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# WAUKEGAN PARK DISTRICT

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FOR IMMEDIATE RELEASE

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**Waukegan, IL (March 13, 2013)** – The Waukegan Park District has been selected by the Sajai Foundation to receive a scholarship that will be used to educate children about how to live a healthier life. The Sajai Foundation is a national nonprofit organization dedicated to improving the health of children by encouraging them to get outdoors, get active and make smart nutrition decisions. As a scholarship recipient, the park district will receive programming kits from the three programs the foundation offers: Wise Kids, Wise Kids Two, and Wise Kids Outdoors.

- **Wise Kids:** Introduces the concept of *Energy Balance*. Lessons about how it works include MyPlate, food labels, the importance of activity, and how nutrition and exercise benefit the body.
- **Wise Kids Two:** Builds upon information covered in Wise Kids and reinforces *Energy Balance* with more in-depth explorations of nutrition and activity concepts such as vitamins, water, and bones.
- **Wise Kids Outdoors:** A stand-alone program, explains the *Energy Balance* concept while encouraging children to explore the outdoors and to understand the way nature and the earth live in balance, just like humans.

Each kit contains workbooks, backpacks, training guides, surveys, and lessons. Each lesson is implemented in three parts:

- **Learn:** a brief reading on the lesson's topic (food pyramid, fruits and vegetables, recycling, geocaching, orienteering, etc.)
- **Do:** Quick, fun, hands-on projects (mazes, word finds, art projects) based on the topic
- **Play:** A minimum of 30 minutes of (often silly) physically active games and activities based on the topic

Mike Mayfield, Recreation Supervisor commented, "The Waukegan Park District is very fortunate to receive this scholarship. These kits will be very beneficial with our initiative to reconnect children to the outdoors while teaching them about the importance of eating right and being physically active." For more information, please contact Mike Mayfield, 847-360-4710.

### **About the Waukegan Park District**

Established on December 26, 1916, the district has 47 properties and 720 acres of land, which includes 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. The District operates the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, the Waukegan SportsPark, the Waukegan Skate Park, the Waukegan BMX Track, recreational centers, an outdoor swimming pool, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball and tennis. A full range of programs and services are offered year round for all ages from infants to seniors and special populations are included. Many special events are offered throughout the year, many are complimentary. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, the Bowen Park Theatre Company, and the Waukegan History Museum.

The award-winning District employs 54 full-time staff and over 250 part-time, year round, seasonal, and temporary employees. The District is a member of the National Recreation and Park Association (NRPA), Illinois Association of Park Districts (IAPD), and Illinois Park and Recreation Association (IPRA). The district maintains national accreditation from the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), the Illinois Association of Park Districts' (IAPD) Distinguished Agency accreditation and the Park District Risk Management Agency (PDRMA) accreditation and sustains a Level A Loss Control Program. In 2012, the district was named a Gold Medal Finalist.