



FOR IMMEDIATE RELEASE

Pilot Knob STEM Magnet receives funding for wellness initiatives

January 23, 2012

MENDOTA HEIGHTS, Minn. – Pilot Knob STEM Magnet School in District 197 has been chosen to receive \$4,000 to support wellness initiatives as part of the Fuel Up To Play 60 program. The funds for the Fuel Up to Play 60 program are provided by the Midwest Dairy Council to provide support for a variety of activities and tools that support school wellness initiatives.

Fuel Up to Play 60 encourages youth to eat nutrient-rich foods and be physically active for at least 60 minutes every day. Pilot Knob used the funds to purchase new equipment for the school, including a new milk cooler, a smoothie machine, hula-hoops, jump ropes and snowshoes.

Pilot Knob is also using the grant funding to hold a Family Wellness Night on Thursday, January 26. The funds from the grant will be used to provide healthy snacks, prizes and the supplies needed for the Wellness Night. This event will also introduce some of the new items purchased by the grant, including the smoothie machine and snowshoes. Attendees will be able to try smoothies made from the new smoothie machine and students will be able to try the snowshoes so they can become familiar with them and use them during recess.

In addition, the Family Wellness Night will include a Zumba demonstration, Taekwondo demonstration, guest speaker discussing the Miracle Kids Triathlon, learning/activity stations, and an obstacle course.

“This program benefits the students at Pilot Knob by promoting healthy eating at school and at home as well as the importance of staying physically active for sixty minutes every day,” said Roberta Tichy, Health Paraprofessional and Wellness Coordinator at Pilot Knob. “This is happening with our new milk cooler, smoothie machine and recess equipment purchased with the grant money.”

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District 197 serves approximately 4,500 students in grades K-12, with additional early learning opportunities for young children from birth through age 5. The District is also part of the Northern Dakota County TriDistrict Community Education, which provides lifelong learning opportunities for residents of all ages. District 197 is located just minutes south of both Minneapolis and St. Paul, serving all or parts of the communities of Eagan, Inver Grove Heights, Lilydale, Mendota, Mendota Heights, Sunfish Lake and West St. Paul.

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