

[NBISD Schools Receive National Recognition for Creating Healthier Schools](#)

Walnut Springs and County Line Elementary Schools in New Braunfels ISD were recently named 2016 America's Healthiest Schools Bronze Award Recipients by the Alliance for a Healthier Generation and a Let's Move! Active Schools 2016 National Award recipient for creating a healthier environment for kids.

These two schools are among 328 schools named to the list of America's Healthiest Schools and 544 U.S. schools recognized as an Active School.

According to the news release posted Sept. 7, 2016, on www.letsmoveschools.org, the Let's Move! Active School National Award is the nation's top physical education and physical activity distinction for K-12 schools.

The Let's Move! Active Schools is part of First Lady Michelle Obama's Let's Move! initiative. This year, each school received a large display banner, certificate and congratulatory letter from the First Lady with the following statement.

"I applaud these schools for creating Active School environments that are inspiring students to be more engaged learners and ensuring that physical education and physical activity continue to be an important part of every child's educational experience," said First Lady Michelle Obama.

To earn a Let's Move! Active Schools National Award, a school must have met significant benchmarks in five areas: physical education; physical activity before and after school; physical activity during school; staff involvement; and family and community engagement.

According to the news release issued on Aug. 29, 2016 by the Alliance for a Healthier Generation (www.healthiergeneration.org), these schools meet or exceed stringent standards set by the Alliance's Healthy Schools Program for serving healthier meals and snacks, getting students moving more, offering high-quality physical and health education and empowering school leaders to become healthy role models. Both schools received a bronze level rating based on the standards they were able to meet under the program.

As part of their efforts, both schools formed committees to come up with ways to create a healthier and more active environment for kids. Activities that were created included: Family Fitness Fundays, partnership with the YMCA to provide group exercise activities, walking clubs, fun runs, jump rope club, brain breaks and the installation of a school garden, walking track, and filtered water stations.

These were collaborative efforts that include assistance from the entire school staff, the student council, NBISD Health Services, PTA, NBISD Education Foundation, SOW Healthy Coalition, local fitness and sports vendors, and the NBISD Child Nutrition Department.

"We are very excited to have received these awards and will continue to offer healthy activities for our students," said Deborah Cary, principal of Walnut Springs Elementary. "We made a

commitment to plan activities for staff and students that would engage them in healthy lifestyle activities.”

Award-winning schools are serving as best-in-class examples of a nationwide movement to create healthier environments for kids. All recognized schools:

Meet or exceed updated federal nutrition standards for school meals, which include increased fruits and vegetables, whole grain-rich items and meals lower in saturated fat

Offer school breakfast to their students every day

Meet or exceed snack and beverage requirements for the federal Smart Snacks in School standards

Implement district wellness policies and report progress annually

Provide students with at least 60 minutes of physical education per week and ensure activity throughout the school day

“Healthy schools are better schools – it’s that simple,” says Dr. Howell Wechsler, CEO of the Alliance for a Healthier Generation. “Research tells us students who attend healthy schools perform better academically, have better attendance and their behavior improves.”

About Let’s Move! Active Schools

Powered by a national collaborative of health, education and private sector organizations, Let’s Move! Active Schools is dedicated to ensuring at least 60 minutes of physical activity a day is the norm in k-12 schools across the country. All partners work together through the collective impact framework to equip schools with physical education and physical activity resources, programs, professional development and activation grants that help create Active School environments. For more information about this initiative, visit www.letsmoveschools.org.

About the Alliance for Healthier Generation

The Alliance for Healthier Generation, founded by the American Heart Association and Clinton Foundation, empowers kids to develop lifelong, healthy habits, by ensuring the environments that surround them provide and promote good health. For more information about this program, visit www.HealthierGeneration.org.