

Project Healthy Schools and New Branches Charter Academy  
2015-2016 School Year

Blue Cross Blue Shield of Michigan, the Michigan Department of Health and Human Services, and the University of Michigan's Project Healthy Schools are working together to improve the current and future health of students through school-based education and environmental initiatives.

*Building Healthy Communities: Engaging middle schools through Project Healthy Schools* focuses on five program goals:

- Eat more fruits and vegetables
- Choose less sugary food and beverages
- Eat less fast and fatty food
- Be active every day
- Spend less time in front of a screen

New Branches Charter Academy will begin the Project Healthy Schools program this fall!

The program includes:

- Health-based educational lessons for 6th grade
- Training and support of a school wellness champion to lead program sustainability
- Formation of a school wellness team
- School-wide wellness activities and events promoting physical activity, nutrition, wellness communication, staff wellness, and family engagement
- Program evaluation to mark success
- School wellness assessment and action plan

Please visit the Project Healthy Schools website at [www.projecthealthyschools.org](http://www.projecthealthyschools.org) or contact New Branches Charter Academy's program coordinator, Cortney Boes at [caboes@umich.edu](mailto:caboes@umich.edu) for more information or if you want to learn how you can get involved. ***Building Healthy Communities*** engages public, private and nonprofit partners – Blue Cross Blue Shield of Michigan, Michigan Department of Health and Human Services, University of Michigan, Wayne State University's Center for School Health, Michigan Fitness Foundation and United Dairy Industry of Michigan to make a statewide impact to address childhood obesity in Michigan and improve the health of young people, their families and the communities by implementing a comprehensive, school-wide network of physical activity and healthy eating opportunities and education in elementary and middle schools.