

nrg Powered by Choice at Annville-Cleona Junior/Senior High School

School Profile

Annville-Cleona Junior/Senior High School

Annville-Cleona School District

Grades: 7 – 12

County: Lebanon

Student Population: 821 Students

nrg Advisor: Liz Weaver, Family Consumer Science teacher and FCCLA advisor

Building Momentum

In September 2007, nrg Advisor, Liz Weaver and students from the school's Family, Career and Community Leaders of America (FCCLA) attended the nrg Summit and were inspired to make healthy changes in their school.

At Annville-Cleona, more than 100 students participate in FCCLA, making it the most popular group in school. Half of those 100 FCCLA members have emerged as nrg leaders who plan and implement healthy school activities.

Megan M., a current senior and nrg leader, became involved in the campaign because "we wanted to change the way people were seeing their health."

Campaign Implementation

To accomplish their goal of creating an overall healthier school, nrg student leaders developed the Better Body Buddies program in an effort to engage teachers in their efforts and create healthy role models for the student body.

The Better Body Buddies program matches teachers with nrg student leaders who serve as mentors to the adults. FCCLA members teach their "buddies" about energy balance, check in with them periodically throughout the day, provide them healthy snacks and reminders, and deliver morning announcements that include tips of the day for healthy living.

In addition to creating healthy role models, nrg students leaders at Annville-Cleona also wanted to change the way people were eating at school (in the hopes of changing how they eat at home, too).



Staff participating in the Better Body Buddies program enjoy apples as a snack.



The nrg Powered by Choice campaign is funded by Highmark Healthy High 5, a children's health promotion initiative of the Highmark Foundation, created to change behavior in young people ages 6-18 and improve eating habits and physical activity.

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Students at Annville-Cleona Jr./Sr. High School enjoy a healthy snack.

nrg student leaders worked with school food service to highlight healthier food options by placing nrg stickers on healthy foods, removing salt shakers, and providing suggestions for better food and drink options, like fresh fruit and vegetables.

During National Nutrition Month, the students incentivized their peers for making healthier food/beverage choices by rewarding students with stickers at the lunch table. The student(s) who collected the most stickers at the end of the month received free nrg gear including t-shirts and Frisbees.

Empowering Teens

"If I could describe the nrg Powered by Choice campaign in one word, it's beneficial," remarked Megan M. "Participating in activities like BBB (Better Body Buddies), brought me close to my teachers and administrators and helped me achieve a personal goal to live healthy."

"It's evident to me that the students were happy to have their voice heard," remarked nrg Advisor, Liz Weaver.

The momentum at Annville-Cleona continues to build. "I've seen teens make better choices, but they still struggle," commented Weaver. It's a good thing nrg student leaders are gearing up for the next round of the Better Body Buddies program.

"It (the nrg campaign) will continue to spread, as we develop more healthy role models for younger students," said Megan M.



Megan M. reads to second graders.