation component

RESOURCE	DETAILS	CATEGORIES
PLAYWORKS PENNSYLVANIA <i>"During the K – 2 recess block, one of the kindergarten boys had lost his lunch, so a second grade girl took it upon herself to give the young boy her own lunch for the day. During our Junior Coach after-school program, we have spoken a lot about generousness. So, when a Junior Coach saw an act of such selfless giving, she was enthralled." – Program representative</i>	Power of Play Training Kids need to play. Playworks creates a place for every kid on the playground to feel included, be active and build valuable social and emotional skills. Playworks' mission is to change the culture of school. www.playworks.org 267/239-0507	 Physical activity  Fee for program  Grades K – 8  National  During and after school hours  Evaluation component
POSITIVE ACTION, INC. <i>"I can already tell a difference in the children since we began the program two weeks ago. I have worked with this group of students for a year. During our first session this year, the feedback from the children was remarkable. Here are some examples: "I didn't know I had control of myself," "I didn't know I could walk away from anger," "I learned about feeling positive about myself" and "I learned that self-concept is how I think about myself." Everyone is having lightbulb moments and we have Positive Action to thank for this!" – Program representative</i>	Positive Action Positive Action is a comprehensive Pre-K – 12 program that develops the whole self: physical, intellectual, social and emotional health areas. It has robust evidence-based outcomes. The age-appropriate curriculum, (with 15-minute lessons) has complimentary components that extend to developing leadership and climate while engaging families and involving the community. www.positiveaction.net 1-800-345-2974	 Nutrition  Physical activity  Youth development  Fee for program  Grades Pre-K – 12  National  Any time of day; school breaks  Evaluation component
PRESIDENTIAL YOUTH FITNESS PROGRAM <i>"The program has helped physical educators in a district come together in a way they had not before, particularly through the program's professional development offerings." – Program representative</i>	Presidential Youth Fitness Program The Presidential Youth Fitness Program (PYFP) is the national fitness education and assessment program. It helps schools achieve excellence in physical education through quality fitness education and assessment practices. www.pyfp.org 407/450-1571	 Physical activity  Free  Grades K – 12  National  During school hours  Evaluation component

RESOURCE	DETAILS	CATEGORIES
SAFE ROUTES TO SCHOOLS	Fire Up Your Feet Fire Up Your Feet offers free resources aimed at increasing physical activity for students, parents, school staff and teachers. Any school in the country can use the online activity tracker and download resources to help their school community become more active. Resources include tip sheets that encourage walking and bicycling, information to assist schools in developing wellness policies, and much more. www.fireupyourfeet.org info@fireupyourfeet.org	 Physical activity  School wellness systems  Free  Grades K – 8  National  Before, during and after school hours
SHAPE AMERICA	Teacher's Toolbox The Teacher's Toolbox is an online portal of resources including: activity calendars, partner programs, expert position statements, national and state standards, networking opportunities, activity plans, special projects and an online store. www.shapeamerica.org 1-800-213-7193	 Physical activity  Free  Grades K – 12  National  Any time of day
UNITED STATES DEPARTMENT OF AGRICULTURE TEAM NUTRITION	HUSSC Smarter Lunchrooms The Healthier U.S. School Challenge: Smarter Lunchrooms (HUSSC: SL) is a voluntary certification initiative that recognizes schools enrolled in Team Nutrition. Schools in this program have created healthier environments by promoting nutrition and physical activity. Monetary incentive awards are available for each HUSSC: SL award level: bronze, silver, gold and gold award of distinction. www.fns.usda.gov/hussc www.facebook.com/USDA	 Nutrition  Physical activity  School wellness systems  Free  Grades K – 12  National  During school hours

RESOURCE	DETAILS	CATEGORIES
USA TRACK & FIELD AND THE HERSHEY COMPANY	Run Jump Throw USA Track & Field and the Hershey Company acknowledge that physical education is vital to developing children's athletic potential. They teamed up with SHAPE America to create Run Jump Throw (RJT), a six-week hands-on program that introduces kids to basic running, jumping and throwing skills through track and field activities. www.runjumpthrow.usatf.org runjumpthrow@usatf.org	 Physical activity  Free  Grades K – 8  National  During school hours
VENTURE OUTDOORS <i>"Poppy, a fourth grader attended Venture Outdoors' summer camp this summer and had the opportunity to bike, kayak, geocache and hike. Her father, an avid cyclist himself, later told the program director that Poppy never wanted to bike prior to Venture Outdoors' summer camp, and now she asks for the family to do all sorts of outdoor activities!"</i> – Program representative	Youth Outdoor Recreation Program The Youth Outdoor Recreation Program helps kids get outside. Venture Outdoors staff provides outdoor exploration through kayaking, biking, hiking, geocaching and other outdoor activities. www.ventureoutdoors.org 412/255-0564, ext. 230	 Physical activity  Fee, with scholarships available  Grades Pre-K – 12  Southwestern Pennsylvania  During and after school hours; weekends; school breaks  Evaluation component
YOGA FOSTER <i>"With our programs, teachers are integrating 60 minutes of yoga and mindfulness a week!"</i> – Program representative	Yoga Foster Program Yoga Foster offers online training, curriculum development and yoga mats to full-time school teachers. www.yogafoster.org 650/731-2381	 Physical activity  Fee; waived for schools that meet eligibility criteria  Grades Pre-K – 4  National  During school hours  Evaluation component
YOUTH PLANTING CHANGE	Youth Planting Change Youth Planting Change is a schoolyard garden partnership that helps children grow healthy bodies and minds. They offer yearlong tutoring, mentoring activities and educational field trips, culminating in planting a schoolyard garden in the spring. www.youthplantingchange.org 724/719-5023	 Youth development  Free  Grades 5 – 8  Allegheny County  During and after school hours; school breaks  Evaluation component