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**FOR IMMEDIATE RELEASE**

## **Community Foundation Awards Healthy Kids Grants for 2020-2021**

*Grants will support seven public school programs promoting healthy eating and physical activity*

September 22, 2020 (Oakton, VA) – The Community Foundation for Northern Virginia is pleased to announce that it has awarded a total of \$12,212 in [Healthy Kids Grants](#) to seven public Elementary, Middle, and High School programs in Northern Virginia. Grants up to \$2,000 will be used to support programs that promote healthy lifestyles through increased exercise and physical activity or healthy nutrition. The grants are for the 2020-2021 school year.

The programs were chosen through a competitive grant application process and made possible by the Chin Family Charitable Fund and the J.O.Y. Fund.

"Alexandria City Public Schools is thrilled to have the support of The Community Foundation of Northern Virginia during these unprecedented times. Through the Healthy Kids grant, we will be able to get students moving in fun and creative ways after long hours of virtual learning and screen time, said **Shanna Samson, Assistant Director, Office of Community Partnerships and Engagement, Alexandria City Public Schools**. "The Parkour Club, facilitated by community partner PK Move, will serve students attending our ACPS Virtual PLUS+ school day and afterschool program offered for free to some of our most vulnerable students."

Through the Healthy Kids Grants Program, the Community Foundation improves the health outcomes of children in our region. These grants are awarded directly to the schools, often for programs that individual teachers would like to implement to support their students.

“These microgrants will go a long way in supporting innovative ideas from individual teachers in our public-school system,” said Eileen Ellsworth, President and CEO at the Community Foundation for Northern Virginia.

The 2020-2021 school year is the tenth annual Healthy Kids Grants cycle. To-date, The Community Foundation for Northern Virginia has awarded nearly \$150,000 in Healthy Kids grants.

## **2020 Healthy Kids Grants Recipients:**

**[Alexandria City Public Schools FACE Center](#)** – *Parkour Club* \$1,800  
*Alexandria, VA*

This project will increase the physical activity and skill of 30 Kindergarten through 2<sup>nd</sup> grade Cora Kelly Elementary students by engaging them in four-weeks of Parkour Club. Students will learn new skills while discovering the fun of creative movement. To support Alexandria City Public School parents/guardians who are essential workers during the Covid-19 pandemic, ACPS intends to partner with community partners to offer an ACPS Virtual PLUS Childcare Program for 350 of the most vulnerable school-age students at nine sites city-wide.

**[Bonnie Brae Elementary School](#)** – *Flexible Seating for Room 203* \$1,412.83  
*Fairfax County, VA*

This project will increase physical activity for 30 3<sup>rd</sup> graders by giving them the opportunity to move and exert energy while learning in a social distant and movement restrictive classroom. They plan to use the flexible seating when they can return to school and will use the seating year after year.

**[Gainesville Middle School](#)** – *Social Distance PE Activities* \$1,000  
*Prince William County, VA*

This project will increase the physical activity in classes that are socially distanced for 6-8 grades. Plans include purchasing additional sports equipment to support socially distance sports for students.

**[Hybla Valley Elementary School & Create Calm](#)** – *Yoga* \$2,000  
*Fairfax County, VA*

This project will cross racial, cultural, and ethnic boundaries and developmental differences to increase physical activity and teach techniques for emotional regulation through yoga for 200 early elementary students and their families from communities underrepresented in the wellness space. In the form of live, virtual classes, families will be led through 30 minutes of meaningful physical activity.

**Kenmore Middle School PTA** – *Kenmore Outdoor Classrooms* \$2,000  
*Arlington County, VA*

This project will allow Kenmore Middle to enhance the gardens and teaching spaces at the front entrance of the school. Our goal is to create a sense of place that inspires teachers to bring students outside for lessons on nutritious food choices, movement, and mindful reflection in nature.

**Matthew Maury Elementary School** – *Walking Program* \$2,000  
*Alexandria, VA*

The goal of the Matthew Maury Elementary School Walking Program is to provide increased physical activity for 4<sup>th</sup> and 5<sup>th</sup> grade students by walking for a minimum of ten minutes at the beginning of each school day. Students will track their progress and will be incentivized to participate. The program will start online, and they hope to safely convene in-person at some point during the school year.

**Westfield High School** – *The Girl's Only Fitness Class* \$2,000  
*Fairfax County, VA*

The GOFC is an elective class for females only at WHS, non-athletes, who want to learn the truth about dieting, nutrition and sugar, how to reduce stress, improve self-esteem, defend themselves, learn safety measures, find an activity that they can for the rest of their lives to stay fit and healthy. This elective was successfully offered virtually last spring when school closed and is being offered virtually again this school year.

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### **About Community Foundation for Northern Virginia**

The Community Foundation for Northern Virginia grows philanthropy to respond to critical need, seed innovation and lead and convene the community. Comprised of donor advised funds, permanent funds, giving circles, and other charitable endowments, the Community Foundation connects donors to community and promotes a more equitable and inclusive prosperity that marries our economic strength with the full breadth of our diverse community. In 2020 the Community Foundation awarded more than \$13 million in grants and scholarships.

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