

## St. Mary's school among top healthy schools in America

Posted by [Alan Van Wormer](#) On 11/08/2018

**BALTIMORE** – The Alliance for a Healthier Generation, a national organization that empowers kids to develop lifelong, healthy habits, has recognized five Maryland Schools as “America’s Healthiest Schools.” Maryland joins the District of Columbia and 25 other States in hosting schools bearing this distinction.

Schools earning the designation have achieved a rigorous set of criteria related to nutrition and physical activity. Each meets or exceeds federal nutrition standards for school meals and snacks, offers breakfast to students daily, implements school wellness policies, and updates progress towards these policies annually. Schools with this distinction also keep students active through at least 60 minutes of physical education per week, and include other physical activity opportunities during the school day. The Healthy Schools Program also empowers school staff and leaders to role model healthy behaviors.

“America’s Healthiest Schools all recognize that when we prioritize children’s health, we increase their chances of excelling in school and beyond,” said Monica Hobbs Vinluan, Senior Program Officer at the Robert Wood Johnson Foundation, a Healthy Schools Program supporter from the program’s inception.

This distinct honor was awarded to Empowerment Academy 262 and Afya Public Charter Middle School 337 of Baltimore City Public Schools, Arrowhead Elementary and High Bridge Elementary Schools of Prince George’s County Public Schools, and Chesapeake Public Charter School of St. Mary’s County Public Schools. A list of all recognized schools, can be found here. Learn more about the Alliance for a Healthier Generation and its efforts to build healthier communities at <https://www.healthiergeneration.org/>.

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