



Twin Valley School District

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MEDIA ADVISORY

May 25, 2010

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TWIN VALLEY MIDDLE SCHOOL AWARDED A GRANT THROUGH THE HIGHMARK HEALTHY HIGH 5 SCHOOL CHALLENGE

Grant will provide resources to develop and implement program aimed at increasing student wellness.

ELVERSON, PA – Twin Valley Middle School has been awarded a Highmark Healthy High 5 School Challenge grant of \$955.00 to implement a Ropes Course program that will provide students with enhanced physical activity. With rates of childhood obesity on the rise, this grant will support Twin Valley Middle School's efforts to help students adopt healthy behaviors that will stay with them for a lifetime.

The Ropes Course program will help students to develop team building skills and strengthen balance. The program is expected to reach 1,000 students in grades 5 through 8.

“The health and wellness of our students is a top priority,” said Superintendent, Bob Pleis. “This grant will allow us to provide children with the tools necessary to stay fit for life.”

Since 2007, the Highmark Foundation, through the Highmark Healthy High 5 School Challenge, has awarded more than \$5.5 million to over 750 grants to schools in 49 counties across Pennsylvania for programs that provide nutrition education, enhance nutrition choices and increase opportunities for physical activity.

“Physical activity and nutrition play a critical role in reducing childhood obesity,” said Yvonne Cook, president of the Highmark Foundation. “With this grant, Twin Valley Middle School will have additional resources available to educate students – and their parents – on simple lifestyle changes that can be made to improve the health and wellbeing of our children.”

For more information on the Highmark Healthy High 5 School Challenge grant program, visit www.highmarkhealthyhigh5.org or call 800-789-1726.

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Twin Valley School District is an equal opportunity public education institution that is committed to excellence in education. In partnership with parents and the community, the District aspires to prepare students for challenges in an ever-changing world.