

**March
2017**

Coordinated School Health Newsletter



Pedal Power Initiative

Exercise makes our brains more ready to learn. Physical activity during reading can have a great impact on learning, academic performance, concentration, and attention span. CSH offered our middle schools the opportunity to get their students active while they read. Under the desk ellipticals were purchased for some of our DWS classrooms with the goal of improving focus by increased physical activity.



DCHS Happenings!



DCHS received some new P.E. equipment, including two ping pong tables!



Amy Potter and Doug Ross are teaching Yoga and Martial Arts classes for students and staff.

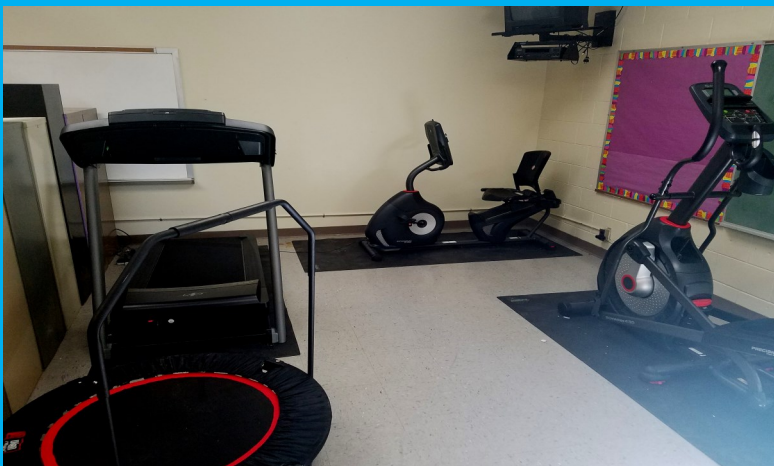
Try-Day Friday

CSH and School Nutrition have partnered to bring SES Try-Day Friday! A fresh fruit or vegetable sample will be offered to each student during their lunch period, one Friday per month. Each student that tries the sample will receive an "I Tried It" sticker. The class that has the highest percentage of tasters will receive a prize, if there is a tie, we draw. We hope that by promoting a fruit or vegetable each month, students will become more familiar with a variety of healthy foods and encourage them to enjoy eating healthy.



Healthy School Team Success!

NES's "Healthy Eagles" have been implementing a healthy staff breakfast cart each week. Mrs. Pam Baines and her nutrition staff prepare the items and Jessica Styer and her class distribute the items to staff. CSH has been able to supply the breakfast items.



DWS was able to implement a staff workout room with their partnering with CSH.