



Spring 2018 Newsletter



March:

704 3-8th grade students participated in Spring 2017 Fitness Challenge. Students completed one minute of squats, one minute of toe touching, and one minute of jumping jack for 2 days a week for 4 weeks, completing total of 8 days. 599 students completed 2 or more days of the challenge.

April:

In honor of Mental Health Awareness Month, our Spring 2018 Wellness Competition theme was Mental Health. Students at 12 ASAP sites researched and learned about mental health. Some sites created a wall, a video, or a book. Staff worked closely with students to provide knowledge about different aspect of mental health and the importance of taking care of our mental health. The winner for Spring 2018 Wellness Competition was August Knodt. The students created a wall with information about mental health. They also built a small library of books that focused on mental health.



January to May:

Healthy Lifestyle Coordinator visited 13 ASAP sites during Spring 2018. Her presentation focused on human brain and benefits of berries. 1463 students were served from Jan 2018 to May 2018.

Health Education Program partnered with August Knodt and Lincoln Elementary on their Family Wellness Night. Blender Bike was used to create a healthy smoothie at both events. Our third Family Health Night was at Nile Garden Elementary School. There were many different activities for students such as: face painting, blender bike, cooking station, fun physical activity games, and MyPlate coloring station.



HLC conducted ten focus groups at five sites: Shasta, Golden West, Lincoln, August Knodt, and Great Valley. Students were asked about their thoughts and experience in the Health Education Program. Students provided feedback about current projects and what they would like to incorporate in the program.

