



NORTH VIEW ELEMENTARY SCHOOL PTA® Awarded National Grant for Health and Wellness Programs

Clarksburg, West Virginia; August 12, 2015 —West Virginia PTA is pleased to announce that North View Elementary School PTA has been recognized with a \$2,000 Healthy Lifestyles: Energy Balance 101 Grant for its efforts to address the energy balance needs of the school community and encourage families to adopt more active, healthy lifestyles. North View Elementary School PTA is one of only 25 PTAs across the country selected to receive this grant from National PTA. Being recognized with a grant demonstrates North View Elementary School PTA's leadership and commitment to making a difference for the health and well-being of children and families.

"Teaching children and their families about the importance of energy balance, nutrition and physical activity is critical to help them make informed decisions now and sets the stage for a healthy lifestyle into adulthood," said Laura Bay, president of National PTA. "We are pleased to recognize the hard work and dedication of North View Elementary School PTA and empower the association with tools and resources to educate and engage children and families and inspire active, healthy living."

Part of National PTA's Healthy Lifestyles program, the grant is designed to help local PTAs and schools engage families to improve awareness of energy balance concepts and provide nutrition and physical activity education. Energy balance is the everyday practice of balancing calories consumed through eating and drinking with calories burned through physical activity. With the grant, North View Elementary School PTA will:

- Use the Energy Balance 101 curricula to educate families on the importance of energy balance, good nutrition and physical activity in achieving an active, healthy lifestyle;
- Empower families to advocate for and support the implementation of healthy changes around nutrition and physical activity; and
- Provide families with tools to create an environment at home that supports positive changes at school.

West Virginia PTA President Janelle Sperry stated "We are so proud that North View Elementary School PTA has been recognized with a Healthy Lifestyle Grant from National PTA this year! The West Virginia PTA supports programs that encourage healthy eating balanced with physical activity and is proudly sponsoring the 2nd Annual West Virginia PTA Student Healthy Recipe Contest in the fall. It is open to all students in West Virginia and promotes original healthy recipes created by our students". For more information, visit www.wvpta.net.