



Indianapolis Middle School Named to 2017 List of America's Healthiest Schools

Pike's Lincoln Middle School only school in Indiana to be honored with national award for promoting healthy eating and physical activity

(INDIANAPOLIS), Sept. 27, 2017 – Lincoln Middle School in the Metropolitan School District of Pike Township is the only school in Indiana to be named to the 2017 list of America's Healthiest Schools by the Alliance for a Healthier Generation, an organization co-founded by the American Heart Association and the Clinton Foundation.

A total of 323 schools nationwide were selected based on a rigorous set of criteria – from availability of nutritious foods to access to quality physical education opportunities, as part of Healthier Generation's Healthy Schools Program.

Lincoln Middle School earned a Bronze Award by implementing a number of programs to create a healthier environment for students and staff, including:

- The Garden Club planted spring and fall gardens and learned how to prepare and preserve their harvests
- Small-scale composting to enrich soil and reduce the amount of refuse from lunch
- Hosting school-wide taste tests and sampling during school lunch
- Hosting healthy cooking demonstrations open to all students and staff
- Launching a walking club to expand wellness reach and provide Garden Club members with a way to stay connected during the winter months
- Hosting a student fit club after school
- Opening the school's fitness center to all staff and offering before and after school workout sessions lead by a personal trainer

“Our entire community – parents, teachers, students and staff – has united around the importance of creating a healthy school environment,” said Cynthia Perkins, assistant principal. “We're honored to receive this recognition from the Alliance for a Healthier Generation and remain committed to continuing to improve school health next year and beyond.”

All schools on the 2017 list of America's Healthiest Schools have earned National Healthy Schools Awards, a prestigious achievement that celebrates schools that meet or exceed stringent standards set by Healthier Generation'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.

As a recipient of the Bronze Award, Lincoln Middle School:

- Meets or exceeds updated federal nutrition standards for school meals, which include increased fruits and vegetables, whole grain-rich items and meals lower in saturated fat
- Offers school breakfast to their students every day
- Meets or exceeds snack and beverage requirements for the federal Smart Snacks in School standards
- Implements district wellness policies and reports progress annually
- Provides students with at least 60 minutes of physical education per week and ensures activity throughout the school day

“Thousands of schools across the country are seeing the academic, social and behavioral benefits of

prioritizing student health,” said Dr. Howell Wechsler, CEO of the Alliance for a Healthier Generation. “We’re proud to recognize the exceptional efforts of Lincoln Middle School for serving as a best in class example of what it means to create healthier environments for both students and staff.”

Any school can join the Healthy Schools Program at no cost by visiting schools.healthiergeneration.org.

To view the complete list of America's Healthiest Schools, visit healthiestschools.org.

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About the Alliance for a Healthier Generation

The Alliance for a Healthier Generation empowers kids to develop lifelong healthy habits by ensuring the environments that surround them provide and promote good health. More than 25 million children have been helped by the Alliance’s work with schools, communities and businesses across the country. Make a difference at HealthierGeneration.org and join us on [Facebook](#) and [Twitter](#).

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