



# Mt. Lebanon School District

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March 21, 2016

Dr. Karen Hacker, Director  
Allegheny County Department of Health  
955 Rivermont Drive  
Pittsburgh, PA 15207

Dear Dr. Hacker,

The Mt. Lebanon School District is excited for the opportunity to apply for Live Well Allegheny School status with the Allegheny County Health Department. Our district has a long tradition of wellness initiatives for both staff and students, and we look forward to this partnership as a way to grow even stronger in this area.

Our School Wellness Policy, which dates back to 2006 and was recently revised, states that our school district is committed to providing a healthy school environment. Our school board, administrators, teachers and support staff understand the important role of wellness in learning, achievement, and lifelong health.

Attached to this letter, please a resolution adopted by our Board of School Directors on March 21, 2016. Also please find a short list of activities, programs and practices that show the many ways that the Mt. Lebanon School District meets the Live Well Allegheny School criteria. This list also includes our next steps. This application process has been helpful in re-examining our efforts in this regard and identifying our plan for the future.

We look forward to working with Live Well Allegheny, the Allegheny County Health Department and other Live Well Schools and Communities. Thank you again for the opportunity to join a network of others who value the health and wellness of Allegheny County residents.

Sincerely,

Dr. Timothy J. Steinhauer  
Superintendent of Schools

**Mt. Lebanon School District  
Allegheny County, Pennsylvania**

A RESOLUTION OF THE BOARD OF SCHOOL DIRECTORS OF THE MT. LEBANON SCHOOL DISTRICT APPROVING THE APPLICATION TO PARTICIPATE IN THE *LIVE WELL ALLEGHENY* CAMPAIGN AND WORK TOWARDS THE SHARED GOALS OF PROMOTING HEALTH AND WELLNESS FOR ALL MEMBERS OF THE MT. LEBANON SCHOOL DISTRICT COMMUNITY

WHEREAS, in January 2013, Allegheny County, through the leadership of County Chief Executive Richard Fitzgerald and Health Department Director Dr. Karen Hacker, launched a comprehensive and innovative strategy to improve health and wellness called *Live Well Allegheny*; and

WHEREAS, wellness is a broad term that includes physical, mental and social health, personal and community safety, and preparedness and prevention, which are achieved through proper nutrition, exercise and fitness activities, improved well-being and, most importantly, education; and

WHEREAS, the wellness of our school community, including students, faculty, staff, parents and families, requires the coordinated effort of all stakeholders to ensure that our efforts are impactful; and

WHEREAS, the purpose of *Live Well Allegheny* is to support schools and communities in their efforts to improve the health and wellness of Allegheny County residents; and

WHEREAS, the Mt. Lebanon School District will share aggregate Body Mass Index (BMI) data with the Allegheny Health Department on an annual basis; and

WHEREAS, the Mt. Lebanon School District will undertake numerous other steps to promote wellness in our schools as determined by our Wellness Committee;

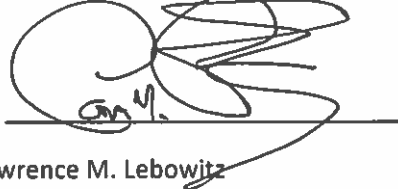
NOW, THEREFORE BE IT RESOLVED, that the Board of School Directors of the Mt. Lebanon School District will endeavor to work with Allegheny County, the municipality of Mt. Lebanon and Allegheny County to accomplish the goals of the *Live Well Allegheny* campaign.

RESOLVED AND ADOPTED, this 21<sup>st</sup> day of March, 2016.

By 

Cecile D. Bowman  
Board Secretary

Mt. Lebanon School District

By 

Lawrence M. Lebowitz  
Board President

# **Mt Lebanon School District Commitment to Live Well Allegheny**

## **Staff Wellness**

### **Currently in place:**

- A comprehensive wellness plan for staff that includes various challenges throughout the year
- Wellness sessions and smoothie bar on inservice days
- Annual blood pressure checks

### **Committed to:**

- Increasing use of social media (Facebook, Twitter, Pinterest) to share wellness tips, and upcoming events
- Providing healthy snacks in faculty rooms and for meetings

## **Student Wellness**

### **Currently in place:**

- Standards based Health and Physical Education curriculum delivered by HPE certified staff
- Daily recess and mobility breaks
- USDA Healthy School Challenge lunches include fresh fruits, vegetables and 1% milk

### **Committed to:**

- Making water coolers available at all schools
- Offer “Meatless Mondays” for elementary school lunches
- Focusing class parties on physical activities and healthy snacks
- Reducing the use of food as a reward

## **Community Wellness**

### **Currently in place:**

- Recycle and compost program in the High School cafeteria
- Elimination of non-recyclable materials at all schools
- Safe walking routes to school in partnership with local police

### **Committed to:**

- Continuing connections to local produce through Farm to School Partnership
- Supporting several projects working to grow food for our school cafeteria