

Bravo!

Hats Off to Health – Georgia PTA Member Spotlight

The Georgia PTA Health & Wellness Committee recognizes members with innovative programming and creative solutions in promoting:

- Physical activity and education
- Healthy fundraising
- Nutrition Education
- Healthy Rewards

This spotlight features:

- Frederick Douglass High School
- South Cobb Council
- Sope Creek Elementary
- DeKalb County Council
- Timber Ridge Elementary

The Frederick Douglass High School received \$1200 from a Georgia PTA Healthy Habits Grant to focus on Health in the community. Jane Mosley says, “This is the third time we have received this grant. This year’s health event was entitled “Got Health”. We involved the students, parents, teachers, school organizations and community.” Participants who had booths were Atlanta Publics Schools (Blood Pressure Checks) Fulton County Health and Wellness (Immunizations and Well Check), West Georgia Dental, Kool Smiles (Dental Screenings), Chiropractics of Atlanta and Michele’s Eating Healthy tips. We offered Aerobics, CPR, Cooking Demonstration Class and 2K walk. Students enjoyed basketball competitions and little kids enjoyed the moon walk. Massages were given to all participants.



South Cobb Council PTA Presents: “Helping Families SHINE in 2009!”

To assist families in coping with unpredictable economic challenges and the impact on their families’ health and wellness, the **South Cobb Council of PTAs** hosted a **Health/Wellness and Youth Services Roundtable** on **Tuesday, March 24, 2009** at **Lovinggood Middle School**. This empowering event provided an educational forum for families of at least **29** schools throughout South Cobb County to receive health and wellness-related information as well as direct access to a variety of youth, medical and family services providers who serve the South Cobb area. Workshops were conducted by medical professionals, financial planning experts and family services providers.

Sope Creek Elementary – Garden Expansion

Sope Creek has been fortunate this year to include gardening as a part of our curriculum. We have partnered with the Mendez Foundation to bring Seth and Nichole from Seeds of Nutrition to **Sope Creek** to work with a group of students after school and to teach students about growing, preparing, and cooking healthy foods. Seeds of Nutrition has also become an important part of our Curriculum Design Team, where they have worked with teachers to write and implement performance based instruction. Several members of the staff were able to visit a Love is Love Farm with Farmer Joe Reynolds. For pictures of their visit, click on the link below:

<http://picasaweb.google.com/sopecreekes/LoveIsLoveFarm?authkey=Gv1sRgCPLL5ZfYzOGFUg#>



Most recently, we have doubled our garden space! Alternative Spring Break students from Appalachian State spent a day building garden beds and preparing them for additional planting. Seth and Nichole from Seeds of Nutrition and Farmer Joe Reynolds came to **Sope Creek** to work with first grade teachers and students.

First Grade would like to give a big thank you to Seeds of Nutrition for helping us GROW! We are GROWING in our knowledge of how a seed becomes food, and the different parts of the plant. We are also GROWING delicious peas and radishes in our garden that we will harvest in April. Come check out our garden beds... as we continue to learn the standards through gardening!

DeKalb County Council PTA promoted the art of healthy cooking and hosted an Iron Chef Competition for High School Culinary Arts School teams on March 28 at Le Cordon Bleu College of Culinary Arts - Atlanta. After fierce competition, the winners were announced:

- * First Place - Southwest DeKalb HS
- * Second Place - Lakeside HS
- * Third Place - Warren Technical HS
- * Outstanding Participation Winners - Columbia HS and McNair HS

The **DeKalb Council** will also be hosting their 4th Annual 5K Fun/Run/Walk/Health Fair on Saturday, May 2, 2009. Everyone is invited. Click on the following link and select *Calendar of Events* for more info:

<http://www.dekalb.k12.ga.us/public/pta/>

Timber Ridge Elementary has begun the Healthy Lifestyle Marathon this year. **Timber Ridge PTA** Health & Wellness Co-Chair, Kim Peters says, "It is so exciting to see the kids and parents so enthusiastic about this amazing opportunity." There are currently 86 students enrolled in the marathon. It is a 13 week program which encourages the kids to get up and move. Kids are given "running logs" to keep track of their miles and over the course of the program, the kids will have an opportunity to come to school on Wednesday mornings to run/walk the track. The committee calculated that if students complete one mile on the school track day and one mile at home- at the end of 13 weeks they will have completed a marathon!! Kids will be awarded along the way with small items/trinkets that will hopefully encourage them to keep going. At the end of the program there will be a celebration to complete the "final mile" together with lots of friends, family, and hopefully Timber Ridge Staff to cheer them on and watch them cross the finish line. We are "advertising" this program throughout the duration of it using the Timber Ridge News Network. Students are using this weekly news cast to talk about the marathon and will be sharing health related items to showcase that this is happening in our school. The feedback has been awesome! Parents whose kids aren't able to make the morning "school track session" have been asking if they still can participate. Some parents have been even coming to school to walk with their kids. This program is completely staffed by PTA volunteers!

To submit suggestions for upcoming issues, please email information to Kim Arasin, GA PTA Health & Wellness Chair, arasin5@bellsouth.net