



10 Central New Jersey Schools Awarded *Sustainable Jersey for Schools Grants*

Somerville, NJ –EmPoWER Somerset in partnership with Sustainable Jersey for Schools is pleased to announce that ten Central New Jersey public middle and high schools have been awarded Sustainable Jersey for Schools Small Grants of up to \$4000 to complete specific Sustainable Jersey for Schools health and wellness actions. We are delighted to welcome some new schools as well as some of our returning schools. We are especially excited to have our first Ocean County school join us! The Central Jersey schools receiving grants are Montgomery High School; Luis Munoz Rivera Community School in Trenton; Carteret High School; Toms River Regional School District; Warren Middle School; Roselle Public Schools; Middlesex County Vocational and Technical School District; Lawrence Township Public School District; North Plainfield Middle School and Orange Avenue Elementary School in Cranford. These schools are among 30 schools in New Jersey to receive a Sustainable Jersey for Schools Small Grant funded by the New Jersey Department of Health in this funding cycle.

EmPoWER Somerset is funded by the New Jersey Department of Health to coordinate the School Health program in seven Central Jersey counties. In this capacity, EmPoWER Somerset will provide the ten funded schools in this region with guidance and technical support in ensuring that their selected school health actions are successful.

“Education and health are related. We know that a healthy, safe, and supportive environment is also the same environment that is most conducive to learning. Our vision is to advance the health and well-being of all New Jersey students, teachers and school staff. We are so excited to be a part of an initiative that will have lifelong positive effects on the youth in this state.” said Kristen Schiro, Director of Health & Wellness at EmPoWER Somerset.

Sustainable Jersey for Schools is a certification program for public schools in New Jersey. It was launched by Sustainable Jersey, a nonprofit, nonpartisan organization that provides tools, training and financial incentives to support and reward municipalities and schools as they pursue sustainability programs. Currently, 273 districts and 679 schools have registered to work toward Sustainable Jersey for Schools certification. “Sustainable schools are healthy schools, and schools that promote health and well-being will see benefits,” said Randall Solomon, executive director of Sustainable Jersey. “These grants funded by the New Jersey Department of Health will support schools as they tackle important health and wellness actions.”

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The New Jersey Department of Health is funding the grants through its Maternal and Child Health Services Title V Block Grant.

10 School Recipients of Sustainable Jersey for Schools Project Grants Up to \$4000 in Central New Jersey			
County	Recipient	District	Project
Mercer	Luis Munoz Rivera Community School	Trenton	Campaign Connect: Growth through Relationship Building: Will advance work with Campaign Connect to analyze data, determine school priorities, explore the root causes of school issues, and develop and implement an action plan to address these areas of need.
Mercer	Lawrence Township Public School District	Lawrence Township Public School District	Cardinals Care: The Road to a Healthy Community: Will start an after-school and evening Health and Wellness program that incorporates healthy eating, mindfulness and yoga.
Middlesex	Carteret High School	Carteret	Pathways Promotes Healthy Habits: Will provide healthy food options for activities during and after the school day; will coordinate education through SADD club for the entire student population, will attempt to influence policy related to fundraisers, food sales and will bring in nutrition workshops throughout the school year.
Middlesex	Perth Amboy Vo-Tech High School	Middlesex County Vocational and Technical School District	Yoga for the Mind, Body and Soul: Will train 200 students and 25 teachers on how to pay attention to the relationship between their mind and body.
Ocean	Toms River Regional High School	Toms River Regional School District	Mobile Breakfast Academy: This program will increase breakfast participation numbers at all three high schools; prompt a district-wide adoption of a Breakfast After the Bell initiative; and elevate school culture by creating a grab-and-go environment that mirrors the real world.
Somerset	Montgomery High School	Montgomery Township	Monty Green Garden and Fresh Water Bottle Filling: Will establish a garden to school program and advance efforts to eliminate non-reusable plastic water bottles
Somerset	Warren Middle School	Warren Township School District	Mind and Body Wellness for Staff and Students: After school weekly program focusing on Mindfulness and developing a healthy lifestyle. Two programs will be provided: one for staff and one for middle school students.
Somerset	North Plainfield Middle School	North Plainfield Middle School	Healthy and Environment safe water: Will provide students with healthy water while reducing the number of plastics being disposed of.
Union	Roselle Public Schools	Roselle Public Schools	Roselle Public School District School Garden Program: Will create new school garden at LV Moore Middle School and expand the existing rain garden at Grace Wilday Junior High School.
Union	Orange Avenue Elementary School	Cranford	Expanding Active After-School Programs: Will continue the after-school program targeted to middle-school students that includes a ten-week winter Yoga Club, a ten-week late winter Volleyball Club and a six-week spring Golf Club.

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