



# HEART & HEADLINES

American Heart Association Eastern States Youth Market

September 2022



**Welcome from our Senior Vice President, Abby Bartley!**



Please watch this short introduction video and learn about this month's highlights!



**Meet inspiring Youth Heart Ambassador, Jameson (and Guinness)!**

He has a special message just for you!



*If you know a heart hero or child who would like to be an American Heart Association Youth Heart Ambassador like Jameson, please contact your local Youth Market Director for more information.*



**Join 1.8 million families learning hands-only CPR through Kids Heart Challenge and American Heart Challenge**

**Learn Hands-Only CPR**

1. CALL 911
2. PUSH HARD & FAST

Learn More!



To receive more information or register your school to participate in Kids Heart Challenge (elementary) or American Heart Challenge (middle/high), scan the QR codes to fill out a quick form!



KHC



AHC

## Join Our Educator Leadership Development Webinars

Join the American Heart Association (*and in partnership with OPEN Professional Development Online Series*) as we explore today's relevant topics to aid in the development of happy and healthy lives within your school community.

All 45-minute webinars start at 3:30 PM ET. Registration required. *If you are unable to attend live, recording of calls will be available.*

[Click here to register](#)

Wednesday <b>Sept. 7</b>	<b>The Growth Mindset</b>
Wednesday <b>Oct. 5</b>	<b>Nutrition Education Basics</b>
Wednesday <b>Nov. 2</b>	<b>Staff Wellness: It's a Hero's Journey</b>
Wednesday <b>Dec. 7</b>	<b>Healthy Brains and Bodies with Active Classrooms &amp; Recess</b>

**Chance to win a \$250 US Games certificate for each webinar you attend!**

### Wed, 9/21 is World Gratitude Day!

Recognizing what you're grateful for can have a big impact on your health and happiness.

- ♥ [I'm Grateful For...](#) (Journaling Example MS/HS)
- ♥ [Thankfulness: How Gratitude Can Help Your Health](#)
- ♥ [Loving-Kindness Meditation Infographic](#)



### Thurs, 9/29 is World Heart Day!

Share these resources for healthy heart tips!

- ♥ [What is clean eating infographic](#)
- ♥ [How much physical activity do you need?](#)
- ♥ NEW Journaling Activity ES—[Stress](#)
- ♥ [25 Ways to Get Moving](#)

## AHA in the local community

[Celebrating the first anniversary of VIP blood pressure program in the Bronx, NYC](#)

High blood pressure is the silent killer because uncontrolled high blood pressure is a leading cause of heart disease and stroke. Read how local community partners and AHA brings health education and supportive lifestyle changes to save lives.

Read more about [excess sodium](#) and how it may put you at risk for high blood pressure. **Middle/High School age activity**—[What's the Scoop on Sodium](#)





## Mount Pleasant Elementary (Roanoke, VA) receives \$2,500 grant

The American Heart Association’s school-based youth programs, [Kids Heart Challenge™](#) and [American Heart Challenge™](#), awarded \$2,500 to Mount Pleasant Elementary School in Roanoke, VA for physical activity equipment. The annual grant program supports schools by funding resources to extend school wellness programs.



The American Heart Association, a global force for healthier lives for all, is helping educators make whole-body wellness a priority by bringing more resources to school campuses. Grant recipients are now able to expand their schools’ wellness offerings with additions such as physical activity equipment, water bottle filling stations and educator training opportunities on their campuses to encourage their students to stay healthy and active. The application process was open to all schools who participated in the school-based programs in the 2021-2022 school year.

Funds raised by Kids Heart Challenge and American Heart Challenge participants support the American Heart Association’s scientific research and outreach programs, paving the way for improved health outcomes for healthier communities. Schools are encouraged to register now for the 2022-2023 school year. The program provides grant funding twice a year, mid-school year and year end, to provide resources in real time to students. Since the grant program began in 2019, over a million dollars has been granted to schools to support projects that make schools healthier.

## Read about grant recipients [Franklinville Elementary School](#) and [John D. Jenkins Elementary School!](#)

*We are excited to partner with the American Heart Association to help get our students more active and build lifelong healthy habits,” said Elementary Principal Thomas Riddoch. “Franklinville Elementary has been a partner with the American Heart Association for a long time, and we hope to continue this partnership for many years.”*

## Congratulations to our Eastern States school grant awardees!

- Carmichaels Elementary, Carmichaels, PA
- Consolidated School, New Fairfield, CT
- Franklinville Elementary, Franklinville, NY
- Garvin Memorial Elementary School, Cumberland, RI
- George J. Mitchell Elementary School, Little Egg Harbor, NJ
- John D Jenkins Elementary School, Woodbridge, VA
- Leicester Elementary School, Leicester, MA
- Mount Pleasant Elementary School, Roanoke, VA
- Oakview Elementary, West Middlesex, PA
- Our Lady of Mt Carmel Regional School, Berlin, NJ
- Rock Branch Elementary School, Nitro, WV
- South Hanover Elementary School, Hershey, PA
- St. Joseph Fullerton School, Baltimore, MD

### Examples of Awarded Grants:

- ♥ Recess equipment
- ♥ Trampoline fitness
- ♥ Staff wellness resources
- ♥ Playground renovation
- ♥ Technology improvements
- ♥ Counseling Resources
- ♥ Bocce and badminton sets