



Laurel Highlands School District

304 Bailey Avenue, Uniontown, Pennsylvania 15401
(724) 437-2821 Fax (724) 437-8929 www.lhsd.org



Jesse T. Wallace, III, M.Ed.
Superintendent

Gregory S. Hensh, C.P.A.
Business Manager

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*Acting Director of Special Education
and Pupil Personnel Services*

Randy L. Miller, M.Ed.
Director of Curriculum

Jessica Scott, M.Ed.
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Richard Barron
*Chief of Police/Security
Attendance Officer/Discipline Review*

Zachary Just
PIMS Coordinator

Craig McKee
*Supervisor of Buildings &
Grounds*

Gerald Lofstead, M.A.
Food Service Director

Dear Students, Parents/Guardians:

In an effort to address the serious health reality of childhood obesity, Highmark Healthy High 5 has taken its \$8 million School Challenge Grant Program to a new level by providing \$650,000 in Super+ School Challenge grants to 13 Pennsylvania schools, including Laurel Highlands High School.

“Laurel Highlands High School has implemented long-lasting and effective changes that show their students are making better nutritional choices and are more physically engaged,” said Highmark Foundation President Yvonne Cook. “We want Laurel Highlands High School to act as a best practice example to others by providing leadership and outcomes other schools can emulate.”

Highmark Healthy High 5, an initiative of the Highmark Foundation awarded a \$49,139.00 Super+ School Challenge grant to Laurel Highlands High School so they can continue to provide successful programming that focuses on the nutritional and physical activity needs of the students.

Some of the measurable outcomes Laurel Highlands High School will expect to see include improvements in endurance, strength and flexibility in student fitness levels; increases in the minutes per week that students engage in moderate to vigorous physical activity over an extended period of time; and positive changes in eating habits through available nutritional choices.

The Highmark Healthy High Super+ School Challenge grant will fund Laurel Highlands High School program. The Laurel Highlands High School Physical Education (P.E.) department’s goal is to provide our school and community with an opportunity to promote overall and lifelong fitness among our students, staff, and members of the community. Our county is facing high rates of obesity, diabetes, and asthma. This program will enable our school to address these problems through fitness promotion. Our program is designed to increase student interest and participation by providing a variety of activities that will be both beneficial and enjoyable to all. With this grant, we hope to implement fitness assessment software, mountain bikes, additional strength training equipment, heart rate monitors and stationary bikes for the first year of the grant money.

The health and wellness of our students is of utmost importance. Living a healthy lifestyle is paramount in changing the existing obesity trends of our society. Slowing and reversing these existing trends will require efforts in multiple settings. Let’s work together at school and at home in supporting the development of healthful habits that will reinforce lifelong wellness.

The Physical Education Department

“Laurel Highlands School District is an Equal Opportunity Employer”



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