



# Fall 2017 Newsletter

## September:

791 3-8th grade students participated in Fall 2017 Fitness Challenge. Students completed one minute of squats, one minute of bicycle crunches, and one minute of jumping jack for 2 days a week for 4 weeks, completing total of 8 days.



During the months of September, HLC presented two topics at all 12 ASAP sites. First presentation was on different kinds of fat and the difference between “good” fat and “bad” fats. HLC focused on saturated, unsaturated, and trans fat. Students learned about which food contain which fats. Second topic focused on the fruit apple in conjunction with Harvest of the Month. Students learned fun facts about apples and played the game of jeopardy.

## October:

On October 10th, Healthy Lifestyle Coordinator (HLC) participated in 2017 BEST Teen Summit, which was sponsored by Sutter Gould Medical Foundation. Three sessions were conducted by HLC and were called Healthy Snack on the GO. Students created two healthy snacks: No-Bake Peanut Butter Oatmeal Energy Balls and Pineapple Spinach Green Smoothie. Students learned about easy healthy snacks and enjoyed both of the recipes.



On October 14th, GECAC Health Education participated in Great Valley Bookfest. At the Bookfest, GECAC Health Education booth distributed healthy recipe books, easy exercise books, and healthy informational handouts. Blender Bike was also at the booth and kids had a chance to ride the bike and learn about the Blender Bike.



During the month of October, students at 12 ASAP sites participated in the Wellness Project. Two topics chosen by the schools were: Sugary Drinks and Where Does Our Food Come From?. Some sites created a wall, a book, or a video. The winner of Fall 2017 Wellness Competition was August Knodt Elementary School. The students at August Knodt created a wall which focused on Where Does Our Food Come From?.

