

WNY is leading the way for a healthier generation

The National Alliance for a Healthier Generation is honoring West New York schools once again for their progress in creating healthier school environments for its students and staff.

This year Memorial High School and Public School No. 5 have received the Healthy Schools Program Silver Award, and first time honorees Public Schools No. 1, No. 2 and No. 3 have received the Healthy Schools Program Bronze Award. Memorial High School, WNY Middle School, and P.S. No. 5 received the Bronze Award last year, and P.S. No. 4 received the Silver Award.

In addition John Fraraccio, district supervisor of physical and health education, has been awarded the Healthy Schools Program Champion Award. He will be recognized for this achievement at the Alliance's National Convention in New York City this August.

"It is credit to the team we have in place," said Fraraccio. "I think it's more of a group award than one single person." "All the efforts we are putting into our wellness initiative is paying off, and next year we want to get all the schools to be recognized, especially all the great things we are doing at the Early Childhood Center."

The Alliance for a Healthier Generation is a partnership between the American Heart Association and the William J. Clinton Foundation. Along with our co-leader Governor Arnold Schwarzenegger of California, the Alliance focuses on preventing childhood obesity and creating healthier lifestyles for all children. The goal of the alliance is to reduce the nationwide prevalence of childhood obesity by 2015. Through the Healthy Schools Program the alliance offers help to improve schools around the country in the area of nutrition, physical activity, and staff wellness through funding from the Robert Wood Johnson Foundation.

West New York has been participating in the Healthy Schools Program since its inception in 2006. Among some of the efforts West New York has established in our schools since is the Fruits and Vegetables Program, which allows students to learn about where their food comes from before it reaches the table. Additional nutrition education programs include trips to New Jersey farms and cooking demonstrations, and many schools have implemented morning and afternoon workout programs for students and faculty.