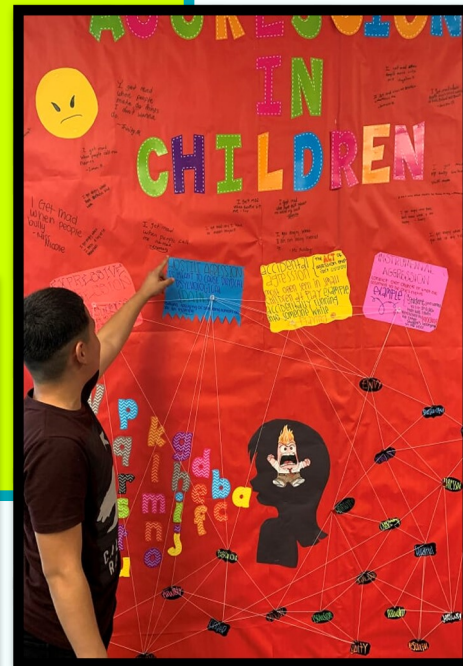


Health Newsletter 2019-2020

Wellness Competition

The Wellness Project and Competition was completed by our 11 ASAP Sites. Topics chosen included Internet Safety, Aggression in Children and Reduce, Reuse, Recycle. Projects were well researched and many sites presented visual media in the form of wall murals to convey information, messages and solutions to important issues. 3 sites took home top prizes for their exceptional work. Congratulations to the following ASAP sites:

- ♦ Most Impactful— August Knodt
- ♦ Most Creative— Lincoln Elementary
- ♦ Highest Student Involvement— Golden



Health 2019-2020

ASAP students had a variety of Health lessons and activities in 2019-2020. 11 ASAP sites completed 14 Health lessons that included nutritional, physical and social/emotional health topics vital to our students needs. ASAP students also received 4 live presentations at their schools from the Health Coordinator that included topics of food safety/bacteria, growth mindset, carbohydrates and stress/self care. Students always enjoy trying new recipes in our Taste and Learn activities and this year they were treated to 6 different Taste and Learn make and taste activities. Recipes included Guacamole, Mango Lassi and Pumpkin Greek Yogurt Dip.



Gardens and Farmers Markets

Students were actively involved in the planning, set up and running of school gardens, Aerogardens and farmers markets. Our students and staff had the opportunity to plant, tend and harvest gardens. Sites held farmers markets with students selling a variety of fruits and vegetables from local farmers. Everyone had fun trying new foods, working together and finding success with our garden and market projects.

