



Niagara Falls City School District

Health and Wellness

Physical Fitness

Nutrition

Healthy Behaviors

Mental, Social and Emotional Support

Mark Laurrie

Superintendent of Schools

Niagara Falls City School District

August 1st, 2018



Physical Fitness

The Niagara Falls City School District believes that physical fitness is an integral part of student achievement. Beyond the superior instruction from NFCSD physical education teachers, community partners have provided a number of resources in achieving a high level of physical fitness. Listed below are NFCSD partners that relate to physical fitness.

Please visit the Niagara Falls City School District Health and Wellness website at nfschools.net/wellness

Niagara Falls City School District Staff

Dr. Jo Silvaroli	Nurse Practitioner	Jsilvaroli@nfschools.net
Joseph Contento	Athletic Director	Jcontento@nfschools.net
Stan Wojton	Wellness Coordinator	Swojton@nfschools.net
Anthony Surace	Athletic Trainer	Anthony.Surace@nfmmc.org
James Spanbauer	Administrative Representative	Jspanbauer@nfschools.net

Community Partners Physical Fitness

Cornell Cooperative Extension

Jennifer O'Connor jlt235@cornell.edu <http://cce.cornell.edu/>

Cornell Cooperative Extension of Niagara County holds this grant funded by the NYS Department of Health. Our overall goal is to increase access to and opportunities for Healthier Foods and Physical Activity. We can provide technical assistance and funds to support initiatives in these areas including: school gardens and Tower Gardens, physical activity supplies, healthy fundraiser ideas, healthy celebration carts and supplies to promote healthy marketing through artwork, videos etc.

American Red Cross

Alexandra Murello 716-886-7500 <http://www.redcross.org>

The American Red Cross exists to provide compassionate care to those in need. Our network of generous donors, volunteers and employees share a mission of preventing and relieving suffering, here at home and around the world



Community Partners Physical Fitness Continued

Go Bike

Justin Booth

info@gobikebuffalo.org

<https://gobikebuffalo.org/>

GObike Buffalo is working to build a thriving, dynamic and connected Buffalo by promoting biking, alternative transportation options, and improved streetscapes to create positive impacts on health, our environment, our streets and the overall quality of life for all residents.

Niagara Falls Police Athletic League

Art Eberhart

ArtE498043@aol.com

<http://www.niagarapal.com/>

The basic mission of the Niagara Police Athletic League is Juvenile Crime Prevention accomplished by creating better relations between police, citizens, and community youth through a myriad of interactive programs that include the youth in positive endeavors, athletic and non-athletic, within the community structure. The ultimate objective being Juvenile Decency.

Independent Health

Anna Jaremko

Anna.Jaremko@independenthealth.com

<https://www.buffalosoccerforsuccess.com/>

Thanks to a collaboration between Independent Health Foundation and Algonquin Sports, *Soccer for Success* has been brought to families in Western New York.

Girls on the Run

Katie Joyce

katiej@gotrbuffalo.org

<https://www.gotrbuffalo.org/>

At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained coaches lead small teams through our research-based curricula which includes dynamic discussions, activities and running games.

University at Buffalo (COACHES)

Kelli Pyle

kellinal@buffalo.edu

English: <https://youtu.be/beHhPmQrMkY>

Spanish: <https://youtu.be/tE8H-N8dKFQ>

COACHES is a positive behavior intervention program for students with ADHD. Parents participate in structured classroom lessons to learn new and innovative ways to communicate in a positive manner with their child.



University at Buffalo-Competitive Edge

Anthony Surace Anthony.Surace@nfmmc.org <http://nfmmc.org/programs-services/sports-medicine.php>

Together our team of physicians, NFMCC Sports Medicine Director Tony Surace, M.Ed., A.T.C., and Memorial's athletic trainers, certified strength and conditioning specialists and physical therapists to provide you with the best of care.

Math and Movement

Suzy Koontz suzy@mathandmovement.com <https://mathandmovement.com/>

Math & Movement uses multi-sensory learning approaches to teach students valuable skills to succeed in their school's math and reading curricula. Math & Movement recognizes that students learn through different styles which is why our exercises include teaching with visual, auditory, and kinesthetic elements aligned with most state standards.



Nutrition

Providing students with the appropriate well-balanced meals and providing students, the knowledge to make healthy choices outside the school environment is a priority of the NFCSD Wellness Committee. Listed below are community partners that assist with nutritional support.

Cornell Cooperative Extension

Justine Hays

Jah625@cornell.edu

<http://cce.cornell.edu/>

Cornell Cooperative nutrition programs connect research and practice, are highly collaborative, build on community strengths, and provide knowledge for policymakers.

American Heart Association

Marc Natale

marc.natale@heart.org

<https://www.heart.org/>

For nearly 100 years, we've been fighting heart disease and stroke, striving to save and improve lives.

Niagara Falls Culinary Institute

Ben Loomis

Bloomis@niagaraccc.suny.edu

<http://www.nfculinary.org/>

The Niagara Falls Culinary Institute is like a five-star restaurant ... where every course matters. Our Culinary Institute gives students the tools for a successful career, from experienced faculty, in a beautiful, newly renovated facility.

Field and Fork Network

Lisa Tucker French

Lfrench@fieldandforknetwork.com

<https://fieldandforknetwork.com/>

Field & Fork Network is a food and farming organization dedicated to building a thriving regional food system in Western New York by creating more economic opportunities for local agriculture and providing greater access to fresh local foods.

Snap Food Outreach

Niagara County

<http://www.niagaracounty.com/socialservices/Programs/SNAP-Food-Stamps>

The SNAP (Supplemental Nutrition Assistance Program) Program helps low-income people and families buy the food they need for good health. Working families, persons on fixed incomes, and those of any means need to meet the income test for household size.



ReNu (Niagara University)

Tom Lowe

tlowe@niagara.edu

<http://www.niagara.edu/renu>

ReNU Niagara, originally established in 2006 with government support and NU investment, has worked in partnership with non-profits and other community-based organizations to build residents' and organizational capacity in the city of Niagara Falls and surrounding areas.

Creating a Healthier Niagara Falls Collaborative

Krista Ehasz

KristaE@healthierniagarafalls.org

<https://healthierniagarafalls.org/>

Our Mission. To serve as a catalyst for fully engaging the community and bringing innovative approaches to creating a healthier Niagara Falls

Food Bank of WNY

Elyse Burgher

E.ZBurgher@foodbankofwny.org

<https://www.foodbankwny.org/>

At the Food Bank of Western New York, we work tirelessly to fight hunger one day at a time. As the primary hunger-relief organization in Western New York, we procure and distribute nutritious food and support to our hungry community members throughout Cattaraugus, Chautauqua, Erie, and Niagara counties.

Fidelis Care

JoAnne Ruppel-Frawley

Jruppel-frawley@fideliscare.org

fideliscare.org

Fidelis Care provides coverage through Child Health Plus, Essential Plan, Medicaid, Health and Recovery Plan, Managed Long Term Care, and Medicaid Advantage Plus. Fidelis Legacy Plan provides coverage through Qualified Health Plans and Medicare Advantage and Dual Advantage plans.

Grass Roots Gardens

Greg Wilder

Greg@grassrootsgardens.org

<http://www.grassrootsgardens.org/>

Grassroots Gardens WNY is a determined group of activists who educate and lead committed neighborhood gardeners. We collaboratively cultivate and manage more than 300,000 square feet (and growing!) of green space in Buffalo and Niagara Falls.

Salvation Army

Service Offerings:

(716) 283-7697

Captains Delia and Stephen Carroll work alongside our congregation, community volunteers, and a small staff to accomplish the work of The Salvation Army in Niagara Falls, New York; Our services include a 'Consumer Choice' food pantry, community garden, youth archery program, High School equivalency prep class, elementary and middle school tutoring.



Healthy Behaviors

To ensure students, students need to receive appropriate knowledge and information about Healthy Behaviors including sexual health.

NFCSD Elementary Educator

Lisa Szalach

Lszalach@nfschools.net

[Introduction to Elementary Healthy Behaviors Instruction](#)

Planned Parenthood

Lynn Neavu

Lynne.Neavu@ppcwny.org

<https://www.plannedparenthood.org>

Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of people worldwide. Planned Parenthood is the nation's largest provider of sex education. Planned Parenthood provides extremely effective and widely supported sex education that's evidence-based and delivered by trained professionals.

The Teal Project

Sandra Laroche

The tealproject.wny@gmail.com

<https://www.thetealproject.org/>

The Center for Disease Control has established that Sexual Violence is a public health problem affecting millions of people every year. Anxiety, depression, PTSD, suicidal thoughts, substance abuse, sexually transmitted diseases, and pregnancy to name a few examples of the toll this violent crime can take on Sexual Violence survivors. The resolution to this problem is prevention and awareness through education. The Teal Project offers programs that are proven to reduce the perpetration and occurrence of this violent crime.

Native American Services

Sara Weinstein

sweinstein@nacswny.org

<http://www.nacswny.org/>

The **MISSION** of Native American Community Services' Health & Wellness Component is to promote healthy lifestyles and choices for the Native American and all other communities by providing services, supports, and opportunities for healthy development and empowerment. The **VISION** of Native American Community Services' Health & Wellness Component is thriving and empowered communities whose members achieve optimal health and wellness across the lifespan.

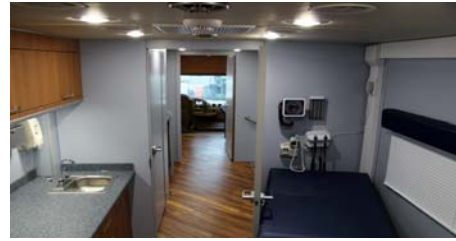
Community Health Center of Buffalo

Felicia Johnson

FJohnson@chcb.net

<https://chcb.net/>

The Community Health Center of Buffalo is happy to provide on-site medical services to individuals of all ages. Through an appointment, the mobile health unit can provide medical care right at Niagara Falls High School.



Population Health Collaborative

Karen Hall

Khall@phcwny.org

<https://www.pophealthwny.org/>

We are a regional population health collaborative, we connect diverse groups of people to align resources and expertise. Together, we actively work towards improving population health in Western New York. By building community capacity we help improve community health, the quality of healthcare, and spearhead reforms that drive down the cost of healthcare for our region.

Community Connections of NY

David Monroe

david.monroe@comconnectionsny.org

<https://www.comconnectionsny.org/>

CCNY is a nonprofit management services organization that partners with community based organizations, behavioral health agencies, and government agencies to provide training, evaluation, quality improvement, and innovative tools to improve the lives of people in the communities our clients serve.



Social, Emotional and Mental Health

To achieve their personal best, students must establish and maintain a well-balanced lifestyle that includes Social, Emotional and Mental Health. The NFCSD and community partners are dedicated to providing the necessary resources.

Living Wellness of Niagara

Dr. Mindy Scime mscime710@roadrunner.com <http://www.livingwellnessofniagara.com/>

Living Wellness of Niagara will serve as a gathering place in our community where clients can come to nurture themselves. Currently, Living Wellness of Niagara is home to Mindy's practice as a psychologist, Tree of Life Yoga Studio, and the practices of Tomasina Cook, LMHC and Gloria White, PNP. We also partner with a variety of health and wellness professionals to offer unique workshops and retreats.

Niagara Falls Memorial Medical Center

Laurette Clark Laurette.clark@nfmmc.org <http://nfmmc.org/>

We are devoted to addressing your individual needs and demands by offering patient-centered, compassionate medical care in a warm and caring environment. NFMMC is a full-service, 171-bed regional medical center with extensive inpatient and outpatient services including The Heart Center of Niagara, Niagara Wellness Connection Center, Wound Center of Niagara, Niagara Metabolic & Bariatric Services, The OB/GYN Center and UBMD Orthopaedics & Sports Medicine.

21st Century Grant Programming

Dr. Kelly Coleman krc739@icloud.com <https://notes1.nfschools.net/web/21st/parent%20handbook.pdf>

The after school program is a 21st Century Learning Center Program which will provide high quality learning, enrichment, health and wellness, and community service experiences for approximately 525 students in grades 6-8 in three middle schools in Niagara Falls through a school/community/parent partnership.

Community Missions- Girls Circle

Jessica Bliss jbliss@communitymissions.org <https://www.communitymissions.org/girls-circle>

The Girls Circle is designed to foster self-esteem, help girls maintain authentic connection with peers and adult women in their community, counter trends of self-doubt, and allow for genuine self-expression through verbal sharing and creative activity. The group specifically addresses the growing issue within local schools of how to best address problem behaviors among female students.



University at Buffalo

Dr. Greg Fabiano fabiano@buffalo.edu

Gregory Fabiano is an expert on evaluating and treating attention-deficit/hyperactivity disorder (ADHD) and other disruptive behavior disorders in children, including teens. His research has found that for children who have the disorder, behavioral modification treatments work well and can even be more effective than medication.

Family and Children's Services of Niagara

Kelley Swann kswann@niagarafamily.org <http://niagarafamily.org/>

Family & Children's Service of Niagara provides a wide range of inter-related services to the residents of the Niagara region. Our services assist people at every stage of the life cycle: expectant parents to parenting the young child; family help during the teen years; and help for youth and adults dealing with mental health or other chronic illness, domestic violence or the everyday stress of life.

Mental Health Association of Niagara

Stacy Bowman (716) 433-3780 <http://www.mhanc.com/>

The Mental Health Association in Niagara County has been serving the community for over 50 years, working to promote wellness through advocacy, education and community service programs, while focusing on turning "illness" into "wellness."

Center for Missing/Exploited Children

Kathy Gust Kgust@ncmec.org <http://www.missingkids.com/home>

Our mission is to serve as a resource center for law enforcement, families and the public to help find missing children, reduce child sexual exploitation and prevent child victimization. NCMEC is committed to providing training, technical assistance, and resources at no cost to law enforcement and other personnel who investigate cases of crimes against children. When a missing child is recovered, we help families with the reunification process, including mental health services and travel assistance.

Child Advocacy Center

Debbie Persscesli (716) 285-8572 <http://cacofniagara.org/>

The Child Advocacy Center of Niagara is a multidisciplinary program responding to reports of child abuse and maltreatment or when a child has been trafficked or has witnessed domestic violence. The Child Advocacy Center of Niagara works with law enforcement, child protection, prosecutors, victim advocates, medical professionals, and mental health practitioners in a child-centered facility to reduce trauma for children, coordinate services, and provide a comfortable environment.



Carolyn House

J Suzan Ben 716-278-9662 <http://www.ywcaniagarafrontier.org>

Carolyn’s House is a supportive housing program for homeless women and children operated by the YWCA of the Niagara Frontier. Its mission is to assist women in achieving self-sufficiency – the ability to live independently – by providing education, counseling, advocacy, supportive services and housing.

Casey House

Kelley Swann 716-285-7125 <http://niagarafamily.org/>

Casey House, located at **710 Cedar Avenue in Niagara Falls**, is a twelve-bed co-ed short-term emergency shelter for runaway, homeless, ‘at-risk’ and ‘throwaway’ youth ages 12 to 17.

Healthy Neighborhoods

Theresa McCabe Theresa.McCabe@NiagaraCounty.com

<http://www.niagaracounty.com/health/Services/Healthy-Neighborhoods-Program-Home-Visits>

The Healthy Neighborhoods Program conducts door-to-door visits in targeted areas of Niagara County. The program is designed to improve the quality of life by improving the environmental health and safety conditions in the home. Public Health Technicians visit homes by canvassing the neighborhoods in the target areas, block by block, and speaking to the residents of each dwelling.

Lions Club (Visual Impairment)

Angelo Onevelo 716-628-0244 https://e-clubhouse.org/sites/town_of_niagara/

Our SEE Program (screening eyes early) is active and has screened thousands of children’s eyes throughout Niagara County.

Eastern Niagara Hospital (Psych. Evaluation)

Dr. Seth Dewey 716-514-5700 <http://www.enhs.org/>

Eastern Niagara Hospital’s 12-bed acute inpatient psychiatric unit serves children and adolescents between 5 - 17 years of age with behavioral health disorders.

Willie Price Speaks

Willie Price WillieAPrice@Aol.com <http://willieapricespeaks.com/>

Willie A. Price is a graduate from the University at Buffalo with a B.A. degree in Mental Health and is a Certified and Licensed inspector in a number of real estate areas. He is a celebrated Self-Published author who believes that an individual can determine their own destiny and success, when they understand who they are and trust in their strengths and weaknesses. He has published several publications in topics ranging from Black History to Self-Awareness to Property Management and Property Inspections.



Winning Because I Tried

Modie Cox

mcox@hotmail.com

<http://winningbecauseitried.com/>

The “Winning Because I Tried” message teaches children ages 8-18, that success is in your effort, not the final outcome. In reality, it’s not about the win or loss, it’s about believing in your abilities and doing the best you can! The goal is to make youth better prepared for what life has to offer. This will be accomplished by using fun games, activities and lectures. This method captures the child’s attention and will also foster good physical activity in children.

Edge Foundation

Neil Peterson

npeterson@edgefoundation.org

<https://edgefoundation.org/>

Our vision is to give each student a coach, especially those who are at-risk of dropping out of school—specifically, non-traditional learners with Executive Functioning challenges that can come from ADHD and adverse childhood experiences (ACEs)—so that they can complete their education, realize their full potential and pursue their passion.

Basic Emotional Skills Training (BEST)

Mary Lou Montanari

montanari@erieeha.org

<http://www.erieemha.org/>

B.E.S.T helps young children enter school ready to learn. Children who develop healthy social and emotional skills have the tools they need to interact with peers, teachers and family members in a respectful, age-appropriate manner.

Sources of Strength

Christine Barstys

cbarstys@nfschools.net

www.nfschools.net

Sources of Strength is one of the first suicide prevention programs that uses Peer Leaders to enhance protective factors associated with reducing suicide at the school population level.

Catholic Charities

Service Offerings:

(716) 282-2351

<https://www.ccnny.org/>

Catholic Charities of Buffalo is the most comprehensive human service provider in Western New York, reaching all eight counties with 61 professionally staffed locations, plus a presence in many area schools. Catholic Charities serves people in need and those who are most vulnerable without regard to age, race or religious affiliation.

Niagara County Support Services

Services Offerings:

(716) 278-8400

<http://www.niagaracounty.com/socialservices/>



Adult Services, Child Support, Children’s Services, Day Care, Program Integrity, Nursing Homes and Chronic Care, Public Assistance, SNAP (Food Stamps), and Youth Bureau

Our Mission statement is simple but it describes what we, as a department, are all about. It is possibly one of the most beneficial tasks that any person, department, any government can do in society.

Niagara County Crisis Services (716) 278-1940 <http://www.niagaracounty.com>

Crisis Services is a program offered by the Niagara County Department of Mental Health to residents of Niagara County. Crisis Services Phone Aides are available 24 hours a day, 7 days a week to provide a confidential resource in which individuals can receive referrals for services that are needed.

Niagara County Department of Health

Service Offerings: (716) 439-7930 <http://www.niagaracounty.com/health/Services>

Children with Disabilities, Environmental Health, Health Education, Healthy Neighborhoods, Nursing Division, and Public Health Preparedness.

The mission of the Niagara County Department of Health (NCDOH) is to provide leadership through community health assessment, assurance of the delivery of essential public health services, and policy development in accordance with public health law in order to ensure a healthy disease-free environment for the citizens of Niagara County.

Niagara Falls Public Safety

Departments <http://niagarafallsusa.org/government/city-departments/>

Niagara Falls Police Department (716) 286-4711

The Mission of the Niagara Falls Police Department is to work in partnership with the community to protect life and property, solve neighborhood problems, and enhance the quality of life in the City of Niagara Falls while protecting the rights of all and applying the highest standards of professionalism, integrity, and accountability.

Niagara Falls Fire Department (716) 286-4725

The Niagara Falls Fire Department members are committed to ensuring the safety of its citizens and visitors of Niagara Falls and enhancing our community’s quality of life.



Niagara County Sheriff's Department

(716) 438-3393

<http://www.niagarasheriff.com/>

The Mission of the Niagara County Sheriff's Office is to secure for the people of Niagara County the conditions that will bring about and sustain the full measure of the benefits of citizenship in a democratic society of laws by safeguarding life and property, preserving the peace, preventing and detecting crime, enforcing the law, and protecting the rights of all citizens.