



## CREATING HEALTHY SCHOOLS AND COMMUNITIES GRANT

# YEAR END REPORT 2022

## YEAR ONE

I am pleased to provide you with this year one grant recap of our accomplishments as we continue to build on the momentum of all involved in this incredible work. Our mission to build health-focused schools, workplaces and communities not only strengthens our children and families, but the community as a whole. This work spills over to neighborhoods throughout New York State and can lead to systemic changes that truly impact health outcomes.

It is such an important time to advocate for and strengthen the health of our community. We believe that critical components of community health are access to proper nutrition and healthy food options for all, and opportunities for everyone to participate in physical activity.

In January 2019, Erie 1 BOCES, applied for the Creating Healthy Schools and Communities Grant from the New York State Department of Health. With the support of many dedicated community partners, we received two five-year grants to coordinate a multi-sector effort to reduce the risk of obesity in high-need communities and school districts by increasing demand for and access to healthy food and opportunities for physical activity. The grant was originally planned for 2020 – 2025. However, because of the COVID pandemic, the grant period began June 1, 2021 and will continue through May 31, 2026.

Erie 1 BOCES is thankful to partner with the Healthy Community Alliance, Cornell Cooperative Extension of Erie County and GoBike Buffalo to implement the grant. The grant team provides technical assistance, coaching and resources to eight school districts and multiple communities in three counties. The assistance and resources are enabling these communities to implement sustainable policy, systems, and environmental

changes to create a “Culture of Wellness.” Our goal is to engrain healthy living practices into the culture of the communities and school districts we serve.

Our efforts are already exceeding expected outcomes that include but are not limited to:

- increased number of schools with healthy nutrition environments including standards for competitive foods and regulated food marketing to children
- increased number of schools with comprehensive and strong local wellness policies
- increased number of community organizations, municipalities, and worksites that have adopted healthy food standards

Specific to opportunities for physical activity, the grant team is working every day to increase the number of schools with Comprehensive School Physical Activity Programs. These programs can include increased access to places to walk, bicycle, and wheel and an increased number of local policies that have language supportive of environmental changes that promote walking, bicycling, and rolling.

Our work continues to develop policies and programs that make the healthy choice the easy choice. We look forward to continuing this momentum throughout year two and beyond.

Yours in good health,

**KATE HUBER**  
Grant and School Coordinator  
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## MEET THE TEAM



**JUSTIN BOOTH**  
Founder of GoBike, founder of GO Buffalo Niagara and vice-chair of Scajaquada Corridor Coalition  
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**JASMINE FILKOV**  
Healthy Community Alliance  
Community Wellness Coordinator and CHSC Community Coordinator for S. Erie and Cattaraugus Counties  
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**SAMANTHA HIDALGO**  
Cornell Cooperative Extension of Erie County Community Educator and CHSC Community Coordinator for Cheektowaga and Lackawanna districts  
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**SARAH WHITEWAY**  
School Coordinator on CHSC grants in Cattaraugus County, Cheektowaga, Lackawanna, and Springville  
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## TAKING P.E. OFF-ROAD

Springville allocated CHSC funds to Colden elementary school to create a bike trail. This gravel trail will allow students to participate in mountain biking during PE class as well as provide easier access to both the schools outdoor classroom and basketball court.

# FUNDING

Through grants and funding we are building stronger, healthier communities.

# \$7.2M

in Federal Raise grant for the development of the Southern Tier Trail

The pending grant was submitted by the Cattaraugus County, with support from GoBike Buffalo.

## + \$5M

Pending grant application with Cattaraugus County and Town of Ellicottville for a portion of the Southern Tier Trail *(written by GoBike Buffalo)*

## + \$50K

Grant secured from the Ralph C. Wilson Legacy Funds at the Community Foundation to connect Town of Allegheny schools to the Southern Tier Trail *(written by GoBike Buffalo)*

# \$12K

was given to each of the 8 districts to implement nutrition and physical fitness activities.



## BRINGING WORK TO NEW HEIGHTS

CCA (Connecting communities in Action) employees with their standing desks and yoga ball chairs we were able to purchase for them with implementation dollars from the CHSC grant.

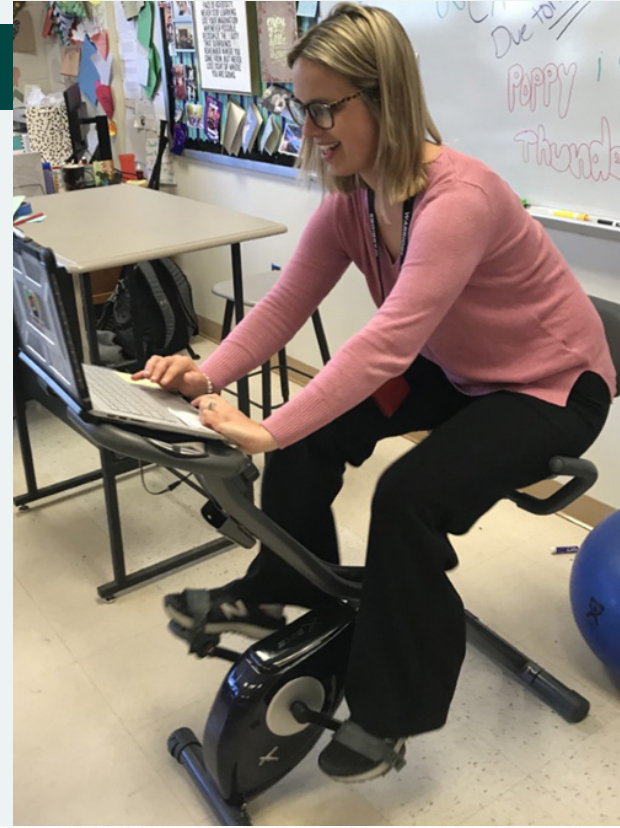


# FUNDING



▲ **NEW FITNESS EQUIPMENT** After working with the CHSC Team to develop a wellness action plan, Springville schools used COVID dollars to match Greenfields Outdoor Fitness *School Incentive Program Grant* and plan to install a new fitness obstacle course on a trail behind the school. (Final design TBD)

▶ **SUCCESS IN SALAMANCA** Salamanca High School used CHSC funding to purchase bike desks and under-desk elliptical machines so that students and teachers can get some physical activity during class time. All students benefit from more physical activity and for some students being able to move their bodies helps them concentrate during class.



## 2022 WELLNESS CHAMPION

This year Debbie Dubisz has stepped up to run the school wellness committee as well as to participate on the Maryvale district wellness committee. Debbie has been a proactive wellness leader in the school and district, she has recruited a large wellness committee at the middle school, held meetings to assess wellness practices in the school and worked with the committee to create a wellness survey for staff, students and parents. She also helped to plan a district wide wellness fair that brought in representatives from over 40 local organizations.



## POLICY

We establish strong communities through strong policy.

- 1 West Valley Central School District passed a more comprehensive wellness policy that included stronger language in all areas.
- 2 The Town of Cheektowaga included Complete Streets as an update to its strategic plan.
- 3 We continue to support the Seneca Nation's long-range transportation plan.
- 4 We supported Maryvale CSD to strengthen their strategic plan as it pertains to wellness.



# LEARNING & CONNECTING



We are creating a strong foundation of learning, community, and common goals through conferences and training.

# 7 10

trainings our  
team attended

trainings our  
team conducted

## Creating Healthy Schools & Communities Grant Workshop

Districts learned about the grant and best practices. They spent time engaging in SYSTEMS THINKING, SYSTEMS CHANGING™ SIMULATION and networking with other grant districts.



## Making a Difference: School Wellness Conference

Day-long conference to guide schools on being intentional about school wellness. Topics included complete streets, healthy fundraising, and promoting wellness policies among others.



## Walk, Bike NY Conference

We presented to attendees about the successful implementation of projects conducted through CHSC to advance safe, complete streets.



## Creating Safe Streets for Town Park

Workshop in partnership with the Town of Cheektowaga focusing on complete street concept education and a walking audit to identify opportunities where this concept may fit.

## Wellness Wednesday Webinars

Monthly half-hour webinar series for school staff covering a range of topics.

CLICK OR SCAN BELOW TO VIEW EACH WEBINAR



SUPPORTING STAFF WELLNESS



PARTNERSHIPS



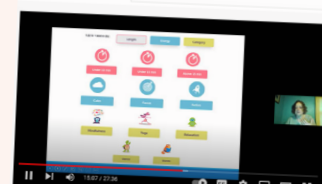
LEARNING OUTDOORS



SCHOOL GARDENS



YOGA & MINDFULNESS





# PARTNERSHIPS

8

districts we partnered with this year

*Cheektowaga Central, Cheektowaga Sloan, Lackawanna, Maryvale, Randolph, Salamanca, Springville and West Valley*

25

participating schools within the districts

**Cattaraugus County Economic Development Office**

We are collaborating on writing multiple proposals that would help secure funding to continue the Southern Tier Trail through the county.

3

community sites where we are implementing healthy food service guidelines

*Cheektowaga Youth and Recreation Department, Our Lady of Victory Food Pantry, Maryvale School District Food Pantry*

**Cheektowaga Town Board & Planning Office**

We are partnering with the community and municipality to support policy and develop a 'quick build' project around the town park.

3

worksites where we are improving employee wellness & food service guidelines

*CCA (Connecting Communities in Action), Betrand Chaffee Hospital, Total Senior Care*

5

coalitions joined to further our mission and support their work

*Mobile Safety Net Teams (Lackawanna, Cheektowaga, Springville), United Way's Early Childhood Coalition, United Way's School Aged Coalition*

# COMMUNICATIONS

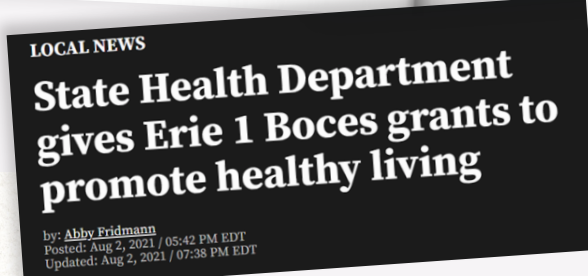
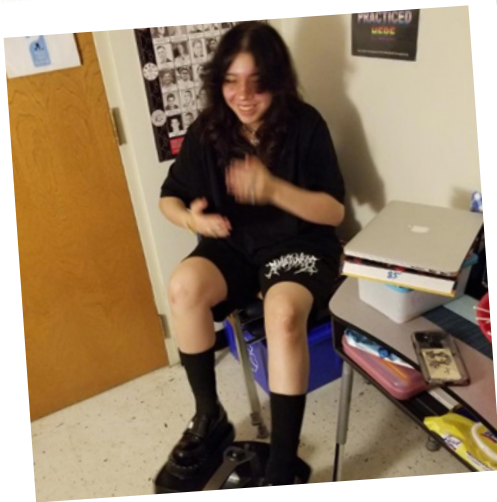
We share our expertise and celebrate our accomplishments through a variety of communications channels.

- Contributions to community press
- Kick off press conference
- Regular meetings with elected officials
- Monthly email newsletters
- Social Media

## CONNECT WITH US



e1b.org/creatinghealthy



# READ ALL ABOUT IT

CLICK OR SCAN THE CODES TO VIEW EACH ARTICLE

