



FOR IMMEDIATE RELEASE

August 24, 2009

St. Simons Elementary receives gold level award for school wellness activities

St. Simons, Ga.—In partnership with the Southeast United Dairy Industry Association (SUDIA), Georgia Action for Healthy Kids (GAFHK) will honor St. Simons Elementary (SSE) with the Second Annual Healthy School Award on Aug. 27, 2009.

The Healthy School Award (HAS) is presented each year to three Georgia schools to recognize their outstanding efforts to implement school wellness programs. Recipients earn one of three awards; gold, silver or bronze. This year, SSE received the gold level award after participating in several wellness programs and activities including “Walking to Disney.” School Nurse, Lisa Byrns, provided students with an opportunity to stay after school and get involved with physical activities and nutrition clubs.

SSE implemented programs to promote personal wellness by exercising daily and eating healthy foods such as dairy. Food service providers helped SSE promote healthy eating through educational signage, tastings and by offerings students healthier food options.

To expand their wellness initiatives, families and community members were invited to participate in programs such as Action for Healthy Kids’ “Game On! The Ultimate Wellness Challenge.”

“I look forward to presenting the award to a school that has implemented innovative wellness programs not only for the teachers and students, but the community as well,” said Linda Silverman, SUDIA’s school marketing account manager for Georgia. “They are a great example for other Georgia schools.”

To recognize SSE for their efforts, Silverman will present Byrns with a plaque and banner at the school’s annual health fair. The award presentation will be held at St. Simons Elementary Aug. 27, 2009 at 6:30 p.m.

GAFHK awarded SSE early this year with \$1,500 for their gold level achievement. SSE plans to use the awarded funds to further student education by purchasing materials and hosting events that celebrate the school’s success. All awards were sponsored by SUDIA, Georgia Department of Community Health, Georgia Coalition of Physical Activity and Nutrition and United Healthcare.

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About the Southeast Dairy Association

On behalf of dairy farm families, the non-profit Southeast United Dairy Industry Association, Inc. (SUDIA), works with schools, health professionals, retailers, dairy processors and the public to promote dairy foods. For more information, visit www.southeastdairy.org.

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