

# Bravo!

## Hats Off to Health – Georgia PTA Member Spotlight #3

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:

- Roswell North Elementary School
- Jonesboro Middle School

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### ***Roswell North Elementary School has first Healthy Eating Challenge***

The students of Roswell North Elementary, District 10, participated in their first Healthy Eating Challenge created by the new PTA Health and Wellness Committee. The students were given a work sheet to write down the number of fruits and vegetables they ate during the week of November 2nd as well as varieties they had not tried before the challenge. Points were given for every serving of fruit and vegetable and for every new fruit or vegetable that they ate. The Health and Wellness Committee gave out samples of kiwi, snap peas, bell peppers, pears and cantaloupe for students to try.

Every Kindergarten through Fifth grade student received a custom wrist band for participating and a separate prize was awarded in every class for the student with the most points. The Committee was pleased with student responses and hopes to run another challenge during the spring semester.



Other projects of the Health and Wellness Committee include healthy family activities for early release days, walking club, teacher and student walking challenge and an end of year family fun run and health fair

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### ***Jonesboro Middle School PTSA– Gets Healthy & Fit with 50 Million Pound Challenge***

Newly established Jonesboro Middle School's PTSA encourages parents, students, and faculty to get healthy and fit while promoting PTSA membership. The PTSA has established a team to participate in the nationwide 50 Million Pound Challenge, a campaign in which people across the nation work to get fit and collectively lose, as the name suggests, 50 million pounds of body weight.

Jonesboro Middle School Principal Freda Givens said she believes in leading her students, faculty and staff members by example.

Last month, Givens set the example by leading a group of 37 school employees, pupils and parents into a semester-long campaign to say farewell to 1,000 pounds of body weight. She said she hopes it will encourage her students to be more conscious about their health and fitness levels.

“We can’t really preach it to students if we’re not out doing it ourselves,” Givens said. “These are things we need to take care of.”

Jonesboro Middle School PTSA President Selena Buchanan said the PTSA chapter organized a team because one of the mandates for all PTA chapters is to promote health and fitness among its members. People who join the team are asked to pay \$5 for membership in the PTSA chapter.

“This is a way to take their money, and give them something back in return,” Buchanan said. “We have to set a good example for the students. If we’re not getting ourselves in shape, how are we going to get them to be in shape either?”

Going forward, team members will do fitness activities after school, four days a week until May 31, to reach their goal. On Mondays and Wednesdays, team members will walk around the perimeter of the Jonesboro Middle School campus. On Tuesdays and Thursdays, the team members will do cardiovascular exercises.

Marsha Garnett, a counseling secretary at the school, said she is looking to lose 20 pounds, but not just for the sake of looking thinner. A breast cancer survivor, Garnett said she wants to participate in the challenge to improve her health.

“For me, it’s a health need, to be in better shape,” she said. “I think it’s going to help that we’re doing this as a group. It makes it fun.”

Givens said there is no prize for the team that loses the most weight. The reward, she said, is working toward living a healthier lifestyle. “You’re a winner because you’re doing it for yourself,” she said.

