



DEER LAKES SCHOOL DISTRICT
Meeting Challenges . . . Building Futures

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Dr. Karen A Hacker:

Dr. Hacker, the Deer Lakes School District is very interested in continuing our pursuit of healthier schools; our interdepartmental approach of total wellness is continually evolving. We would like to share our intent to become a Live Well Allegheny School member. In looking at the guidelines that were provided, we will be taking the initial certification steps:

- 1.) Our school nurses will be sharing the BMI data annually with Allegheny County. Every school within our district has completed a School Health Index.
- 2.) Initiate a school garden. We have received as a collective grant effort multiple Tower Garden growing units district-wide. These gardens use aeorponic technology, and are currently growing: tomatoes, strawberries, basil, cilantro, numerous varieties of lettuce and green beans. The high school has recently committed to utilizing teaching opportunities with our Life-Skills program, by starting a hands-on approach of gardening practices. This program is being overseen by Assistant Principal Ryan Aleski.
- 3.) Offer fresh fruits and vegetables at all meals. We have completely revamped our fresh fruit and veggie bar, adding additional choices for our students including: ruby-red grapefruit, fresh cut coleslaw, broccoli, carrots and grapes daily. We also have numerous entrée salads available daily for our students at all levels.
- 4.) We currently utilize our Skyward communication tool to promote our healthy food changes to our program. In January, we reconstituted our efforts to limit processed foods, while at the same time promoting white skim and 1% milk consumption instead of sugar-added choices.
- 5.) Our wellness committee recently added a walking club for staff during their lunch break. This committee, which has now been adopted at multiple locations offers a complimentary salad meal to one teacher per week for walking either during lunch or right after school.
- 6.) We have begun a Deer Lakes Salad Club at our elementary schools. This club teaches students about the advantages of fresh salads as their entrée choice for lunch. Our salad numbers have jumped to over 40 per day for our K-5th graders.
- 7.) Our school district is also a "Building Healthy Schools" affiliate; this is offered through Penn State PRO Wellness.
- 8.) We offer an active community based event in our annual "Laps for Learning" program.
- 9.) Our district provides Olweus Bullying curriculum.

Thank you very much for consideration, please let us know of any successful tools that other districts are using, as we would love to endorse positive health-focused messages within both our school and community.

Joe Beaman-Director of Food Services

Dr. Janel Logue-Belden Superintendent