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**FOR IMMEDIATE RELEASE**



## **Eleven Northern Virginia Schools Benefit from Healthy Kids Grants**

Fairfax, VA (August 22, 2024) – [The Community Foundation for Northern Virginia](#) (CFNV) has awarded \$19,130 to eleven schools in Northern Virginia through its 2024 [Healthy Kids Grants](#). Schools awarded will be implementing new or reinforcing established programs focused on students' nutrition, physical activity, or better mental health in the 2024-2025 school year. Over the course of fourteen years, the Healthy Kids Grants have awarded over \$200,000 in support of healthy lifestyles through increased exercise, balanced nutrition, and constructive mental health practices.

Of the schools awarded, six projects are focused on mental health and five are geared towards physical activity. Grants up to \$2,000 will be used to improve the health outcomes of children in our region. These grants are possible through the Community Foundation's [Permanent Fund for Northern Virginia](#), an endowment forever supporting the critical need throughout the region.

Devon Bacso of Smarts Middle School, a Healthy Kids grantee, says,



“Thank you so much for helping us create a calm regulation zone for students. We can't wait for this space to be up and running so teachers are able to instruct students who are more present and "online" for learning and so that our student body can practice healthy coping skills!”

*Smarts Middle School's 'Zen Den' soon to be transformed thanks to CFNV grant money*

It is important to the Community Foundation for Northern Virginia that we combat the decline of physical and mental health of our area's youth. In their January 2023 Insight Region Report, [The Shape of Youth Mental Health](#), survey responses illustrated “...47 percent of high school students in Northern Virginia experienced recent, clinical levels of anxiety/depression or past-year mental health need (persistent sadness and/or suicidal thinking).”

To learn more about the Healthy Kids Grants program, [visit here](#).

## **Congratulations to all 2024 Healthy Kids Grants Recipients!**

### **Bonnie Brae Elementary School | Mental Health | \$2,000**

Fairfax County

*This project will allow any grade level to use an outdoor space as a classroom outdoors when learning, reading, and exploring science labs.*

### **Briar Woods High School | Mental Health | \$2,000**

Loudoun County

*This project will help bring awareness to mental health, build resiliency, while also helping students to increase protective factors.*

### **Cedar Lane High School | Physical Activity/Nutrition | \$2,000**

Fairfax County

*The project will allow Cedar Lane School Boxing Club participants to have nutritious food before being transported off-site to participate in the weekly after-school boxing club activity.*

### **Cool Spring Elementary School | Physical Activity/Nutrition | \$2,000**

Loudoun County

*This project will allow students to use functional fitness and yoga equipment to combine the 5 C's (contributor, collaborator, critical thinker, communicator, creator) with our 5 components of fitness.*

### **Falls Church Education Foundation | Mental Health | \$2,000**

Falls Church

*This program is a student-led movement to change the culture around mental health and prevent teen suicide. Its areas of focus are increasing help-seeking behaviors, promoting social connectedness and prosocial behavior, and encouraging self-care and healthy habits.*

### **Jefferson Middle School | Physical Activity/Nutrition | \$1,500**

Arlington County

*A means of storing fruit and vegetables for children to eat after school, after sports practices and after-school activities.*

### **Naomi L. Brooks Elementary School | Physical Activity/Nutrition | \$2,000**

Alexandria

*Fourth and fifth grade students will walk or exercise for ten minutes for three of five days each week. Nutrition lessons on healthy food choices will continue.*

### **Smarts Middle School | Mental Health | \$1,380**

Loudoun County

*This project will focus on mental health using evidence-based practices/The Zen Den will have a flexible sensory environment such as dim lighting, calming sounds/music, and comfortable seating.*

### **Stone Bridge High School | Mental Health | \$2,000**

Loudoun County

*This project will allow approximately 1650 HS students to be better able identify and cope with feelings and everyday stressors.*

**Washington-Liberty High School | Physical Activity/Nutrition | \$250**

Arlington County

*This project will allow 120 9th graders to analyze and evaluate their eating habits, specifically if they are reaching their micronutrient needs.*

**Woodbridge High School | Mental Health | \$2,000**

Prince William County

*This project will allow approximately 1650 high school students to be better able identify and cope with feelings and everyday stressors.*

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**ABOUT THE COMMUNITY FOUNDATION FOR NORTHERN VIRGINIA**

Founded in 1978, the Community Foundation has been the premier charitable partner trusted by thousands of generous Northern Virginians for decades. Our mission is to advance equity through philanthropy and community leadership. Comprised of donor advised funds, permanent funds, giving circles, and other charitable endowments, the Community Foundation's vision is to build a community that works for everyone. Our Community Foundation serves the entire region, including Arlington, Fairfax, Loudoun and Prince William Counties and the Cities of Alexandria, Fairfax, Falls Church, Manassas and Manassas Park.

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