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Action for Healthy Kids "GAME ON" The Ultimate Wellness Challenge

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Michele Loesch

UPDATE

Wading River Elementary, Miller Avenue Elementary and Briarcliff Elementary schools have been participating monthly in physical fitness and nutrition challenges for "GAME ON." Each month the children have been given calendars to bring home highlighting physical fitness and nutrition activities. The students also have also been encouraged to bring in different colors of fruit and vegetables for snacks to school.

The goal behind all of these activities is to bring awareness to the students, community and families how important nutrient dense foods and physical fitness are for a healthy body and a healthy mind. If students continuously encounter this message throughout their lives, they will inevitably learn which foods will support and enhance their health and quality of life.

This year the SWR Wellness Committee will be hosting its first district wide Wellness Fair at the High School. This event will be held on April 6, 2011 from 5PM to 9PM at the High School. The elementary schools will be representing themselves by featuring their own SWR "Healthy Living" Cook Book. These cook books will then be available to community members to purchase and all proceeds will be divided evenly amongst the PTOs of all three schools to support future activities.

Please also make note of the dates April 11, 2011 to April 14, 2011. To help with the "GAME ON" challenge and to support the Action for Healthy Kids mission, Mr. Wattington, of CARUSO'S in Rocky Point, will be hosting a taste test for the three elementary schools. Parents of this district will be able to bring their children down to CARUSO'S on any one of those nights between April 11th and April 14th to try out "healthy" menu options. The children will have their own "healthy" menu to pick from and vote on their favorite item. The results will then be posted in the schools and recipe cards will be available so the children can make their favorite dishes at home.

Please stay tuned for additional information and dates regarding these events.

Anyone interested in seeing what other schools across the country are doing with Action for Healthy Kids you can go to www.actionforhealthykids.org

ANY BUSINESSES IN THE DISTRICT INTERESTED IN PARTICIPATING IN THE WELLNESS FAIR PLEASE CONTACT DEBORAH LUTJEN AT THE HIGH SCHOOL OR ALLISON DEMARCO AT THE MIDDLE SCHOOL

Thank you for your continued support.

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