

Happy Spring:

Here is the Top 10 update from the Child Health and Welfare Committee

1) Next year students in Primary and Elementary will celebrate birthdays using non-edible treats. Teachers are getting creative through the use of books, student of the day, and other ways to make students feel important on their special day.

2) All schools will continue to meet with head-room parents at the beginning of the year to promote healthy snack choices at parties.

3) Kimberly Clark Healthy Schools Project: The goal is to reduce absenteeism through the reduction of germs. Staff members from the entire district received individual hand sanitizer/kleenex packets from Kimberly Clark as part of the Healthy School Project. Soon we will receive posters and window/mirror clings with fun and kid friendly designs encouraging kids to wash hands, cover coughs, sanitize surfaces like desks and door knobs, and stay home when they are sick.

4). Wildcats Eat: Woodland Intermediate students learn how to prepare fun and healthy snacks, keep a food log, and exercise with this after school club. The 2nd six week session begins in April and meets for an hour every Monday after school.

5) Fitness Centers at Intermediate: Woodland Intermediate looks forward to the installation of two fitness centers adjacent to the existing playgrounds, east and west. A Woodland Foundation Grant, a donation from the PTA, and a grant from Wal-Mart have been secured to cover purchase and installation. Mr. Selzer is working on plans for safe installation of the centers and anticipates hopeful completion this summer.

6) CATCH: The Woodland Intermediate PE staff and Mrs. Plescia will meet on Thursday to preview the CATCH program and consider piloting next year. CATCH stands for a Coordinated Approach To Child Health and is an evidence-based, coordinated school health program designed to promote physical activity, healthy food choices and the prevention of tobacco use in children. The CATCH Programs cover kids from preschool through 8th grade and has been implemented in thousands of schools and after-school organizations across America and Canada.

7) At Middle School Healthy Tips were included in quarterly parent

newsletters such as healthier fast food choices, and different ways families can be more active at home. Talks began and will continue regarding healthier food choices for reward breakfasts etc.

8) This is the first year Primary has participated in Jump Rope for Heart which benefits the American Heart Association. They raised \$15,864.

9) Thanks to receiving grants totaling \$2000 written by Ashley Conway and Chris Mistrata the Primary School was able to purchase materials to teach students Yoga and Step Aerobics.

10) Don't forget the PTA/ Foundation Fun Run on May 3!!!

At our first meeting next year we will discuss "allergy awareness" and any other topics the committee brings forward.

. "If you don't take care of your body, where are you going to live?"
~Unknown

Lori