

# Windham Wellness Committee Newsletter

## **Student Wellness at Golden Brook School and Center School:**

Transition and first grade students enjoyed Little D's Nutrition Exploration program. The program covers the basic food groups and the importance of each group.

Second grade was introduced to the Healthy "E" Heart program. It covers the importance of healthy food choices and exercise for healthy living.

"Spring Into Action Fitness Attraction" was a huge success. It was the first annual school wide fund raiser totally committed to fitness and healthy choices. Center School's first annual Fun Fitness Festival was an overwhelming success with students participating in activities that helped to promote living a healthy lifestyle while raising funds for their activity fund.

The following were also programs that were offered during the school year:

- Children's Dental Health Program presented to both Golden Brook and Center School students.
- Flu Clinic offered for both staffs.
- Weight Watchers offered to both staffs
- Badminton Tourney offered to staff coordinated by Center School staff
- "Boot Camp" offered to staff coordinated by Center School staff
- "Kids and Company" Together for Safety program offered by guidance.
- Jump Rope for Heart and Hoops for Heart Basketball Tournaments.
- Wear Red for Women Day organized for the staff at Center School. Over \$200 raised for the American Heart Association.
- First snow shoe unit offered to Center School students.
- Hiking with the use of pedometers offered to all Center School students in the fall as a new unit.
- "Biggest Loser Contest" among staff with guidance from Noreen Gallo a registered nutritionist.

### **Student Wellness at Middle School:**

*All 6<sup>th</sup> grade students have completed the Nutrition unit in their PE classes, culminating in the Iron Chef competition. In this event students are challenged to make a fun and tasty snack cracker. The students must include the Nutritional Information for all the ingredients in their snacks. The 6<sup>th</sup> graders have the opportunity to evaluate the relative healthfulness of each others snacks based on each one's nutritional value.*

*In all PE classes, students have the option to choose Weight Training and Conditioning as an activity. In this class the students learn how to improve their fitness levels by increasing their strength and endurance.*

*Megan Bizzarro, our Food Service Director has been meeting with different groups of Middle School students throughout the year. During these question and answer sessions over lunch, students have been able to express their likes and dislikes with the lunch program, and make suggestions about possible new menu items. In addition, Ms. Bizzarro explained how the lunch program operates from her perspective.*

### **Staff Wellness:**

*The Windham Middle School staff has been busy trying to get fit and lose weight since the start of 2008. January 14<sup>th</sup> to 18<sup>th</sup> a Fitness Week was held for staff, with a different exercise class each day after school. A Weight Loss Challenge began on March 17<sup>th</sup>, lasting for 12 weeks. Each Monday participating staff meet after school to weigh in and receive coaching on weight loss techniques. At the conclusion of the challenge, the staff member with the largest percentage of body weight lost will win a cash prize.*